

# 2013 Companion Guide



**Cycling**CANADA**Cyclisme**



## **The National / International Commissaire An Expert Serving Cycling**

A National / UCI International Commissaire ensures that international cycling races are held in the best possible conditions. He fulfills the role of CC / UCI ambassador for races being held under its auspices.

A UCI International Commissaire ensures the smooth running of cycling races in ethical and sporting terms by ensuring that National / UCI rules are uniformly applied before, during and after the race.

Since some of the aspects of his function go beyond the framework of the rules, National / International Commissaire must be able to command respect in any situation. He must also be capable of playing the role of mediator between all those involved in cycling.



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## PRELIMINARY PROVISIONS

The UCI Regulations will be considered as the reference for all regulations governing the specified disciplines of bicycle racing.

The present UCI Regulations and the Cycling Canada (CC hereafter) Companion Guide shall be applicable to all types of specified cycling races.

Where necessary the UCI regulations have been revised to accommodate various National Regulations pertinent to Canada. These amendments appear in this CC Companion Guide. The National Regulations are preceded by the letter (N) in italics.

It should be noted that the UCI Regulations are a dynamic reference document and a particular section may be updated at any time during the year. We therefore recommend that people refer to relevant sections on a regular basis through the UCI website. All preceding regulations will be considered invalid as of the date of the updated regulation.

Nevertheless, National Federations may, in their national regulations applicable to races on their own National Calendar, rule on any provisions herein marked by the letter (N). Where no such national regulations exist, organizers of races registered on the National Calendar shall strive to respect the provisions in question to the greatest extent possible and in accordance with the circumstances.

A specific provision of the UCI Regulations and the CC Companion Guide shall constitute an exception to any general provision with which it would be incompatible.

Participation in a cycling race, in whatever capacity, shall imply acceptance of all provisions of UCI Regulations and the National amendments contained in the CC Companion Guide.

The UCI / CC cannot be held responsible for any infringements of the law committed in connection with cycling, even if The Regulations be invoked to justify such infringements.

The CC Officials Committee may be consulted where there are difficulties in applying the UCI regulations or national amendments.



In the event of a discrepancy between the English version and the French version of the CC Companion Guide, the English version shall prevail except in the province of Quebec where the French version shall prevail.

To facilitate reading, the UCI Regulations and the CC Companion Guide shall include the use of the masculine for the feminine and singular for plural.

**Acknowledgements:**

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Louise Lalonde – CC Officials Committee, Chair.

Josee Bedard – CC Officials Committee, representative for Mountain Bike.

Wayne Pomario – CC Officials Committee, representative for Road & Track.

Jason Howard - CC Officials Committee, representative for BMX.



## Part I: General Organization of Cycling as a Sport

### CHAPTER 1 LICENSE HOLDERS

#### §1 LICENSES

##### CATEGORIES OF LICENSE HOLDERS

**1.1.010 N)** Individuals representing riders as a manager, and requesting this designation on their license, must have followed and passed an introductory Level Commissaire's course within Canada.

**1.1.020 N)** A foreign rider visiting Canada who would like to race must submit his license and a letter of permission from his National Federation upon registering for the event. (A Rider from the United States does not require a letter of permission.)

A foreign rider residing in Canada for more than 2 months is authorized to wear the colours of the club or trade team that he chooses and, in so doing, is authorized to participate in all events of this club or trade team. The Provincial Federation issues this authorization.

In Canada, licenses are issued by the province where the rider has his principle residence.

##### FORM OF LICENSE

**1.1.027 N)** In mountain bike events a temporary license may be purchased on site for most of the events except National Championships.

##### PENALTIES

**1.1.029 N)** Where a license has been lost or damaged, a copy of the license shall be accepted, provided that the copy has been sent from the Provincial Association that issued the license. The copy of the license shall be accepted at the time of registration for up to a maximum of seven days from the date of the fax. Where an event takes place over several days, the fax used to register for this event is valid for the entire period of the event. **This provision shall not be applicable for any events on the international calendar.**

#### §2 categories of riders

**1.1.036 N)** Age: Under 13, Under 15 years, Under 17 years according to the year of birth.



Denomination of categories: The adoption of the denominations U13, U15 and U17 can be recommended but, as stipulated in the UCI Regulations, terms could be adapted to the linguistic constraints of national languages.

