

2016 National Road Cycling Championships

Technical Guide



Issued July 2016

About the National Cycling Championships

The 2016 National Road Cycling Championships will comprise three disciplines of road cycling; Individual Time Trial, Criterium and Road Race. This year's event sees some of the most challenging courses in recent years with new venues being used throughout the island of Trinidad.

The National Road Cycling Championships for the Elite Men and Women also double as an official qualifier for the National Team competing at the Elite Caribbean Cycling Championships in October this year, therefore, placing even more stakes on the line.

This year, National Championships will take place over 3 days on one weekend, 4, 6 and 7 August with the exciting introduction of night Criterium for the first time as a National Championship.

Cyclist Eligibility

Cyclist wishing to participate in the National Road Cycling Championships must satisfy the following requirements

- Must possess a valid 2016 Union Cycliste Internationale (UCI) Licence and must be a national of Trinidad & Tobago.
- Cyclists wishing to compete in respective events must meet the following age requirements

Category	Year of Birth
Elite	1997 or before
Junior	1998 or 1999
Juvenile	2000 or 2001
Tinymite	2002 or 2003
Masters 40-44	1972 – 1976
Masters 45-49	1967 – 1971
Masters 50-54	1962 – 1966
Masters 55-59	1956 – 1961
Masters 60-64	1952 – 1956
Masters 65-69	1947 – 1951
Masters 70+	1946 or before

Governing Rules

The National Track Cycling Championships will be governed by the UCI Rules – Part II – Road Rules:

http://www.uci.ch/mm/Document/News/Rulesandregulation/16/82/39/2-ROA-20150205-E_English.pdf

Cyclist Registration

Registration for the 2016 National Road Cycling Championships will take place via each club's TTCF login credentials. The deadline for early registration is Monday 25th July, 2016 @ 8:00pm. Late registration shall re-open on Tuesday 26th July @ 8:00pm and close on Monday 1st August @ 8:00pm. Cyclists registering late will be required to pay a mandatory TT\$100 late fee in addition to the regular registration fee

Event	Registration Fee
All Cyclists	TT\$40 per cyclist per event
Late Registration	Additional fixed TT\$100 late fee per cyclist

Confirmation of Starters/Technical Meeting

All club Managers will be expected to appear at the Confirmation of Starters Meeting on Tuesday 02nd August from 7:00pm – 7:45pm at the Ato Boldon Stadium, Couva. Following this, the Technical Meeting for will take place from 7:45pm – 8:15pm at the same venue.

Elite Caribbean Championships

The TTCF will be selecting a maximum of 7 cyclists (5 Males and 2 Females) to the Elite Caribbean Road Championships. Cyclists will be selected for the Road Time Trial via the National Road Time Trial Championships. Cyclists' performance (not only finish position) in the National Road Race will be assessed before the final team is selected. The TTCF is also looking at hosting a second qualifier on Sunday 21st August, 2016 where performances (not only finish position) will be evaluated before the final team is selected.

Time Trial Standard: Elite Men – 57:30.00, Elite Women – 45:00.00

Road Race Standard: Elite Men – 4:35:00.00

Gear Restrictions

Gear Restrictions for the Junior, Juvenile and Tynymite categories are as follows:

Category	Rollout (metres)	Gear
Tynymites	6.86	86
Juveniles	7.63	96
Juniors	7.93	99

Bib Numbers

All Managers are required to inform their cyclists of the proper placement of their Racing Bib numbers as indicated in the image below. Any cyclist not adhering to this will not be allowed to ride. Two bib numbers, are to be used as follows:

Road Time Trial – Left and Back

Criterion – Left and Right

Road Race – Right and Back



Championship Dates

Date	Category	Event	Venue
Thursday 4 th August, 2016	All Categories	Criterium	Rienzi Kirton Highway
Saturday 6 th August, 2015	All Categories	Individual Time Trial	Oropouce-Grants Road
Sunday 7 th August, 2015	All Categories	Road Race	Cocoa Block

