

Track Etiquette

Off The Track

When Parking your bike lean your bike on the outside of the fence, DO NOT hook your handlebars over the fence as this creates a dangerous situation for those on the track. Try not to lean your bike on others as they may have trouble getting thiers out when they need to

Never cross the track whilst a race is in progress. Wait until the race has finished before crossing the track. Always look before you cross the track, as slower riders may still be finishing a race or trying to access the gate to leave the track

Keep an ear out for the Clark of Course (commissare calling up events) or the coach during training sessions. Track races and training sessions tend to run on a tight schedule, so try to keep an eye on where the program is at so you are ready to ride when called up. If you need to leave the track before the end of the event or training session, make sure you tell the Clark of Course or coach so they arent calling out for you when you are not there, wasting everyone elses time.

On The Track

What do the lines mean and how do I ride according to them?

Pole Line

is the blue measuring line at the bottom of the track. The length of the very left hand edge of this line is the length of the track.

Sprinters Lane

is the white line just up from the pole line. It forms the Sprinters Lane, which is the space between the blue and white lines. During a sprint, only one rider can occupy the lane, you cannot undertake a rider who is below the white line or overtake them and try to push them down the track

Stayers Lane

This is the yellow line about half way up the track. The area between the white line and the stayers line (yellow) is NO MANS LAND. Use it to cross into or out of the sprinters lane. Do not ride or do efforts here as it is too confusing and dangerous as riders in the pole do not know whether a No Mans Land rider is going to drop down the track onto them. This does not include bunch racing, it only applies to training and warm up.

Start/Finish Line & 200m Line

The big white band through the middle perpendicular to the bike traffic is the START/FINISH LINE (in the home straight) The other white perpendicular line is the 200M line. The 200M line is the starting point for the 200M time trial, which is the qualifying and seeding event for the match sprints.

Marks

These are the distances written at the bottom of the track. They indicate the distance, in meters, in front of the finishing line and are used for handicap racing. The Mark you are given is how much head start you have on the Scratch marker (zero).