#### N) Table of road categories

##### Categories

Age as of December 31, the year of the competition

Under 13

10-12

Under 15

13-14

Under 17

15-16

It is possible for a rider to race in a category other than his own. The rider must have a letter of permission from his provincial association and show it at registration. All upgrading must be approved by the provincial association for provincial races and approved by the Canadian Cycling Association for national sanctioned events.

\*In Quebec it is not possible for a rider from another province to race in a higher category unless he has a letter from the Canadian Cycling Association or the upgrade has been approved by Quebec Federation because of rules in the Régie de la Sécurité des Sports.

#### N) Note article 1.1.035 for BMX

### §4 COMMISSAIRES

#### Status

**1.1.064 N)** A commissaire can continue to be active as a provincial **or national** commissaire over 70 years old at the discretion of the PSO **or CCOC respectively**.

**1.1.065 N)** As well, a national commissaire shall be subject to CC discipline when designated by the CC.

#### Mission

**1.1.074 N)** All national commissaires shall wear the current national official uniform to recognized national or international events. The commissaires may wear special uniforms provided by organizers of the events provided this has been approved in advance by the **CCOC** through the national office.





## CHAPTER 2 RACES

### SECTION 1 ADMINISTRATIVE PROVISIONS

#### §1 CALENDAR

**1.2.006 N)** The same regulations apply for races run over the territory of several provinces

**1.2.012 N)** Each race taking place in Canada must adhere to one of the following definitions:

Local/Regional/Provincial race:

- Approved by the province where the event takes place

North American event:

- Approved by the CC and other national federation if required
- Approved by the province where the event takes place
- open to all North American UCI license holders
- Foreign riders residing in Canada for a prolonged length of time must obtain the permission of the CC

National race:

- Approved by the CC's Events Committee
- Open to provincial teams, national teams and a maximum of four foreign national teams as well as:
  - Canadian trade teams / clubs
  - Affiliated UCI licensed riders
- Invitations to foreign federations must go through the CC office.

#### §7 NATIONAL CHAMPIONSHIPS

**1.2.028 N)** This event is open to Canadian citizens, permanent residents and landed immigrants as well as individuals with refugee status in all categories including UCI categories. Proof of citizenship status may be required (passport, permanent resident card, landed immigrant status or refugee status papers).

- Only Canadian citizens will have access to the national title, national championship podium positions, UCI points and national championships medals.
- Prize money (where applicable) will be based on order of finish at the National Championships, regardless of citizenship or nationality
- Should a non-citizen (permanent resident, landed immigrant or individual with refugee status) place amongst the top three overall finishers in the race



category, a podium presentation will take place based on order of finish of the race and a second podium presentation based on the National Championships results of eligible Canadian citizens will follow.

- Proof of residence may be required (this includes driver's license, permanent resident card).
- All athletes must be in possession of a valid UCI/CC international license.
- All participants must be prepared to present their license upon demand at the event.
- All participants must be licensed to compete in the appropriate discipline.
- Domestic licenses from other countries or within Canada are not permitted.
- No one day event licenses will be sold
- Licenses must be presented during license control.
- There will be no registration on race day.
- All competitors **MUST** enter their event class as shown on their license.
- The class are defined as per UCI rules based on the year of birth.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled;
  - Completed the application form
  - Signed the waiver
  - Payment has been transacted
  - Rider's license has been validated by the designated commissaire.

#### Provincial championships

The provincial championships are the responsibility of the organizing province. Provinces must organize their championships according to the distances and regulations adopted for the National Championships.

## SECTION 2 ORGANIZATION OF RACES

### §4 PROGRAM-TECHNICAL GUIDE

**1.2.044 N)** For events not on the International Calendar, \$100.00 to \$1000.00

### §5 INVITATION – ENROLMENT

**1.2.049 N)** The organizer must prepare a registration form to be completed by the team, the club, or the riders who wish to participate in his event. The organizer sets the rules for registration and the registration fee. These may be subject to further restrictions by the CC or PSO, depending on the level of sanction.

