



# Technical Guide

Race 1 – Grange Castle

Sunday 22<sup>nd</sup> September 2019

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## Welcome to Specialized Ireland Supercross Cup

### Event Staff

Events are run entirely by club members of Team WORC and their small but dedicated team of helpers. There's a lot to do to make the event a success. Please read the following document for your safety and the benefit of the organisers. Thank you and enjoy the day.

### Registration

Event Registration opens on line two weeks before each event on the Supercross Cup facebook page: "[Specialized Ireland Supercross Cup](#)".

Event Registration closes two days before the event.

There is NO day of registration allowed for Senior A races except by prior agreement.

#### Fees

Category	Individual Online	Series Entry (all four rounds)
Underage (U6-U12)	5euro (with licence)	Free (with Licence)
Underage (U14 & U16)	10euro	-
Junior	25 euro	90
Senior B	25 euro (with 2019 Licence)	90
Senior B Day Licence	25euro	-
Senior A <sup>1</sup>	25 euro	90

Note: Your cyclocross racing age is determined as of December 31, 2019.

### Race Day Sign-On

Registration/Race sign-on will take place adjacent to the start/finish area starting from 9:30am with the U6 riders. Please allow the U6 riders to register first as they are riding first.

Please bring your 2019 cycling Ireland licence. This must be presented at sign on before taking your number

To avoid delays please bring the correct change with you as change may not be available.

Underage riders must be accompanied by a parent or legal guardian to sign them on.

You may only sign on for your on entry and may not pick up someone else's number.

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<sup>1</sup> No Day licences accepted

## Race Venue

Grange Castle is located off the R136 in the Grange Castle Business Park.

- Take either Junction 2 off the N7 or Junction 3 off the N4.
- On google maps search for “Grange Castle Business Park”

or

<https://goo.gl/maps/1qFG2rc1cwZtbGUPA>



## Parking

Parking at Grange Castle Business Park is restricted to cars with permits.

You must have a valid permit to park at this race venue.

Permits will be issued to competitors and supporters. Further information to follow via email.

Please park only in designated parking areas and do not park on the main entrance roadway or grass verges.

## Equipment Drop Off

For security do not leave any equipment unattended in the technical pits. All equipment is left at owners own risk. Please be aware of other course users at all times when moving equipment to the pits.

## Team Area Parking

At Grange Castle we ask that all vehicles park in the Pfizer Grange Castle car Park. Race organisers, sponsors and authorised food vendors only will be permitted to park at the race venue.

## Technical Rules

The Cycling Ireland website has a list of the current rules at the following link;

<http://www.cyclingireland.ie/page/events/technical-rules3/technical-rules>

## Race Date and Schedule

The race will take place on Sunday the 22<sup>nd</sup> of September 2019.

Sign on will open at 9:30am.

You must be signed on and wearing a helmet to practice on the course.

## Race Schedule

<b>Time</b>	<b>Event</b>	<b>Race Length</b>
09:30	Sign on Opens	
09:45	U6 race – medals for all racers, dedicated course	5 minutes
09:55	U8 race –	5 minutes
10:00	U10, U12, U14 race – prize giving at the finish, top 3 boys and girls, modified version of main course	10 minutes
10:30	U12 race – prize giving at the finish, top 3 boys and girls	15 minutes
10:35	Main Course Practice, with minor restrictions	
11:15	Call up : Ladies, U16 girls	
11:30	Ladies Race, U16 girls Start	Ladies 45 minutes 30 minutes U16 girls
12:20	Prize giving for Ladies	
12:20	Call up : B race, U16 boys	
12:30	B race, U16 boys start	50 minutes for B 30 minutes U16 boys
13:25	Prize Giving for B race	
13:35	Call up : A race	
13:45	A race start	60 minutes
15:00	Prize giving	
15:30	Event closes	

## Equipment

Only bikes described in the UCI Equipment section as “Cyclo Cross bikes” may be used in the CX men's B' race, CX women's race or CX men's A' race.

The use of radio links or other remote means of communication with riders is forbidden.

The use of tyres fitted with metal spikes or screws is not permitted.

Bar plugs are compulsory.

Bicycles shall be propelled solely through a chain set, by the legs moving in a circular movement, without electric or other assistance.

It is compulsory to wear a protective helmet when racing or training on the course and such helmet must comply with the required safety standards.

All riders shall, when racing, wear a jersey with sleeves and a pair of shorts, possibly in the form of a one piece. By shorts it is understood that these come above the knees. Jerseys without sleeves shall be forbidden. It is also forbidden to wear non-essential items of clothing other than where weather conditions make them appropriate for the safety or health and safety of the rider.

## Race Numbers

Your number will remain the same for the four races in the series. Please retain your number for future rounds.

At Grange Castle the number must be worn on the left shoulder.

The Velcro strap timing band must be worn on your ankle and must be returned at the end of the race.

## Gridding

As Grange Castle is the first race in the series gridding will be based on the final league positions of 2018's Supercross Cup in the A race and the ladies. There will be no gridding in the B race or underage races at round 1, Grange Castle.

Gridded riders will be called 10 minutes prior to the start. Please observe at least 20metres gap from the start line to allow riders to take their allotted grid placings.

Once called move quickly to your grid position. In the event you miss your call-up once all riders have taken place you will start from the back of the grid.

Race 2 gridding will be based on the Specialized Ireland Supercross Cup league positions based on finishers from Grange Castle.

## Pulling of Riders

Generally, riders will be allowed to be lapped and will finish on the same lap as the race leader and placed appropriately.

## Pit Lane

Pits will run in both directions.

There are no bike wash facilities available at Grange Castle.

Riders must supply their own bike washing equipment.

Pits are for support personnel and spare equipment only

Spectators are asked to leave the pits during races.

## Awards

Award ceremonies will be held within 5-30 minutes of the end of the applicable event.

All protests must be made within this time frame after which time all results are FINAL.

## Points for the Series

Position	Points
1.	45
2.	30
3.	25
4.	20
5.	15
6.	10
7.	9
8.	8
9.	7
10.	6
11.	5
12.	4
13.	3
14.	2
15.	1