



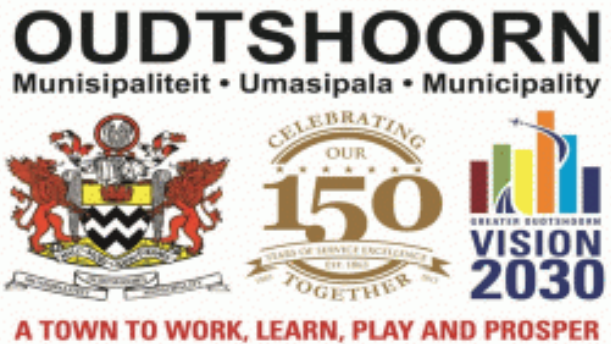
SA Road, Criterium & TT Youth Championships and USSA Tour

Oudtshoorn

19-21 March 2022

Technical Guide

Presented by **Cycling South Africa** and
EDEN Cycling Association



WELCOME MESSAGE FROM CYLING SOUTH AFRICA PRESIDENT CISKA DU PLESSIS AUSTIN

Thank you to Western Cape Cycling and its affiliated region, Eden Cycling, for welcoming our young talent at the Cycling SA National Youth Championships in Oudtshoorn.

Though this town has welcomed many young aspiring cyclists at the Western Cape Youth Festivals for the past 11 years as well as playing host to 5 senior National Championships, it is the first time that Oudtshoorn will host a youth national championship event. In addition, we also welcome the university cyclists from USSA whose championship will be held in conjunction with the youth championships.

It had really been a tough 2 years with not many events taking place during the pandemic. We are happy to see that the new norm of health regulated events are being embraced.

I want to thank all the volunteers, officials, parents, coaches, administrators and any other individuals who have been part of making this event a success.

I hope everybody enjoys the event!



Ciska du Plessis Austin

President: Cycling South Africa

WELCOME MESSAGE FROM EDEN AND WESTERN CAPE CYCLING ASSOCIATION PRESIDENT CORNÉ BENCE

On behalf of Eden Cycling and the Western Cape Cycling Association I would like to extend a warm heartfelt welcome to all riders, spectators and officials. This is the first year that Eden Cycling Association is organising this prestigious event. I would like to thank our generous sponsors - DCAS, Lotto, Oudtshoorn Municipality, Timbercity and Highgate Ostrich Farm for your generosity and support.

Wishing everyone a safe and successful Championships! May you all achieve all your goals and enjoy the hospitality and friendliness that the Eden District and Western Cape have to offer!

Kind regards,

A handwritten signature in black ink, appearing to read 'C. Bence'.

Corné Bence

President: Western Cape Cycling Association



Format

INTRODUCTION

The 2022 National Youth Road Championships is the highlight for youth cycling on the domestic racing calendar. The event consists out of an Individual Time Trial, Road Race and Criterium race. This annual championships and USSA Tour will be hosted in by Eden Cycling in Oudtshoorn. The Youth Championship will also be an Interprovincial competition.

Eden Cycling presented several SA Road Championships in the past, host yearly a Youth Festival and the Oudtshoorn Road Cycle Tour. The local authority supports sport events in Oudtshoorn, and committed themselves with financial, traffic and other support for the 2022 Youth SA's.

The venue registration, Individual Time Trial (ITT) and Road Race (RR) will be at Highgate Ostrich Show Farm on the Volmoed road. The venue for the Criterium will be in Bridgton (Bontebok avenue, 5th avenue, Springbok road and Zebra road).

FRIDAY 18 MARCH 2022

| | |
|---------------|--|
| 14h00 – 18h00 | Registration at Highgate Ostrich Show farm. |
| 18h00 | Managers meeting – Managers with a valid manager's license register and get accreditation and signage. |
| 18h30 | Commissaires / Safety meeting. (Medical and traffic to attend) |

SATURDAY 19 MARCH 2022

The program for the ITT is as follows:

| | | |
|-------|-------|--|
| 07h00 | 10 km | U11 Boys, U11 Girls and U13 Girls |
| | 15 km | U15 Boys and U17 Girls |
| | | U13 Boys and U15 Girls |
| | 20 km | U17 Boys |
| | | University participants (Men and woman) |
| 13:00 | | Prize Giving Youth and USSA (Will be determined after TT start list has been finalized) |
| 14h00 | | Managers meeting – Managers with a valid manager's license register and get accreditation and signage. |
| 14h30 | | Commissaires / Safety meeting. (Medical and traffic to attend) |

