

2017 Elite National Road Cycling Championships

Technical Guide



About the National Cycling Championships

The 2017 Elite National Road Cycling Championships will comprise two disciplines of road cycling; Individual Time Trial and Road Race. The Championships will serve as the official qualifier for the National Team representing T&T at the Elite Caribbean Championships in October. As well, trials for the Junior Caribbean Championships will be held simultaneously.

Cyclist Eligibility

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

- Must possess a valid 2017 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 | 1998 or before |
| Junior Men* | 1999 or 2000 |
| Juvenile Men* | 2001 or 2002 |
| Junior Women* | 1999 - 2002 |

***Junior Caribbean Trials**

Cyclist Registration

Registration for the 2017 Elite National Road Cycling Championships will take place via each club's [TTCF login credentials](#). The deadline for registration is Monday 11th September @ 8:00pm.

| 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 Wednesday 13th September from 7:00pm – 7:45pm at the National Cycling Centre. Following this, the Technical Meeting will take place from 7:45pm – 8:15pm at the same venue.

Gear Restrictions

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

| Category | Rollout (metres) | Gear |
|-----------|------------------|------|
| 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 |
|---|-----------------------------|-----------------------|----------------------------------|
| Saturday 16 th September, 2017 | Elite, Juniors & Juveniles* | Individual Time Trial | Waterloo-Exchange Connector Road |
| Sunday 17 th September, 2017 | Elite, Juniors & Juveniles* | Road Race | BL Stadium – Piparo Road |

*The race for Juniors and Juveniles will only be a Qualifier for Junior Caribbean Road

Road Race Course Description

Course Rating: Grade 4

Date: Sunday 17th September, 2017

Start Time: 7:00am

Maximum Elevation: 1580m

Total Gain: 939m

Start Point A: Brian Lara Stadium, Tarouba

Start Point B: Ato Boldon Stadium, Couva

Course Distances

| Category | Course Length |
|--------------|---------------|
| Elite Men | 140km |
| Elite Women | 102km |
| Junior Men | 102km |
| Junior Women | 77km |
| Juvenile Men | 77km |

Groups & Departure – 16th September 2017

| Category | Start Location | # of Loops | Distance |
|-------------------------|--------------------|------------|----------|
| GROUP 1 – 7:00am | | | |
| Elite Men | Brian Lara Stadium | 4 | 140km |
| GROUP 2 | | | |
| Elite Women | Ato Boldon Stadium | 4 | 102km |
| Junior Men | Ato Boldon Stadium | 4 | 102km |
| Junior Women | Ato Boldon Stadium | 0 | 77km |
| Juvenile Men | Ato Boldon Stadium | 0 | 77km |

Feeding Zone

| FEEDING | Opening Location | Closing Location |
|-----------------|-----------------------------------|----------------------------------|
| Feeding Zone #1 | Chaguanas Flyover | Tabaquite Secondary School |
| Feeding Zone #1 | Finish Line on the start of Lap 1 | Finish Line while receiving Bell |

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

There will be two start groups, Group 1 will consist of only Elite Men starting at the Brian Lara Stadium while Group 2 will consist of Elite Women, Junior Men, Junior Women and Juvenile Men starting at the Ato Boldon Stadium.

Group 1 will head south along the Solomon Hochoy Highway until Ghandi Village where the bunch will turn at the roundabout and head North along the Solomon Hochoy Highway. Group 2 shall begin after Group 1 has passed the Couva Flyover. The race will exit at the Caroni Flyover, cross the flyover and then head South along the Uriah Butler Highway. Upon reaching the Chase Village Flyover, the bunch will exit, turn left and head EAST along Yaraba Road and onto Edingburgh Road.

