



JetBlack NSW All Schools Cross Country MTB Championship - 2011

Rider Briefing: (all riders and supervisors must be familiar with this briefing)

1/ Race Format: The race is a Four Hour Teams Endurance Race. Each team may have only one rider on the course at any one time. The team with the most number of laps completed in the four hours is the winner. Further details are below.

2/ Teams: A team consists of 3 or 4 riders. Each rider must **start** at least one lap. It is anticipated that most teams will have riders change over regularly, ie a rider complete a single lap, then the next rider complete a lap, etc. However, riders can do more than one consecutive lap if they wish (see limit below).

3/ Safety Equipment: All riders, at all times (whether racing or not) must wear an approved helmet and enclosed footwear. Riders found not complying with this will have their race plate removed immediately, and will not be able to participate any further in the event. It is also highly recommended that riders wear gloves and protective eyewear. Parents, teachers and others who are riding a bike in the area of the race are expected to abide by these safety rules as well.

4/ Start: The start will be by Divisions, with Senior going first. There will be a small time period of about 1 minute between Divisions. In each Division, the less experienced riders (those who have not raced much or at all) will be asked to be at the rear of the pack, while more experienced riders (eg those who regularly race) will be at the front. This is for safety in the early part of the race. Remember, it is a 4 hour team's endurance race – not an individual sprint.

5/ Course: The course for Senior (Female & Mixed), 2 and 3 teams will be approximately 4.5km long. The Senior (Male only) course will be slightly longer at about 7km.

6/ Track Care: Riders must stick to the track, and not take any short cuts across bends. Unnecessary skidding damages the track, and is not good riding. Please do not damage any vegetation. **Riders found not complying with this will have their race plate removed immediately, and will not be able to participate any further in the event.**

7/ Maximum Number of Consecutive Laps: The aim of the event is to maximise participation for all riders. A rider is allowed the following maximum number of consecutive laps:

- Senior (Years 11 & 12) : 4
- Intermediate (Years 9 & 10) : 3
- Junior (Years 7 & 8) : 2

8/ Work/Rest Ratio: Once a rider has completed their maximum number of consecutive laps, then they can not start another lap until they have had a rest period equal to the lesser of:

- The time it took for them to rider their lap(s), or
- The time taken for other riders in their team to complete their laps.



In the event of an injury to another team member, which might require the rider to commence a lap inside this rest time frame, then the Race Director must be approached for permission and will make a non-appealable decision based on the conditions and the rider's experience. In this event, permission will only be given to the rider to do a single lap.

9/ At the end of a lap: Riders must approach the timing gate **slowly and DISMOUNT to go through in single file** and have their race plate clearly visible to the timing personnel. The rider can then elect to continue for another lap, or proceed **DISMOUNTED** to the change over area. You must physically touch ("tag") your next rider before they can start. Only riders about to start a lap may be in the change over area. Riders who have just completed a lap must leave the change over area promptly.

10/ Overtaking: Slower riders should let faster riders overtake at the next safe opportunity. The faster rider should call "track" or "rider" to the slower rider. When the **next safe** opportunity to pass approaches the slower rider should then call "on my right" or "on my left" and then move over. The faster rider should then call "on your right" or "on your left" when starting to overtake and complete the overtake promptly. Please say "thanks" to the slower rider when you complete the overtaking.

Please remember that the faster rider **does not** have right of way, but must overtake with safety and courtesy. Likewise, it is **courteous** for the slower rider to allow faster rider to overtake as soon as it is safe.

Overtaking is not allowed on any bridge or ramp, or in the immediate approach to the timing area.

Riders who are walking their bikes should make way for riders on their bikes at all times and leave plenty of track room for them to overtake.

11/ Injuries: If you are injured and need assistance, then please go to the closest Marshall and report. If you can not continue to ride, then ask the next rider to report to the Marshall. If you see an injured rider beside the track, you **must** ask them if they are OK, and offer assistance if required. Get the next rider to report their location to the closest Marshall. If you have any sort of injury at all, please report it to your School Supervisor.

12/ Mechanical problems: If you can not continue to ride due to a mechanical problem, then you should wheel your bike back to the changeover area. You should keep the track clear at all times for other riders.

13/ If you can not complete a lap: If you can not complete a lap due to an injury or mechanical problem then:

- The injured/broken down rider may return to the change over area via the shortest route – but **must not** pass through the timing gate!
- Another rider may start a lap from the change over area, and then follow the complete track around the course.
- Once this rider starts, then they are the team's designated rider, and the injured/broken down rider must not complete the lap. The injured/broken down rider **must not** go through the timing gate!
- Never swap your race plate with another rider.

14/ Finish: To gain points, a team must complete at least one lap. A team may stop riding anytime before the 4 hours if they wish. The team in each Division with the most completed laps after 4 hours is the winner. All teams may continue to race up to the 4 hour time limit, and those riders still out on the course at that time will have their final lap counted. No rider will be allowed to start a lap after the 4 hour limit.

Teams with equal numbers of laps after 4 hours, will have their total time taken into account, ie the team with the lesser time wins.

15/ Race Number Plates: Please ensure that the race number plates are tied on with three twist ties (two at the top, and one at the bottom). The plates should be attached outside all brake/gear cables, and be pointing forward so they can be clearly seen by the timing crew.