

**BIRKIRKARA ST JOSEPH  
INDIVIDUAL TIME TRIAL SERIES 2015**  
5<sup>th</sup> July – 26<sup>th</sup> July – 6<sup>th</sup> September



**RACE FEES**  
7-14, Para-cyclists: Free  
15 and above: €10/race

**BLOCK PAYMENT**  
Non-members: €25  
BSJ members: €20

# Entry Form

Name: \_\_\_\_\_ Male  Female

Address: \_\_\_\_\_ Year of birth: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Club: \_\_\_\_\_

**RACE CATEGORIES:** Please tick the box which relates to your race-category, to be eligible for any individual award.

<b>60+</b>	<input type="checkbox"/>	(born in 1955 or earlier)	<b>23-29</b>	<input type="checkbox"/>	(born in 1986, 1987, 1988, 1989, 1990, 1991, 1992)
<b>55-59</b>	<input type="checkbox"/>	(born in 1956, 1957, 1958, 1959, 1960)	<b>19-22</b>	<input type="checkbox"/>	(born in 1993, 1994, 1995, 1996)
<b>50-54</b>	<input type="checkbox"/>	(born in 1961, 1962, 1963, 1964, 1965)	<b>17-18</b>	<input type="checkbox"/>	(born in 1997, 1998)
<b>45-49</b>	<input type="checkbox"/>	(born in 1966, 1967, 1968, 1969, 1970)	<b>15-16</b>	<input type="checkbox"/>	(born in 1999, 2000)
<b>40-44</b>	<input type="checkbox"/>	(born in 1971, 1972, 1973, 1974, 1975)	<b>12-14</b>	<input type="checkbox"/>	(born in 2001, 2002, 2003)
<b>35-39</b>	<input type="checkbox"/>	(born in 1976, 1977, 1978, 1979, 1980)	<b>7-11</b>	<input type="checkbox"/>	(born in 2004, 2005, 2006, 2007, 2008)
<b>30-34</b>	<input type="checkbox"/>	(born in 1981, 1982, 1983, 1984, 1985)	<b>Para-Cyclists</b>	<input type="checkbox"/>	(as per regulations)

**DISCLAIMER:** I declare that I have read, understood and signed the race/races regulations and the Agreement entitled "Events Registration, Release and Waiver of Liability and Assumption of Risk and Indemnity" issued by Birkirkara St. Joseph Sports Club in respect of events organized by the said Club. I agree to be bound by the regulations of this race. Enclosed please find cheque No. \_\_\_\_\_ amounting to € \_\_\_\_\_. (Please make cheques payable to Birkirkara St. Joseph Sports Club.)

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Parent's/Guardian's Signature (if under 18 years of age))

ID / PASSPORT No.: \_\_\_\_\_

Next of Kin (Name, Surname, Relationship and Telephone Number) \_\_\_\_\_

<b>FOR OFFICIAL USE ONLY</b>	<b>RACE NUMBER</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>COPY FORWARDED</b>	<input type="checkbox"/>
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## BIRKIRKARA ST JOSEPH – INDIVIDUAL TIME TRIAL SERIES 2015

### INFORMATION AND REGULATIONS

- The BSJ Individual Time Trial Series 2015 will be organised by Birkirkara St. Joseph Sports Club. Our main partners are **Carrera Bikes Malta, Garmin and BBB / Buff.**
- The Series will consist of three individual time trials of approximately 21km each. These events will be held on Sunday 5<sup>th</sup> July, Sunday 26<sup>th</sup> July and Sunday 6<sup>th</sup> September. More information is shown in the Table below.

Date	Race Route (vicinity of Start Location)	Start Time	ITT Distances (for categories 15 and above)
5 <sup>th</sup> July	<b>ZURRIEQ</b> <i>Triq il-Belt Valletta</i> (Mangion Brothers Batching Plant)	7:30 a.m.	<b>7 laps</b> (= 21km @ 3km/lap)
26 <sup>th</sup> July	<b>ZEBBUG</b> <i>Triq I-Imdina</i> (St. Dorothy's School)	7:45 a.m.	<b>5 laps</b> (= 21km @ 4.2km/lap)
6 <sup>th</sup> Sept	<b>MTARFA</b> <i>Triq il-Maltin Internati u Eziljati</i> (Mtarfa Bypass Bridge)	7:45 a.m.	<b>8 laps</b> (= 21km @ 2.6km/lap)

- Road cyclists and triathletes can take part in these races. The use of a CE marked cycling helmet and a fully functional road-worthy bicycle are compulsory.
- Registration, entry fees and attendance will take place prior to each race. Empty registration forms will be available at the venue. Race numbers will be provided and these must be worn throughout the Series.
- Race registration period will be open from 6:30a.m until race start time indicated in the Table above.
- A randomized ITT Starting Order will be printed and distributed to all participants immediately after registration is closed.
- Race-categories 7-11 and 12-14 are invited to participate for free. The race will start with these categories in the form of a Mass Start. Category 7-11 will carry out one lap, whilst Category 12-14 will race for three laps.
- At around 15 minutes after race start, the ITT Starting Order will be called out at one-minute intervals. Category 15-16 will start first, followed by females and then males. Participants who miss their start will be disqualified.
- In this Series drafting is strictly NOT allowed. Cyclists riding within seven metres behind other cyclists will be considered as drafting unless they are clearly overtaking. Cyclists riding on the right-hand-side of other cyclists without overtaking will be considered as drafting as well. Drafting carries a one-minute penalty.
- At the end of each race, the first three ITT finishers, both males and females, will be presented with medals. Any of these cyclists who are not present for their presentation will be disqualified.
- At the end of race 3, there will also be a presentation of trophies for the Series podium (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) and race-categories winners, based on the overall classification. Categories 7-11 and 12-14 will be presented with a Series token. All mentioned trophies will be presented to both males and females categories. The race-category trophy will be forfeited if a cyclist classifies in the top three places of the overall classification.
- The overall classification to determine the Series podium and race-category winners will be worked out by means of a points system. Best time of each race will be allocated with 100 points, 99 points for second place, 98 points for third place and so on. In case of equal points the accumulated time will be considered. Males and females will be classified separately. Only those cyclists who attend for the whole Series will be considered.
- Full race results along with other supplementary information, will be provided on BSJ Cycling FB page (<https://www.facebook.com/BSJSportsClubCYCLING>) and website (<http://www.bkarastjoseph.com>).
- Regulations for para-cyclists will be customized according to participants.
- The organisers will do their utmost to have as many helpers as possible on the race route. However, these helpers will not be responsible for keeping laps and in no way can they assist the cyclists during the races.
- Participating cyclists are to adhere strictly to the local driving regulations, unless otherwise marked or instructed by the race organisers. Vehicular traffic may be prevalent on the race route. Participants are to take all the necessary precautions to ensure their own safety during the events.
- The organisers are the sole interpreters of these Regulations. All decisions taken by the organisers or by any official acting on their behalf shall be final.

PLEASE CUT AND RETAIN THE SERIES INFORMATION AND REGULATIONS SHEET. THANK YOU FOR PARTICIPATING IN OUR RACES