



**TRINBAGO 2023
COMMONWEALTH YOUTH GAMES
CYCLING TECHNICAL MANUAL**



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Welcome



Ephraim Serrette

Local Organising Committee

Trinbago 2023 Commonwealth Youth Games

It brings me great pleasure to welcome my Commonwealth family to the beautiful twin isles of Trinidad and Tobago.

As a country that prides itself on its diverse culture and rich heritage, the Trinbago 2023 Commonwealth Youth Games Local Organising Committee will undoubtedly produce an astounding sporting event. These Games will reflect our melting pot of people, culture, history and heritage.

On behalf of the Government and the people of the Republic of Trinidad and Tobago, I would like to extend heartfelt thanks and appreciation to the Commonwealth Games Federation for bestowing on us the momentous honour of hosting such a celebrated global sporting event.

We are humbled by the great accolade of being ambassadors for our region and welcome everyone to our sister isle, Tobago.

Welcome ALL! TRINBAGO 2023 COMMONWEALTH YOUTH GAMES

Glossary of Terms

BBF	Buccoo Beach Facility
CGA	Commonwealth Games Association
CGF	Commonwealth Games Federation
CYG	Commonwealth Youth Games
HSC	Hasley Crawford Stadium
IF	International Federation
LAR	Late Athlete Replacement
NAC	National Aquatic Centre
NCV	National Cycling Velodrome
PPB	Pigeon Point Beach Facility
SPC	Shaw Park Complex
SPF	Shaw Park Field
UCI	Union Cycliste Internationale

1 Introduction

Trinbago 2023 Commonwealth Youth Games is a phenomenal opportunity for youths from the global sphere to showcase their athletic prowess, meet friends and explore varied cultures. Equally important, the Games provide an avenue for our Commonwealth brothers and sisters to witness camaraderie at the highest level, a memorable experience that would last a lifetime.

1.1 Welcome to TRINBAGO 2023

We take this time to reflect on two phrases that epitomise the Games:

“Here every creed and race find an equal place” Patrick S. Castagne (1962)

This is a profound line in Trinidad and Tobago’s national anthem. This represents the warmth and love of all our people living harmoniously. We welcome you to share this unique experience and hope you enjoy your time in our beautiful twin isle nation.

Yet another powerful phrase coined by The Honourable Shamfa Cudjoe, Minister of Sport and Community Development and Member of Parliament for Tobago West.

“Trinidad and Tobago, not just to party, but to play.”

Best of luck to all the athletes.

1.2 About Trinidad

Trinidad is the most southernmost island in the Caribbean, situated 130km (81) miles south of Grenada and 11Km (6.8 miles) off the coast of Venezuela.

It is the home of Carnival, and the birthplace of the steelpan and calypso.

We welcome you to Trinidad for the Cycling (Track and Road) competition of the Trinbago 2023 Commonwealth Youth Games!

See you in August!



1.3 TRINBAGO 2023

Commonwealth Youth Games 2023	
Opening Ceremony	4th August 2023
Competition Period	5th – 10th August 2023
Closing Ceremony	11th August 2023
Number of Athletes	1000 athletes

Island	Clusters	Venue	Sports
Trinidad	Couva	National Aquatic Complex	Swimming
		National Cycling Velodrome	Track Cycling
		To be advised	Road Cycling, Time Trial
	Port of Spain	Hasely Crawford Stadium	Athletics & Para-Athletics
Tobago	Tobago	Shaw Park Cultural Complex	FAST5 Netball
		Shaw Park Recreational Grounds	Rugby Sevens
		Buccoo Bay Facility	Triathlon
		Pigeon Point Beach Facility	Beach Volleyball

1.4 Key contacts

Role	Name	Email Address
CGF Sport Manager	Sam Munkley	
International Technical Delegate	Iverson Ladewig	
OC Sport Director	Reyah Richardson	reyah_r@hotmail.com
Sport Competition Manager	Gregory D'Andrade	mrgreg2009@hotmail.com
Assistant Sport Competition Manager	Roger Frontin	rfrontin@gmail.com
CGA Services	Annette Knott	cgaservices@cyggt.com

