

SPORT EXPLANATORY BROCHURE SPORT-SPECIFIC INFORMATION

CYCLING

BLAZING THE TRAIL OUVRIR LA VOIE



| Updated as of 1 Jul 2010 |
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1 Key Contacts

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Please refer to http://www.uci.ch for up to date contact details.

1.2 SINGAPORE AMATEUR CYCLING ASSOCIATION (SACA)

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2 Key Dates & Activities

| Activities | Date | Venue | Time (hours) |
|--|-------------|-----------------------|---------------|
| Confirmation of Starters and Licence Check | 15 Aug 2010 | Tampines Bike Park | 08:00 – 12:00 |
| Team Managers' Meeting | 16 Aug 2010 | Tampines Bike Park | 16:00 – 17:30 |

3 Events & Quotas

3.1 EVENTS

Mixed Event (1)

Team competition (three Junior Men and one Junior Woman) comprising:

- Mountain Bike (MTB) Cross-Country Olympic XCO (Junior Men and Junior Women)
 - Road Time Trial (Junior Men and Junior Women)
 - BMX (Junior Men and Junior Women)
 - Road Road Race (Junior Men only)

3.2 QUOTAS

| Category | Qualified via IF | NOC Universality Places | Host Country Places | Total |
|--------------|---------------------|-------------------------------|------------------------|-------|
| Junior Men | 78 | 15 | 3 | 96 |
| Junior Women | 26 | 5 | 1 | 32 |
| TOTAL | 104 | 20 | 4 | 128 |
| | (26 teams) | (5 teams) | (1 team) | |

3.3 NOC QUOTA

Maximum of one (1) team per NOC, consisting of three (3) male and one (1) female.





4 Qualification System

4.1 ATHLETE ELIGIBILITY

Athletes must have been born between 1 Jan 1992 and 31 Dec 1993.

4.2 PERFORMANCE & CONTINENTAL REPRESENTATION

Two sports criteria – endurance and performance – will allow the athletes to qualify their NOC for the YOG:

a. Europe : 17 NOCsb. America : 4 NOCsc. Oceania : 2 NOCsd. Asia : 2 NOCs

e. Africa : 1 NOC (Total: 26 NOCs)

4.2.1 Endurance Criteria (15 NOCs qualify)

Final ranking of the 2009 Nations Cup as at 20.09.2009

The first 15 nations in the 2009 Junior Nations Cup final ranking qualify their NOC directly. However, the following quotas cannot be exceeded:

a. Europe : 15 NOCs
b. America : 3 NOCs
c. Oceania : 1 NOC
d. Asia : 1 NOC
e. Africa : 1 NOC

If a continent's quota is exceeded, the NOC whose nation is ranked in the next place will qualify.

4.2.2 Performance Criteria (11 NOCs qualify)

Cumulated ranking by nation of the 2009 Junior Men's BMX & MTB Olympic Cross-country (XCO) World Championships, established on 10 Sept 2009

The cumulated ranking by nation of the Junior Men's BMX and MTB Olympic Cross-country (XCO) World Championships is obtained by adding the respective nations' rankings in the two disciplines.

Only the 30 best nations are taken into account for each discipline. The first nation in each ranking obtains 30 points, the second 29 points, etc.

Adding the points of a nation's two rankings establishes a cumulated ranking. The rankings by nation are obtained as follows:

a. MTB Olympic Cross-country: addition of the points of the nation's three best riders at the 2009 Junior Men's XCO World Championships. The system of allocating points is based on the total number of riders starting in a category. If





there are 100 riders at the start, the first rider will receive 100 points, the second 99 points, etc. In the event that some riders who started are not ranked, the last rider to be ranked obtains the points of his position, not taking into account those not ranked (art. 9.2.036).

b. BMX: addition of the points of the nation's three best riders at the 2009 Men's Junior BMX World Championships. The system of allocating points is based on the total number of riders starting in a category. If there are 100 riders at the start, the first rider will receive 100 points, the second 99 points, etc. In the event that some riders who started are not ranked, the last rider to be ranked obtains the points of his position, not taking into account those not ranked.

The cumulated ranking completes the quotas devoted to sports criteria.

