

ANDOVER BMX CLUB

Introduction to BMX Racing

# Contents

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- Requirements for Racing
- The Race Day





## Introduction

- Firstly its amazing that your rider has expressed an interest in racing
- You will all love race days, ABMXC is a big family
- We race as one, cheering on all our riders, so be ready to loose your voice by the end of the day
- Racing can be tough, in some races 100's of riders enter and only 1 wins, its important to give positive feedback to your riders and help manage their expectations



### Introduction – Race Ages

- Riders race in the age group of how old they are that year (Jan-Dec rather than school years)
  - Tony is 7 in September MALE 7
  - Sarah is 13 in December FEMALE 13
- The only exception to this is if the race is part of a series that crosses into a new year (like the ABMXC Winter Series), in that case you race in the age category of your age when the series finishes
  - Tom is 11 now but 12 in January, the race series finishes in March MALE 12



### **Introduction – Race Day**

- Most events are pre-booking only (registration normally closes 48 hours before the race
- Events are normally booked through the British Cycling website
- Event timetables are listed on the BC website and often involve split practicing from 09:30 with racing starting at 12:00 \* so younger riders practice separate to older ones.
- Some events charge for parking (have correct change if you can)

\*please check the details of the event you are attending



### Introduction – Motos

- All BMX races start with 3 motos that are randomly drawn, these are like heats in athletics.
- You earn points in each race



### **Introduction – Finals**

- Depending on how many riders are in your age group will determine how many finals there are
- Its usual for larger races to have ¼ finals, semi finals and then the Final, the top 4 in each final progress to the next race
- When there are 8 riders or less in a group the riders race in 4 motos and results are based on points achieved in each one of those races.
- In most competitions you will have A and B finals so that everyone gets a final.



## **Types of Races**

- Club Races
- Regionals (Novice and Expert Riders)
- Nationals (Expert only races, riders must have completed 5 regional expert races before entering into these)
- Regional Championships
- British Championships (Brits)



### Types of Races – Regionals / Club Races

Most riders will start their racing careers at Regionals, there are 5 British BMX regions and each region will have around 10 races a year. ABMXC sit in the South region. You can enter other regions races if you wish.

- Novice Racing We advise all riders start as novice
  - Races tend to be less intense
  - Riders can have help on the start hill
  - Riders receive medals / trophies at each race
  - Riders can only race for one year as a novice
  - Novice races tend to have groups of ages e.g. 10-12 and 13-15
  - All novice riders are guaranteed a final race



### **Types of Races - Regionals**

- Expert and Cruiser (24 inch wheel BMX) Racing When your rider is ready you can move them up to Expert racing
  - Once you have raced at expert level you are not allowed to race at novice level again
  - Races are more intense
  - Riders cannot have help on the start hill
  - The expert riders earn points each race, trophies and medals are awarded at the end of the season
  - Only the top 16 riders will have a final in some regions (A and B final)



### **Types of Races - Nationals**

- Expert and Cruiser (24 inch wheel BMX) National Racing
  - As Expert Level Regionals
  - Races are even more intense at National level
  - Nationals are run over a weekend with riders racing on Saturday and Sunday
  - Expert riders 8 and under receive trophies for top 3 riders
  - The expert riders over 8 earn points each race, trophies and medals are awarded at the end of the season
  - Only the top 16 riders will have a final



### Types of Races – Regional Championships

- Expert and Cruiser (24 inch wheel BMX) -
  - As Expert Level Regional
  - One day event with trophies for the top 3 riders
  - Only the top 8 get a final



### **Types of Races – British Championships**

- Expert and Cruiser (24 inch wheel BMX) You must race in a minimum of 5 regionals to be given a place in your regions squad at the Brits
  - As Expert Level Regional
  - You ride for your region rather than your club, earning points for the region in each race
  - One day event with trophies for the top 3 riders, medals for riders 4-8
  - Only the top 8 get a final



### **Requirements for Racing**

- Some requirements differ depending on the race level, but for all races you must:
  - Be a British Cycling Member
  - Have a number plate
  - Hire a transponder
- In addition, for Expert / National races you must:
  - Have side Plates
  - Own a transponder
- Optional
- Club Jersey



# **Requirements** for Racing -

- **BC** Membership
- You need to become a member of British Cycling. Register as your rider rather than yourself.

