OCBC CYCLE NATIONAL ROAD SERIES

NATIONAL INDIVIDUAL TIME TRIAL – 30 JUNE 2019

OCBC Bank

SINGAPORE CYCLING FEDERATION
Race Kit Collection & Safety Briefing

SAFETY BRIEFING

- Saturday 29th June (2 Sessions)
  - The Commissaires will be running a briefing detailing safety for the event.
  - 2pm to 2:30pm or
  - 3:30 to 4pm

RACE PACK COLLECTION (Race Numbers)

- Please bring your SCF / UCI license
- Please bring photo ID (e.g., NRCI / PP)
- Team managers can pick up on behalf of others

Note: Timing Chips will be Distributed on Race Day (30th June)

- Race Sign In & Chip Collection from 6:45am
- Please place the chip on either fork as low as possible
- Chips must be returned immediately after the race
- Failure to return will mean a $100 payment
BIKE & LICENSE CHECK
• Saturday 29\textsuperscript{th} June
  – 1pm to 4pm
  – SIRC Seminar Room, Sportshub

NOTE: Bikes \textbf{without} a UCI Sticker can only be used in the Sports Category.

RACE DAY MANDATORY BIKE CHECK
– Checks open at 6:45am*
– Non compliant bikes will be DSQ
– Commissaires may also check licenses

* Riders being called up will be given priority. Other riders later in the day maybe able to check their bikes during the race breaks but we would suggest Sat for this.
ELITE CATEGORIES - REGULATIONS

WHEELS SHOULD NOT EXCEED 70cm IN DIAMETER

CENTRE OF BB TO FLOOR 24 – 35cm

FLAT PAD TOP TO EXTENSION TOP <10CM

<85cm *** RIDER >190CM

SADDLE ANGLE < +/- 9°

ALL SEAT / EXTENSION MEASUREMENTS ARE TAKEN FROM THE CENTRE OF THE BB

SEAT LENGTH +/-1 5mm

<5cm*

<5cm*

<5cm*

<5cm*

<5cm*

SADDLE / BAR OPTIONS

A: SEAT >5cm BEHIND BB and EXTENSIONS <75cm (all clear)
B: SEAT <5cm & >0cm BEHIND BB and EXTENSIONS <75cm (e.g. small rider)*
C: SEAT >5cm BEHIND BB and EXTENSIONS <80cm (e.g. taller rider)**
D: IF A RIDER IS >190CM TALL, EXTENSIONS CAN BE <85CM ***

WHEELS SHOULD NOT EXCEED 70cm IN DIAMETER
You Can Choose One Only

Saddle Position Morphology and Exceptions TT
The regulation indicates the saddle must be 5 cm behind the BB Centre. A smaller rider can move their saddle forward of this position, but no further forward than the centre of the bottom bracket and must have their handlebar measuring point at a maximum of 75cm from this point.

Handlebar Extension Morphology
If a rider is taller and has his saddle tip 5cm behind the centre of the bottom bracket, he is allowed, if required, to extend the measuring point of the handlebar extensions out to 80cm.

Very Tall Riders > 190cm
For riders that are 190 cm tall or taller, the horizontal distance between the vertical lines passing through the bottom bracket axle and the extremity of the handlebar extensions including all accessories may be extended to 85 cm but only if the saddle tip remains at least 5cm behind the centre of the bottom bracket.

Extension Measurements
The forearms should also be horizontal and any parts of the handlebar, extension or accessories must be within the +/- 10cm of the elbow/forearm supports.

For this measurement any moving parts must be placed in the most vertical position.
LOCATION & COURSE & PARKING

• Parking – Opens 5:45am
  – Exhibition Centre Car Park
  – $10 per car (cheaper than $70 Fine)
  – Pre Paid Cars will be checked off
  – You can pay on the day also

• Road Closure
  – Coastal side – 5:30am to 2:30pm

• Start / Finish Area
  – Tanah Merah Rd & Aviation Park Rd
  – Drop off of Team Tents / Gear
    • NO PARKING – LTA will be checking / Fines

• Team Tent Area
  – Please ensure tent is off the road (on the grass)
  – Ideal Team Tent Size is 3m x 3m
  – You are responsible for your own rubbish!
RACE DAY SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>1st Rider</th>
<th>Riders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Road Closure</td>
<td>5:30am</td>
<td></td>
</tr>
<tr>
<td>Sign In / Chip Collection</td>
<td>6:45am</td>
<td></td>
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<tr>
<td>Para Cyclists (Pre Checked)</td>
<td>6:45am</td>
<td>10</td>
</tr>
<tr>
<td>Sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>7:15am</td>
<td>9</td>
</tr>
<tr>
<td>Male</td>
<td>7:25am</td>
<td>57</td>
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<tr>
<td>Junior B (2 laps)</td>
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<td></td>
</tr>
<tr>
<td>Male</td>
<td>8:40am</td>
<td>12</td>
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<tr>
<td>Veterans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>9:00am</td>
<td>9</td>
</tr>
<tr>
<td>Supermasters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>9:20am</td>
<td>34</td>
</tr>
<tr>
<td>Masters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>11:05am</td>
<td>5</td>
</tr>
<tr>
<td>Male</td>
<td>11:10am</td>
<td>28</td>
</tr>
<tr>
<td>Junior A (UCI)</td>
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<td></td>
</tr>
<tr>
<td>Female</td>
<td>10:45am</td>
<td>1</td>
</tr>
<tr>
<td>Male</td>
<td>10:46am</td>
<td>16</td>
</tr>
<tr>
<td>U23 (UCI)</td>
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<td></td>
</tr>
<tr>
<td>Female</td>
<td>11:10am</td>
<td>1</td>
</tr>
<tr>
<td>Male</td>
<td>11:11am</td>
<td>17</td>
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<tr>
<td>Elite (UCI)</td>
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<tr>
<td>Female</td>
<td>11:40am</td>
<td>8</td>
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<tr>
<td>Male</td>
<td>12:00pm</td>
<td>36</td>
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<tr>
<td>Road Opening</td>
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<td></td>
<td>2:30pm</td>
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</tbody>
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Please note your ITT time will never be earlier than stated, however it may run later.