When a nation has already qualified its NOC through endurance criteria, the next nation based on performance criteria will qualify its NOC. If a continent's quota is reached, the NOC whose nation is ranked next will qualify.

In the event of a tie, the following criteria will determine which NOC qualifies:

- a. Participation in the 2009 Women and Men's Junior World Championships: the country that has taken part in the most World Championships will qualify (maximum six).
- **b.** Women's Juniors BMX-XCO cumulated ranking by nation based on the same principle as the cumulated Men's Juniors ranking. The best ranked country will qualify.
- c. Ranking in the Junior Nations Cup.
- **d.** Ranking of the best rider of the nation in the Men's Junior Road World Championships.

4.3 HOST COUNTRY REPRESENTATION

The host nation will have the possibility to enter one team (three boys and one girl), as long as it fulfils the eligibility criteria.





4.4 REALLOCATION OF UNUSED QUOTA PLACES

4.4.1 Unused IF Quota Places

The places not used by the NOCs will be reallocated as follows:

- **a.** Reallocation by continent to Universality Places based on the invitation requests received and the validity of such requests.
- **b.** In the event that there are no NOC candidatures for the Universality Places from the continent concerned, the vacant places are allocated to an NOC from the continent ranked:
 - In the Nations Cup in order of rank.
 - In the MTB-BMX cumulated ranking by nation in order of rank.
- **c.** The places that cannot be reallocated according to criteria a or b will be reallocated as follows:
 - To Universality Places based on the invitation requests received and the validity of such requests (application of admissibility criteria of Universality Place requests) regardless of the continent.
 - NOCs not yet qualified ranked in the Nations Cup, in order of rank.
 - NOCs not yet qualified ranked in the MTB-BMX cumulated ranking by nation, in order of rank.

4.4.2 Unused Host Country Places

Any place not used by the host country will be reallocated in accordance with the same criteria as the reallocation of the "Unused IF quota places" above.

4.4.3 Unused NOC Universality Places

In the event that there are insufficient NOC requests to fill the quotas allocated using the universality criteria, these quotas will be reallocated according to the Unused IF quota places procedure.

In the event that an NOC is allocated a Universality Place and then qualifies through one of the sports criteria, this place will be reallocated according to the Unused IF quota places procedure.





5 Qualification Timeline

| Date | Milestone |
|---------------------|--|
| 23 – 26 Jul 2009 | 2009 BMX Junior World Championships |
| 1 – 6 Sep 2009 | 2009 MTB (XCO) Junior World Championships |
| 20 Sep 2009 | ROAD 2009 Nations Cup final ranking list |
| 30 Sep 2009 | Establishment of the various ranking lists |
| 5 Oct 2009 | Deadline for UCI to notify NOCs of their obtained qualification places |
| 5 Nov 2009 | Deadline for NOCs to confirm to UCI their intention to take part in the YOG |
| 1 Jun 2010 | Deadline for NOCs to confirm to UCI that they will definitely be using the places obtained |
| 1 Jun – 14 Jul 2010 | Final reallocation period for unused quota places |
| 15 Jul 2010 | Entries deadline (by name) for all sports |





6 Competition Format

96 Junior Men and 32 Junior Women from 32 NOCs will participate at the Youth Olympic Games. There are 32 teams – one team from each NOC.

Each team consists of three Junior Men and one Junior Woman. During the confirmation of starters, riders' official passports and license have to be presented. All team members have to be present.

Each of the three Junior Men must compete in <u>one</u> of the three disciplines: Mountain Bike, Time Trial and BMX (one rider from each team in each discipline).

Each Junior Woman must compete in <u>all</u> three disciplines.

Finally <u>all three</u> Junior Men in each team must compete in the Road Race.

