

Scottish Student Cycling Virtual 10 Mile Time Trial Championships 2020

Monday 23rd November 2020 – Sunday 6th December 2020

How to Compete

The Basics:

- Time Trial attempts must be completed and uploaded to Strava between 23/11/20 – 06/12/20
- Cover 10 miles (16.1km) in the shortest possible time
- Must be completed virtually, on an indoor/stationary bike
- Activity must begin from a seated start (no rolling starts accepted)
- Power data must be visible
- This event is heavily reliant on 'trust' from its participants. Any participant seen to breach the rules and regulations, will be disqualified
- Activity legitimacy is at the discretion of the event organiser

Equipment:

- Any indoor/stationary bike with power data is accepted
- This includes the following:
 - Wattbikes
 - Smart Trainers
 - Wheel-on Trainer with power meter
- We will not accept estimated power, such as Zwift Power
- Speed and cadence sensors are recommended alongside power sensors, but are not seen as a viable alternative to power sensors
- Heart Rate monitors are not required
- If you have any queries about your equipment, please contact your club captain or the event organiser



Wattbike:

- When using a Wattbike, you must input your correct body weight into the monitor prior to beginning your activity
- When using a Wattbike, your activity must be uploaded to Strava via the 'Wattbike Hub' app.
- If you have technical difficulties with the 'Wattbike Hub' app - manual activities are accepted, so long as pictures are also uploaded of the data screen on the monitor.
- Useful tips:
 - Connect your Wattbike to your Strava account, using the 'Wattbike Hub' app beforehand
 - Use your warm-up as a test, making sure activities from the 'Wattbike Hub' are syncing to Strava
 - To view live distance and time on the monitor, press the down arrow to scroll to 'screen 2'
 - Wattbike distance may default to metres, rather than miles or kms. Please be aware the units in use

Zwift:

- If you plan to use Zwift for your entry, please adhere the following guidance:
 - You must use an in-game TT bike, in order not to receive a draft benefit from nearby riders
 - You must use a flat course (0% avg gradient). We recommend using the 'Tempus Fugit' course on Watopia
 - You can complete your effort in an official Zwift 10 Mile TT event
 - You must take an in-game screenshot, to be uploaded with your activity

Uploading Activity:

- Participants must join the Scottish Student Cycling Strava Club:
<https://www.strava.com/clubs/scottishstudentcycling>
- Activity privacy must be public
- Activity must be titled appropriately: “SSC Virtual 10 Mile TT”
- It is highly recommended that activities are uploaded to Strava directly through partner integrated apps (see below)
- A list of accepted ‘data importer’ apps can be found here:
<https://www.strava.com/apps/data-importer>
- A list of accepted ‘indoor’ apps can be found here:
<https://www.strava.com/apps/indoor>
- Manual uploads to Strava will only be accepted, if accompanied by appropriate power data and evidence of equipment used
- Any upload to Strava will automatically be recorded by event organiser, so long as the above guidance is adhered to

Activity Legitimacy:

- Activity legitimacy is at the discretion of the event organiser
- You must follow all above guidance in order for your entry to be recognised

Questions:

Please direct all questions to Aaron Johnson - sss_cycling@hotmail.com

Social Media:

We love to hear your experiences at our events, so please tag us @ScotStuSport on Facebook, Twitter and Instagram! Please also use the hashtag: #ScotStuCycling

Date Last Updated: 07/11/20

