



2009 Master Track National Rules Page

Registration for the 2009 master track nationals will begin on June 20th, 2009 at 11:59 PM EDT. Riders must have a current USA Cycling annual license. At the time of registration, all participants of the USA Cycling Master Track National Championships **MUST** meet the minimum required category for the respective event according to the 2009 USA Cycling Rulebook. Riders attempting to register for an event without having the required category will be removed from the registration list with no refund provided.

All participants in the USA Cycling Master Track National Championships **MUST** be either U.S. citizens or resident aliens.

All participants in the USA Cycling Master Track National Championships **MUST** have a racing age of 30 or over. Riders with a racing age of 30 or over who hold Elite status per USA Cycling rules may **NOT** compete in the USA Cycling Master Road National Championships. This includes riders who:

- Are, or have been, members of a UCI-registered team of any type (road, track, MTB) in 2009.
- Have competed in the Elite category of a UCI World Championship, Continental Championships, or World Cup in the track discipline in 2009.
- For more information on eligibility, [click here](#).

For Sprints, time trials, and points races, all participants **MUST** race in their current age class as shown on their 2009 USA Cycling license. Riders **MAY NOT** race up or down in racing age class. For Madison, Team Time Trial, and Team Sprint, riders may choose to participate in a younger age group but may only ride one event in that discipline.

The specific rules for this event are:

National Track Championships Shall be held for men and women in the following events:

(a) Sprint: A sprint competition will be held for men and women in five-year age groups. Following a round of 200 meter flying start time trials for seeding, the subsequent compositions of the rounds will be determined by USA Cycling based on the number of participants. Any age group with less than 4 riders may be combined with a lower age group. In such a case the awards for the older group will be determined first by their relative results in the finals and next by their results in the 200 meter time trial.

(b) Time Trial: Standing Start Time Trials will be held for men and women in five-year age groups over the following distances and age ranges:

Men	Women
500 m TT (50+)	500 m TT (all)
1 km TT (30-49)	2 km TT (all)
2 km TT (50+)	
3 km TT (30-49)	



(c) Points Race shall be conducted in five-year age groups over the specified distance. Only riders in categories 1-3 may enter for categories younger than age 55. Any age group with less than 10 riders may be combined with a lower age group. In such a case the awards for the older group will be determined by their relative results within the event.

Men	Women
30-34 30km	30-34 10km
35-39 25km	35-39 10km
40-44 25km	40-44 10km
45-49 20km	45-49 10km
50-54 20km	50-54 10km
55-59 10km	55+ 10km
60-64 10km	
65+ 10km	

(d) Madison shall be held for teams of 2 riders each in the following age groups: men 30+ and men 45+. Only riders in categories 1-3 may enter. Each rider may enter at most one Madison event

(e) Team Time Trial for the following age groups with team size and distance as follows:

Men 30+ and men 40+: 4 riders/4km;

Men 50+ and men 60+: 4 riders/3km;

Women 30+: 3 riders/3km.

Each rider may enter at most one Team Time Trial event. These events will be run with one ride per team. One or two teams may be run at the same time as decided by USA Cycling. For the purposes of restarts and mishaps, the event will be conducted the same as a qualifying round in a team pursuit.

(f) Team Sprint of 3 laps for three men 30+, men 40+, men 50+ and men 60+ and of two laps for two women 30+, and 45+. Each rider may enter at most one Team Sprint event. This event may be run as a single ride time trial