## GENERAL PROVISIONS

**1.2.051 N)** The CC Events Committee oversees this function in Canada.



**1.2.052 N)** Riders licensed by USA Cycling do not require written authorization.

## **§7 COURSE AND SAFETY**

**1.2.063 N)** In addition, the following clause must appear on the rider's registration form: "I release, in my name, and in that of my heirs, executives and administrators of my will, the CC, its agents, employees, officials, commissaires, representatives, and successors, as well as any other organization, company, society, enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CC rules and completely understand all conditions and agree to respect and abide by them".

## **§9 PRIZES**

**1.2.069 N)** Or posted at the registration site if a technical guide does not exist.

**1.2.070 N)** For events on the National and Provincial Calendars these shall be set by CC or PSO respectively.

**1.2.072 N)** For national level events, the prizes should be given to the winners on the day of the race.

The interested racing committee has the right to veto the type of prizes offered in the cycling race and may suspend or retire the race if the organizer refuses to exclude the prizes which have not received the Committee's agreement.

## **§10 TRAVEL AND SUBSISTENCE EXPENSES**

**1.2.075 N)** For national events, any agreed allowance shall be paid at the latest at the end of the event.

## **SECTION 3 RACE PROCEDURES**

### **§4 TEAM MANAGERS MEETING**

**1.2.087 N)** At national events **in all disciplines** this meeting is mandatory.

### **§7 FINISH**

#### **Finish Line**

**1.2.101 N)** For events not on the international calendar, a banner may also be used for any finish or for the passing of any intermediate point for a classification as well as at



the top of mountain passes during road races. However, at a minimum a black and white checkered flag shall be used.

**1.2.102 N)** At least in stage races and national and international events.

#### **Time Keeping**

**1.2.104 N)** In Canada, the license of the timekeeper does not exist. The commissaire license is designed to also fill this function.

### **SECTION 4 SUPERVISION OF RACES**

#### **§2 COMMISSAIRES PANEL**

**N)** The CC Officials Committee appoints all members of the Commissaires Panel for nationally sanctioned events and international races unless appointed by the UCI. Where applicable, the Officials Committee may, at its discretion, delegate the appointment of some of the members of the Commissaires Panel to the relevant and competent Provincial body. As often as possible, the commissaires will be assigned to races in their own area in order to minimize costs to the event organizer.

**N)** A bilingual commissaire must be present at national championships. All instructions to riders before and during a race, as well as at the team managers meeting, must be given in both official languages if requested.

**1.2.116 N)** For national level events, the number and status of commissaires to be appointed shall be determined by the CCOC.

#### **Expenses**

**1.2.125 N)** The amounts and modes of payment for commissaires assigned by the CCOC can be found in honorarium and expenses policy.

#### **§3 POWERS OF THE COMMISSAIRES PANEL**

**1.2.129 N)** He must, however, advise the chief commissaire before doing so.



## Chapter 3 EQUIPMENT

### SECTION 3 RIDERS APPAREL

#### §1 GENERAL PROVISIONS

**1.3.031 N)** At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline.

Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.

#### §3 REGIONAL AND CLUB TEAMS

##### General Observations

**1.3.047 N)** In stage races where there are classifications per team, composite teams are permitted, but the riders must have in hand release forms from their clubs for the race in question. All of the riders must wear identical jerseys for the duration of the race.

#### SECTION 4: IDENTIFICATION OF RIDERS

**1.3.080 N)** It is mandatory for a rider to inform a commissaire that he has dropped out of the race.



## Part II: Road Races

### Chapter 2 GENERAL PROVISIONS

#### §1 PARTICIPATION

**2.2.003 N)** In national and provincial level races where there is no team classification, individual riders may be permitted to enter an event depending on the rules of the event,

#### §3 RACE PROCEDURES

**2.2.022bis N)** This is applicable for all events on the National Calendar that include a time trial

##### Gear Ratios

**2.2.023 N)** The maximum gear ratio authorised for the following age categories for men and women, is that which gives a distance covered per pedal revolution as indicated:

Under 17	6.94 m
Under 15	6.00 m
Under 13	5.60 m

**2.2.024 N)** This regulation applies to all categories on the national and provincial calendar.

**2.2.032 N)** Team vehicles are subject to the approval of the Chief Commissaire. To be able to follow the race, the size and shape of the vehicle must be safe and must not create any danger for the race. Vans, and generally all vehicles whose bodies exceed the following dimensions: width 1.80 m.; length 5 m.; height 1.60 m, are not allowed to follow the race. In addition, all vehicles must have untinted windows at the back and on the sides.

