



## 2022 eRacing National Championships (Demo Event) Technical Guide

### Technical Guide & Race Book

Welcome to the inaugural Cycling Ireland eRacing National Championships.

Every effort has been made to make this Technical Guide & Race Book as complete as possible.

To be run under Cycling Ireland Rules

### Rules & Regulations

- Full Zwift Cycling Esports Rules and Regulations (the “Rules”) can be found at:  
<https://zwift.com/p/zwift-cycling-esports-rules/>
- In the event this Technical Guide conflicts with the Zwift Cycling Esports Rules and Regulations, this Technical Guide shall control. Please use this Technical Guide as your primary resource with respect to Performance Verification.
- There will be post-race verification of some riders by ZADA following every race.

### Performance Verification Information

- Each rider must submit the information requested in Appendix 1 each before the qualifying event and National Championships.
- Each rider must submit height and weight measurement videos at [zwift@cyclingleireland.ie](mailto:zwift@cyclingleireland.ie)
  - Weight measurement video must be recorded no more than 2 hours before the start of the event and submitted to Zwift at least 1 hour before the start of the event.
  - The riders weight must also be updated using the **in-game** “update profile” option. Weights must be entered exactly as they appear on the scales (recorded to one decimal place - e.g. 65.4 kg) and not rounded.
  - By submitting your videos to Cycling Ireland, you agree that these videos are for verification purposes only and that you will not publicly distribute any of these videos.
- Dual recorded race data file must be submitted to Zwift within 2 hours of race completion. Cycling Ireland must also be informed.
- Cycling Ireland reserves the right to request verification information after each race, including the information listed in Appendix 1 of the Zwift Cycling Esports Rules and Regulations.
  - Please note that any requested information must be submitted to Cycling Ireland within 24 hours of the request. Riders whose performances cannot be verified will have their results annulled.



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### **Trainers & Power Meters**

- The primary source of power data (i.e., power data device connected to the game) must be a controllable, direct smart trainer (or smart bike).
- The trainer (or smart bike) must be paired as the controllable device.
- A power meter must be used as a secondary source of power data. The power meter must be connected to a separate recording device (e.g., head unit, separate computer).
- Riders must use the default manufacturer factory slope settings on any power meter.
- It is the rider's responsibility to ensure that race data is accurately reported to the Zwift game client.
- Signal interference can lead to dropouts and inaccurate race data readings. During the event, riders are encouraged to turn off any equipment that emits a wireless signal (e.g., Bluetooth headphones, wireless keyboard/mouse).

### **Heart Rate Monitors & Cadence Sensors**

- Fully functioning heart rate monitors and cadence sensors must be used and connected to the game client. Heart rate data recorded by a secondary device (e.g., a cycle computer) will not be accepted.

### **Dual Recording**

- Dual recording is **required** for this event. Instructions for dual recording can be found in Appendix 1

### **Game Device**

- Riders are encouraged to use a laptop (Mac or Windows) or Windows-based tablet to run the Zwift game application for the event. This may be a requirement in future invitational races/events.

### **Pre – and Post-Race Instructions**

- Immediately before the race
  - Calibration: Spindown smart trainer and zero offset any power meter immediately before the race after your warm-up.
  - Connection: Set up power data sources (i.e., smart trainer, power meter), HR monitor, cadence sensor, and any secondary recording device.
  - Start Pen: Enter the start pen at least 30 minutes before the start of the race. Comply with any instructions from Cycling Ireland representatives in the start pen.
- Immediately after the race
  - Save the Zwift file (public setting) when exiting the game.
  - Save the dual recorded race data file.



- Dual recorded race data file must be submitted to Cycling Ireland within 2 hours of qualifying event and race completion.
- Any inquiries regarding the race should be directed to the following email address, [zwift@cyclingireland.ie](mailto:zwift@cyclingireland.ie)

#### **In-Game Team Kit**

- It is **mandatory** to race in your virtual team kit. Failure to do so will result in disqualification.
- Time trial helmets are **not allowed** in scratch races.
- Virtual socks are mandatory.
- IMPORTANT: If you need to change your equipment, please make the change **BEFORE** you join the race. For example, remove your time trial helmet **BEFORE** you join the race, not in the pen.

#### **In-Game Bicycles / Wheels**

- Zwift concept bicycles (aka “Tron” bicycle) are **not allowed**.
- Time Trial bicycles are **not allowed** in road races.
- Disc wheels are **not allowed** in road races.
- IMPORTANT: If you need to change your equipment, please make the change **BEFORE** you join the race. For example, change your Tron bicycle **BEFORE** you join the race, not in the pen.

