

CYCLING

EVENTS

5K Time Trials

10K Time Trials

5K Time Trials (Recumbent Bicycle Division)

10K Time Trials (Recumbent Bicycle Division)

FLORIDA SENIOR STATE GAMES

Top 5 in each age group qualify for the Florida Senior State Games.

ENTRY REGULATIONS

1. Cyclists must provide their own bicycles and helmets.
2. All bicycles must be certified by race officials prior to the competition.

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than thirty seconds. No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials will be from youngest to oldest starting with males and ending with females.
3. Time Trials Modified divisions will begin prior to the youngest male rider of the standard Time Trials. Starting order will be from youngest to oldest.
4. Time Trials Recumbent divisions will begin following the oldest female rider of the standard Time Trials. Starting order will be from youngest to oldest starting with males and ending with females.
5. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
6. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
7. The road races will be a staggered start by age divisions, youngest male divisions to oldest female divisions. The Event Director reserves the right to combine divisions as necessary.

SPORT RULES

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein. For a copy of these rules, visit or contact:

USA Cycling

**210 USA Cycling Point, Suite 100 Colorado Springs, CO
80919**

(719) 434-4200 www.usacycling.org

2. Helmets are mandatory (Ansi or Snell approved with sticker affixed).
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. Recumbent bicycles may only race within the 5K and 10K Time Trials Recumbent Bicycle Division. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF. Bicycles with such modifications can be approved to participate in the 5K and 10K Time Trials Modified Bicycle Divisions ONLY. Motors are not permitted in any classification.
5. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
6. In time trial events, the rider shall be held by an official at the start, but shall be neither restrained nor pushed.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or two meters (seven feet) to the side. A rider who is observed taking pace shall receive a time penalty.
9. No restarts are permitted.

STATE DIRECTOR

Felix Hernandez