SUNDAY 20 MARCH 2022

The program for the RR is as follows:

| | | |
|-------|-------|-----------|
| 07:00 | 19 Km | U11 Boys |
| 07:05 | 19 Km | U11 Girls |
| 07:10 | 19 Km | U13 Girls |
| 07:30 | 27 Km | U13 Boys |

CSA SA Youth Champs & USSA Tour, Oudtshoorn 2022

| | | |
|-------|--------|----------------------------------|
| 07:35 | 27 Km | U15 Girls |
| 09h00 | 72 Km | U17 Boys |
| 09:05 | 54 Km | U15 Boys |
| 09:10 | 54 Km | U17 Girls |
| 11:30 | 107 Km | Universities Men |
| 11:34 | 72 Km | Universities Ladies |
| 12:30 | | Prize Giving all Youth |
| 15:00 | | Prize Giving University students |

The program for the Criterium is as follows:

MONDAY 21 MARCH 2022

07h00 U11 Boys, U11 Girls and U15 Girls
 07h20 U13 Boys and U15 Girls
 07h50 U15 Boys and U17 Girls
 08h30 U17 Boys
 09:00 University Ladies
 09:30 University Men

11h00 Prize Giving Youth and USSA

Maps

COURSE MAP/ROAD BOOK

Individual Time Trial (ITT)

The course for the ITT will start and finish at the Highgate Ostrich Show Farm on the link road between the R328 and Volmoed, as well as the link road between the R62 and R328.

ITT distances will be:

| | |
|-------|---|
| 10 km | U11 Boys and Girls U13 Girls |
| 15 km | U13 Boys U15 Boys and Girls U17 Girls |
| 20 km | U17 Boys University students Men and Women |

☆ 10 km TT Highgate

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10 KM ITT

The 10 Km ITT route starts at Highgate in Westerly direction, turns around before the T junction and finish at Highgate

☆ 15 Km TT Highgate

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15 KM ITT

The 15 Km ITT route starts at Highgate in Westerly direction, turns Right at the T junction towards the turning point and back and finish at Highgate

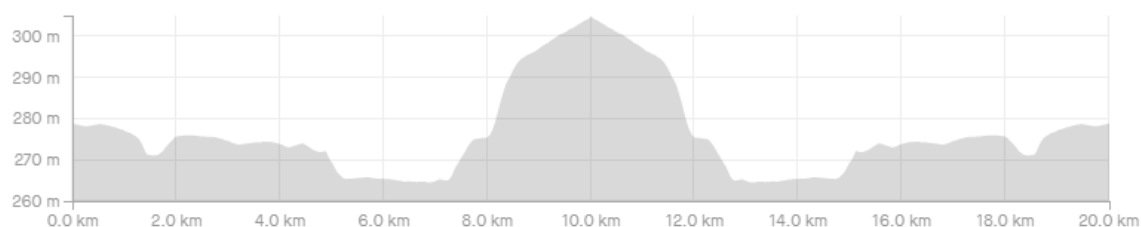
☆ 20 Km TT Highgate

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20 KM ITT

The 20 Km ITT route starts at Highgate in Westerly direction, turns Right at the T junction towards the turning point and back and finish at Highgate

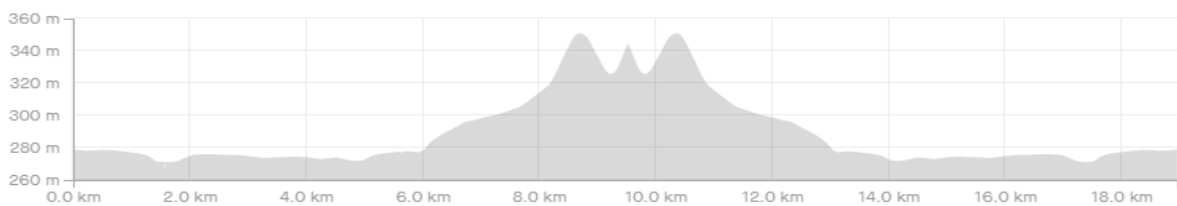
ROAD RACES (RR)

The course for the RR will start and finish at the Highgate Ostrich Show Farm on a circuit of 34 km on the link roads between the R328 and Volmoed, as well as the link road between the R62 and R328.