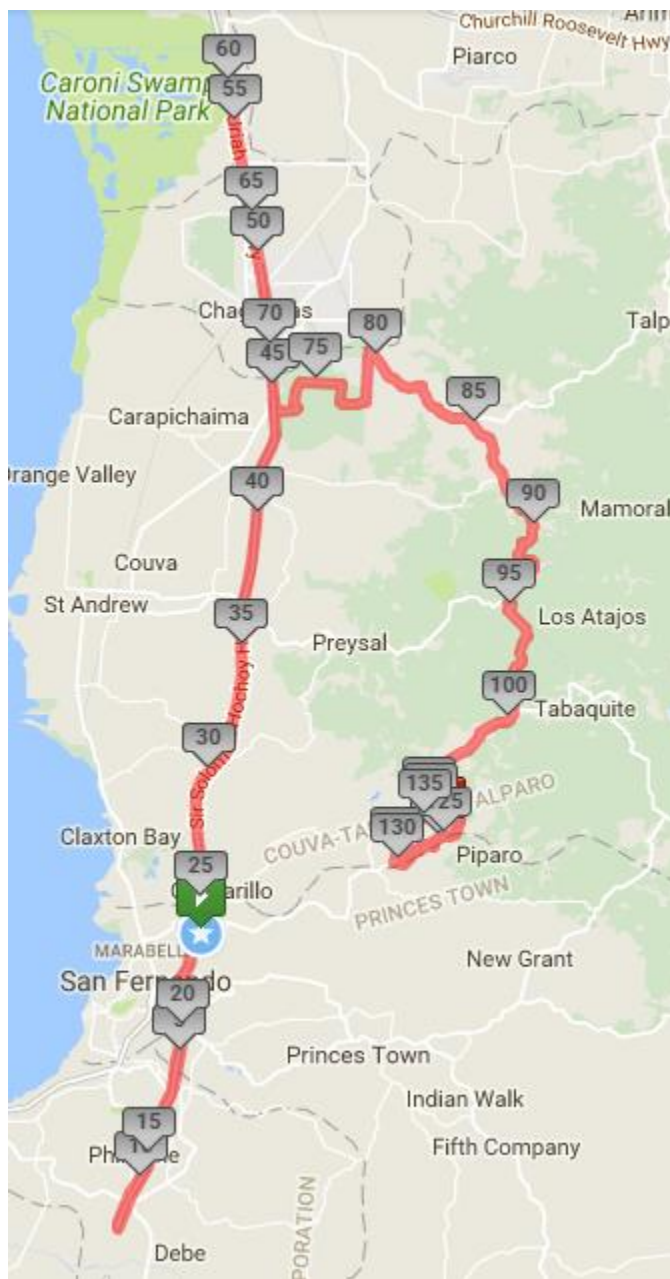
The race will then turn right and head south along the Caparo Valley Brasso Road. The race will continue along this road through Caparo, Flannigin Town and Brasso before it turns right and joins the Guaracara Tabquite Road. It will continue along this road for the next 8.5km before it turns left onto the Piparo Road and head EAST. The finish line is approximately 3km into the Piparo Road.

Final Loop

The Elite Men, Junior Men and Junior Women will continue along the Piparo Road then turn LEFT onto Hoseinee Trace. The race will continue along Hoseinee Trace where it will turn LEFT and re-join the Guaracara Tabquite Road to head towards the finish line along the Piparo Road. The Elite Men, Junior Men and Elite Women will complete the final loop four times for a total distance of 140km for Elite Men and 102km for Junior Men and Elite Women.

Each lap of the final loop of 7.5km features a 2km climb with gradients equal to 13% in some locations.

Course Description



Overall Course Elevation



| Rating | Start/End Points | Length | Start/End Elevation | Avg Grade |
|---|---------------------|---------|---------------------|-----------|
|  | 108.15 km/110.65 km | 2.50 km | 29 m/103 m | 3.0% |
|  | 115.46 km/117.86 km | 2.40 km | 28 m/103 m | 3.1% |
|  | 122.87 km/125.37 km | 2.50 km | 27 m/104 m | 3.0% |
|  | 130.18 km/132.68 km | 2.50 km | 28 m/103 m | 3.0% |
|  | 137.49 km/139.59 km | 2.10 km | 24 m/99 m | 3.6% |

Time Trial Course Description

Venue: Waterloo-Exchange Connector Road, Couva

Date: Saturday 16th September 2017

Start Time: 7:00am

Course Rating: Grade 2

Total Distance: 11km per lap

| Order | Category | Laps | Distance |
|-------|--------------|------|----------|
| 1 | Junior Women | 1 | 11km |
| 2 | Juvenile Men | 1 | 11km |
| 3 | Elite Women | 2 | 22km |
| 4 | Junior Men | 2 | 22km |
| 5 | Elite Men | 3 | 33km |

Course Description

Time trial course begins and ends on the southern end of the Waterloo-Exchange Connector Road 200m before the Exchange intersection. Cyclists will start facing northward, will turn at the Waterloo end and return to finish heading south

Convoy Vehicles

No convoy vehicles will be allowed on the course. There will be a neutral vehicle roaming the course to provide the necessary mechanical assistance.

Motorcycle support will be allowed and clubs can set up stationary positions along the course to address any mechanical issues. Note, Prize giving for TT and RR will be distributed on the Sunday in Piparo.

Starting Order

Elite Cyclists will be started based on their 2016 National Time Trial standings with a one-minute gap in between each cyclist and categories will leave in the order seen in the table above. However note, the first Elite Male will depart the starting block, the closest minute after the final Junior Male has received bell. This is necessary to avoid too many cyclists on the course simultaneously.

