

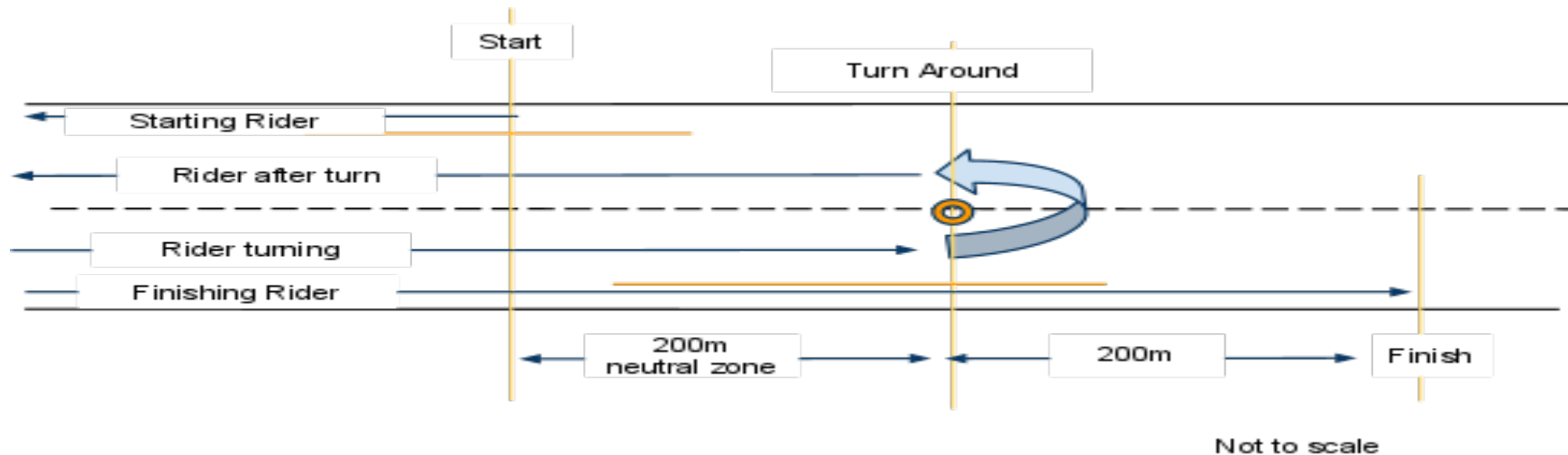
### Individual Time Trial - 42km

The Individual Time Trial will be run as a two 21km laps on the ITT course.

The 200m before both of the turn-arounds **MUST BE** treated as a **NEUTRAL NO PASSING ZONE**.

#### Starting Riders

- When starting stay well to the right until up to speed.
- Be aware that other riders may be passing you on your left.



#### Turning Riders

- Stay to the left of the cones leading to the finish line.
- Do **not pass** another rider within 200m before or after the turn-around.
- After the turn-around keep to the left while passing the start line. Be aware that another rider may be starting to your right.

#### Finishing Riders

- Stay to the right of the cones leading to the finish line.
- Do **not pass** in the neutral zone before the turn-around.
- You may pass between the turn-around and the finish if safe to do so.