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	Male			•	
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	Road/Track		Cyclocross	Racing	Leisure Rides
	□ MTB		E Fan Updates	Sportives	E Family Rides
	Cycle Speedw	ay		Club Rides	I am not an active cyclist
				Commuting	



# Requirements for Racing –

- **BC** Membership
- You then need to select your membership level that you want, most races require Silver or higher membership

Category	Price*	Age	Туре	Direct Debit Offer*
Senior	£46.00	18+	Individual	£41.40
Junior	£32.00	16-18	Individual	£28.80
Youth	£26.00	12-15	Individual	£23.40
Under 12	£18.00	Under 12	Individual	£16.20
Family**	£108.00	n/a	Family	£97.20
				BUY NOW
		* Direct debit prices applic	able to the the first year only /	** For Family membership call 0161 274 2010

Silver membership prices (annual)



## Requirements for

Racing

**Number Plates** 

- You can order number plates from Big Daddy Plates
- Your race plate number is made up of the last 3 digits of your BC membership number

#### Eg, Membership number: 1448212



### Requirements for

### Racing

**Number Plates** 





### Requirements for Racing – Side Plates

- When you order your plates you will also receive a set of side plates
- Side plates are only required for Expert and National Races however you could put them on for regionals if you wish.





### Requirements for

#### Racing -

### Transponder

- These electronically time the race and therefore the finish positions.
- Transponders must be on the bike for all races but these can be hired by Novice riders for the day (however you may purchase one beforehand if you wish)
- Transponders must be fitted to
   the bike forks before registration





### Requirements for Racing – Club Jersey

 Club jerseys with the riders name on the back are optional but show the world that your are ABMXC and help the commentator to establish who you are.





### The Race Day

 When you have decided what race is right for you, you need to book on via the British Cycling website



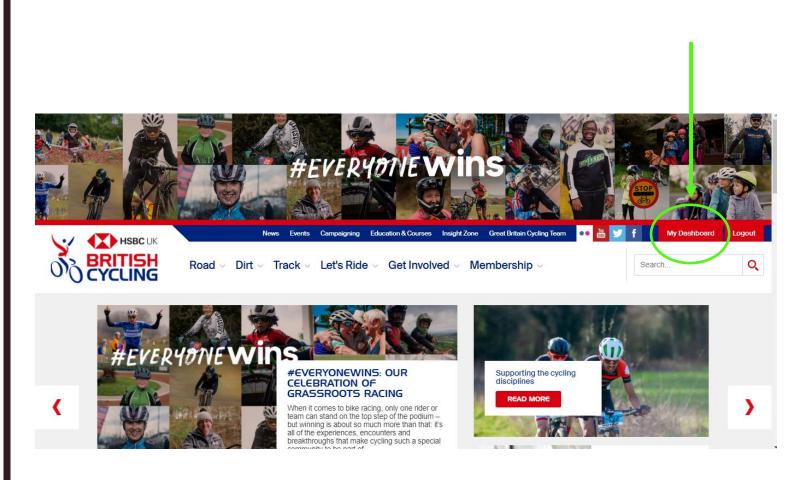
Go to the British
 Cycling website and
 log in as your rider

https://www.britishcycling.o rg.uk/uac/connect

_ogin >	REGISTER LOGIN RECOVER	
Register	Login to your British Cycling account.	
	Membership number:	
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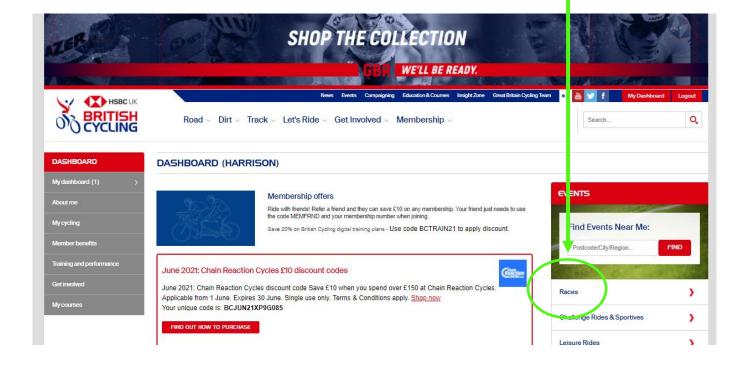


