



Trinidad & Tobago Cycling Federation

Crit Keep Fit - Sunday 12 Mar 2017

RACING PROGRAM

Venue: Diego Martin Highway | Start Time: 8:00am

Event #	Start Time	Description	Distance
1	8:00am	YOUTH DEVELOPMENT	250m
		U7,U9,U11 & U13	
2	8:07am	ELITE 1 & 2	3 LAPS
3		ELITE 3	2 LAPS
4	8:20am	JUNIOR MEN	2 LAPS
5		TINYMITES & JUVENILE WOMEN	2 LAPS
6		ELITE & JUNIOR WOMEN	2 LAPS
7	8:30am	JUVENILE MEN	2 LAPS
8		TINYMITES	1 LAP
9		MASTERS 40-49	2 LAPS
10	8:40am	MASTERS 50-59	2 LAPS
11		MASTERS 60-69	2 LAPS
12		MASTERS 70+	1 LAP
13	8:52am	ELITE 1, 2 & INVITATIONAL	55mins + 2 LAPS

All events are subject to change

ROAD GEAR RESTRICTIONS		
Category	Gear Rollout (metres)	Equivalent Gear
Youth Development U7	4.37	55
Youth Development U9	4.68	59
Youth Development U11	5.01	63
Youth Development U13	5.24	66
Tinymites	6.86	86
Juveniles	7.63	96
Juniors	7.93	99