6.1 FORMAT

The Youth Olympic Games format for Cycling is a combined mixed team event for the Junior riders category 17-18 years old (i.e. born between 1.01.1992 and 31.12.1993), where the teams compete in each of the following disciplines:

| Discipline | Junior Men | Junior Women |
|--|--|--|
| Cycling Mountain Bike - Cross Country | After a mass start, the riders complete a specified number of laps of the course. The first rider to cross the finish line is declared the winner. The course is an undulating circuit designed to produce a specific winning time, not a specific distance. | After a mass start, the riders complete a specified number of laps of the course. The first rider to cross the finish line is declared the winner. The course is an undulating circuit designed to produce a specific winning time, not a specific distance. |
| | Duration between 60 and 75 minutes | Duration between 45 and 60 minutes |
| Cycling Road - Time Trial | | men cover a fixed distance (2-4 als. The rider with the fastest time |
| Cycling BMX | final, a separate phase is used | e fastest riders meeting before the to determine seeding (one single rider's time from this run is used |
| | The top four riders from each Qu | ni-Finals are held over three runs. Jarter-Final heat (group) qualify to riders from each Semi-Final Heat one run. |





| Discipline | Junior Men | Junior Women |
|----------------|--|---|
| | point (score) equal to his/her | competes, a rider shall receive a rank (finish position) in this run arns one point and so on down to receive eight points. |
| | The four riders with the lowest qualify to the next stage of comp | t total points earned in the runs petition. |
| | Junior Men and Junior Women ar to give them time to rest and cor | re competing alternatively in order me back to the start ramp. |
| | The duration of the whole comp a half (2.5) to four hours (includi | etition is estimated to be two and ng warm-up). |
| Cycling Road - | Mass start | N/A |
| Road Race | The first cyclist crossing the finish line at the end of the total distance is the winner. | |
| | Lapped riders are disqualified. | |
| | Distance between 40 to 45 km maximum. | |

The format within each discipline is the same as at the Olympic Games, using the usual discipline bikes. The race distance is much shorter for the Mountain Bike and Road races than at the Olympic Games. The BMX seeding phase only has one run opposed to two runs at the Olympic Games.





6.2 POINTS SYSTEM

- **a.** Points will be allocated in each single event. The team with the lowest number of points wins the competition.
- **b.** In each event, points are allocated to the first rider of each team in regards to his/her ranking and his/her actual position in the race (Notably for the Road Race).
- **c**. The point scale is as follows:

| | | Junio | r Men | | Ju | inior Wome | en |
|------------|-----|-------|-------|----|-----|------------|---------|
| Row | BMX | MTB | RR | TT | BMX | MTB | TT / RR |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 10 | 10 | 10 | 4 | 5 | 5 | 5 |
| 3 | 17 | 17 | 17 | 7 | 8 | 8 | 8 |
| 4 | 25 | 25 | 25 | 10 | 12 | 12 | 12 |
| 5 | 30 | 30 | 30 | 12 | 15 | 15 | 15 |
| 6 | 35 | 35 | 35 | 14 | 18 | 18 | 18 |
| 7 | 40 | 40 | 40 | 16 | 21 | 21 | 21 |
| 8 | 45 | 45 | 45 | 18 | 24 | 24 | 24 |
| 9 | 50 | 50 | 50 | 20 | 27 | 27 | 27 |
| 10 | 54 | 54 | 54 | 22 | 30 | 30 | 30 |
| 11 | 58 | 58 | 58 | 24 | 32 | 32 | 32 |
| 12 | 61 | 61 | 61 | 25 | 34 | 34 | 34 |
| 13 | 64 | 64 | 64 | 26 | 36 | 36 | 36 |
| 14 | 66 | 66 | 66 | 27 | 37 | 37 | 37 |
| 15 | 68 | 68 | 68 | 28 | 38 | 38 | 38 |
| 16 | 70 | 70 | 70 | 29 | 39 | 39 | 39 |
| Remainders | 72 | 72 | 72 | 30 | 40 | 40 | 40 |

- **d.** The total amount of points obtained by the four riders will be used as a basis to establish the score of the team (general ranking).
- e. In case of a draw, all points that are supposed to be allocated in regard to the rankings obtained will be added. The total amount will then be divided by the number of riders that are tied. The quotient of this division will correspond to the number of points allocated to each rider. Example: In BMX, if the riders of the 9th and 10th are tied, they will each obtain: 52 points (50 + 54 = 104/2 = 52 points).
- f. The teams that have two riders who finish amongst the first 16 of the Road Race will have a bonus of -10 points.
- g. The teams that finish with three riders on the Road Race will have a bonus of -5 points.
- h. The riders that abandon (DNF) the MTB and Time Trial races will penalise their team and will have +10 points added to the maximum of points allocated for these races.
- i. The riders that are disqualified (DSQ) will penalise their team and will have +20 points added to the maximum of points allocated for this race.
- j. The riders that did not start (DNS) will penalise their team and will have +15 points added to the maximum number of points allocated for this race.
- **k**. If a riders withdraws (DNF) or is disqualified (DSQ), the rider will be allowed to race in the other remaining races.





