

19-22 SEPTEMBER | LOXTON, SA

2024 AUSCYCLING MASTERS & JUNIOR ROAD NATIONAL CHAMPIONSHIPS

TECHNICAL GUIDE

The Event

Overview

The 2024 AusCycling Masters and Junior Road National Championships will be held in the Loxton region of South Australia.

The Time Trial, Road Races and Criterium being conducted in the District Council of Loxton Waikerie.

How to Get there

If you're visiting South Australia from interstate, Adelaide Airport is the closest major airport to Loxton.

Racing Schedule (times are subject to change)

| Wednesday 18 th September | Rider Registration | The Precinct |
|---|-----------------------|--|
| Thursday 19 th September | Individual Time Trial | Taplan Rd, Loxton |
| Riders will start the course at 60 second intervals from 9:00am in the following order: <ul style="list-style-type: none">• U15 Boys – 10kms• U15 Girls – 10kms• U17 Boys – 16kms• U17 Girls – 16kms• WMAS 4-1 – 16kms• MMAS 4-1 – 16kms• WMAS 10-5 – 16kms• MMAS 10-5 – 16kms | | Juniors 9.00-11.30 Masters 12.00-3.30 |
| Friday 20 th September | Road Race | Kokoda Tce, Loxton |
| U15 Boys | 34.2km (2 Laps) | 9:00 AM |
| U15 Girls | 34.2km (2 Laps) | 9:02 AM |
| U17 Boys | 65.7km (5 Laps) | 10:40 AM |
| U17 Girls | 65.7km (5 Laps) | 10:42 AM |
| WMAS 1 - 3 | 65.7km (5 Laps) | 1:00 PM |
| WMAS 4 - 5 | 65.7km (5 Laps) | 1:02 PM |
| MMAS 1 | 76.2km (6 Laps) | 3:00 PM |
| MMAS 2 | 76.2km (6 Laps) | 3:02 PM |
| Saturday 21 st September | Road Race | Kokoda Tce, Loxton |
| WMAS 6 - 9 | 55.2km (4 Laps) | 9:00 AM |
| MMAS 6 | 55.2km (4 Laps) | 11:00 AM |
| MMAS 7 | 55.2km (4 Laps) | 11:02 AM |
| MMAS 8-10 | 55.2km (4 Laps) | 11:04 AM |
| MMAS 3 | 65.7km (5 Laps) | 1:30 PM |
| MMAS 4 | 65.7km (5 Laps) | 1:32 PM |
| MMAS 5 | 65.7km (5 Laps) | 1:34 PM |

| Sunday 22 nd September | Criterium | Loxton CBD |
|-----------------------------------|------------------|------------|
| U15 Girls | 20 mins + 2 laps | 7:30 AM |
| U15 Boys | 20 mins + 2 laps | 8:00 AM |
| U17 Girls | 25 mins + 2 laps | 8:30 AM |
| U17 Boys | 25 mins + 2 laps | 9:05 AM |
| WMAS 5 - 8 | 25 mins + 2 laps | 9:45 AM |
| WMAS 1 - 4 | 35 mins + 2 laps | 10:25 AM |
| MMAS 1 | 35 mins + 2 laps | 11:10 AM |
| MMAS 9 - 10 | 25 mins + 2 laps | 12:00 PM |
| MMAS 8 | 25 mins + 2 laps | 12:35 PM |
| MMAS 7 | 25 mins + 2 laps | 1:10 PM |
| MMAS 6 | 30 mins + 2 laps | 1:45 PM |
| MMAS 5 | 30 mins + 2 laps | 2:25 PM |
| MMAS 4 | 35 mins + 2 laps | 3:10 PM |
| MMAS 3 | 35 mins + 2 laps | 4:00 PM |
| MMAS 2 | 35 mins + 2 laps | 4:50 PM |

Entries

The 2024 AusCycling Masters and Junior Road National Championships are open to riders who are current Junior: J15, J17 and Masters: WMAS1-10 and MMAS 1-10 and hold an AusCycling all Discipline Members. International riders, who have a UCI license, are permitted to participate but are not eligible for the National Champion jersey.

All individual Junior entries must have previously raced in a road race or criterium State or Territory Championship in 2024.

[Event entries](#) for this event close midnight Thursday 12th September 2024 (AEST) via [EntryBoss](#)

The entry fee per event (TT, Crit, RR) event: **Juniors \$70 Masters \$85**

Registration

Date and Time: Wednesday 19th September 4:00pm – 8.00pm

Location: The Precinct
 25 Bookpurnong Rd, Loxton

Riders who are unable to attend the official registration on Wednesday evening can register on the morning of their event.

Junior State Team Managers may register all riders in their team.

Race Day Registrations & Sign On

Time Trial: AusCycling marquee near Starting area

Road Race: AusCycling marquee near Start/Finish line (Kokoda Terrace)

Criterium: AusCycling marquee near Starting/Finish line (East Terrace)

Riders sign on for the Criterium and Road Race opens one hour before each event and closes 10 minutes before your advertised start time.

If a rider fails to sign on they can be fined (a fine for the rider/team managers could apply). Refer UCI Regulation (for ITT) 2.12.007 (9.2).

Meetings - Wednesday 19th September

Location: The Precinct
25 Bookpurnong Rd, Loxton

6.00pm – Junior State Team Managers Meeting (Juniors only)

7.00pm – Masters Information Meeting (not compulsory)

7.30pm – Commissaires Meeting

Sport Integrity Australia Anti-Doping Seminar

This is compulsory for ALL junior riders and State Team staff. Parents are also welcome.