1.5 Key dates

Trinbago 2023 CYG - CGA Key Dates	
Dates 2022 - 2023	Events
1 April 202	Sport Entry registration, Accreditation
28 April 2023	Event Competition Schedule issued
	Team Leader Manual v2, Sport Guides v2, Sport Entries Guide v2, Anti-Doping Manual
15 May 2023	Accreditation Deadline
19 June 2023	Final Entry by Name deadline (final entry)
	Team Size Calculator v2 deadline
20 June 2023	Late Athlete Replacements
02 August 2023	Village Opens
02 August - 04 August 2023	CGA Arrivals
02 August 2023 – 09 August 2023	Track & Road Cycling Training
03 August 2023	Road Route Familiarisation
04 August 2023	Opening Ceremony
04 August 2023	Technical Meeting
05 August 2023	Time Trial Competition
07 August 2023	Road Race Competition
08 – 10 August 2023	Track Cycling Competition
11 August 2023	Closing Ceremony
12 August 2023	CGA Departures
	Village Closes

1.6 Competition Information

The Individual Time Trial will take place on Saturday 5th of August and the Road Race on the 7th of August on a closed circuit around the Brian Lara Cricket Stadium, Tarouba, measuring 5km per lap.

The Track Cycling will be held from Tuesday 8th to Thursday 10th August 2023 at the National Cycling Velodrome in Couva

The National Cycling Velodrome, competition and training venue, is 37km and has a travel time of approximately 35 minutes from the Trinidad Games Village accommodation.

The Brian Lara Cricket Stadium, competition and training venue, is 44km and has a travel time of approximately 45 minutes from the Trinidad Games Village accommodation.

Age Group of competitors: 17 and 18 years of age (born in 2005 and 2006).

Competing athletes must meet the above age requirements as at **31st December 2023**.

1.7 Events & Medals

The total number of medal events: Sixteen (16)

- Road Race – Two (2)
- Time Trial – Two (2)
- Track Cycling – Twelve (12)

Men's Medal Events	Women's Medal Event
Road Race	Road Race
Time Trial	Time Trial
3km Individual Pursuit	2km Individuals Pursuit
1km Time Trial	500m Time Trial
10km Scratch	7.5km Scratch
Sprint	Sprint
Points Race	Points Race
Keirin	Keirin

2. Competition Schedule

The Cycling competition events are as follows:

Cycling Discipline	Duration (day)	Date
Time Trial	1	5th August 2023
Road Race	1	7th August 2023
Track Cycling	3	8th to 10th August 2023

The detailed event competition schedule will be presented in version 2 of this sport guide.

2.1 Meetings

2.1.1 Technical Meetings

i. Athlete Confirmation of Starters, Presentation of Licences & Clothing

Date: 4th August 2023

Time: From 9 am to 10:30 am

Location: Media Conference Room, NCV

ii. Team Managers Meeting For Track and Road

Date: 4th August 2023

Time: 11.00 am

Location: Media Conference Room NCV

iii. Commissaires Meeting

Date: 4th August 2023

Time: 12:30 pm

Location: Media Conference Room, NCV

Note that due to limited capacity, CGAs are requested to send a maximum of 2 persons to the Team Managers meeting.

2.2 Competition Rules

The Cycling competition at Trinbago2023 will be delivered in accordance with UCI rules and regulations: <https://www.uci.org/regulations/3MyLDDrwJCJJ0BGGOFzOat>

2.3 Entry and Eligibility

For Trinbago 2023, CGAs are only permitted entries in medal events as follows:

Events	Entries
Track Events	2 athletes per event
Road Events (Road Race & Time Trial)	2 athletes per gender

All athletes competing at Trinbago 2023 must:

- i. Not be currently under disqualification or suspension by the CGF, or their respective Affiliated CGA or UCI or under the World Anti-Doping Code.
- ii. Have complied with all applicable rules and regulations of the CGF, UCI and the World Anti-Doping Code as may be modified and applied by the Federation to ensure that the overriding principles of the Commonwealth Games are observed. In the case of any inconsistency, CGF rules and regulations will prevail.
- iii. Have met the CGF's eligibility standards in accordance with the CGF Constitution. - Athletes must hold a valid UCI International Racing Licence from their recognised UCI National Cycling Federation.
- iv. Have complied with the age regulations as stipulated by the CGF and UCI.

2.3.1 Sport Entry

The CGAs must submit all final entries by **Monday 19th June 2023** at 23:59 UTC. Submissions must be made through the Online Sport Entries System, and no entries will be accepted after that time in accordance with the CGF Late Entries Policy.

2.4 Late Athlete Replacement

- In accordance with the CGF Late Athlete Replacement (LAR) Policy, following the Sports Entries (Entry by Name) deadline, the CGF, in consultation with the IF and CGF Medical Commission (when deemed appropriate by the CGF), may approve a permanent replacement of an athlete by another eligible athlete only in the same sport and discipline and event(s) where there are extenuating/extraordinary circumstances (e.g., medical circumstances, Anti-Doping rule violations and appeals) that may prevent the participation of an athlete in Trinbago 2023.
- This policy applies following the close of the Sports Entries (Entry by Name) deadline up until two (2) hours before the start time of the respective sport technical meeting (discipline-specific where relevant). Version 2 of the Sports Entries Guide will include the LAR Annex with discipline-specific LAR deadlines.
- For further information, please consult the CGA Late Athlete Replacement Policy.