- I. If there is no-show for medical reasons, the rider will not be able to take part in the remaining races without a medical certificate approved by a UCI doctor (in order to avoid the DNS tactic).
- m. The procedure will apply to proclaim the winner for the teams that are ex-aequo in the final ranking will depend on:
 - The largest number of 1st places, 2nd places etc of the first of their athletes in each discipline
 - The ranking of the 2nd rider during the Road Race.

6.3 DIFFERENCES BETWEEN THE UCI JUNIOR WORLD CHAMPIONSHIPS & THE YOUTH OYLMPIC GAMES

The format used at the Youth Olympic Games is completely new and used for the first time and is based on a team event, and not individual event as at the UCI World Championships. The overall sum of all points earned by all four (4) riders, is the basis of the team score for the awarding of the medals.





7 Competition Rules & Procedures

7.1 DISQUALIFICATION RULES

A rider may be disqualified among others when during the event, he/she:

- a. pushes or interferes (jersey pulling) with another rider, by hand or by other means;
- **b**. obtains non-regulation assistance;
- c. displays indecent conduct or foul language;
- d. exercises acts of violence;
- e. goes outside the race course boundaries;
- f. uses radio links or other means of remote communication;
- g. uses a gear ratio which gives a distance covered per pedal revolution of more than 7.93 metres (only for the Road Race and Time trial).

7.2 PROTESTS / APPEALS

Decisions of the Commissaires Panel are considered final, and there are no protests.





8 Equipment & Clothing

Equipment used or clothing worn by athletes and other participants at the Youth Olympic Games Cycling competition must comply with the UCI Constitution and Technical Rules and with the Bye-Law to Rule 51 of the Olympic Charter.

8.1 AUTHORISED EQUIPMENT

According to a letter sent out by UCI to the National Federations on 15 February 2010, the following equipment are authorised in competition (for Junior Men and Women).

If appropriate, the technical regulations of Part 1, Chapter III of the UCI Regulations will apply. National team clothing must comply with Articles 1.3.056 to 1.3.059. The latter Article applies to the Youth Olympic Games by analogy.

8.1.1 Road Race and Time Trial

Only traditional-type bicycles with standard handlebars are authorised. Time trial bicycles and handlebars are not permitted.

Only traditional-type wheels are authorised as well as wheels on the *List of Non-Standard Wheels in Conformity with Article 1.3.018 of UCI Regulations* (published at www.uci.ch under 'Rules'). Disc wheels are not allowed.

8.1.2 Mountain Biking

The authorised equipment and clothing are those of international calendar cross-country events, in accordance with Part 4 of the UCI Regulations.

8.1.3 BMX

Equipment and clothing must comply with Part 6, Chapter 1, Paragraphs 8 and 9 of the UCI Regulations. The positioning and size of logos must respect the Olympic Charter.





8.2 EQUIPMENT STORAGE

All competition bicycles used in the Singapore 2010 Youth Olympic Games will be stored at the respective Cycling competition venues, reducing the need to transport the bicycles around. This will facilitate the use of these bicycles by their athlete owner during training and competition, as training also takes place at the competition venues. The Singapore Youth Olympic Games Organising Committee (SYOGOC) will provide appropriate storage facilities and security, at the Cycling competition venues which includes Tampines Bike Park and The Float@Marina Bay. No storage facilities for competition bicycles will be provided for at the Youth Olympic Village.

All NOCs will be provided with an air conditioned 40 foot container/team area. All bicycle boxes and stores will be kept in each respective NOC's container.

8.3 EQUIPMENT SERVICE AND SUPPORT

Shimano Neutral Service will be available during training and competition times.

Dates of operation: 12 - 23 Aug 2010

Available support during competition includes:

- Road, Time Trial (static positions on the race course)
- Road Race (Vehicle support)
- MTB (Feed & Technical Assistance zone)

SYOGOC will provide each NOC with the following additional equipment:

- 1) On loan: one 'stationary bike trainer'
- 2) SYOGOC water bottles/bidons
- 3) Bicycle rack/stand, enough for four bikes

These items will be available in each NOC's container.