Date: Friday 20th September

Time: 6:30pm

Location: The Precinct
25 Bookpurnong Rd, Loxton

Commissaires:

Chief Commissaire – Kimberley Conte (0413 267 139)

| | |
|-----------------|-------------------|
| Conte, Walter | Michetti, Stephen |
| Doughty, Garry | Hargreaves, Mandy |
| Johnson, Tracy | Mitchell, Susan |
| Schutz, David | Berryman, Laurie |
| Kent, Alison | Martin, Andrea |
| Rausch, Angus | Torr, Alysha |
| Wasley, Stephen | |

AusCycling Contact:

Jeff Corbett

Head of Events (Road)

E: jeff.corbett@auscycling.org.au

M: 0418 434 814

Rules and Regulations of AusCycling

These Championships will be conducted under the rules and Rules and Regulations. Visit the AusCycling website for more information - <https://auscycling.org.au/page/about/policies-rules>

IMPORTANT NOTES:

- ALL Junior participants must wear approved state/territory team kit, club kit, current sponsor kit or plain kit.
Masters kit requirements – No restrictions.
- Commissaires will be providing Bike Check during Registration Wed 19th 4pm – 7pm (this is only a preliminary check. All bikes must still be checked at least 15 minutes prior to your start time).

- Pre-checks can be completed at any time, however, bikes must still undergo a final check at least 15 minutes prior to your start time.
- Following the updated UCI Regulations on Jan 1 2023 there has been a change to the regulations around Time Trial Height Exemption Information. This information is located via the following AusCycling Website links:
 - [Equipment & Height Regulations Information](#)
 - [Height Exemption List 24 May 2024](#)
 - [UCI Attestation Application Form](#)
- For all Junior National Championship events, wheels must have at least 16 spokes. The rim shall be no more than 44mm in depth.
- Cameras are permitted to be used under the following conditions:
 - a) Use must be approved by the President of the Commissaire Panel ('PCP') prior to the start of the event.
 - b) The camera must be presented to the PCP and they must approve the positioning and mounting before the start of the race.
 - c) All footage must be made available to AusCycling and the event organiser within 48 hours of an in-writing request.
 - d) Any footage that may bring the sport into disrepute must not be released to the public.
 - e) Breaches of the policy may be subject to a penalty.

Team Seeding (Juniors only)

All State/Territory Team Managers in the Junior National Championships are required to seed their riders for the Time Trial by sending these through to jeff.corbett@auscycling.org.au by Friday 13th September. Any riders not seeded will be done at the discretion of the race organiser and PCP.

Neutral Support

Time Trial: No neutral support provided.

Road Race: Juniors - Neutral spares will be provided by State/Territory Team vehicles
Masters - No neutral support provided

Criterium: Due to the course design, multiple designated spares areas will be provided. Competitors are able to leave their own wheels in this designated spares area if they wish

Feeding and Littering During the Road Race

No feeding will be available unless warm weather protocols are required.

Race Convoy

Time Trial: No vehicles will be allowed to follow.

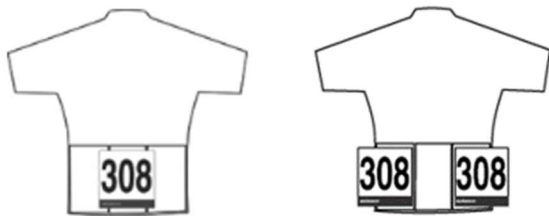
Road Race: Masters – No convoy vehicles permitted.
Juniors – Each Junior State/Territory Team will be provided one spot in the race convoy for each road race start. All vehicles must be under 1.7m. Vehicles over 1.7m will not be permitted in the convoy. All people in convoy vehicles must have an AusCycling membership.

National Champion Jersey

All categories in all races are eligible for the National Championships jersey for each race.

Riders should note the [National Championship Kit policy](#).

Race Numbers



Frame Number



Timing

Electronic Timing will be used for all events at these Championships. Therefore, riders are required to fit a small transponder to the front fork of your bicycle. The transponders will be issued with your race number at registration. DO NOT exchange your transponder with any other competitor as the transponder is coded to your race number. Fitting instruction will be provided in the rider registration pack.

Transponders must be attached to bikes for all events as per instructions given in rider packs. Additional zip ties will be available at registration.

Transponders must be returned after your last race at the start/finish line of the event. Any rider failing to return their transponder at the event will incur a \$30 administration fee. Lost or damaged transponders will result in a replacement penalty of \$150.



Transponder Return:

Auscycling – Queensland Office
Att: Neil Hamey
PO Box 4115
Gumdale QLD 4154

Results

Results will be available via – results.auscycling.org.au

Presentations

All place getters must present to the podium immediately following the race finish. Riders must be presented in their correct attire - race kit, no hats or sunglasses. The Presentations will be held at the following locations and times (times are approximate):

- Time Trial:

| <u>Presentation Area – Event Village</u> | |
|--|---------|
| All Juniors | 12:00pm |
| MMAS 1-4, WMAS 1-4 | 1:45pm |
| MMAS 5-10, WMAS 5-9 | 3:45pm |

- Road Race (Fri 20th): Presentation Area – Kokoda Terrace

| | |
|--------------------|---------|
| U15 Boys and Girls | 11:00am |
| U17 Boys and Girls | 1:30pm |
| WMAS 1-5 | 3:00pm |
| MMAS 1-2 | 5:30pm |
- Road Race (Sat 19th): Presentation Area – Kokoda Terrace

| | |
|-----------|---------|
| WMAS 6-9 | 11:30am |
| MMAS 6-10 | 1:30pm |
| MMAS 3-5 | 3:45pm |
- Criterium: Presentation Area – East Terrace

| | |
|--------------|---------|
| All Juniors | 10:00am |
| WMAS 1-9 | 11:30am |
| MMAS 1, 6-10 | 2:30pm |
| MMAS 2-5 | 6:00pm |

Junior Gearing

The maximum gear development (roll out) permitted for U15's is 6.10 metres and for the U17's is 7.00 metres.

Blocking off of gears is permitted at Junior Road National Championships.

Bike Weight (all events).

Riders are reminded that the minimum weight for all bikes is 6.8kg. Bikes will be checked prior to racing and may be checked after racing.

Parking

Refer event page for parking instructions for all days - <https://auscycling.org.au/nat/events/2024-auscycling-masters-and-junior-road-national-championships>

Medical Services

First Aid support will be provided by [SA Ambulance Service \(SAAS\)](#) for all events.

Public Urination

Riders are advised that it is an offence to urinate in public. Penalties will be imposed on those who choose to ignore this law.