RR distances will be:

| | |
|--------|---------------------|
| 19 Km | U11 Boys and Girls |
| | U13 Girls |
| 27 Km | U13 Boys, U15 Girls |
| 54 Km | U15 Boys |
| | U17 Girls |
| 72 Km | U17 Boys |
| | University Ladies |
| 107 Km | University Men |

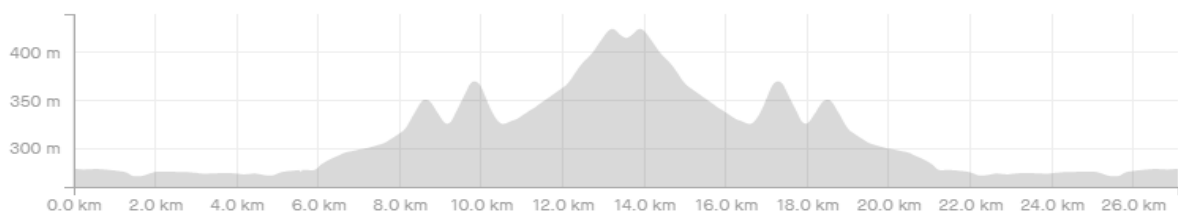
19 Km Road Race Highgate - Volmoed Koppe



19 KM ROAD RACE MAP

The race starts in Westerly direction, turn left at the T-junction towards the halfway turnaround point and finish an easterly direction at Highgate

27 Km Road Race Highgate - Volmoed Koppe



27 KM RR MAP

The race starts in Westerly direction, turn left at the T-junction towards the halfway turnaround point and finish an easterly direction at Highgate

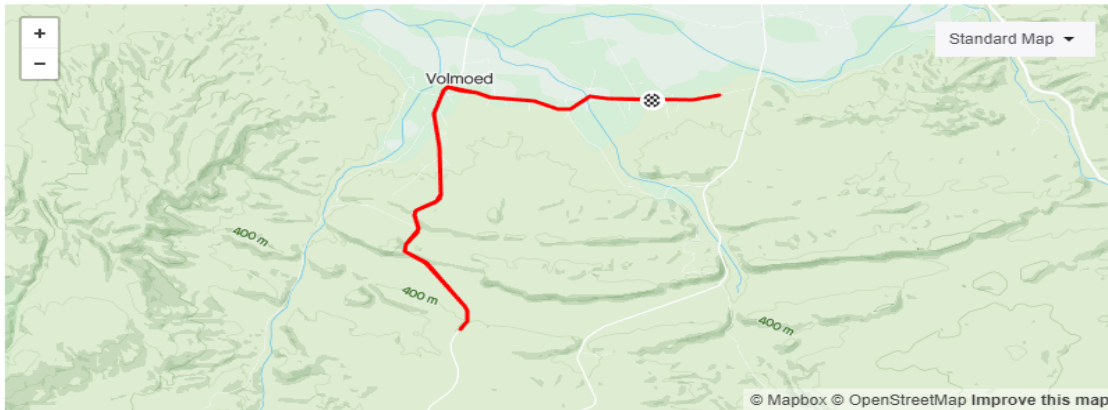
☆ 54 km Road Race Highgate - Volmoed Koppe

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54 KM RR MAP

The race starts in Westerly direction, turn left at the T-junction towards the halfway turnaround point and pass the finish line for the second lap towards the turning point . Complete the second lap and finish the race in and easterly direction at Highgate. Note that on the second lap you will not go past Higate to the turning point butt finish the race at higate

☆ 72 Km Road Race Higate -Volmoed Koppe

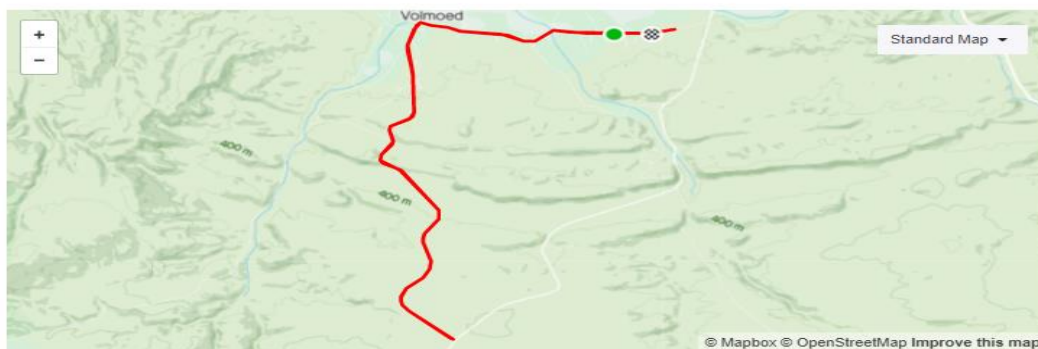
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72 KM RR MAP