#### **Rider Name Tags**

- Please ensure your tag is your full name
  - Eg. AN Other (Team ABC)

#### **In-Person Team Kit - Cycling Ireland eRacing National Championship (Demo Event) - (In person Event only)**

- Please ensure you are wearing the team kit as detailed on your UCI licence.
- All riders must have the torso area covered during the live stream.



## How to Qualify

The 2022 eRacing National Championships are for those who qualify to ride an Irish National Championships. A qualifying event will be held on **Saturday 18<sup>th</sup> December @ 10am** and the top 10 male and female riders will be selected. The course will be Watopia Figure 8, 1 lap, 29.8km, Elevation 234m. After the event and after full verification a full result will be posted.

To enter for the event please use the following link: [Eventmaster Link](#)

## Event date and time

Saturday 18<sup>th</sup> December

Men's Race Start            10:00 AM

Women's Race Start        10:01 AM

## Cycling Ireland eRacing National Championship (Demo Event)

### Venue (In person Event only)

The event will take place in **TBC** on **Saturday 15<sup>th</sup> January 2022**. The Mens race will start at 6pm with the women's event starting a 7.30pm.

The event will be lived streamed and all participants will use the equipment supplied to them, this will include a Wahoo Kickr, Wahoo Headwind, Wahoo Climb, Wahoo Matt, Wahoo Desk, Gaming laptop and screen.

To enter for the event please use the following link: [Eventmaster Link](#)

## Course

New York, Astoria Line 8, 34.5km, 3 laps, Elevation 423m

Notes: New York's "Astoria Line 8" is named for NYC's first subway line. This route covers all the ground-level roads in Central Park. Central Park's ground-level roads are best understood as three interconnected loops of continuously rolling, curving roads. To the north you have a small loop which includes Harlem Hill. In the middle you have a large loop which covers approximately 50% of the park and includes the start/finish banner and start pens. Lastly to the south you have another small loop which includes the sprint point. This route covers all three loops in a figure 8 fashion.

## Staging

Riders must join the starting pen 30 minutes before the start of the race.



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### **Race Delay**

Cycling Ireland reserves the right to delay the race for technical or broadcast reasons.

If a delay occurs, riders should remain in the pens in the game and the countdown clock will update accordingly.

### **Event Numbers**

- A maximum of 10 riders can enter each race.
- Only riders from the original 10 riders will be selected for each race.
- All riders must be pre-verified by Cycling Ireland. Riders who have not had their pre-verification checks completed, may not be selected to race.
- Each rider must be at least 18 years of age at the time of the race.
- All participants must hold a current Cycling Ireland membership with an Irl designation.



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## Appendix 1

Your data has been selected for verification by the Cycling Ireland eRacing National Championships

Please respond to this email providing the following information within the next 72 hours:

1. Your public Strava profile link (which shows power numbers if you ride with a power meter outside)
2. Your age
3. A video of your height being measured.
4. A video of you on a scale that confirms your current weight. The video must show a calibration of the scale using a known weight and you on the scale after that. Video examples can be found at this Facebook group:

<https://www.facebook.com/groups/2213931348820159/>

5. The power source that you connected to Zwift for this race, which is either:
  - a. The smart trainer make and model, firmware used and a photo of your bike on the trainer used for this race.OR
  - b. The power meter make and model, including slope information, firmware and a photo
6. .fit files of your best outdoor 5min, 20min efforts that include both power and heart rate data (within the last 12months only) and Strava links to the efforts provided and your outdoor power meter make and model

PLEASE ENSURE YOU PROVIDE .fit FILES FOR THE EFFORTS. Guidance on exporting these files from Strava can be found here – <https://support.strava.com/hc/en-us/articles/216918437-Exporting-your-Data-and-Bulk-Export#TCX>

7. Additionally, If you have a possibility to dual record a second power source from the next round, please do so via ZwiftPower. Details of how to do it can be found at the following link. THIS IS A COMPULSORY REQUIREMENT FOR RIDERS WHO HAVE WON ALREADY AN A RACE IN CI ERACING LEAGUE.

We will be ensuring that you have uploaded into ZwiftPower the double recording for the next round.

<https://zwiftinsider.com/zwiftpower-dual-recording/?fbclid=IwAR1tZL3TCxF8KpHklwNuG6RCinBW-poYdvQ-ZlzCUgGeJ-hD6HdMTr4Df24A>

This data will only be used by CI for the purposes of performance verification and will never be shared publicly.

All data must be returned by mail to [zwift@cyclingireland.ie](mailto:zwift@cyclingireland.ie)



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