Radio Communications

During races in these Championships, the use of radio links or any other means of communication with the riders is not permitted.

Junior State Team vehicles in the convoy will be provided with a radio for event communication.

Neutralisation

If for any reason conditions warrant the race will be neutralised. In such circumstances a red flag will be displayed from the leading vehicle.

Littering

Riders must not discard bidons or rubbish of any kind on the road side. Riders found to be littering will be fined in accordance with local laws and technical regulations.

Anti-Doping

A reminder this is a National level AusCycling event. Sport Integrity Australia can conduct anti-doping testing at any event or competition. It is your responsibility to ensure you are aware of your obligations and have completed clean sport education.

All riders are required to complete Anti-Doping Fundamentals and the 2024 Annual Update online courses through the Sport Integrity Australia eLearning page – [Sport Integrity Australia eLearning: Log in to the site](#)

It is recommended you also download the Sport Integrity app which can assist you to check medications, supplements and complete your education.

Sport Integrity Australia App

Any athlete and official can download the SIA app. The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory.

The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

Therapeutic Use Exemption (TUE)

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

If you are currently taking any medication, please check whether this substance is banned in or out of competition via www.globaldro.com/AU/search.

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

COMPETITION COMING UP?

MAKE SURE YOU ARE READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.



2

TAKING A MEDICATION?

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



3

TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



4

USING SUPPLEMENTS?

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



5

NEVER BEEN TESTED?

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



6

KNOW THE RULES?

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



7

COMPLETED YOUR EDUCATION?

Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.



8

TRAIN AND COMPETE CLEAN!



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AUSTRALIA**

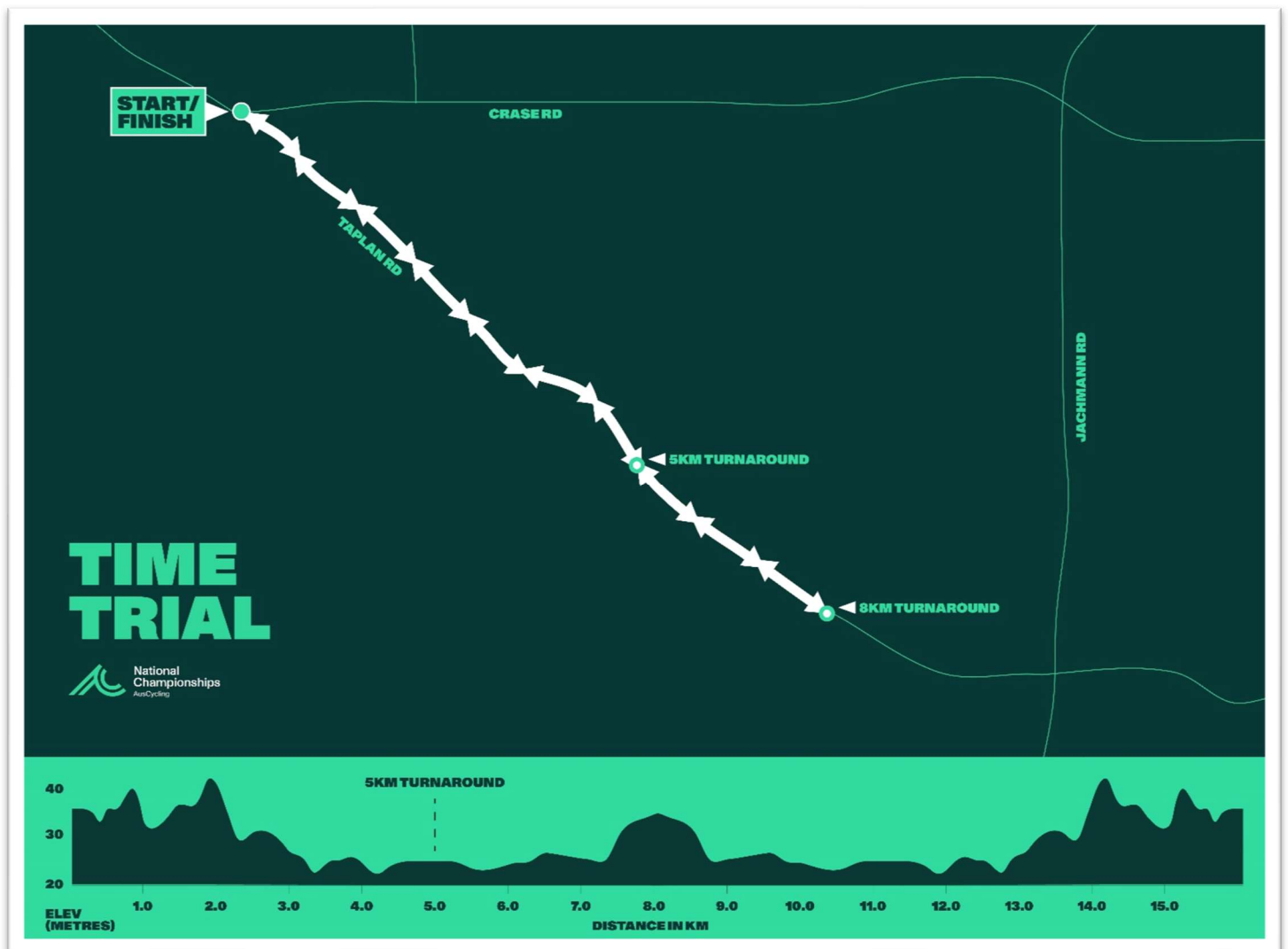
CONTACT US

Please visit our website sportintegrity.gov.au, contact us at education@sportintegrity.gov.au, call our Safe Sport Hotline 1800 161 361 or enquire 1300 027 232

Courses

Time Trial

[Time Trial Course](#)