9 Doping Control

The Singapore Youth Olympic Games Organising Committee (SYOGOC), under the guidance of International Olympic Committee (IOC), will be responsible for the Doping Control Programme during the Singapore 2010 Youth Olympic Games. The Doping Control Programme will be implemented in accordance with the IOC Anti-Doping Rules, the World Anti-Doping Code and its relevant International Standards.

Doping Control stations will be set up at competition venues and the Polyclinic within the Youth Olympic Village, where in-competition testing will be conducted. The Test Distribution Plan and criteria for athlete selection for each sport will comply with the Doping Control protocol established by the IOC, IFs and SYOGOC. Doping Control procedures will be implemented according to the WADA's International Standards for Testing.

Sample analysis will be performed at a WADA-accredited laboratory or as otherwise approved by WADA.





10 Competition Venues

| DISCIPLINE | LOCATION | TIME TAKEN FROM YOV |
|---------------------------------|------------------------|---------------------|
| BMX | | |
| Mountain Bike | Tampines Bike Park | 70 minutes |
| Road, Time Trial (Junior Men) | | |
| Road, Time Trial (Junior Women) | The Float @ Marina Bay | 50 minutes |
| Road Race (Junior Men) | THE FIDAL & MAITHA DAY | 50 minutes |

10.1 THE FLOAT@MARINA BAY

10.1.1 Location

The Float@Marina Bay is located on the waters of the Marina Reservoir, at Marina Bay. It is located in front of the Olympic Family Hotel, The Ritz-Carlton.



10.1.2 History

The Float@Marina Bay is made of steel and can hold up to 1,070 tonnes, equivalent to the weight of 9000 people. The structure of the platform can be relocated and reconfigured to meet the requirements of different events.

At 120m long and 83m wide, the Float@Marina Bay was built in 2007 to provide an innovative and alternative venue for major events including sport, music concerts, and cultural performances.

The Float@Marina Bay was conceived first as an alternative venue for Singapore National Day Parade to replace the National Stadium, which was about to be demolished. It took the team 2 years to study, design, and built the platform. The construction of the platform itself took 13 months.

The first major event held at the Float@Marina Bay was the National Day Parade 2007. Subsequently, major events such as the Singapore Fireworks Celebrations, the launch of the six-week-long Waterfest Singapore 2007, the Aviva Ironman 70.3 Singapore Triathlon (as the start and finish point), and other music and cultural performances were held there.

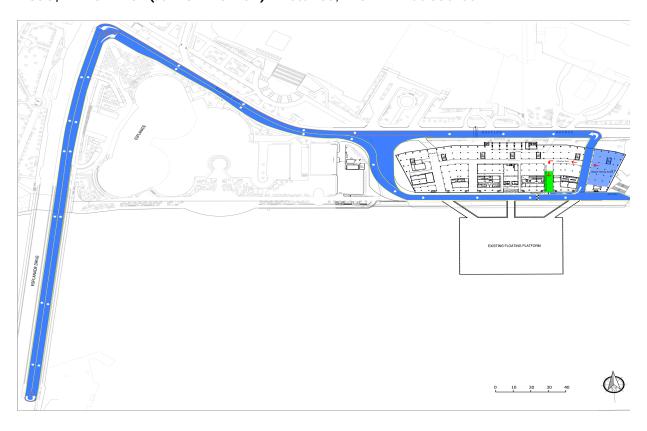
Within walking distance from several other accredited hotels, the Floating Stadium complements the surrounding arts and culture venues, such as the Esplanade, in the Marina Bay area.





10.1.3 Field of Play

Road, Time-Trial (Junior Women): Distance, 2.5km. Flat course







Road Race (Junior Men): Distance per lap, 9.64km









10.2 TAMPINES BIKE PARK

10.2.1 Location

Tampines Bike Park is located in the eastern part of Singapore, in the Tampines Regional Centre. Just one-kilometre away from Tampines Mall, the entrance of the park and the parking lot are located along Tampines Avenue 9 at the junction of Tampines Avenue 7.