2.5 Award of Medals

- As per the CGF Allocation Policy, medals will be awarded for all individual and team events, according to the number of riders / teams competing in the specific event, where sport specific competition rules permit changes to the composition of a preliminary round or heat of a team, all athletes who competed in the final and heat or preliminary rounds will be eligible to receive medals:
- Events with five or more athletes: Gold, Silver and Bronze
- Events with four athletes: Gold and Silver only
- Events with three or two athletes: Gold Only

2.6 Athlete Equipment Movement

An athlete equipment transfer service will be provided for oversized equipment and operate on a schedule in support of the athlete and team official transfer service provided by Trinbago 2023 Transport service.

Equipment transfers operating between the Games Village in Port-of-Spain and / or ports of entry / exit must be pre-booked. Bicycles are not permitted to travel on the training or competition bus services and must be transported by the athlete equipment transfer service.

2.6.1 Clothing and Equipment

All team and competition clothing and personal equipment must comply with Commonwealth Games Federation (CGF) regulations – Policy on Branding on Competition Clothing and Equipment and the current IF rules. Team Leaders is asked to familiarise themselves with the above policy and the Sport-by-Sport Guidelines, which can be accessed via the CGA Portal.

During competition and training (Road, ITT and Track), all athletes must train and compete in their official CGA team uniform.

It is the responsibility of the individual athlete to ensure that the quality of their bicycle and any product worn is satisfactory for the purpose and complies fully with the UCI Regulations relating to Equipment and clothing (UCI Regulations - Part 1, Chapter III, Sections 1 – 3)

Bike Checks will be carried out throughout the Individual Time Trial and on every track event.

2.7 Delay, Postponement and Rescheduling

This will be advised in version 2 of the Sports Guide.

2.8 Technical Officials

The list of technical positions and Officials will be published in the subsequent version of the Trinbago2023 Cycling Sports Guide.

3. Track Cycling

3.1 Competition Events

3.1.1 Individual Sprint

The sprint competition consists of five phases: Qualifying, 1/8th Finals, Quarter Finals, Semi-Finals, and Finals. The Individual Sprint competition is conducted over three laps of the track. This format can be changed according to the total number of registered riders.

In the qualifying phase, all cyclists complete a 200m flying start to determine the seeding order for the 1/8th Finals.

After the qualifying phase, matches between two riders will be set. The winners of each race progress to the next round. From the quarter-finals, the races are run as the best of three rides. Lots are drawn to determine the cyclists start position.

o match points.

3.1.2 Keirin

The Keirin is a race in which the cyclists complete three laps paced behind a motorised bike known as the derny. The derny starts at 30 km/h, increasing to 50 km/h and leaves the track with three laps to go, at which point the cyclists begin a sprint to the finish.

The Keirin competition consists of four phases: First Round, First Round Repechage, Second Round, and Finals. This format can be changed according to the total number of registered riders.

3.1.3 1 Km and 500 m Time Trial

The Time Trials competitions consist of a Finals phase only. The cyclist is alone on the track racing against the clock over a distance of 1000 m for men and 500 m for women.

3.1.4 Individual Pursuit

For the Individual Pursuit competition, cyclists start on opposite sides of the track in a race against each other, and the clock over 3000 m for men and 2000 m for women.

The Individual Pursuit competition consists of two phases: Qualifying and Finals.

The Qualifying round determines the four best cyclists based on their times.

In the Qualifying round, a rider who is caught by their opponent must continue to complete the distance to record a time.

In the Qualifying round, a rider who is caught by their opponent must continue to complete the distance to record a time.

The four cyclists recording the best times in the Qualifying round are matched in the Finals as follows:

- The riders with the third and fourth best times will ride for the Bronze medal.
- The two fastest riders will ride in the Final for the Gold and Silver medals.

In the Finals the rider who recorded the faster time in the qualification starts from the home straight.

In the Finals the winner is determined by either recording the faster time or by catching their opponent. A rider is considered caught at the point that the chain set on their opponent's bicycle draws level with that of their own.

3.1.6 Scratch race

The Scratch race is a mass start event run over 10km (40 laps) for men and 7.5km (30 laps) for women.