Go to your dashboard





Click on Races





- Click on BMX
- Scroll down to your race

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Cyclo-Cross (14) Mountain Biking (66) Go-Ride Racing (64) Offroad Endurance (9)		COS X TRACK X APR X MTB XC X		DAY X	DURANCE x ROAD RACE	x	MORE FILTERS
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Go-Ride (86)	Giro Ciclistico d'Italia (UCI/2.2) -		Thu 03/06/21 - Sat 12/06/21	Road	Italy		VIEW
MORE FILTERS	Tour de Suisse (UCI/2.UWT) -		Sun 06/06/21 - Sun 13/06/21	Road	Switzerland		VIEW
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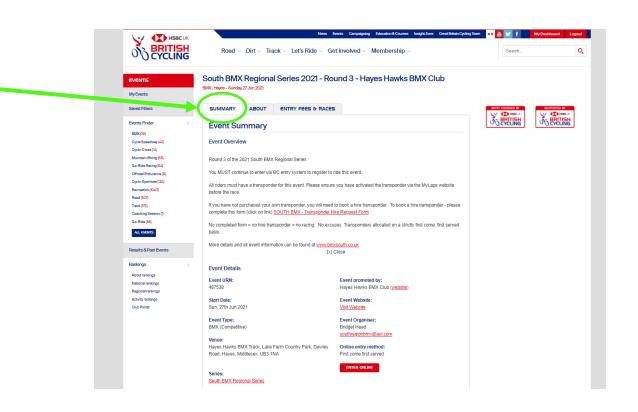


- Scroll down to the race you want.
- Click enter

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			Midlands BMX Regional 2021 Part Floones: Midlands BMX S	Pace Series - Round 1 @ Nottingham Series	Sun 27/06/21	1	BMX	Nottingham Outlaws B	MX Track, Notting	igham ENTER -	
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			BMX East Summer Series: BMX East Summer	mer Series	Sun 27/06/21	6	BMX	Norwich Flyers BMX T	rack, Norfolk	ENTER »	
			North Region BMX 2021 Rou Part of Series: North Region Bl		Sun 27/06/21	1	BMX	Blackpool BMX Track,	Blackpool	ENTER -	
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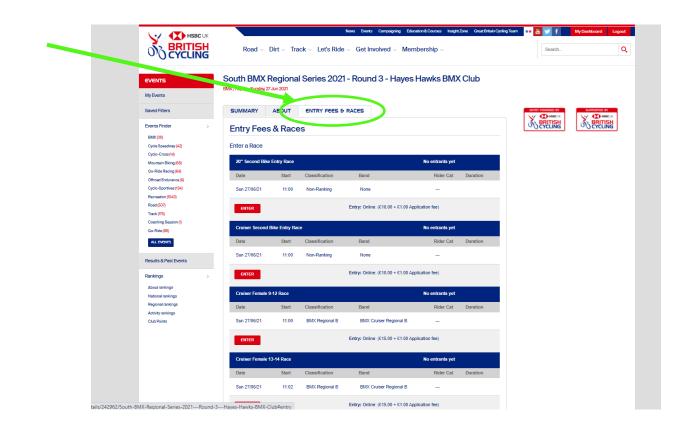


 The events page shows you the agenda for the day and any special requirements. Read it carefully.



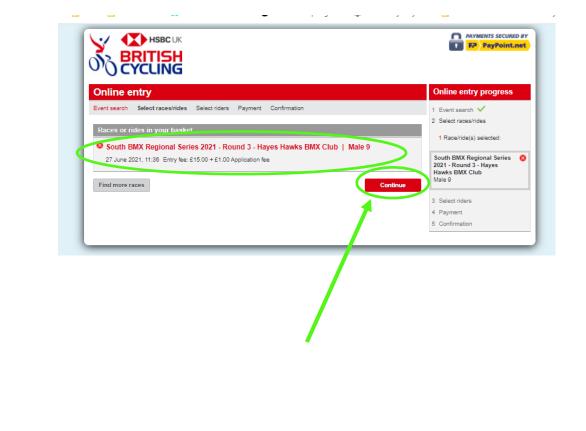


- Select the 'Entry Fees & Races' tab
- Scroll down and select 'enter' against your selected age group