The race starts in Westerly direction, turn left at the T-junction towards the turnaround point and pass the finish line for the second lap towards the turning point. Complete the second lap and finish the race in and Easterly direction at Highgate. Note that on the second lap you will not go past Highgate to the turning point butt finish the race at Highgate

☆ 107 km

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107 Km RR MAP

The race starts in Westerly direction, turn left at the T-junction towards the turnaround point and pass the finish line for the second lap towards the turning point. Complete the second and third lap and finish the race in and easterly direction at Highgate. Note that on the first and second lap you will go past and on final lap finish the race at higate in an Easterly direction

CRITERIUM RACING

The Criterium racing takes place from the VG Church Bridgton on a 1,37 km challenging circuit. The Crit starts in Bontebok avenue, anti clockwise to 5th avenue, Springbok road and Zebra road.

Crit timings will be:

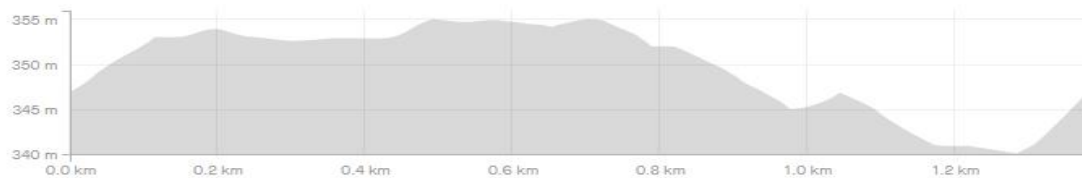
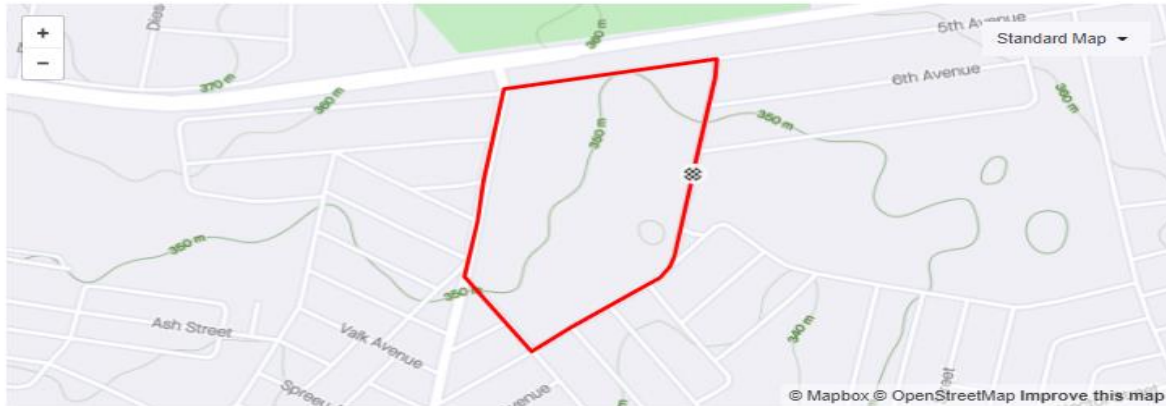
| | | |
|-------|-----------------------------------|--------------------|
| 07h00 | U11 Boys, U11 Girls and U15 Girls | 10 Minutes + 1 Lap |
| 07h20 | U13 Boys and U15 Girls | 15 Minutes + 1 Lap |
| 07h50 | U15 Boys and U17 Girls | 20 Minutes + 1 Lap |
| 08h30 | U17 Boys | 25 Minutes + 1 Lap |
| 09:00 | University Ladies | 25 Minutes + 1 Lap |
| 09:30 | University Men | 35 Min + 1 Lap |

Groupings and Timings can change depending on rider figures.

Prize Giving 30 Minutes after last race finished

CRITERIUM CIRCUIT

☆ Auriel College Criterium

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RULES

SPECIAL RULES: NATIONAL ROAD AND TIME TRIAL CHAMPIONSHIPS

Organisation

The South African National Road and Time Trial Championships will take place in accordance with the Rules and Regulations of Cycling SA. The Chief Commissaire appointed will make the final decision on any disputes.