If one or more cyclists manage to lap the field, the race continues, and the final placings are determined at the crossing of the finish line after the full distance has been completed.

A cyclist who is lapped by the main field must leave the track and will not be placed.

The Scratch race competition consists of two phases: Heats (if there are more than 24 entries) and Finals. The Heats determine the 24 cyclists who progress to the Finals. The Final placings are determined during the final sprint, considering laps gained.

3.1.7 Points race

The Points race is a mass start race over 30 km (120 laps) for men and 25 km (100 laps) for women. The object of the Points race is to accumulate points over the duration of the race.

The competition consists of two phases: Heats (if there are more than 24 entries) and Finals.

The Heats determine the 24 cyclists who progress to the Finals.

Sprints for points take place every 10 laps, with the first cyclist in each sprint awarded five points, the second three points, the third two points, and the fourth one point.

Points awarded in the last sprint after the full distance are doubled (ten points, six points, four points, two points). Twenty points can also be awarded for lapping the field, whilst 20 points are deducted from cyclists who lose a lap.

The winner is the cyclist with the most points at the end of the race. Where two or more cyclists are equal on points, the places in the final sprint shall declare the winner.

3.2 Appeals

There is no provision for appeal in the cycling competitions as the Commissaires' decision is final.

3.3 Using the Track

3.3.1 Open Practice Before Competition Days.

Open practice on the track is designed to allow countries to train at designated time slots, according to the table below. During these days, the use of the Starting Gate will be allowed in one side of the track (main tribune), under the supervision of the commissaires, on the last 15 minutes of each time slot of practice.

Wednesday 2nd August 2023

TIME TABLE – OPEN TRAINING SESSIONS	
08:00 – 09:00	Country A, B
09:00 – 10:00	Country C, D
10:00 – 11:00	Country E, F
11:00 – 12:00	Country G, H
12:00 – 13:00	Country I, J
13:00 – 14:00	Country K, L
14:00 – 15:00	Country M, N
15:00 – 16:00	Country O, P
16:00 – 17:00	Country Q, R
17:00 – 18:00	Country S, T

Thursday 3rd August 2023

TIME TABLE – OPEN TRAINING SESSIONS	
08:00 – 09:00	Country S, T
09:00 – 10:00	Country Q, R
10:00 – 11:00v	Country O, P
11:00 – 12:00	Country M, N
12:00 – 13:00	Country K, L
13:00 – 14:00	Country I, J
14:00 – 15:00	Country G, H
15:00 – 16:00	Country E, F
16:00 – 17:00	Country C, D
17:00 – 18:00	Country A, B

Saturday 5th August 2023

TIME TABLE – OPEN TRAINING SESSIONS	
08:00 – 09:00	Country I, J
09:00 – 10:00	Country G, H
10:00 – 11:00	Country E, F
11:00 – 12:00	Country C, D
12:00 – 13:00	Country A, B
13:00 – 14:00	Country S, T
14:00 – 15:00	Country Q, R
15:00 – 16:00	Country O, P
16:00 – 17:00	Country M, N
17:00 – 18:00	Country K, L

Sunday 6th August 2023

TIME TABLE – OPEN TRAINING SESSIONS	
08:00 – 09:00	Country A, B
09:00 – 10:00	Country C, D
10:00 – 11:00	Country E, F
11:00 – 12:00	Country G, H
12:00 – 13:00	Country I, J
13:00 – 14:00	Country K, L
14:00 – 15:00	Country M, N
15:00 – 16:00	Country O, P
16:00 – 17:00	Country Q, R
17:00 – 18:00	Country S, T

Monday 7th August 2023

TIME TABLE – OPEN TRAINING SESSIONS	
08:00 – 09:00	Country S, T
09:00 – 10:00	Country Q, R
10:00 – 11:00	Country O, P
11:00 – 12:00	Country M, N
12:00 – 13:00	Country K, L
13:00 – 14:00	Country I, J
14:00 – 15:00	Country G, H
15:00 – 16:00	Country E, F
16:00 – 17:00	Country C, D
17:00 – 18:00	Country A, B

3.3.2 Track Competition Days

3.3.2.1 Warm-Up

During competition days only athletes that will compete on the specific day will be permitted access to the track for warm-up for 1 hour before the start of the competition. The track will close 10 minutes before the first race.

All warm-up periods will be under the jurisdiction of Commissaires. The use of starting gates during warm-up, before competition days, is not allowed. All standing starts must be handheld in the home straight only.

All riders must always wear their official National Team kit.