 Check you have the correct race and race group before clicking 'continue'



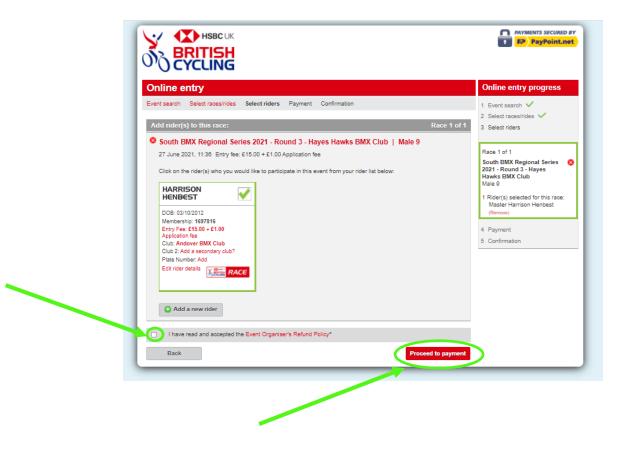


- Select your rider
- Enter your plate number

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	the Event Organiser's Refund Policy*		



- Read and tick I have read and understood the rules/refund policy
- Click 'proceed to Payment'
- You will receive confirmation of the booking on screen and by email





### The Race Day – Arriving at the Track

- After reviewing the timetable for the day, make sure you get to the track with plenty of time for your riders practice
- When you enter the track you need to take your bike with the transponder attached to your bike to the registration tent. Alternatively they may scan riders' transponders in after a practice lap
- The team on this station will scan your bike, at this point you can check that your rider is in the correct race and have the right plate number
- Then you need to find the ABMXC Gazebo!
- Take note to listen carefully to any announcements from the commentator



### The Race Day – Things to Bring With You

- Obviously your bike, rider and safety equipment
- You must ensure your rider is wearing the correct tear resistant full length clothing, jogging bottoms are not permitted and riders in shorts must wear knee and shin prot ection. Jeans are allowed.
- Bring plenty of food and drinks, there is often a tuck shop and catering onsite
- Chairs and something to keep the little ones entertained (ideally nothing like foo tballs or frisbees that can be accidentally thrown onto the track)
- Sun screen and first aid equipment, however St John's ambulance or a dedicated high le vel firstaider will be on the track.
- More water
- Change for hot drinks and treats
- Battery packs for phones (they run out fast looking at Sqorz)



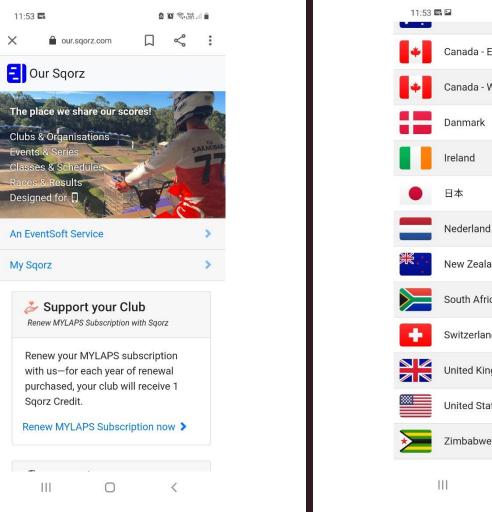
### **The Race Day – Practice**

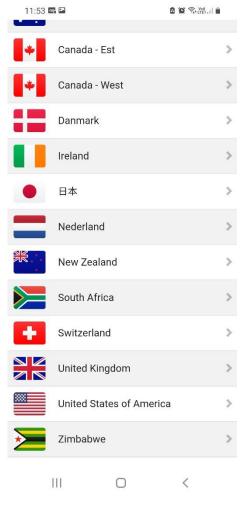
- Practice will be split into ages with normally 30 mins open track and 30 mins on gate
- Following the practice there will be a break to allow Sqorz to be updated (this is normally 30 minutes before the start of the race)
- Sqorz is the website that will tell you your riders moto numbers and results. Before racing, you need to check Sqorz to make sure all the details are correct for your rider