10.2.2 History

Situated on a 60-hectare site, the current Mountain Bike trail is seven-kilometre long and offers several climbs as well as a challenging downhill ride. The trail hosted the Phat Tyre Sunday Mountain Bike Race in 2007, involving more than 260 participants from Indonesia, Malaysia, the Philippines and Singapore.

The trail is being upgraded to make it even more technically challenging.

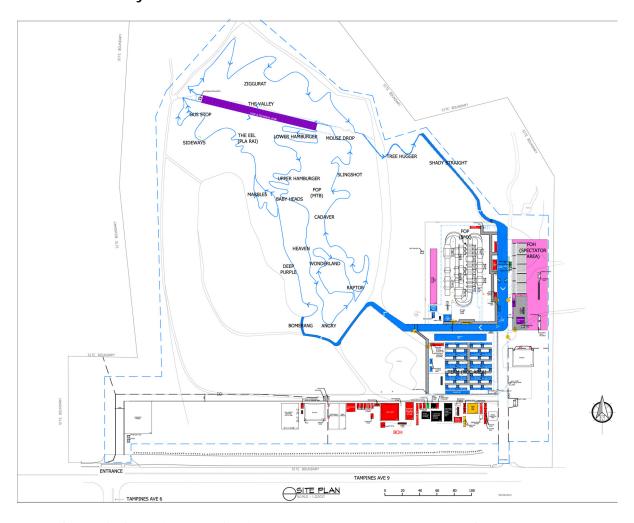
The BMX portion of the park is currently used for stunt practice by BMX enthusiasts. It is being developed into a full-scaled BMX race track for local community use and to host major international events.

The start and finish areas of the Mountain Bike and BMX courses in the bike park are adjacent to one another, allowing the spectators the best possible view of both events.

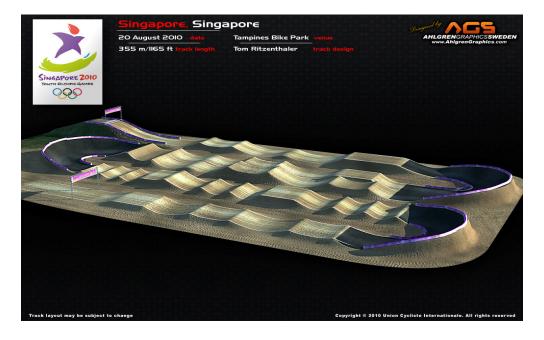




10.2.3 Field of Play



BMX track: Asphalt surface on the Start Ramp, Turns 1-2-3 & Finish area

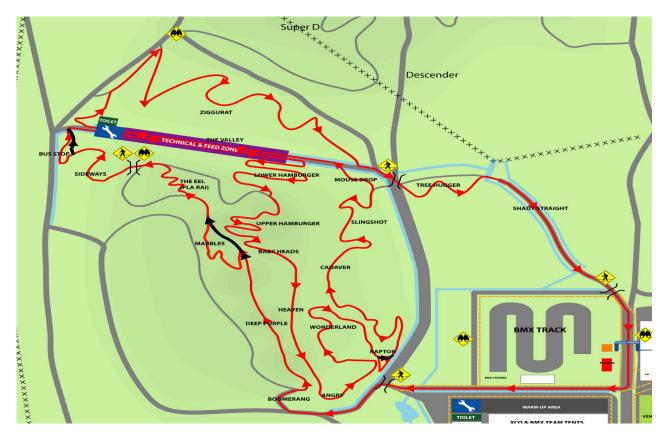






MTB course: Distance per lap, 3.15km with asphalt surface at the Start-Finish area.

- Double Feed & Technical Assistance zone at 850m and 2.2km after Start-Finish.
- Highest elevation: 43m above sea level at 550m and 1.25km after Start-Finish.
- Elevation diff: 15m.
- Features: Fire roads, single tracks, rock gardens, gravel hard pack, switch-backs and berms.
- 4x spectator crossing points, 3x technical rock sections (at MARBLES-BUS STOP-RAPTOR with 3x alternate lines/routes/detours)