Road Race

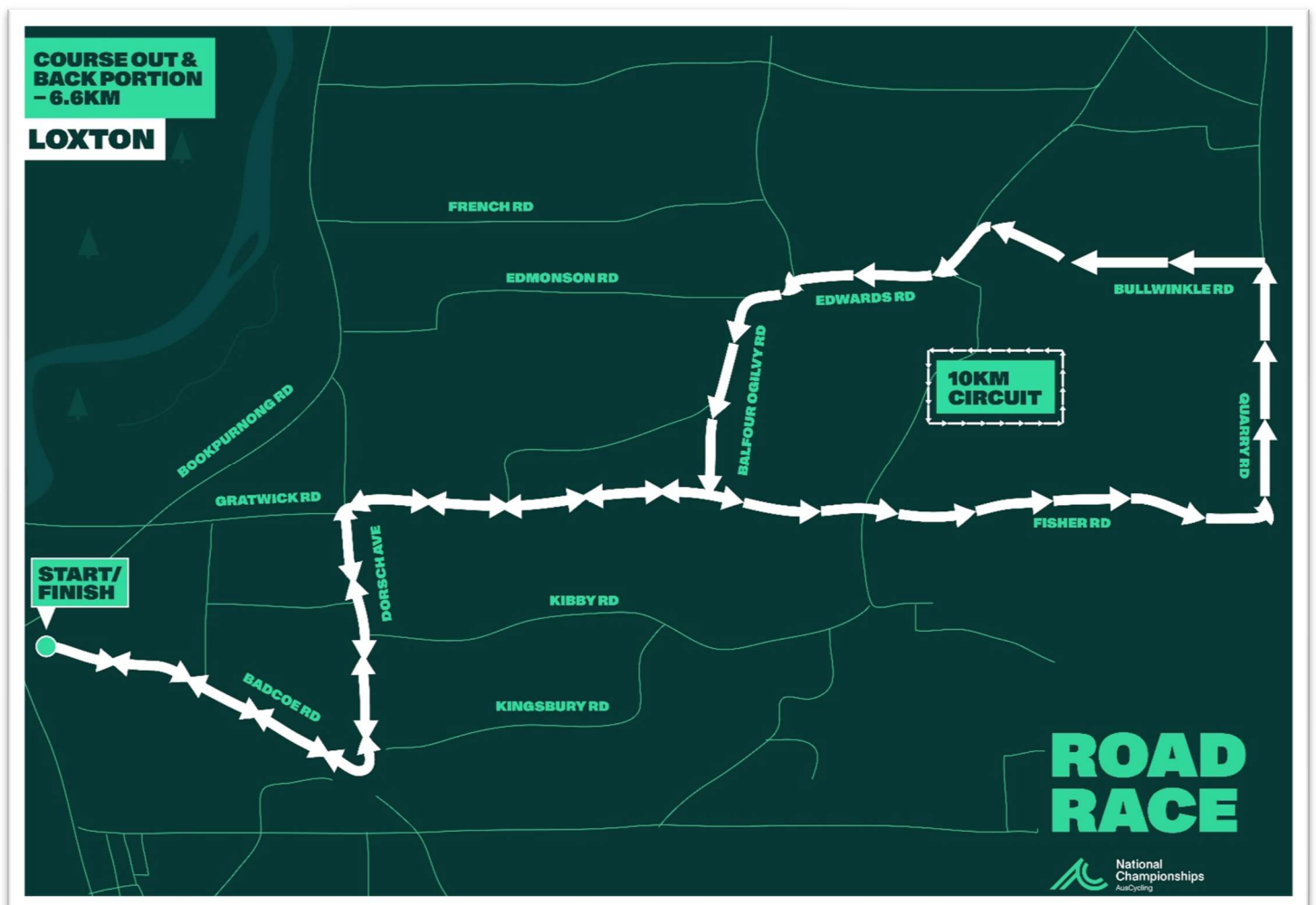
JW15, JM15 (2 Laps)

WMAS 6-9, MMAS 6-10 (4 Laps)

JW17, JM17, WMAS 1-5, MMAS 3-5 (5 Laps)

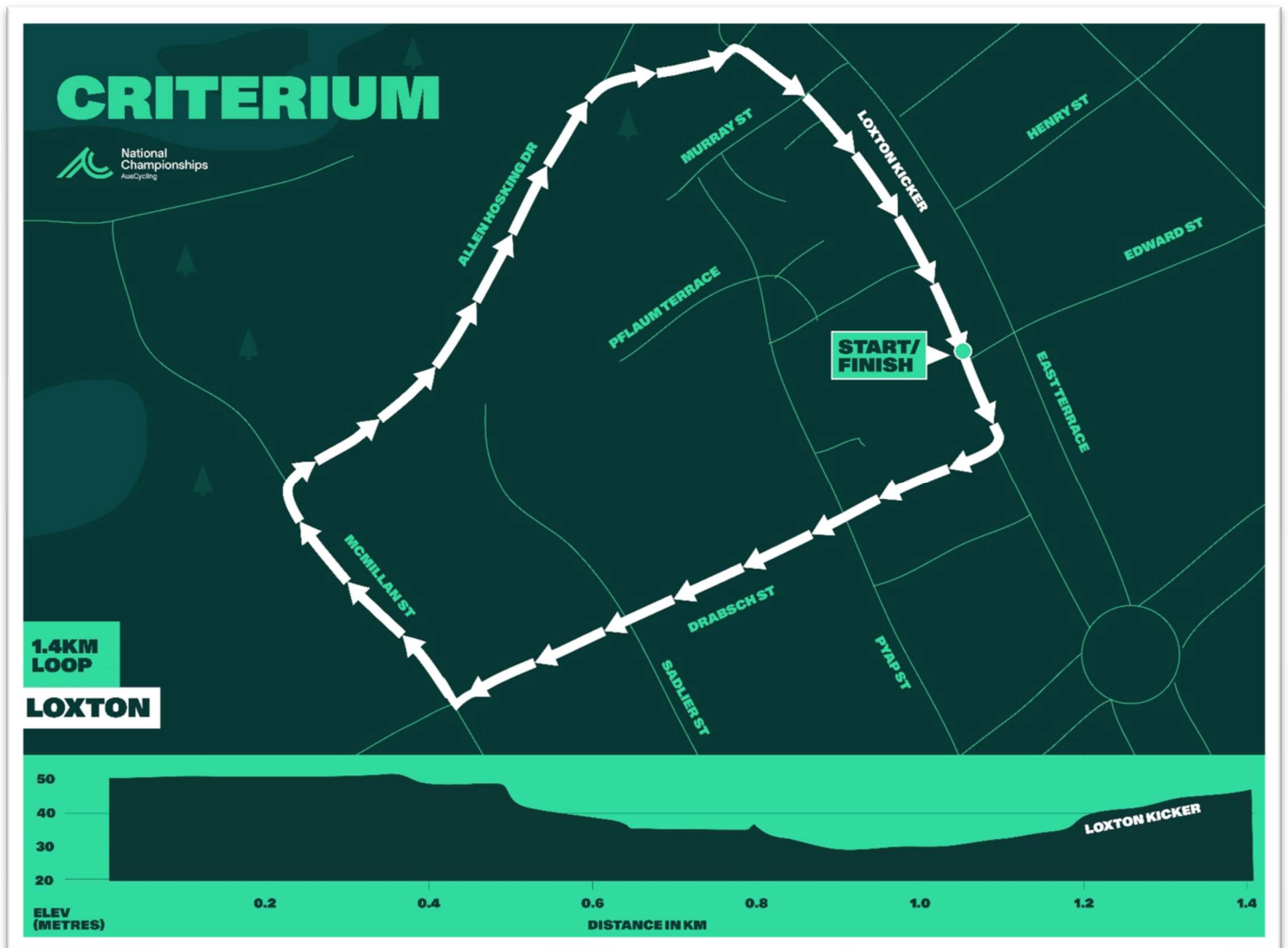
MMAS 1-2 (6 Laps)

