

2020 Youth Track Nationals

Emonn Ceannt Stadium, Sundrive Road

Limited Bike Hire Available, please seek loan of Track bikes from Regional Commission where possible. If you require a hire bike from Sundrive, please e-mail events2016@trackcycling.ie stating requested size. We will allocate requested sizes on a first come first allocated basis.

- As per Cycling Ireland Rules – No TT Helmets, TT Bars or Disc Wheels
- **Cleats must be in good condition** and pedal retention be turned up high
If a rider is found to be riding with excessive wear on his/her cleats, they will be excluded from the competition.
- Club kit or plain kit only.
- Cycling Ireland Numbers to be worn on Left (so that number is vertical when rider is bent over) so can be seen by finish judges.
- The wearing of track mitts is compulsory.
- We reserve the right to alter format of qualifying rounds , number of laps etc, subject to entry level.

Gear Limit U16 – 52×16 (or 49x15) (Rollout 6.94m – 273.23 inches)

Gear Limit U14 – 49×16 (Rollout 6.54m – 257.48 inches)

Gear Limit U12 (6.14 or Limited to gearing on hire bike)

Please note that **Track Accreditation is required.**

Accreditation at Sundrive, Orangefield or Kanturk is acceptable

Open Track 0930 to 10.20

Racing Starts 10.30

Sprint Qualifiers (Flying 200m)

U12 Sprint Qualifier (2 laps) **Order - Girls / Boys**

U14 Sprint Qualifier (2 lap)

U16 Sprint Qualifier (2 laps)

Sprint Quarter Finals 1v8, 2v7, 3v6, 4v5 (1 Round)

*****All Sprints will be run from the home straight pursuit line,
which is 1 x 460m lap plus 30m*****

Standing Start TTs

U12 Standing Start 100m TT **(Neutral Holder)**

U14 Standing Start 250m TT **(Gate Start)**

U16 Standing Start 500m TT **(Gate Start)**

Sprint Semi Finals (Round 1)

U12 Girls 490m Best of 3 (*Start from Pursuit Line on Home Straight*)

U12 Boys 490m Best of 3

U14 Girls 490m Best of 3

U14 Boys 490m Best of 3

U16 Girls 490m Best of 3

U16 Boys 490m Best of 3

Sprint Semi Finals (Round 2)

U12 Girls

U12 Boys

U14 Girls

U14 Boys

U16 Girls

U16 Boys (Round 3 if required)

Lunch Break

U12 Scratch Race. **4 laps**

U14 Scratch Race. **8 laps**

U16 Scratch Race. **12 laps** (Separate events for Boys & Girls subject to numbers)

Sprint Medal ride offs.

U12 Sprint 3rd ride off 490m Best of 3 (Round 1)

U14 Sprint 3rd ride off 490m Best of 3 (Round 1)

U16 Sprint 3rd ride off 490m Best of 3 (Round 1)

U12 Sprint Final 490m Best of 3 (Round 1)

U14 Sprint Final 490m Best of 3 (Round 1)

U16 Sprint Final 490m Best of 3 (Round 1)

U12 Sprint Final 3rd ride off 490m Best of 3 (Round 2)

U14 Sprint 3rd ride off 490m Best of 3 (Round 2)

U16 Sprint 3rd ride off 490m Best of 3 (Round 2)

U12 Sprint Final 490m Best of 3 (Round 2)

U14 Sprint Final 490m Best of 3 (Round 2)

U16 Sprint Final 490m Best of 3 (Round 2)

U12 Bronze Round 3 if required

U14 Bronze Round 3 if required

U16 Bronze Round 3 if required

U12 Gold/Silver Round 3 if required

U14 Gold/Silver Round 3 if required

U16 Gold/Silver Round 3 if required