### Chapter 3 ONE-DAY ROAD RACES

#### Method

**2.3.001 N)** In Canada by teams and individuals

#### Following Vehicles

**2.3.016 N)** For national events composite teams have to supply their own vehicles or use the neutral service.

#### Finishes and Time Keeping

**2.3.039 N)** A delay of 10%.



## Chapter 4 INDIVIDUAL TIME-TRIAL RACES

### Starting Order

**2.4.009 N)** In Canadian Championships, the starting order is determined by the CC or by the Commissaires Panel. The top 5 winners of the national championship of the preceding year start last in the reverse order of their classification.

## Chapter 6 STAGE RACES

### Method

**2.6.001 N)** and Criterium.

### Team Time Trial Stages

### Drop Out

**2.6.026 N)** For races below the international level, a suspension of 15 days and a fine of C\$100.00 to C\$200.00.

## Chapter 7 CRITERIUM

### Distances

**2.7.016 N)** From 800 to 3000metres

### **2.7.017 N)**

For security reasons, riders who are lapped are asked to leave the race. In order to calculate their time for stage races, the chief commissaire will decide, prior to the race, how this is to be done. He will explain the method which is to be used to calculate this time, during the managers' meeting before the race.

### Method with Intermediate Sprints

**2.7.021 N)** In the case where the College of Commissaires decides to adopt another regulation concerning passing, it must be announced before the start to all of the riders and in both official languages if requested.

**2.7.022 N)** The circuit must be 3 km or less:

The rider must return to the race behind the same group he was a part of  
No free lap in the last 5 km or 5 laps.

If a rider is found to be cheating to get a free lap, he may be disqualified.



## Part III: Track Races

### Chapter I ORGANIZATION

#### Race Program

**3.1.001 N)** The program and format for events for the national championships shall be established in collaboration with the CC Events Committee and in accordance with the UCI Regulations.

### Chapter 2 TRACK RACES

#### §1 GENERAL OBSERVATIONS

##### Judge-Referee

**3.2.011 N)** The chief commissaire may himself act as Judge-Referee.

#### §4 INDIVIDUAL PURSUIT

**3.2.069 N)** If there is no starting block the rider will be held by a designated commissaire.

#### §5 TEAM PURSUIT

##### Race Procedure

**3.2.093 N)** If there is no starting block the rider will be held by a designated commissaire.

#### §6 KILOMETRE AND 500 METRE TIME TRIAL

##### Definition

**3.2.102 N)** Also applicable to Canadian National Championships

##### Organization of the Competition

**3.2.103 N)** Also applicable to Canadian National Championships

**3.2.110 N)** If there is no starting block the rider will be held by a designated commissaire.

#### §7 POINTS RACE

##### Organization of the Competition

**3.2.117 N)** Also applicable to Canadian National Championships





## §9 TEAM SPRINT

### Race Procedure

**3.2.151 N)** Or held by a designated commissaire.

## Chapter 5 World Records

**N)** and Canadian records

### General Comments

**3.5.003 N)** Only the CC may recognize and confirm a Canadian record.

## §6 VELODROMES

### TRACK GEOMETRY

#### Length

**3.6.068 N)** For national championships a 200 meter track may be used.



## Part IV: Mountain Bike Races

### Chapter 1 GENERAL RULES

**4.1.001 N)** Multi-hours events Individual and team

#### § 2. Age Categories and Participation

**4.1.002 N)** Age categories recognized for men and women are:

- 10-12 yrs: U13/Under 13
- 13-14 yrs: U15/ Under 15
- 15-16 yrs: U17/Under 17
- 17-18 yrs: U19/Junior
- 19-22 yrs: U23/Espoirs
- 19-29yrs: Senior Elite
- 30-39 yrs: Master A
- 40-49 yrs: Master B
- 50+ yrs: Master C

**N)** A rider may be recognized in three different subcategories within the same category, one for cross-country, one for downhill and one for 4 X. The license must reflect all sub-categories.

