



TRINIDAD & TOBAGO CYCLING FEDERATION

Christmas

RACE FIT



EXCITING RACES!!

SANTA SPRINT

PARANG TEMPO

FELIZ ELIMINACION

SAT 10TH DEC 2016
NATIONAL CYCLING CENTRE
3:00 PM

PASTELLE & POINTS RACE

2016 CHRISTMAS RACE FIT

RACING PROGRAM

Event #	Category	Description	Distance
1A	Elite/Junior Men + Invitational	Parang Tempo Heats (i.r.)	3.75km
1B	Men & Women Open	Santa Sprint Qualifications	200m
2	Elite/Junior Men + Invitational	Parang Tempo	6.25km
3	Men & Women Open 2	Santa Sprint Quarter-finals (1 ride)	3 Laps
4	Men & Women Open 1	Santa Sprint Quarter-finals (1 ride)	3 Laps
4B	Elite/Junior Men + Invitational	Feliz Eliminacion Heats (i.r.)	Final 10
5	Men & Women Open 2	Santa Sprint Semi-Finals (1 ride)	3 Laps
6	Men & Women Open 1	Santa Sprint Semi-Finals (1 ride)	3 Laps
7	Elite/Junior Men + Invitational	Feliz Eliminacion	Final 2
8	Men & Women Open 2	Santa Sprint 1-2 & 3-4 Finals - 1st Ride	3 Laps
9	Men & Women Open 1	Santa Sprint 1-2 & 3-4 Finals - 1st Ride	3 Laps
10	Men & Women Open 2	Santa Sprint 1-2 & 3-4 Finals - 2nd Ride	3 Laps
11	Men & Women Open 1	Santa Sprint 1-2 & 3-4 Finals - 2nd Ride	3 Laps
12	Open	Bicycle Mannequin Challenge	Front Straight
13	Elite/Junior Men	Pastelle & Points Race	10km
14	Men & Women Open 2	Santa Sprint 1-2 & 3-4 Finals - 3rd Ride (i.r.)	3 Laps
15	Men & Women Open 1	Santa Sprint 1-2 & 3-4 Finals - 3rd Ride (i.r.)	3 Laps

Christmas Race Fit - Event Rules

GENERAL RULES

1. Christmas Race Fit is open only to cyclists who are registered for the 2017 Racing Season.
2. Only cyclists who have previously ridden on a banked 250m velodrome will be allowed to compete at Christmas Race Fit
3. Registration will be done via each club's online log in. Registration is Free of Charge and closes on Thursday 8th December, 2016 @ 8:00pm
4. Cyclists born in 2001 and before are eligible to compete in the Christmas Race Fit

SANTA SPRINT RULES

1. If more than 16 cyclists are registered:
Top 8 cyclists (regardless of gender) will race Open 1 Quarterfinals
9-16 fastest qualifiers (regardless of gender) will race Open 2 Quarterfinals
2. If less than 16 but more than 12 cyclists register for Sprint:
1st and 2nd fastest qualifiers will advance to Open 1 Semi-Finals. 3rd to 6th fastest will advance to Open 1 Quarter-finals
7th and 8th fastest qualifier will advance to Open 2 Semi-Finals. 9th and 10th fastest will advance to Open 2 Quarter-finals
3. If less than 12 cyclist register for the Sprint:
Top 8 cyclists (regardless of gender) will race in the Open 1 Quarterfinals. There will be no Open 2 if less than 12 cyclists compete in the Flying 200m.

PARANG TEMPO RULES

1. Maximum of 20 cyclists will be allowed on the track for all mass start events. If more than 20 cyclists are registered, there will be 3.75km (15lap) heats prior to the Flying 200m for the Santa Sprint with 10 laps of points
2. First 5 laps in the Parang Tempo is free. A bell will be sounded with 21 laps to go. Cyclists will then sprint for points every lap. The winner of each lap gets 1 point. The cyclists with the most number of points will be declared the winner.

FELIZ ELIMINACION

1. This is your typical Elimination with a twist! All cyclists will be restricted to a maximum gear of 93 or 7.31m (48x14)
2. The first lap is free and the eliminations will start with a bell signifying that there will be an elimination the next lap around
3. Eliminations will be held every other lap
4. If there are more than 20 cyclists registered, heats of Eliminations will be held between the Sprint quarter-finals and Semi-Finals

PASTELLE & POINTS RACE

1. The top 20 cyclists after the Parang Tempo and Feliz Eliminacion will advance to the Pastelle & Points Race
2. If there are ties, the cyclist with the higher placing in the Feliz Eliminacion will advance
3. The Pastelle & Points Race follows the format of Points Race with sprints every 10 laps. The top four cyclists will get 5,3,2,1 points in each sprint. In the final sprint, double points will be available. Gaining a lap will add 20 points to your tally, while losing a lap will remove 20pts
4. The winner of every sprint will also win half a dozen pastelles, therefore with 2 dozen pastelles on the line!

OVERALL ENDURANCE POINTS

1. The three endurance events; Parang Tempo, Feliz Eliminacion and Pastelle & Points Race will count towards the overall winner of the Endurance events. The winner of Parang Tempo and Feliz Eliminacion will receive 40pts each, second 38pts, third 36pts and so on until 20th.
2. Every point won in the Pastelle & Points Race however will add to the overall tally with the cyclist with the most number of points at the end of the three events declared the winner

BICYCLE MANNEQUIN CHALLENGE

1. Cyclists will take a lap and then are required to go above the black line on the front straight.
2. Once all cyclists are on the front straight, a whistle will be blown to start the Challenge
3. Cyclists will be required to balance or move forward as slowly as possible for 3 minutes but here are the catches:
 - Cyclists cannot go back, left or right. Cyclists cannot hold or touch the fence, bikes cannot touch the fence, cannot lean on each other and feet must remain clipped in. Disqualification will be the result if any of these are done
 - Any cyclist who goes below the black line and/or crosses the finish line within the 3 minutes is disqualified
4. At the end of the 3 minutes another whistle will be blown which will indicate cyclists will have 1 lap remaining. The first person to make the lap from the remaining cyclists will be declared the winner
5. This is an event not only of the skill to balance but also tactics of when to move forward as close to the finish line so that you have the lead when the second whistle blows

PRIZES

1. The overall winner of each Santa Sprint (Open 1 and Open 2), Mannequin Challenge as well as the overall Endurance Winner (through the 3 event Omnium) will receive FREE registration for ALL TTCF hosted events for 2017. These will include TTCF Road Series, Crit Series, Track Series, MTB Series, National Track Championships, National Road Championships, National MTB Championships and Easter International Grand Prix. The value of each is approximately TT\$2,000.00
2. The winner of each Endurance event will also win special prizes courtesy Caribbean Bottlers Limited and Carib Brewery which will indeed come in handy for the Christmas Season!