

CYCLING

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

Regular Events 500 Meter Time Trial
 1 Kilometer Time Trial
 5 Kilometer Time Trial

Athletes may enter two events only.

Federation Internationale de Amateur Cyclisme (FIAC) rules with modifications established by SOI (2004-2007 Official Special Olympics Summer Rules Book) will be followed for all training and competition.

Union Cycliste Internationale (UCI)
Casa Postale
1000 Lausanne 23
Switzerland
www.uci.ch

USA Cycling
One Olympic Plaza
Colorado Springs, CO 80909
(719) 578-4581
www.usacycling.org

BASIC RULES

1. A time trial consists of an individual racing against the clock.
2. Competitors will depart at 30 second or 1 minute intervals.
3. A rider may be held with his or her feet on the pedals for the start of the time trial.
4. The time trial start order should be the slowest rider to the fastest rider.
5. Prior to the races, competitor shall have the opportunity to warm-up and inspect the course.
6. Competitors shall wear their assigned numbers on the hips (on the right hand side if the race is directed towards the right and the left if the race is directed towards the left).
7. The race will be declared finished when the front tire of the bike crosses the finish line.
8. Athletes that experience mechanical problems may change any part of the bicycle or the entire bicycle, if necessary, to finish the race.

UNIFORMS/APPROPRIATE CLOTHING

1. Helmets are required during all training and competition. Helmets must meet the safety standards of the US Cycling Federation.
2. There are no other specific uniform rules for cycling. The minimum standard for uniforms is T-Shirt, athletic shorts and gym shoes
3. Athletes not dressed to the minimum standard stated above will not be allowed to compete and will receive no award.

REQUIRED FORMS FOR STATE GAMES ENTRY

- ◆ Athlete Sports Entry Form



CYCLING HEAT SHEET

EVENT: _____

HEAT: _____

LANE	ATHLETE NAME	COUNTY	TIME	PLACE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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