#### Masters

**4.1.009 N)** For provincial events, the master's license holder riders will need the provincial association approval to race in the senior category. The approval must be validated by the CC for national events.

#### § 3. Calendar

**4.1.011 N)** All National Level events (C3, C2, C1, CHC) must carry the minimum prize list as outlined in the UCI Financial Obligations document.

#### § 4. Technical delegate

**4.1.016 N)** Where applicable, the Technical Delegate for National events will be appointed by the CC and will arrive prior to registration and remain for the duration of the event.

**N)** The technical delegate must be on site prior to the first official training session and carry out an inspection of the venue and courses in conjunction with the Chief Commissaire and the organizer. He shall coordinate the technical preparations for the



event and shall ensure that the recommendations made in the inspection report are implemented. The definitive version of the course and any changes shall be the responsibility of the technical delegate.

The technical delegate shall attend the team manager's meetings.

## **§ 6. Event Procedure**

### **Conduct of riders**

**4.1.035 N)** The competitor is responsible for following the official course and completing the proper number of laps, and bears the sole responsibility of any error on course.



## Chapter 2 CROSS COUNTRY EVENTS

### § 1 Race Characteristics

#### 4.2.001 N) XC race duration

<i>Category</i>	<b>Ability class</b>	<b>Gender category</b>	<b>XC event duration -min</b>	<b>XC event duration -max</b>
U15/Under 15 (11-14)	NA	Women	0h 30	0h 55
U15/Under 15 (11-14)	NA	Men	0h 30	0h 55
U17/Under 17 (15-16)	Expert	Men	0h 45	1h 15
U17/Under 17 (15-16)		Women	0h 45	1h 00
Junior	Expert	Expert women	1h 00	1h 15
Junior & U17 (15-18)	Beg/Sport women	Beg/Sport women	0h 45	1h 00
Junior (17-18)	Expert men	Expert men	1h 00	1h 15
Junior (17-18)	Beg/Sport men	Beg/Sport men	0h 45	1h 15
U23/Espoir **(Nationals only)	NA	U23/Espoir men	1h 15	1h 30
Senior Elite	Elite women	Elite women	1h 30	1h 45
Senior Elite	Elite men	Elite men	1h 30	1h 45
Senior (19-29)	Expert women	Expert women	1h 00	1h 30
Senior (19-29)	Beg/Sport women	Beg/Sport women	1h 00	1h 15
Senior (19-29)	Expert men	Expert men	1h 00	1h 30
Senior (19-29)	Beg/Sport men	Beg/Sport men	1h 00	1h 30
Master (30+)	Women	Women	1h 15	1h 30
Master (30-39)	Expert men	Expert men	1h 15	1h 30
Master (30-39)	Beg/Sport men	Beg/Sport men	1h 00	1h 30
Master (40+)	Men	Men	1h 00	1h 30

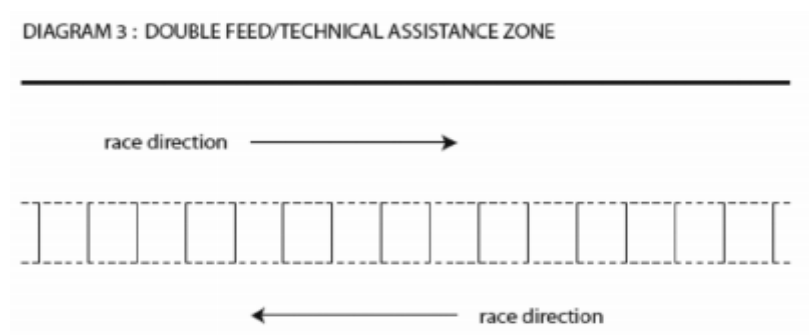


### § 3. Course Marking

**4.2.027 N)** The use of chicken wire is prohibited. Similar wire mesh products needs to be approved by the commissaire..

