



## CYCLING

Time Trials 5K, 10K / Road Race 20K

---

**DATE** Sunday, May 19, 2019

**TIME** 9:00 am Time Trial 5K Race time subject to change  
10:30 am Time Trial 10K  
12:00 pm Road Race 20K

### CENTRAL TIME ZONE

**Check-in for events up to one hour prior to get bib number onsite at race.**

**LOCATION** TO BE DETERMINED

**COURSE MAPS:**                      [5K TT](#)                      [5K ELEVATION](#)  
   [10KTT](#)  
   [20K ROAD RACE](#)    [20K ELEVATION](#)

### **GENERAL INFORMATION**

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2019. Individual athletes may not use their performances at a qualifying event to qualify for a higher age bracket using the minimum performance standards of the higher age bracket. No onsite registration is allowed.

### **PACKET PICKUP**

All packets are located at the Host Hotel, Tropicana Evansville.

Tropicana Hotel Lower Level Meeting Room D

421 NW Riverside Dr, Evansville, IN 47708

Packet pickup available Thurs. May 16 – Tues May 21 8:00 am – 6:00 pm Central Time

Packets will also be available for pick-up at the Celebration of Athletes Dinner on Friday, May 17th at the Red Fez Restaurant.

# CYCLING

## Time Trials 5K, 10K / Road Race 20K

---

### ENTRY REGULATIONS

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
2. Cyclists qualifying in either the 20K or 40K road races at a qualifying games may enter both road race events.
3. Cyclists must provide their own bicycles and helmets.

### QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
3. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a "combined" event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.
4. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

### MEDALS

Medals are given to 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), 3<sup>rd</sup> (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

### RULES

See NSGA rules that apply.

### COORDINATOR

Coordinator will be responsible for all event issues that arise. Coordinator will record scores on result sheets and award medals.

### QUESTIONS

Contact [IndianaStateGames@gmail.com](mailto:IndianaStateGames@gmail.com) or call 812-297-9568 text or please leave a message.