Road Course (1 Lap) [Road Race Course \(1 lap\)](#)



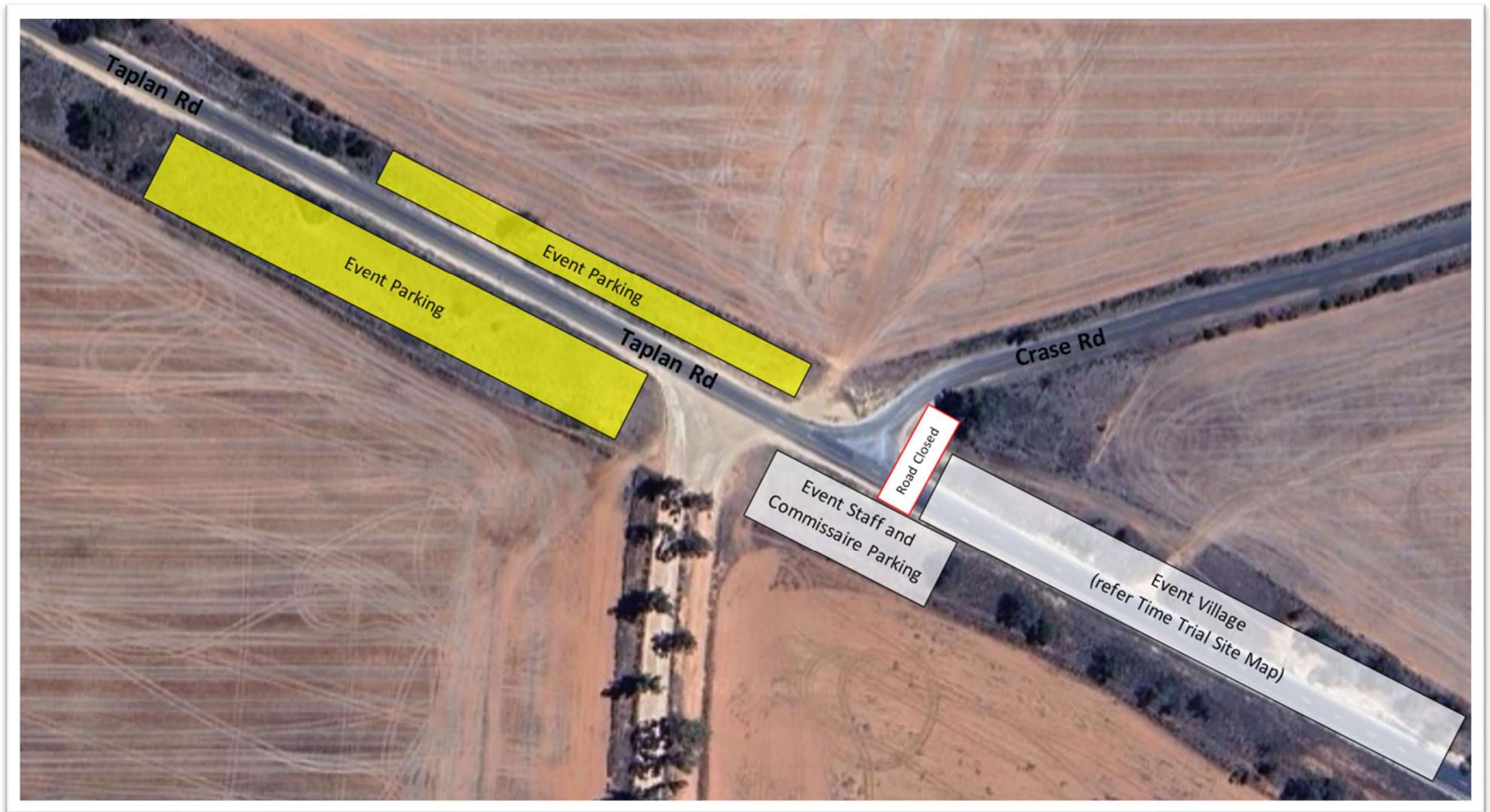
criterium

[Criterium Course](#)