3.3.2.2 Rider Safety

Riders must always wear a helmet whilst on the track. The use of personal stereo, Go-Pro cameras, or other filming equipment whilst riding on the track is prohibited.

Riders must not ride their bikes in the indoor areas at the Velodrome except FOP and designated in-field warm-up area.

Road bikes are not permitted on the FOP (Velodrome) at any time.

3.3.2.3 Bike weighing / measuring procedure

Two bike check stations with jigs will be provided on each side of the infield, supervised by Commissaires. The stations will be open 1 hour before the start of each competition session for an informal bike check and to assist teams in adjusting their bikes. During the races, all bikes must go through a bike check up to 15min before each race.

3.3.2.4 Access to the Field of Play (FOP)

Athlete waiting areas are provided on both home and back straights. Access to the field of play is through the gates at the top of the ramps adjacent to the waiting areas.

3.3.2.5 Team pits

Each team is allocated an area on the in-field. The size of each CGA's team pit is determined by the number of athletes on the team. Some CGAs may be sharing a team pit with another CGA.

Each pit has a table, sufficient chairs, and a portable cooler box allocated by Trinidad and Tobago 2023 competition management.

CGAs are advised to bring adequate international adaptors.

A limited number of sets of rollers are available from Trinbago 2023 for use in the team pit area. CGAs must share rollers, prioritising riders time of competition.

3.3.2.6 Team storage

Equipment would be stored on the ground floor of the NCV. CGAs can have access from Wednesday 2nd August 2023.

A list of CGAs and the allocated storage location will be available in advance.

The area must be cleared by Saturday 12 August 2023.

4. Road Cycling

Information on Road Race and Individual Time Trial will be available in version 2 of Trinbago 2023 Cycling Sport Guide.

4.1 Road Race and Individual Time Trial Field of Play Familiarisation

The Organizing Committee will organise an official training session on Thursday 3rd August 2023, at the Brian Lara Cricket Stadium course, from 9:30am to 12:30pm. On this date, the course will be closed and CGA teams can train for ITT and RR.

The official training will also include venue familiarisation.

Besides the official training session on Thursday 3rd August 2023, there are no other dedicated training schedules for road events. Teams have the freedom to train at their own times and on desired training routes to meet their relevant training needs.

4.2 Individual Time Trial

The women's event will be contested over 10 km (2 laps of the course) and the men's event will be contested over 15km (3 laps of the course) around the Brian Lara Cricket Stadium. The male and female riders who set the fastest time will be declared the winner of the respective category.

The time trials will be contested by individual women and men cyclists starting at one-minute intervals to race against the clock.

Cyclists are permitted to receive assistance from their respective CGA team, on a standing basis only. No cars will be allowed to follow the riders. Besides the "standing-still" assistance posts being situated around the course, riders may also receive assistance from the Neutral Support vehicles and / or neutral motorcycles.

Assistance between the riders is not allowed.

ITT bikes: a reminder that only regular road race bicycles will be allowed for the ITT race, without any aerodynamic handlebars, clip-on bars, etc. Aero wheels, in accordance with UCI regulations, will be allowed.

Depending on the number of riders registered (men and women), “waves” may be created to better organise the competition and decrease the number of riders on the course.

Checking points for both the women’s and men’s race will be available by the official timing company. Version 2 of the Trinbago 2023 Cycling Sport Guide will indicate the positions of the points.

3.3.3 Tie break rules

Time Trial

- i. Ties remain as such if the cyclists have the same time of 1/100th second.
- ii. If ties remain, the cyclist with the lowest race number is listed first.

4.3 Road races

The women’s race will be conducted over eleven (11) laps of the circuit for a total race distance of 55 km, whilst the men’s race will be conducted over thirteen (13) laps of the circuit for a total of 65 km.

MEN and WOMEN CRICKET STADIUM COURSE – (5Km per Lap)	
Men’s race = 13 laps / 65km	Women’s race = 11 laps / 55km

The winner of each race is the first cyclist to cross the finish line having completed the race distance.

There will be no caravan (following cars) during the road race competitions. The organisation will set neutral cars and neutral motorcycles to assist all the riders during the event. Teams are free to organise themselves all along the course to set up pit areas to assist their riders. No pits will be allowed 200m before and 100m after the start/finish line.

4.3.1 Tie break rules

Road Race Ties remain as such that they cannot be resolved by electronic means.

4.3.2 Appeals

There is no provision for appeal in the cycling competitions as the Commissaires decision is final.

5. Service Guide

Information on Medical, Anti-doping, Equipment, Transportation and Meals will be available in the next version of the Trinbago 2023 Cycling Sport Guide.