### §5. Feeding & § 6. Technical assistance

#### 4.2.034 N)



Comment to clarify the UCI regulations concerning feed / technical assistance zones

If possible, a double feed / technical assistance zone such as that above is preferred, if not, then two feed / technical assistance zones are needed for XCO events. In the case of the diagram above, technical assistance is done at the same place as feeding. In that case, riders must pull in to the box and stop riding. Also,

- Riders **can** receive feed and water in Tech area. As long as they are **stopped**. (one foot down)
- The dotted areas should be chalked out or identifiable. Feeders must remain behind the first line and step into the feeding area only upon arrival of their riders.
- The passing lane is in case the riders do not want a feed, they simply ride on through.
- Signs should be used to indicate the start and end of each feed / tech zone

### § 7. Security

#### First aid (minimum requirements)

**4.2.052 N)** There should be a paramedic onsite on standby during all official training and races.

An ambulance on standby is recommended



## Chapter 3 DOWNHILL EVENTS

### § 1. Organization of Competition

**4.3.007 N)** Most of the downhill course must be marked (technical turns, spectators areas, start/finish zone) and protected using, preferably PVC, stakes (slalom stakes) 1.5 to 2 meters high.

**4.3.025 N)** Riders should not have to wait longer than 30 minutes to be transported to the top of the hill.

## Chapter 8 Canada Cup

### §1. General

#### MTB Canada Cup Classifications and Regulations

**4.5.002 -4.5.018 N)** Please refer back to the Canada Cup Specific series rules

#### Training

**4.5.023 N)** The course must be fully marked and open for training a minimum of 48 hrs prior to the race. A minimum of one hour must separate the mandatory training run from the actual racing time.

#### Competitions

**4.5.027 N)** A Qualifying round is not mandatory for national calendar events and Canada cup events.

**4.5.033 N)** The start order protocol for Canada Cup title categories is outlined in the Canada Cup MTB Specific regulation.

### § 5. Points Scale

**N)** The Canada Cup points will be maintained using the following allocation grid and points table.

#### CANADA CUP POINTS ALLOCATION BY CATEGORY

COMPETITION CATEGORY	ALLOCATION OF POINTS
SENIOR ELITE XC MEN	MAXIMUM 200 POINTS -TOP 50 PLACES
SENIOR ELITE XC WOMEN	MAXIMUM 200 POINTS - TOP 25 PLACES
JUNIOR EXPERT XC MEN	MAXIMUM 100 POINTS - TOP 25 PLACES
U17&JUNIOR EXPERT XC WOMEN	MAXIMUM 100 POINTS - TOP 10 PLACES
SENIOR ELITE DH MEN	MAXIMUM 200 POINTS -TOP 50 PLACES
SENIOR ELITE DH WOMEN	MAXIMUM 200 POINTS - TOP 10 PLACES
JUNIOR EXPERT DH MEN	MAXIMUM 100 POINTS - TOP 20 PLACES
U17 & JUNIOR EXPERT DOWNHILL WOMEN	MAXIMUM 100 POINTS - TOP 5 PLACES



### CANADA CUP POINTS ALLOCATION TABLE

Place	200 Point Scale	Place	200 Point Scale	Place	100 Point Scale
1	200	41	35	1	100
2	175	42	34	2	85
3	155	43	33	3	70
4	140	44	32	4	60
5	130	45	31	5	50
6	120	46	30	6	45
7	115	47	29	7	40
8	110	48	28	8	37
9	105	49	27	9	34
10	100	50	26	10	32
11	95	51	25	11	30
12	90	52	24	12	29
13	85	53	23	13	28
14	80	54	22	14	27
15	75	55	21	15	26
16	71	56	20	16	25
17	69	57	19	17	24
18	66	58	18	18	23
19	64	59	17	19	22
20	62	60	16	20	21
21	60	61	15	21	20
22	58	62	14	22	19
23	56	63	13	23	18
24	54	64	12	24	17
25	52	65	11	25	16
26	50	66	10	26	15
27	49	67	9	27	14
28	48	68	8	28	13
29	47	69	7	29	12
30	46	70	6	30	11
31	45	71	5	31	10
32	44	72	4	32	9
33	43	73	3	33	8
34	42	74	2	34	7
35	41	75	1	35	6
36	40			36	5
37	39			37	4
38	38			38	3
39	37			39	2
40	36			40	1



## Part V: Cyclo-cross Races

### Chapter I CYCLO-CROSS RACE REGULATIONS

#### Participation

**5.1.001 N)** The use of a mountain bike will be allowed in some cyclo-cross events, and in some cases, for specified categories only. The CC Officials Committee will determine from time to time which categories will be open to MTB. For the national Junior and Elite Men and Women categories, MTB bikes will not be permitted.