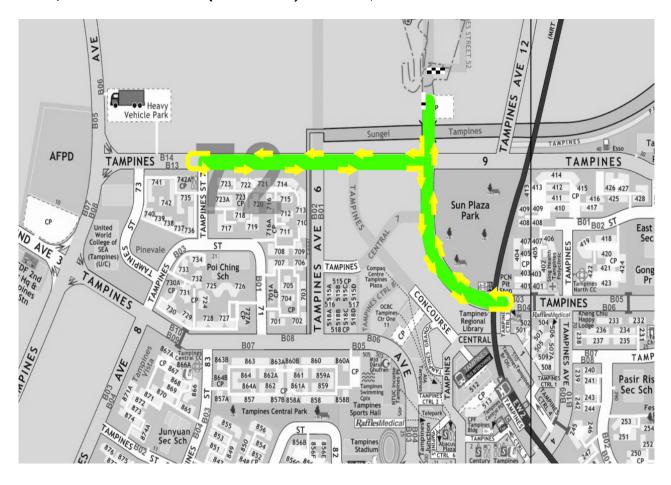








Road, Time-Trial course (Junior Men): Distance, 3.5km. Flat course







11 NOC Transport Schedule for Cycling

YOUTH OLYMPIC VILLAGE (YOV) – TAMPINES BIKE PARK (TBP) – FLOAT@MARINA BAY (FMB) *Unless stated, there will only be one 40-seater bus per timing. .

| Date | Time | Route |
|-------------|--|--|
| 10 Aug 2010 | 12:00 and 14:00 hours | YOV to TBP |
| | 16:00 and 17:00 hours | TBP to YOV |
| 11 Aug 2010 | 08:00, 10:00, 12:00, 14:00 hours | YOV to TBP |
| | 13:00 and 17:00 hours | TBP to YOV (3 buses) |
| 12 Aug 2010 | 08:00, 10:00, 12:00, 14:00 hours | YOV to TBP |
| | 13:00 and 17:00 hours | TBP to YOV (3 buses) |
| 13 Aug 2010 | 06:00 – 18:00 hours | |
| | 12:00 – 16:30 hours | YOV to TBP (Shuttle service every 30 minutes) |
| 15 Aug 2010 | 06:00 – 08:00 hours | YOV to TBP |
| | 11:00 – 12:00 hours | (Shuttle service every 30 minutes) |
| 16 Aug 2010 | 06:00 – 17:00 hours | YOV to TBP (Shuttle service every 30 minutes) |
| 17 Aug 2010 | 06:00 – 08:00 hours 09:00 – 11:00 hours | YOV to TBP (Shuttle service every 15 minutes) |
| | 11:00 – 13:00 hours | YOV to TBP (Shuttle service every 30 minutes) |
| | 12:00 hours 17:00 hours | YOV to TBP TBP to YOV (2 buses) |
| 18 Aug 2010 | 06:30 – 07:30 hours 11:00 – 17:00 hours | YOV to TBP Shuttle service every 15 minutes Shuttle service every 30 minutes |
| 19 Aug 2010 | 06:30 – 08:00 hours 08:00 – 16:30 hours | YOV to TBP Shuttle service every 15 minutes Shuttle service every 30 minutes |





| Time | Remarks |
|---------------------|---|
| 08:00 hours | YOV to TBP |
| 12:00 hours | TBP to FMB |
| 18:00 hours | FMB to YOV |
| 06:00 hours | YOV to FMB (5 buses) |
| 12:00 hours | FMB to YOV (4 buses) |
| 15:00 hours | FMB to YOV |
| 06:00 hours | YOV to FMB (2 buses) |
| | YOV to FMB (3 buses) |
| | YOV to FMB |
| 08.00 = 14.00 Hours | (shuttle service every 30 minutes) |
| 15:00 hours | FMB to YOV (4 buses) |
| | FMB to TBP |
| | TBP to YOV |
| 17.00 110013 | . 2. 10 10 1 |
| 08:00 – 11:00 hours | YOV to TBP |
| 15:00 – 17:00 hours | (shuttle service every 30 minutes) YOV to TBP (shuttle service every 30 minutes) |
| | 08:00 hours 12:00 hours 18:00 hours 06:00 hours 12:00 hours 15:00 hours 06:00 hours 07:00 hours 08:00 – 14:00 hours 15:00 hours 15:00 hours 15:00 hours |





