



QUALIFICATION CRITERIA and TIME STANDARDS

For Gauteng and Northern Regions Track Cycling Championships - 2023

TIME STANDARDS

Gauteng and Northern Regions Track Championships

1. Introduction

This document lays out the specific qualification criteria and processes for cyclists to qualify for timed events and bunch races at Gauteng and Northern Regions Track Cycling Championships (The Championships).

For the purposes of this document, events will be split into two categories:

Qualifying Timed Events:

- Individual Pursuit
- Team Pursuit
- Time Trial
- Flying 200 Time Trial (Sprint qualifier)
- Team Sprint

Bunch Races and Other events:

- Any bunch racing event not listed above
- All Para Class timed events

2. Criteria

- 2.1 This time-based qualification criteria can be classed as automatic qualification subject to times being set no longer than 6 months prior to the Championships.
- 2.2 Riders can only enter timed events that they had managed to set a qualifying time standard for, and will be requested to submit their qualifying time, date and place ridden etc as part of the entry process.
- 2.3 All times submitted will be presented to your provincial or regional track commissioner for approval prior to entries into timed events being confirmed.
- 2.4 Riders who are not able to set a qualifying time, may be entered into team events as part of a Regional or club team as long as at least 1 rider in that team had submitted a qualifying time for IP or TT, whichever is relevant.
- 2.5 Riders automatically qualify for bunch and other events through participation at League, Grand Prix or National events within a period of 9 months prior to the Championships.
- 2.6 Eligibility to participate at the Championships remains subject to the rules of Cycling SA and as set out in the race handbook.

3. Time standards philosophy

- 3.1 The time standards have been implemented to ensure that the standard of the racing increases annually, with the focus on being more competitive at national and international level.
- 3.2 Time standards are now also being used as a selection tool for all international events as well as for qualification to timed events at SA national track championships.
- 3.3 Riders and coaches will be able to assess their performances against the time standards.
- 3.4 The time standards are to be met on local tracks in South Africa without there being any time difference between tracks in the various provinces.
- 3.5 Contrary to many beliefs, there is not such a huge gain from our local tracks to an overseas wood track, we are looking at 1 second difference per kilometre to derive a world-class time in SA.

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- 3.6 The time standard charts have been based on a combination of times of previous world championship performances, standards set by countries like Australia and adapted for South African tracks like Belville indoor velodrome or Hector Norris outdoor velodrome.
- 3.7 Time standards for the championships represent the minimum standard for qualification and may be adjusted as the standard of SA Track cycling improves.
- 3.8 Time Standard guidelines are to be published no later than 1 October.

4. Time standards qualification and recording procedure.

- 4.1 A time may be set at any officially sanctioned League event, Grand Prix, International track event or Record Attempt where a CSA/UCI qualified commissaire is present and official times are released on a result sheet, which is made public (no video footage required). Times of international events hosted on wood tracks will be adjusted downwards as per 3.5 above.
- 4.2 A time may also be ridden in accordance with the Time Standards Procedure as published on the CSA web site under the Track/Selection tab. A time standard attempt may be submitted through the rider's respective provincial track commissioners who, in turn, will pass it on to the national track selectors convenor.

5. Qualifying Times

Individual Pursuit				Individual Pursuit			
Male	Elite	4000	05:00,00	Female	Elite	3000	04:04,00
Male	Junior	3000	04:00,00	Female	Junior	2000	02:57,00
Male	35-39	3000	04:00,00	Female	35-39	2000	03:03,00
Male	40-44	3000	04:04,00	Female	40-44	2000	03:05,00
Male	45-49	3000	04:07,00	Female	45-49	2000	03:08,00
Male	50-54	2000	02:54,00	Female	50-54	2000	03:10,00
Male	55-59	2000	02:57,00	Female	55-59	2000	03:15,00
Male	60-64	2000	03:00,00	Female	60-64	2000	03:27,00
Male	65-69	2000	03:09,00	Female	65-69	2000	03:40,00
Male	70-74	2000	03:21,00	Female	70-74	2000	03:58,00
Male	75+	2000	03:34,00	Female	75+	2000	05:11,00
Male	U17	2000	02:51,00	Female	U17	2000	03:05,00
Male	U15	1500	02:20,00	Female	U15	1500	02:30,00
Male	U13	1500	02:39,00	Female	U13	1500	02:42,00
Male	U11	1000	01:54,00	Female	U11	1000	02:02,00

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Time Trial			
Male	Elite	1000	01:15,00
Male	Junior	1000	01:17,00
Male	35-39	1000	01:19,00
Male	40-44	750	01:01,00
Male	45-49	750	01:02,00
Male	50-54	500	00:43,00
Male	55-59	500	00:43,00
Male	60-64	500	00:44,00
Male	65-69	500	00:46,00
Male	70-74	500	00:50,00
Male	75+	500	00:55,00
Male	U17	500	00:42,00
Male	U15	500	00:46,00
Male	U13	500	00:49,00
Male	U11	500	00:53,00

Time Trial			
Female	Elite	500	00:42,00
Female	Junior	500	00:43,00
Female	35-39	500	00:45,00
Female	40-44	500	00:44,00
Female	45-49	500	00:45,00
Female	50-54	500	00:46,00
Female	55-59	500	00:48,00
Female	60-64	500	00:51,00
Female	65-69	500	00:55,00
Female	70-74	500	00:59,00
Female	75+	500	01:07,00
Female	U17	500	00:45,00
Female	U15	500	00:49,00
Female	U13	500	00:51,00
Female	U11	500	00:56,00

Flying 200-Time Trial			
Male	Elite	200	00:11,83
Male	Junior	200	00:12,63
Male	35-39	200	00:12,20
Male	40-44	200	00:12,32
Male	45-49	200	00:12,44
Male	50-54	200	00:12,69
Male	55-59	200	00:13,18
Male	60-64	200	00:13,66
Male	65-69	200	00:14,64
Male	70-74	200	00:15,25
Male	75+	200	00:16,47
Male	U17	200	00:13,66
Male	U15	200	00:15,25

Flying 200-Time Trial			
Female	Elite	200	00:12,81
Female	Junior	200	00:13,85
Female	35-39	200	00:14,40
Female	40-44	200	00:14,64
Female	45-49	200	00:14,88
Female	50-54	200	00:15,13
Female	55-59	200	00:15,62
Female	60-64	200	00:16,10
Female	65-69	200	00:17,08
Female	70-74	200	00:17,69
Female	75+	200	00:18,91
Female	U17	200	00:14,76
Female	U15	200	00:16,71