

## **2022 Youth Track Nationals**

### **Eamonn 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 [sundrive@trackcycling.ie](mailto:sundrive@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, Tri Spokes or Disc Wheels  
Pursuit Bars are permitted for U16 500m TT.  
Rim Depth must not exceed 35mm
- **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 (Limited to gearing on hire bike 49x16)**

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

Accreditation at Sundrive, Orangefield or Kanturk is acceptable

**Open Track 0930 to 10.25**

**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 (Gate Start)**

U12 Standing Start 250m TT

U14 Standing Start 250m TT

U16 Standing Start 500m TT

**Sprint Semi Finals (One Round only)**

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

U12 Boys 490m

U14 Girls 490m

U14 Boys 490m

U16 Girls 490m

U16 Boys 490m

**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 (Best of 3)**

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)

Round 3 of all of above if required