Event Parking

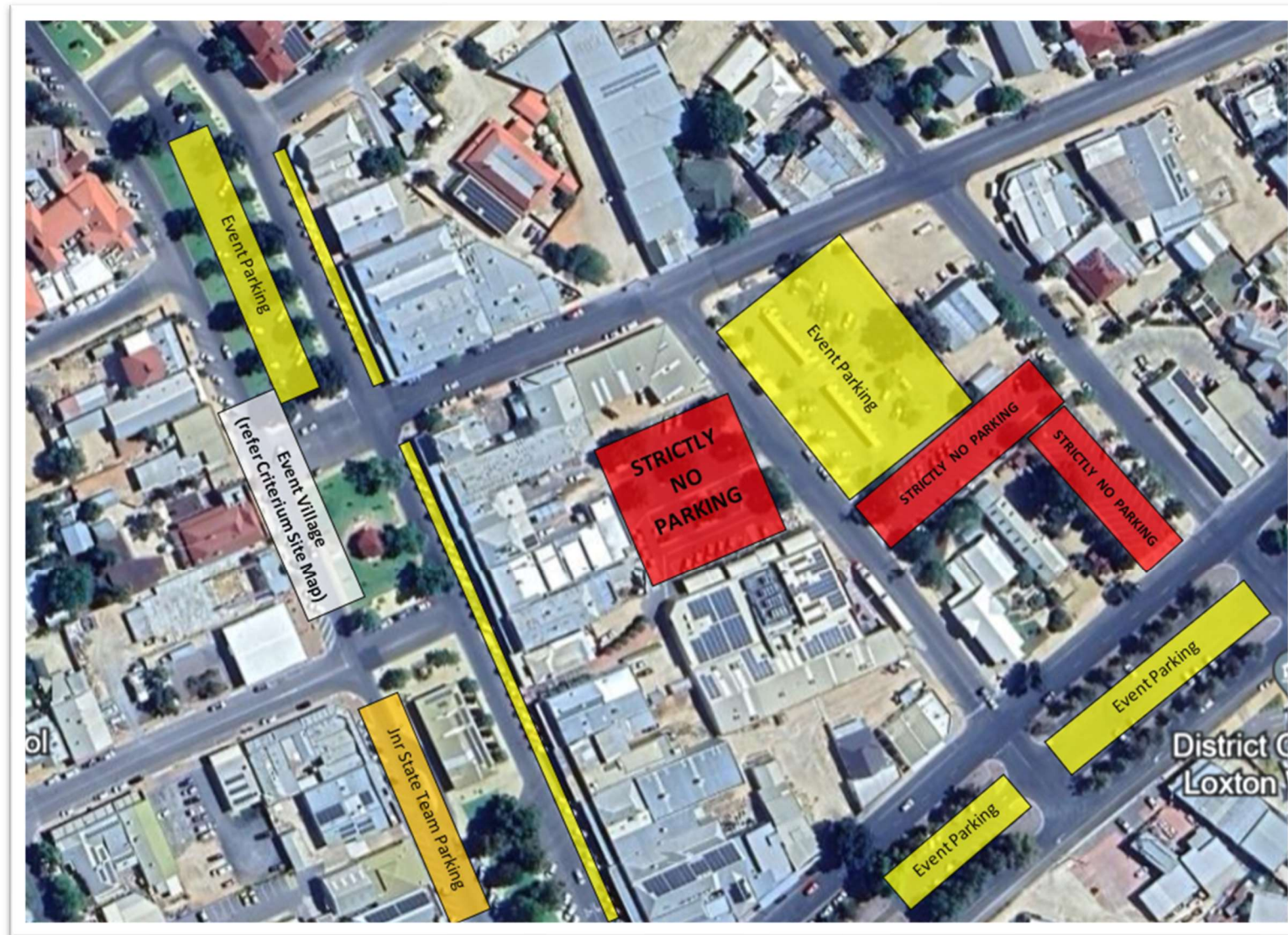
Time Trial:



Road Race:



Criterion:

