

## GEARING RESTRICTIONS

For young riders the use of overly large gears is restricted by age category to prevent injury. For help and advice regarding gearing/event restrictions please ask a coach or club official.

### Metric Gear Tables

CATEGORY	ROAD RACING	TRACK RACING	ROLLER RACING
YOUTH A	6.91 metres	6.91 metres	7.93 metres
YOUTH B	6.45 metres	6.45 metres	7.40 metres
YOUTH C	6.05 metres	6.05 metres	6.94 metres
YOUTH D	5.40 metres for all events.		
YOUTH E	5.10 metres for all events.		

These figures refer to 700c and standard sprint rims only, speak to Alan, or the coaches if you need tables for 650 wheels.

Standard Sprint Rim with normal road tubular tyre															
SPROCKET SIZE															
	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
40	7.12	6.57	6.10	5.69	5.34	5.02	4.75	4.50	4.27	4.07	3.88	3.71	3.56	3.42	3.29
41	7.30	6.74	6.25	5.84	5.47	5.15	4.86	4.61	4.38	4.17	3.98	3.81	3.65	3.50	3.37
42	7.47	6.90	6.41	5.98	5.61	5.28	4.98	4.72	4.48	4.27	4.08	3.90	3.74	3.59	3.45
43	7.65	7.06	6.56	6.12	5.74	5.40	5.10	4.83	4.59	4.37	4.17	3.99	3.83	3.67	3.53
44	7.83	7.23	6.71	6.26	5.87	5.53	5.22	4.95	4.70	4.47	4.27	4.09	3.92	3.76	3.61
45	8.01	7.39	6.86	6.41	6.01	5.65	5.34	5.06	4.80	4.58	4.37	4.18	4.00	3.84	3.70
46	8.19	7.56	7.02	6.55	6.14	5.78	5.46	5.17	4.91	4.68	4.47	4.27	4.09	3.93	3.78
47	8.36	7.72	7.17	6.69	6.27	5.90	5.58	5.28	5.02	4.78	4.56	4.36	4.18	4.01	3.86
48	8.54	7.89	7.32	6.83	6.41	6.03	5.69	5.40	5.13	4.88	4.66	4.46	4.27	4.10	3.94
49	8.72	8.05	7.47	6.98	6.54	6.16	5.81	5.51	5.23	4.98	4.76	4.55	4.36	4.19	4.02
50	8.90	8.21	7.63	7.12	6.67	6.28	5.93	5.62	5.34	5.08	4.85	4.64	4.45	4.27	4.11
51	9.08	8.38	7.78	7.26	6.81	6.41	6.05	5.73	5.45	5.19	4.95	4.74	4.54	4.36	4.19
52	9.25	8.54	7.93	7.40	6.94	6.53	6.17	5.84	5.55	5.29	5.05	4.83	4.63	4.44	4.27
53	9.43	8.71	8.08	7.55	7.07	6.66	6.29	5.96	5.66	5.39	5.14	4.92	4.72	4.53	4.35
54	9.61	8.87	8.24	7.69	7.21	6.78	6.41	6.07	5.77	5.49	5.24	5.01	4.80	4.61	4.44
55	9.79	9.03	8.39	7.83	7.34	6.91	6.53	6.18	5.87	5.59	5.34	5.11	4.89	4.70	4.52
56	9.97	9.20	8.54	7.97	7.47	7.03	6.64	6.29	5.98	5.69	5.44	5.20	4.98	4.78	4.60

The table shows the number of teeth on the sprocket, across the top of the table, and the number of teeth on the chainring, down the side.

To set the required gearing, choose the chainring and sprocket combination which gives the closest match, whilst ensuring that it is less than or equal to the maximum for the riders age category, from the table above.

If you don't have the necessary sizes, the club does have a selection of sprockets and chainrings, (the chainrings are mostly for Miche chainsets), if you need to use these, speak to Alan.