Road Race Course Description

Course Rating: Grade 4

Date: Sunday 7th August, 2015

Maximum Elevation: 165m

Muster Point: Ato Boldon Stadium, Couva

Distance per Lap: 49km

Course Distances

Category	# of Laps	Course Length
Elite Men	3 Laps	147km
Elite Women	2 Laps	98km
Junior Men	2 Laps	98km
Junior Women	First Sect + 1 Lap	62km
Juvenile Men	First Sect + 1 Lap	62km
Juvenile Women	1 Lap	49km
Tinymite Men	1 Lap	49km
Tinymite Women	1 Lap	49km
Masters 40-44	2 Laps	98km
Masters 45-49	2 Laps	98km
Masters 50-54	First Sect + 1 Lap	62km
Masters 55-59	First Sect + 1 Lap	62km
Masters 60-64	1 Lap	49km
Masters 65-69	1 Lap	49km
Masters 70+	1 Lap	49km

Groups & Departure – 7th August 2016

Category	# of Laps	Distance
GROUP 1 – 7:00am		
Elite Men	3 Laps	147km
GROUP 2 – 7:10am		
Elite Women	2 Laps	98km
Junior Male	2 Laps	98km
Masters 40-44	2 Laps	98km
Masters 45-49	2 Laps	98km
GROUP 3 – 7:15am		
Juvenile Female	1 Lap	49km
Masters 60-64	1 Lap	49km
Masters 65-69	1 Lap	49km
Masters 70+	1 Lap	49km
Tinymite Male	1 Lap	49km
Tinymite Female	1 Lap	49km
GROUP 4 – 7:15am		
Junior Female	First Sect + 1 Lap	62km
Juvenile Male	First Sect + 1 Lap	62km
Masters 50-54	First Sect + 1 Lap	62km
Masters 55-59	First Sect + 1 Lap	62km

Start/Finish Locations

Category	Start Location	Finish Location
Group 1	Brian Lara Stadium	Brian Lara Stadium
Group 2	Brian Lara Stadium	Brian Lara Stadium
Group 3	Brian Lara Stadium	Brian Lara Stadium
Group 4	Ato Boldon Stadium	Brian Lara Stadium

Feeding Zone

Feeding will open on the first lap and close on the final lap for all categories.

FEEDING	Opening Location	Closing Location
Feeding Zone	Tabaquite Secondary School	Solomon Hochoy Highway – entrance to Couva Hospital

Convoy

Each club will be allowed **ONE** vehicle per Group. Each vehicle will be assigned a pair of numbers. Any club found not adhering to this will be fined and removed from the event.

Course Description

The course will officially start at the entrance to the Brian Lara Stadium for Group 1, Group 2 & Group 3. Group 4 shall muster at the Ato Boldon Stadium and will head south onto the Southbound lane of the Solomon Hochoy Highway at the Couva/Preysal interchange. Group 4 will continue along the Solomon Hochoy Highway and then turn left onto the Gasparillo By-Pass road to get 1 lap to go at the Brian Lara Stadium

All groups will continue heading east along the Guaracara Tabaquite Road through Williamsville, Eccles Village etc. Upon reaching the Tabaquite Secondary School, the race will turn left and head north along the Caparo Brasso Valley Road. The race will pass the Brasso Police Station and then turn left and head west along the Gran Couva Main Road.

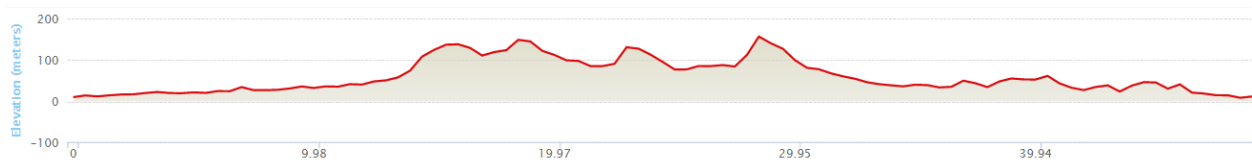
The race will continue along the Gran Couva Main Road and then turn left and head south along the Solomon Hochoy Highway to head back to the start/finish line at the Brian Lara Stadium.

Key Features

The course features one climb approximately four major climbs which span over a 15.5km stretch with some segments as steep as 13%.