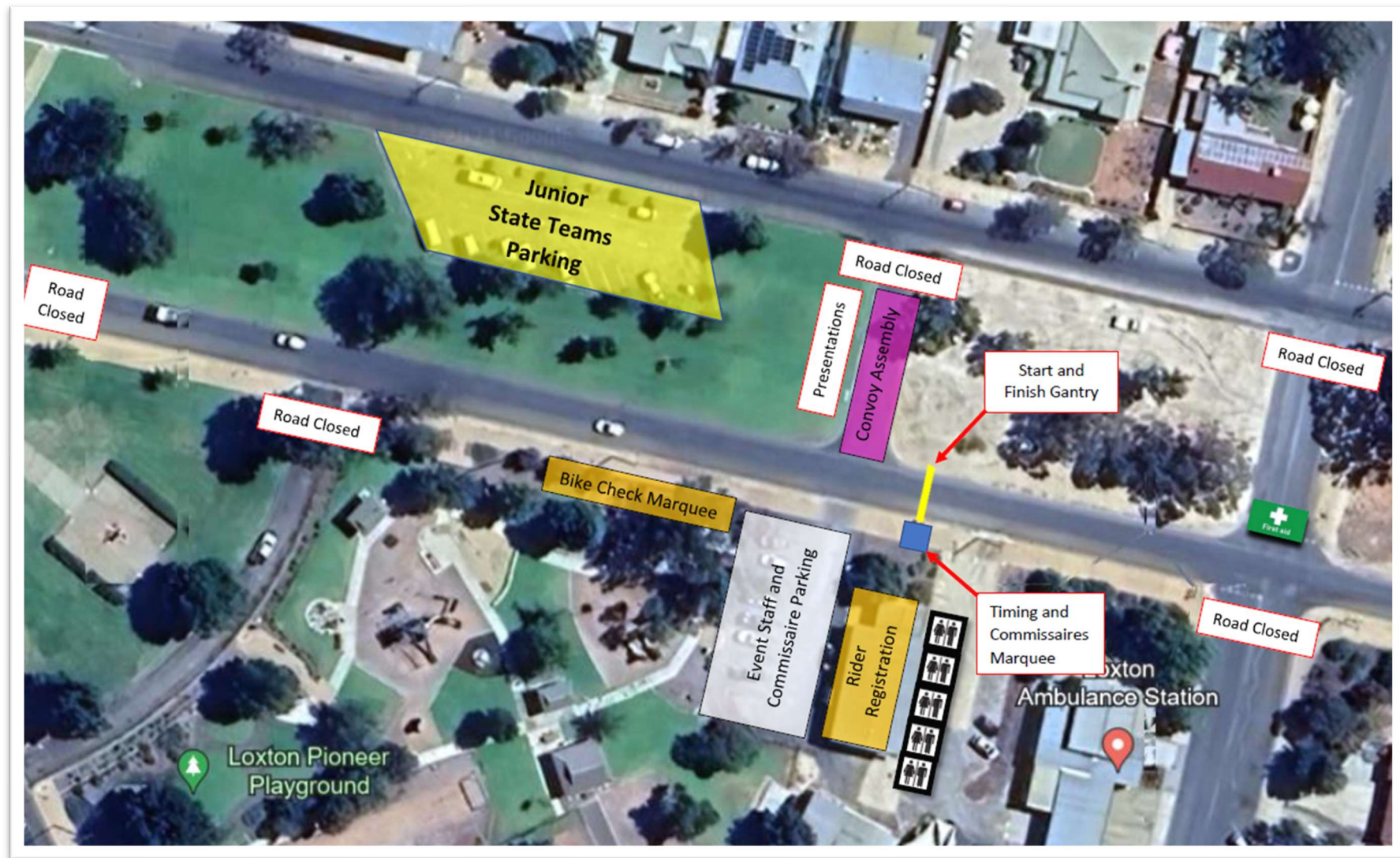


Site Maps

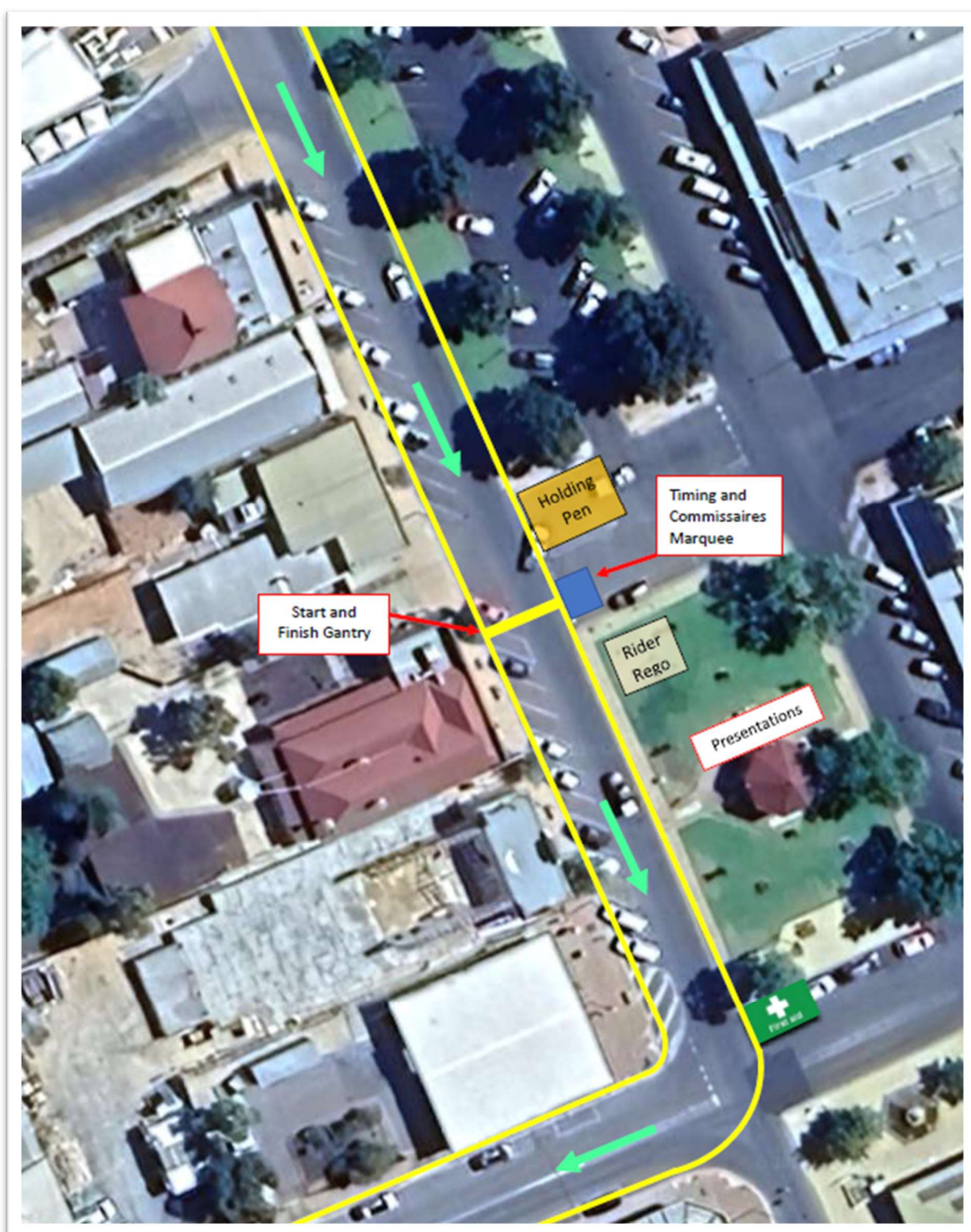
Time Trial



Road Races



Criterion





Quarantine in South Australia

Know the restrictions

fines apply



Government of South Australia
Department of Primary Industries
and Regions

Travelling within South Australia

Riverland Pest Free Area

Certain fruit and vegetables cannot be brought into the Riverland Pest Free Area.

