

# Go Ride Cycling



## LEVEL 2

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed teams
<b>Venue</b>	Manor High School
<b>Date / Time</b>	25th May 2017 / 10am –12pm (BH) / 12.30-2.30pm (OW)

## FINAL S      LEVEL 3

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed teams
<b>Venue</b>	Brooksby Melton College
<b>Date / Time</b>	13th June 2017 / arrive 12.30pm for 1-3pm

**Format** 1 competition

All teams to include 4 x boys and 2 x girls (3 x boys and 3 x girls can make up the team if preferred by schools).

### Cyclo Cross Format

1 x Team Relay (will count towards team result). Quickest time over 6 laps with students completing 1 lap each before

dismounting their bike and 'tagging' another member of their team to then undertake the next lap.

1 x Boys individual race (All boys will race together, maximum 10 minutes race, will not count towards the team result).

1 x Girls individual race (All girls will race together, maximum 10 minutes race, will not count towards the team result).

### Grass Track Format

Italian Pursuit (will count towards team result). Quickest time over the oval course. 6 riders to ride. Rider number 6 completes the full 6 laps. Each other rider will 'peel' off after their lap so rider 1 completes 1 lap, rider 2 completes 2 laps and so on.

Races will be timed, so the quickest team to complete the race will win.

**Rules** There will be a Cyclo Cross and Grass Track competition.

The team results from both formats will count towards the final team result. Individual races will take place in the Cyclo Cross competition, but will not count towards the team result.