SCF is providing 1st, 2nd & 3rd medals for all categories and all riders in each team. Champions Jerseys are awarded to the 1st Singaporean rider in each Elite Category.

RESULTS

https://my.raceresult.com/127205/

Results are provisional until signed off by the Commissaires.
**RIDER SUPPORT**

**AMBULANCE**
- 2 Ambulance Teams will be on standby.
- The teams will be located at the Start
- Nearest Hospital is Changi General

**MECHANICS**
- 2 mechanics are there to support riders
- Key focus is adjustments for TT Compliance
- Any spares will be charged by the mechanics

**WATER**
- Water will be available
- We suggest bringing your own extra, just in case
- There is no food in the location – please bring your own
- Please help us keep the area tidy – please “crunch” your empties

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EXCLUSIVE OFFER TO TTT PARTICIPANTS

EXCLUSIVE
ITT PROMO

• 1 BCW bearing lubricant
• 2 TS chain lubricant
• Retail - SGD$71.80
• ITT Price - SGD$49.90

Order now and pick up on
ITT Day @ Sign In

ORDER NOW
THE COURSE

Aviation Park Road START Lap Turn Lap Count & Finish Changi Naval Base

EXIT * SLOW DOWN * EXIT

Chip Return

POINTS TO NOTE
– Race Time will start based on crossing the start line timing strip (or actual schedule time if > 5 seconds)
– Split Time will be recorded at the turn
– Lap & Finish Time will be at the Arch
– On completion of your laps go straight through the exit and have your chip returned immediately
RACE RULES

ELITE CATEGORIES

UCI Compliant Geometry & Setup

• UCI compliant fully covered disc wheels are allowed on the rear
• Disc-Brake Bikes are allowed in this event across all categories.

SPORT CATEGORIES

Any Road or TT Bike

• Must be Road Worthy
• Rear Disc Wheels Allowed
• Disc Brakes Allowed

• No Water bottles behind the seat (cages can remain)
• Water bottles in front / integrated with TT Bars are allowed provided mounted securely

ALL CATEGORIES

• All participants must wear a helmet / Aero Helmets are allowed.
• All riders shall wear a jersey with sleeves and a pair of shorts, possibly in the form of a one-piece skinsuit. By shorts it is understood that these are shorts that come above the knee. Sleeveless jerseys shall be forbidden.
• No item of clothing may hide the lettering on the jersey or the rider’s identification number, particularly at in competition and at official ceremonies.
• Socks are to be worn. Socks (and shoe covers) used in competition must cover the ankle joint and not extend above halfway between the ankle and the knee (mid-calf).
• Gloves used in competition must not be mittens that only have one, two or three separations between the fingers.
• No saddle bags or bento boxes
• The dimensions of the cross sections of a bottle used in competition must not exceed 10cm or be less than 4 cm and their capacity must be a minimum of 400 ml and a maximum of 800 ml.

SCF Juniors A&B - On the highest gear maximum wheel travel should not exceed 7.93m (52x14 on 700c/23mm tires). A rollout station will be used by the commissaires to check this.
DRAFTING RULES

A. If within 30m, overtaking rider should move out a minimum of 2m and overtake from the right. Please ensure you remain in the left lane.

B. When overtaking a clear 2m gap should be maintained between riders. The passing rider must call “overtaking - outside”.

C. The passed rider must call “clear” when the overtaking rider has passed ahead.

D. The passed rider must not speed-up to prevent an overtaking manoeuvre and must not draft the passing rider.

E. Any overtaking must be undertaken cleanly without any danger any riders. If approaching a turn, the overtaking rider has the right of way and the slower rider should drop back.
- Commissaires will be on the course checking for drafting.
- Riders caught drafting are subject to time penalties under UCI article 2.12.007
Prize Giving

- SCF is providing 1\textsuperscript{st}, 2\textsuperscript{nd} & 3\textsuperscript{rd} medals for all categories and all riders in each team.
- Champions Jerseys are awarded to the 1\textsuperscript{st} Singaporean rider in each Elite Category
- Prize Giving will be staggered and is dependent on “sign-off” of results by the commissaires.
- All results presented are “provisional” until signed off.

RESULTS

https://my2.raceresult.com/127205/
Final Note – Wet Weather

• In the event of thunderstorms / lightning, the event maybe delayed, postponed or cancelled. If the weather looks bad, please check Cycosports Facebook for updates.

• In the case of delays due to wet weather, the commissaires will decide the new start order and time gaps.

• If you are caught in lightning, please proceed to permanent shelters / bus stops or to vehicles.

• There is no refund for cancellation due to weather.