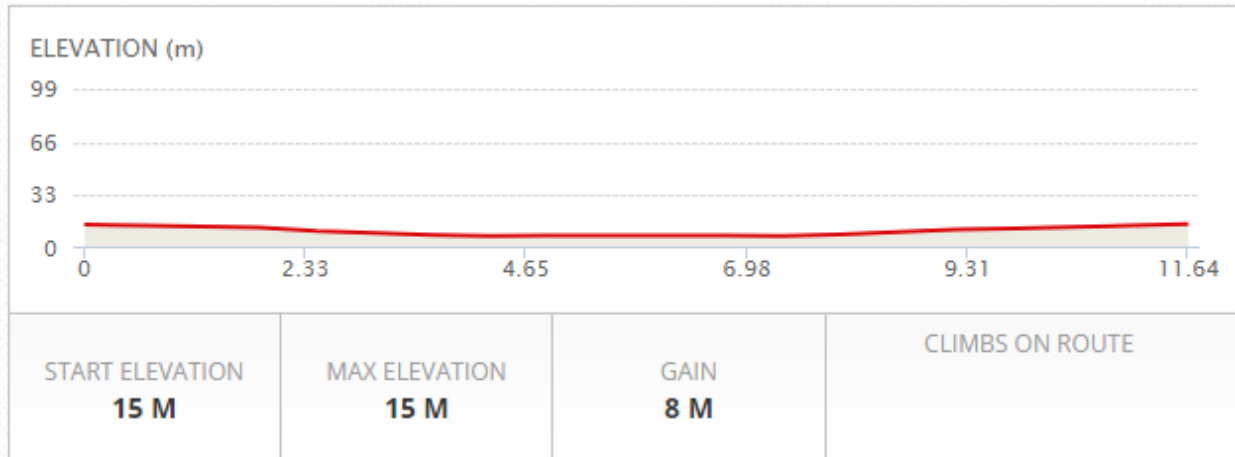
Therefore, after the last Junior Male has received bell, turns and passes the start line, the first Elite Male will start at the closest minute after such.

Junior Men, Juvenile Men and Junior Women will be started based on their 2017 National Time Trial standings.

Graphical Course Map

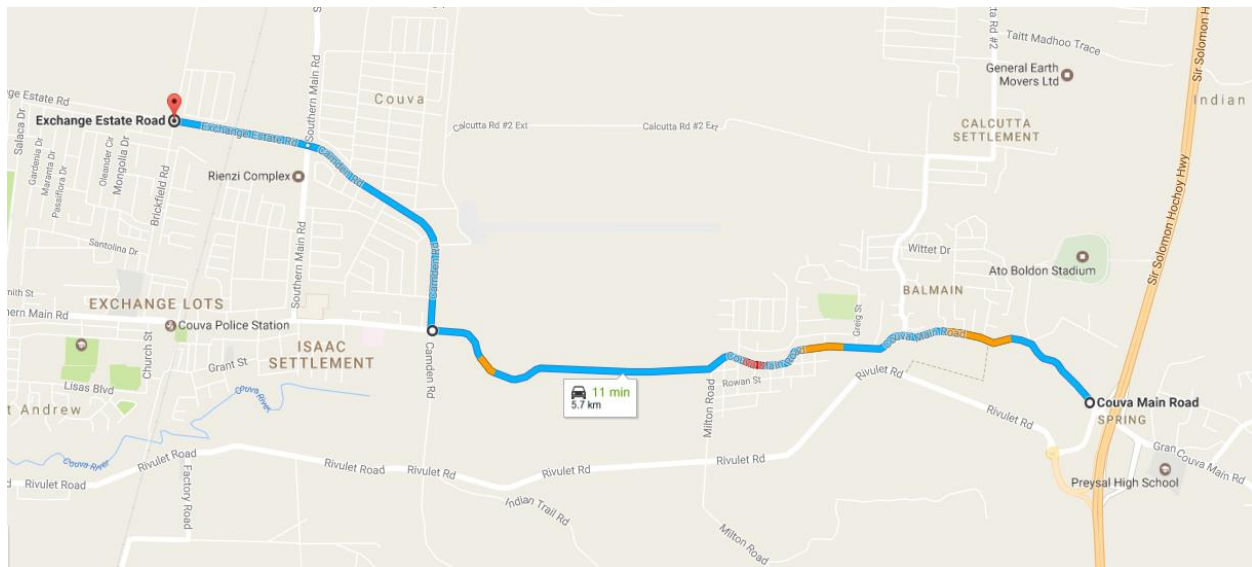


Course Elevation



Directions to Reach Course

Exit the Couva/Preysal Flyover and head WEST along the Couva Main Road for approximately 4km. At the traffic lights, turn right and head NORTH along Camden Road for 1.5km. Upon reaching the traffic lights at the intersection of the Southern Main Road, head straight across intersection (WEST) onto Exchange Estate Road. The Waterloo-Exchange Connector Road is the first right (approximately 800m after crossing the traffic lights).





This event is hosted by the Trinidad & Tobago Cycling Federation