# The Race Day – Sqorz

- On your phone open the 'Our Sqorz' Website
- Scroll down to United Kingdom

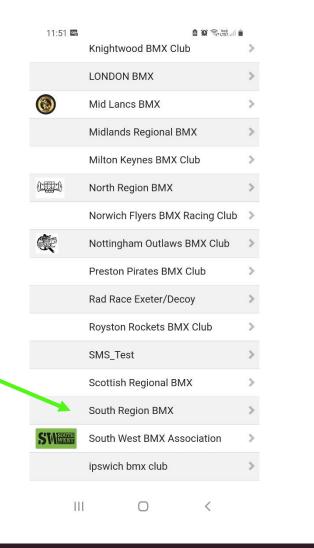


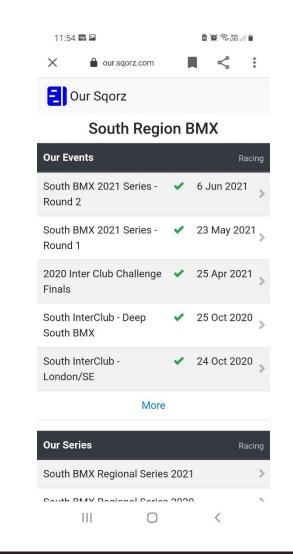




## The Race Day – Sqorz

- Scroll to select your club or region
- Then select the correct race day under 'Our Events'

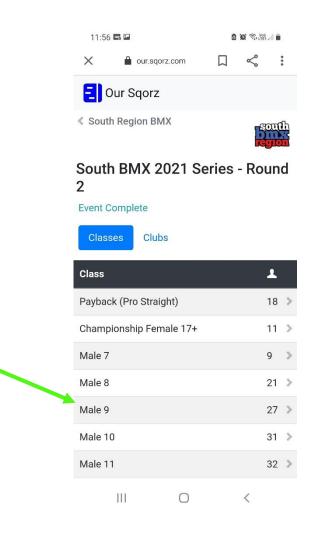


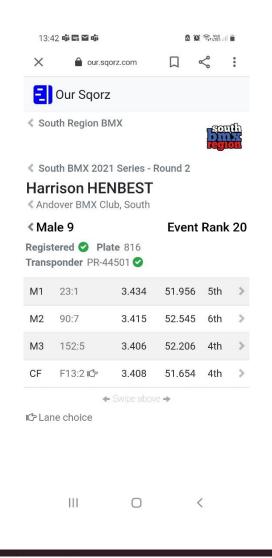




# The Race Day – Sqorz

- Select your race class and then your rider
- This will show you all your riders races and results for the whole day







### The Race Day – Motos

- Motos are drawn randomly, the numbers on Sqorz first show the race number followed by the gate number:
  - 14:8 = Race 14, Gate 8
  - 101:1 = Race 101, Gate 1
- Riders need to line up in the racing pens depending on the race number they are in, pens are number 1 to 10, the last number of the pen matches your race number. Many riders have a strip of masking tape on the back of their number plate with their motos written on.
  - Moto 3 Pen 3
  - Moto 47 pen 7
  - Moto 296 Pen 6



### The Race Day – The Race

- The commentator will give you a 15 minute warning before racing starts
- Wish your rider luck and get them to the pens
- Now relax and wait for the racing to start
- If the worst should happen and your rider has a fall please stay where you are, trained medics and officials will go to them



### The Race Day – Finals

- Keep checking Sqorz to ensure you are up to date with the race numbers and results
- You need to make sure your rider is fully ready and in the pens well before the f inals start
- When the finals are announced Sqorz will updated, S1 = Semi Final 1, 1 F = Final 1



### The Race Day – Finals

- In 1/4s and semi finals only the top 4 riders progress to the next race
- Gates are not allocated in these. Riders who have scored the most moto points pick their gates first until all 8 gates are filled.



## **Useful Links**

- British Cycling <u>https://www.britishcycling.org.uk</u>
- Number Plates <u>http://www.bigdaddyplates.co.uk</u>
- Transponders <u>https://www.hssports.co.uk/sales/mylaps-prochip-flex-personal-transponder/</u>
- Our Sqorz <u>https://our.sqorz.com/orgs</u>