Overall Course Elevation

Elevation per Full Lap:



Time Trial Course Description

Venue: Extension of Solomon Highway - Oroupouche

Date: Saturday 6th August, 2016

Course Rating: Grade 2

Total Distance: 13.5km per lap

	Category	Laps	Distance
1	Elite Men	3	40km
2	Elite Women	2	26.5km
3	Junior Men	2	26.5km
4	Junior Women	1	13km
5	Juvenile Men	1	13km
6	Juvenile Women	1	13km
7	Tinymite Men	1	13km
8	Tinymite Women	1	13km
9	Masters 40-44	2	26.5km
10	Masters 45-49	2	26.5km
11	Masters 50-54	1	13km
12	Masters 55-59	1	13km
13	Masters 60-64	1	13km
14	Masters 65-69	1	13km
15	Masters 70+	1	13km

Course Description

Time trial course begins on the southbound lane of the new extension, heading along the dual carriageway and then merges onto the single carriageway to head west, pass the Mon Desir Delhi Road heading towards the Grants Road Roundabout. The course will turn around using the roundabout and head east along the single carriage way and then north along the dual carriageway to the finish line on the northbound lane.

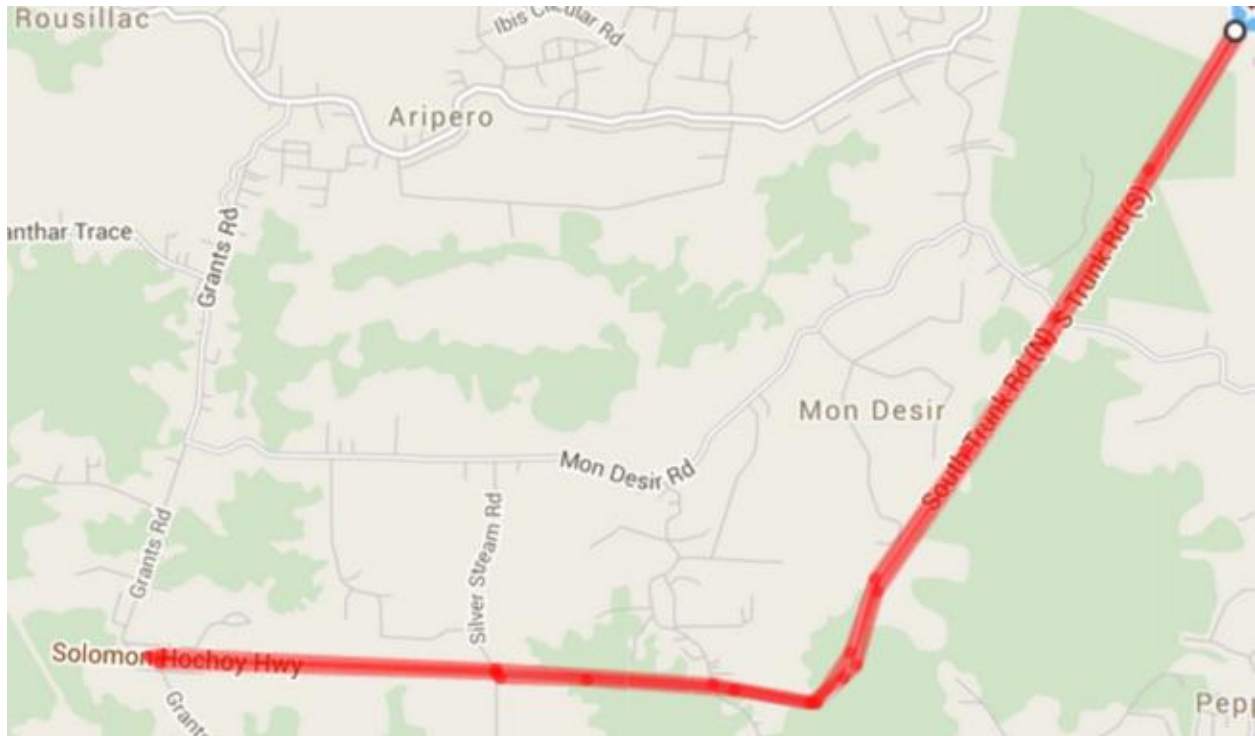
Convoy Vehicles

One convoy vehicle per cyclist will be allowed. This vehicle must stay 50m (one lamppost distance) from the cyclist. Convoy vehicles found infringing on this can see both the club and cyclist penalised.