12 Competition Schedule by Session

| Discipline | Date | Time (hours) |
|----------------------------------|-------------|---------------|
| | | |
| Mountain Bike | 17 Aug 2010 | 09:00 - 10:00 |
| | | 12:00 – 13:15 |
| BMX | 19 Aug 2010 | 10:00 – 11:30 |
| | _ | 13:30 – 16:30 |
| Road, Time Trial | | |
| Junior Men | 18 Aug 2010 | 10:00 – 11:00 |
| Junior Women | 22 Aug 2010 | 09:00 – 10:00 |
| Road Race | 22 Aug 2010 | 11:30 – 14:00 |

Ver9.3





13 Games-Time Training

13.1 TRAINING VENUES

| DISCIPLINE | VENUES |
|---------------------------------|---|
| BMX Mountain Bike | Tampines Bike Park / BMX track Tampines Bike Park / MTB course |
| Road, Time Trial | Training route: Tampines Industrial Ave (Road Closure) |
| Road (Group ride: All Athletes) | Training route: Tampines Bike Park /Tampines Ave 9-10/Kaki Bukit flyover/Tampines Industrial Ave. (NO road closure. Vehicle support provided) |

13.2 FAMILIARISATION VENUES

| DISCIPLINE | VENUES | |
|---------------------------------|---|--|
| Road, Time Trial (Junior Men) | Race route: Tampines Bike Park / Tampines Ave 9 and 7 (Road Closure) | |
| Road, Time Trial (Junior Women) | Race route: The Float @ Marina Bay and City Route (Road Closure) | |
| Road Race (Junior Men) | | |





13.3 Training Schedule

| Discipline | Date | Time (hours) |
|-----------------------------------|-------------|---------------|
| Pre-Competition Training | | |
| Road (Group ride: All Athletes) | 13 Aug 2010 | 09:30 - 12:00 |
| Mountain Bike | 13 Aug 2010 | 14:00 – 16:00 |
| Official Training | | |
| Mountain Bike | 15 Aug 2010 | 10:00 – 12:00 |
| | 16 Aug 2010 | 10:00 – 12:00 |
| | 16 Aug 2010 | 14:00 – 16:00 |
| BMX | 15 Aug 2010 | 10:00 – 12:00 |
| | 16 Aug 2010 | 14:00 – 17:00 |
| | 18 Aug 2010 | 14:00 – 17:00 |
| Road, Time Trial | 15 Aug 2010 | 10:00 – 11:00 |
| | 16 Aug 2010 | 10:00 – 11:00 |
| Road, Time Trial (Junior Men) – | 17 Aug 2010 | 15:00 – 16:00 |
| Familiarisation ride | | |
| Road, Time Trial (Junior Women) - | 21 Aug 2010 | 08:00 - 09:00 |
| Familiarisation ride | _ | |
| Road Race (Junior Men) | 21 Aug 2010 | 10:00 – 11:00 |
| - Familiarisation ride | _ | |
| Post-Competition | | |
| Mountain Bike | 23 Aug 2010 | 09:00 – 11:00 |
| BMX | 23 Aug 2010 | 09:00 – 11:00 |





14 Medals

The four athletes of each of the top three teams in the finals will each receive a Gold medal, Silver medal and Bronze medal respectively.

15 Victory Ceremonies

Victory Ceremonies (VYC) will be held in accordance with the protocol determined by the IOC to honour the individual and team achievements of the athletes.

They will be held at the respective competition venues following the announcement of the final results. Prior to the commencement of the ceremony, medallists will be ushered to the VYC Holding Area for preparation. They will be briefed by the VYC Team on the ceremony protocol and subsequently escorted to the podium for the medals presentation. Once the ceremony is over, the medallists will be escorted out of the VYC podium area.

Medallists must wear their NOC official sport uniform. They will take their places on the podium and face the Guest Stand upon announcement of their names. The Gold Medallist(s) will stand on a centred, higher platform. The Silver and Bronze Medallists will stand on equal height, to the right and left of the Gold Medallist(s) respectively. Flags of the medallists' delegations will be raised while the abridged version of the Gold-medallist(s)' NOC anthem is being played. During the playing of the NOC anthem and the raising of the flags, medallists shall accord due respect and face the flags when they are raised.

For Mixed NOC Team events, the IOC flag will be raised in tandem with the abridged version of the IOC anthem.





















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