Participation

All riders participating in the National Championship must have a 2022 membership issued by Cycling SA.

Type of Races

- All races conducted will be National Championships or the USSA Tour,
- Each cyclist must ensure they understand the layout for the route of their age group, inclusive of the in/out routing scheduled and the circuit.
- All races will be Closed Championships, and foreign citizens (riders from other nations) may not participate,
- Distances and time duration might vary slightly depending on road availability and safety!

Permanence (Race Meeting office and Headquarters)

Race permanence is at the Highgate Ostrich Farm Hall and will be open for registration as follows:

Friday 18 March 2022, 14h00 – 18h00.

The Team Managers meetings occur on Friday 18 March 18h00 and Saturday 19 March at 14:00 – Managers with a valid manager's license register and get accreditation and signage.

Radio-Tour

- a) Race radios are not permitted for riders in the road race;
- b) Each Commissaire during an event will be provided with a two-way race radio by the organisers.

Neutral Service

- a) No neutral service vehicle shall be provided.
- b) Riders withdrawing from the race must report their withdrawals to the President Commissaire or Chief Judge at the Finish Line.

Following, Team and Service vehicles

Time Trials

- a) Following vehicles will be permitted, and the driver of each vehicle must have a current Cycling SA (Level C) manager's licence. Riders using a following vehicle are to forward their names and the names of their managers to the President Commissaire.
- b) A licence check will be conducted at registration and right before the start of each race.
- c) Should a driver not have a manager's licence, they may not follow the rider.
- d) Marshalls and Commissaires will be present on the route during the Time Trial event.
- e) Should any rider and their following team vehicle be suspected of foul play, they may be disqualified immediately.
- f) All team managers are to familiarise themselves with the rules for this event and ensure adherence by the riders and team managers.
- g) Starting order as distributed to participants will be made available.

Road Races

- a) Service vehicles will be permitted.
- b) A minimum of four riders are required as a qualifier for a team vehicle
- c) The convoy order will be as follows: The draw for convoy positions will be conducted at the Team Manager's meeting.
- d) A neutral service vehicle will be provided for each start batch.
- e) There will be 1 x Wheel Stations and 1 x Water Stations on route allocated for riders to place their spare wheels/water bottles with their support staff.

Feeding during the event / Feeding Zone

There will be one feeding station for the Road Race - to be discussed and finalised during the Manager's meetings. These will be clearly marked. Feeding will only be allowed at these designated points and from the team vehicles.

No feeding will be allowed during any of the Time Trial events.

Medals & National Championship Jersey

This event is the National Road Championships of South Africa and USSA Tour. Medals are not presented for participation, but for competitiveness:

- i) Gold, silver and bronze medals will be awarded in all youth categories. Championship jerseys shall be awarded to U17 category only.

Elimination Period

- a) An elimination period of falling behind by 10% from the main bunch will lead to elimination.

Presentation, Prize Giving & Protocol

- a) A protocol presentation will take place each day after the race has been completed.
- b) Riders on podium must wear Cycling attire (Jersey and Pants), face mask and closed footwear. NO cap and glasses.

Anti-Doping / Medical Control

- a) The Anti-Doping Protocol and Rules of the UCI, SAIDS, and Cycling SA will apply.
- b) The Anti-Doping premises will be clearly marked.

Bicycles & Equipment

a) Road Races

- i. No bicycles should be left unattended.
- ii. Each rider's individual responsibility will be to ensure that all wheels and equipment given to Neutral service vehicles be marked and collected after each event.
- iii. All riders must sign on after a successful bicycle inspection and may not leave the waiting area.

b) Time Trial

- i. Each rider has to have their bicycle inspected and weighed in before the start of the TT and may leave the starting area again.
- ii. Each youth rider has to have the bicycle rolled in at least 30 minutes before starting.
- iii. Strict Rules will apply as per the regulations.

c) Timing

The event will be timed by CSA officials.

d) Race Numbers

You will receive 2 x back numbers and a frame number in your race pack. One back number is to be used for the Time Trial. Two back numbers will be used for the Road Race. Please make sure that race number(s) is clearly visible at all times for the officials.

d) Gear Ratio

Gear ratio as per regulation. Gear-checks for all youth categories will be conducted half hour before racing starts. First 5 riders over the finish line are to report immediately for another gear check.

