

TRACK INFORMATION

- Open Training Sessions for **CYCLISTS WHO ARE COMPETING THIS WEEKEND** will be conducted on Thursday 21st and Friday 22nd July, 2016 from 5:00pm – 8:00pm on both days.
- Only Management Staff who are listed per team will be allowed into the facility.
- Teams will be allotted pits in the centre field area. Please adhere to these pits and do not maneuver the size of same.

PLEASE ADHERE TO THE FOLLOWING GENERAL RULES OF THE TRACK.

- No beverage or food whatsoever are allowed on the Safety Zone or the Track
- There is a designated area on the safety zone for cyclists to walk with their cycling shoes on. This area is clearly identified as a green mat at the Home and Back Straight entrances. **DO NOT WALK ON THE SAFETY ZONE AREA WITH YOUR CYCLING SHOES**
- **NO HARD SOLED** shoes are allowed on the safety zone or the track.
- **ROAD BICYCLES** are **STRICTLY PROHIBITED** from the safety zone and the track
- Only **ONE** official per club is allowed to stand in the safety zone
- The use of derny bikes are **STRICTLY PROHIBITED** during training sessions
- The use of Starting Gates is **STRICTLY PROHIBITED** during training sessions. Standing starts are only to be performed on the **HOME STRAIGHT**
- **DO NOT** ride in the opposite direction of the track or on the safety zone.

Cyclists who are found to be disobeying the general rules will be removed from the event, from the facility and will be fined.