

### Specifics of the Competition

1. The first 30 minutes will be dedicated to coaching activities. All pupils will have the chance to improve their overall cycling ability and will be taught racing techniques and skills.
2. The final hour will involve three races
3. A presentation will take place at the end of the event

### The Races

#### Mass Start

All riders will line up on the start line and race against everyone else. This race will be over a set number of laps with the first five crossing the line scoring points for their team. Boys and girls will race separately.

#### Devil

On a shortened oval circuit all riders will set off together, the last rider across the start/finish line each lap will be eliminated until there is a winner. There will be a 'pace setter' who will ride at the front of the group in order to keep riders together until the sprint. The winning five will again score points. Boys and girls will race separately.

#### Relay

As a team all riders must now be given a number 1-5 by the teacher, all schools will now line up in a single file line with rider number one with his/her wheel on the start line and the rest of the team in order behind them. On "GO" the number one rider from each school will perform one lap, when they cross the line the number two rider can begin his/her lap. It is important to ensure that once a rider has completed their lap they must leave the course for safety. Points again awarded as a team this time from winning – fourth place.

#### Scoring

The first 5 riders/team in each of the races will score points for their team, although two of the three races are very much an individual race the better a team does as a collective the better the result they can achieve. The team event will be scored with the same score points per school for positions. Points per event are as follows:

- 1<sup>st</sup> Place – 15 points
- 2<sup>nd</sup> Place – 10 points
- 3<sup>rd</sup> Place – 7 points
- 4<sup>th</sup> Place – 3 points
- 5<sup>th</sup> Place – 1 point

The two teams with the highest combined total at the end of the racing will progress into the finals. In the event of a tie the schools will choose one rider to complete a one lap winner takes all race.