These are the distances as per age groups.

U/11&13 – 6,227 m

U/15 – 6,626 m

U/17 – 6,897 m

- e) Only the U/17 categories will be allowed to use specialized equipment for all 3 disciplines.

Medical

Each rider entering into an event confirms that they are a healthy person, able to compete at the Championships. Riders and managers need to follow Covid -19 protocol relevant to the regulations at the time of hosting the event.

Extreme Heat

There may be extreme heat conditions during the event. If so, extreme weather precautions will be applied –

these can include but are not limited to opening feeding earlier, shortening the race distance or stopping the event

Inter Provincial Rules

The Inter Provincial Competition is a competition within the SA Championships and administered by the CSA Road Commission.

Purpose

- To create an opportunity for all riders up to U17 riders to participate in an interprovincial road, time trial and criterium competition against other riders in the country.
- This can be utilised as a vehicle for awarding of provincial colours.
- To assist the provinces with their development and transformation goals.

Format

- This competition will include riders participating in the SA Youth Road and Time Trial Championships.
- The following events will be included:

Saturday 19 March 2022 – Individual Time Trial

Sunday 20 March 2022 – Road Race

Monday 21 March 2022 - Criterium

Rules

- The event will take place according to Cycling South Africa rules and regulations.
- The Chief Commissaire appointed will make the final decision on any disputes.
- Only the following age categories will be included: u11, u13, u15 and u17.
- The points system for these competitions works as follows:
- Each province can nominate 3 riders per age group per gender for the competition. Thus, the maximum team size allowed is 24 riders.
- Names of nominated riders must be submitted at the team manager's meeting on Friday 18 March.
- The province with the most points in all disciplines will win the overall competition.
- If the Provincial Competition ends in a draw, the final positions will be determined by a count back on the following basis:
 - o Province with the biggest number of PDI riders.
 - o Province with the biggest number of female riders.
 - o Province with the biggest number of participants.
- Points per position:
 - o 1st position = 10 points
 - o 2nd position = 8 points
 - o 3rd position = 6 points
 - o 4th position = 4 points
 - o 5th position = 2 points
 - o 6th position = 1 point
- All PDI* riders who score points will be awarded double points.

Previously disadvantaged individuals (PDI) mean persons who were previously disadvantaged by unfair discrimination and who, in terms of section 9(2) of the Constitution

of the Republic of South Africa, 1996, may be protected and advanced to achieve equality and, for the purposes of this Charter, includes the following designated groups:

- Men of African, Asian or Coloured descent.
- Women, irrespective of descent; and
- Disabled persons, irrespective of descent

USSA Rules

To be published

Event Staff

| | |
|------------------|------------------|
| Race Director | Corne Bence |
| Registration | Eden Cycling |
| Race Organiser | Eden Cycling |
| Safety Officer | William de Bruin |
| Covid 19 Officer | William de Bruin |

Event staff/Comms is:

Chief Comm
Declan Aries

Commissaires Panel:
Denis Human
Shumeez Dollie
Sammy Hardine
Karin Bence
Elka van Rooyen
Heinrich Gryffenberg

Timekeepers/Judges:
Lee Aries
Peter Bailey
Miems Koen

Results:
Janet Oosthuysen

Probationers:
Keeran Aries
Kerrigan Aries

Photo Finish
Ganief Dollie

Roll-in
Jade Gerber

Medical Contact Information

Oudtshoorn Medi-Clinic

Physical Address

185 Church Street, Oudtshoorn, 6620

24 Hour Emergency Centre

GPS Co-ordinates

33° 35' 11.94" S

22° 11' 7.28" E

Tel no 044 272 0111

Oudtshoorn Hospital, Park Road, Oudtshoorn, Tel Nr 044 203 7200

Event Medics: To be appointed

GENERAL INFORMATION

- **A deposit of R200.00 will be required for the numbers. When numbers are returned undamaged in complete sets, deposits will be refunded. If number deposits were paid into bank account, the deposits will also be paid back in that way.**
- You may be asked to produce proof of payment at registration, so please have it available.
- Times may vary depending on number of participants. Times will be communicated at the manager meetings
- **Keep to left side of the white median line of the road at all times. There is no full road closure.**

Enquiries:

Corne Bence: 071 886 3787

Karin Bence 076 341 81 58

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