Starting Order

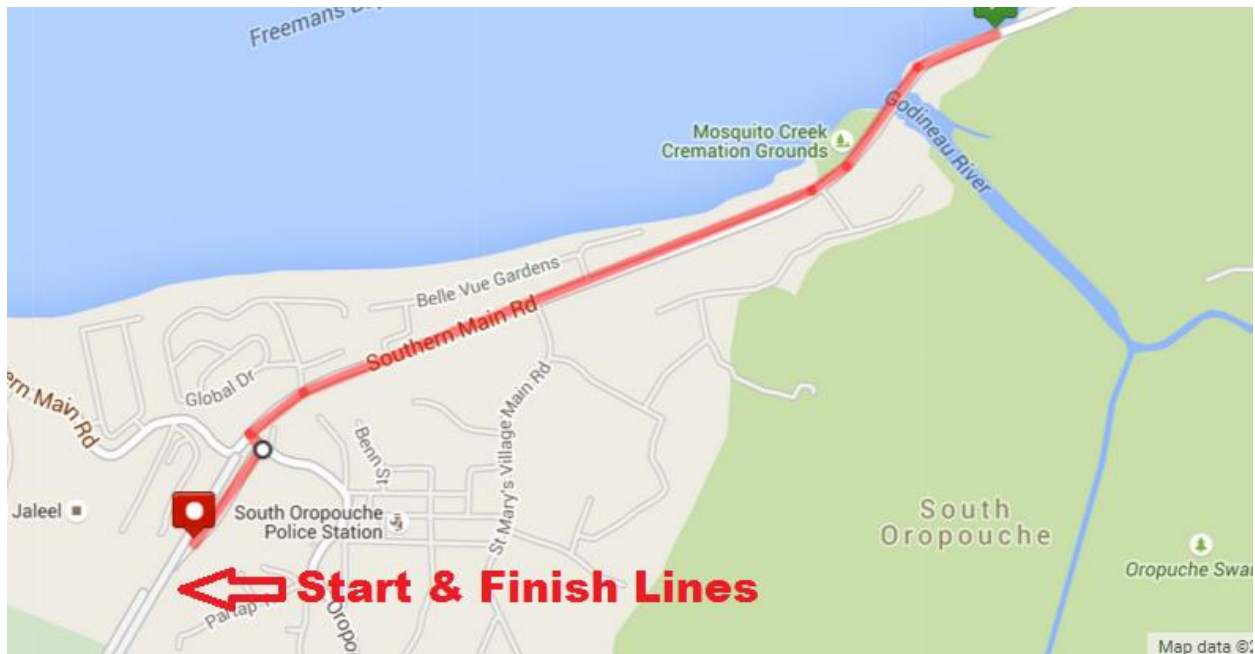
Cyclists will be started based on their 2015 National Time Trial standings with a one-minute gap in between each cyclist.

Graphical Course Map



Directions to Course

Head south along Mosquito creek and then along Southern Main Road. Upon reaching the Oropouch/Otaheite junction, turn left and then the immediate right towards Grant Road.



criterium Course Description

Venue: Rienzi Kirton Highway

Date: 4th August 2015

Course Rating: Grade 1

Total Distance: 1.8km per lap

Racing Program

Start Time	Category	Laps	Distance
7:00pm	Masters 70+	3	5.4km
	Tinymite Women	2	3.6km
	Juvenile Women	3	5.4km
7:20pm	Tinymite Men	4	7.2km
	Junior Women	4	7.2km
7:45pm	Masters 60-64	5	9km
	Masters 65-69	5	9km
	Elite Women	5	9km
8:25pm	Masters 50-54	5	9km
	Masters 55-59	5	9km
	Juvenile Men	5	9km
8:15pm	Masters 40-44	8	14.5km
	Masters 45-49	8	14.5km
	Junior Men	8	14.5km
9:15pm	Elite Men	21	37.8km

Categories which are indicated to have the same starting time will have a staggered start.



This event is hosted by the Trinidad & Tobago Cycling Federation