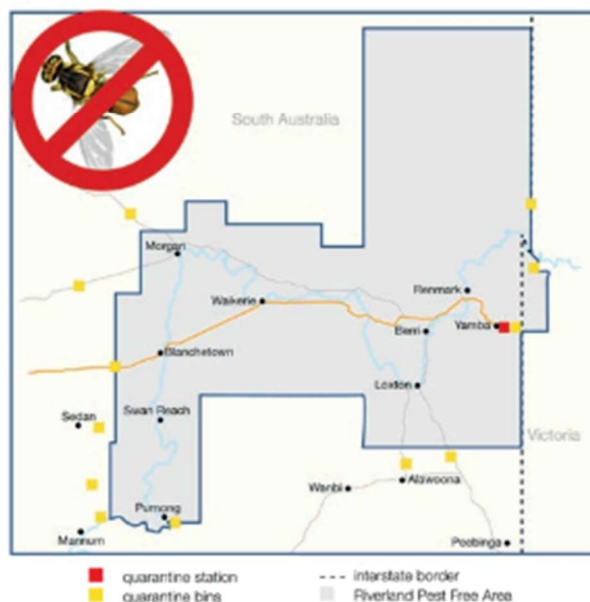
If you are caught with fruit and vegetables that are a fruit fly risk, your produce will be seized and you may be fined. Find out what is at risk, visit fruitfly.sa.gov.au or call 1300 666 010.

Pack thoughtfully and buy local when you arrive.

Quarantine bins approaching the Riverland



- Purnong Road near Mannum
- Goyder Highway near Morgan
- Thiele Highway near Eudunda
- Sturt Highway near Blanchetown
- Stott Highway near Sedan
- Angas Valley Road near Walker Flat
- Hunter Road near Bow Hill
- Browns Well Highway near Paruna
- Karoonda Highway near Alawoona
- Bede Road, near Yamba
- Lindsay Point
- Old Wentworth Road at the State border





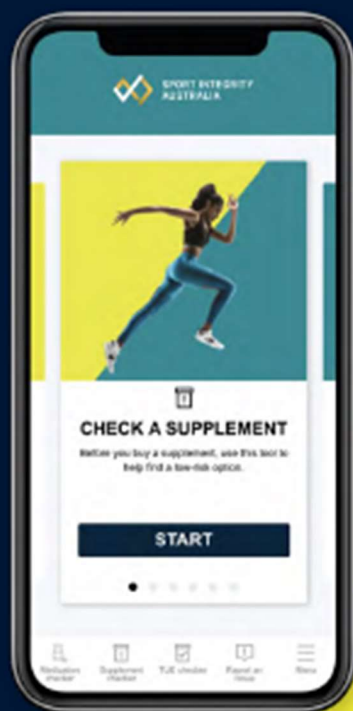
**SPORT INTEGRITY
AUSTRALIA**

CLEAN SPORT IS YOUR RESPONSIBILITY

SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

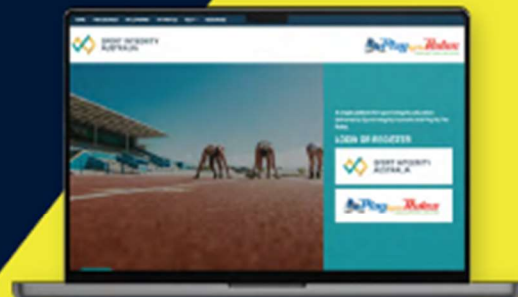
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store and Google Play store here.

ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: elearning.sportintegrity.gov.au
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



Contact Us

Email: education@sportintegrity.gov.au

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

www.sportintegrity.gov.au



SPORT INTEGRITY
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ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.



All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.



Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.



As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.



There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.



Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.



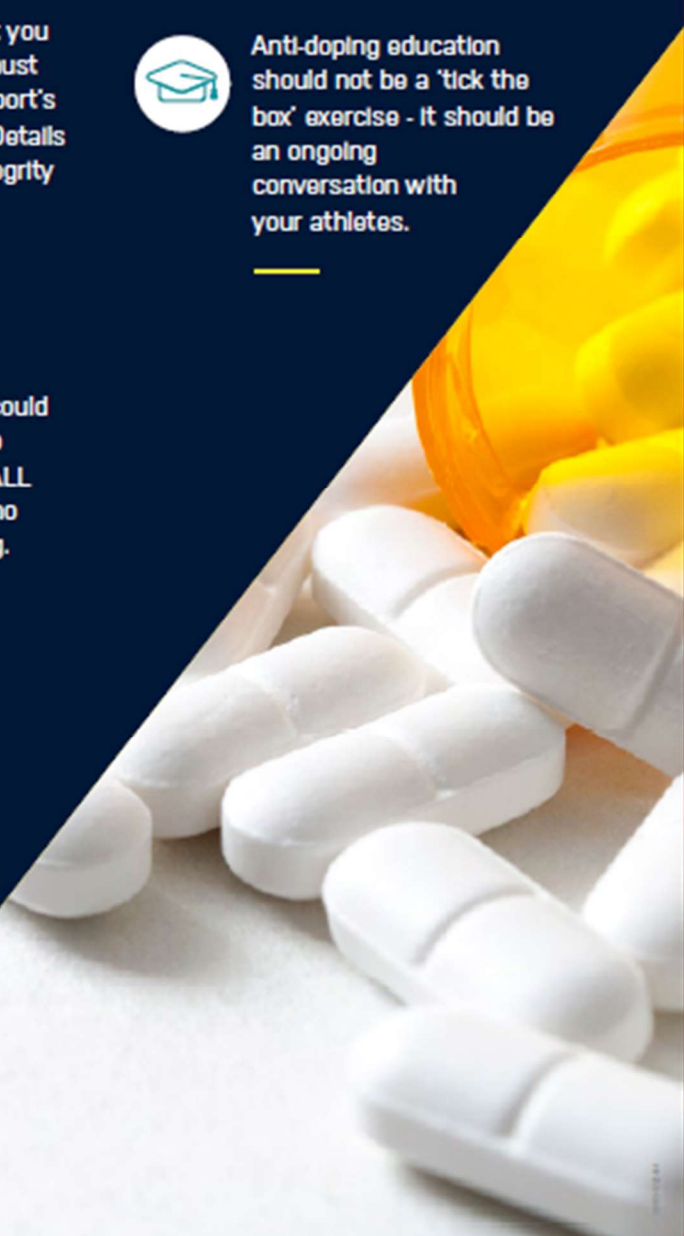
If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.



Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.



Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.





AUSCYCLING



District Council of
**Loxton
Waikerie**