**N)** For National Championships, Men U23 will race together with Elite Men.

#### Technical Delegate

**5.1.006 N)** At National Championships, a technical delegate is appointed by the CC. Without prejudice to the responsibility of the organizer, the technical delegate shall supervise the preparation of the technical aspects of the event and shall serve as a link with CC headquarters in this respect.

**5.1.007 N)** If an event is promoted at a new venue, the technical delegate must carry out an inspection well in advance to take the necessary measurements. The inspection will include the course, the distance, determine the double pit area, installations and the security. He will meet the organiser and prepare an inspection report without delay for submission to the CC. He must be on site prior to the first official training session and carry out an inspection of the venue and courses in conjunction with the organiser. He shall coordinate the technical preparations for the event and shall ensure that the recommendations made in the inspection report are implemented. The definitive version of the course and any changes, if this is the case, shall be the responsibility of the technical delegate. The technical delegate shall attend the team managers' meetings.

#### Pit Areas

**5.1.028 N)** Organizers wishing to use two single pits for the national championships shall make this request to the CC Officials Committee, together with maps and motivation. The CC Officials Committee shall make the final decision as to whether this shall be permitted at each specific event.

**5.1.038 N)** If feeding is to be allowed, this must be announced to the riders prior to the start of their race. Failing this, no feeding shall be permitted.





## Part VI: BMX Races

### Section 1 CATEGORIES AND PARTICIPATION

#### 6.1.001 AGE OF PARTICIPANTS

**N)** For National events below national championships, a rider must be at least 5 years of age on December 31st of the current year.

#### 6.1.002 CATEGORIES

**N)** For classes at the Canadian Championship events, please refer to the technical guide.

**N)** For classes at the Canada Cup Series, please refer to the BMX Canada Cup specific regulations.

#### 6.1.017 TRANSFERS AND SCORING

**3. a. N)** Race officials may use a different scoring system as long as it is consistent throughout the event.

**d. N)** For different scoring systems, the rider will receive a score as if the rider had finished in last place in that moto.

#### 6.1.022 START

**3 N)** Where a manually operated gate is used, the starter's call will be:

- 1) "Riders ready"
- 2) "Watch the gate" or "Pedals ready"
- 3) Gate drops

### Section 5 COMPETITION FACILITIES

#### 6.1.026 FLAGS

**N)** As an alternative to the flags, radio communication may be used. A minimum of 8 multi channel radios with ear pieces should be provided to the commissaires panel so that they may effectively perform their duties.

#### 6.1.029 THE STARTING GATE

**1. N)** Or alternate backup system.

#### 6.1.035 THE FINISH LINE

**4. N)** At CC sanctioned events, BMX National Championships and UCI sanctioned events below the World Cup or Continental Championship level, the race organization will supply a photo-finish system as described by the UCI regulations, with the exception of a second "front on" position camera; this second camera is not required. The organization



will supply an equipment operator who will be at the disposal of the Finish Line Commissaire during all periods of competition. The film for any particular race will only be reviewed in the event of a protest over the actual finish order. The Finish Line Commissaire's interpretation of the photo finish film is final and is not open for further protest. Relegations of position due to lane infractions are not subject to video review unless the second "front on" camera is present; all such decisions are imposed at the discretion of the Finish Line Commissaire.

## Section 7 COMPETITION COMMISSAIRES AND OFFICIALS

### 6.1.051 FINISH LINE COMMISSAIRE

**1. N)** There shall be one qualified Finish Line Commissaire assisted by four or more finish line scoring personnel ( whenever possible the scoring personnel shall be provincial level commissaires). The decision on the finish order by the Finish Line Commissaire shall be final.

**N)** Please see specific Canadian National Championship and CC National Series event rules/guidelines.

## Section 8 COMPETITION EQUIPMENT

### 6.1.054 INSPECTION

**1. N)** Whether or not a formal bike inspection of every bike takes place, any commissaire may choose to inspect any bike at any time during a competition. Notwithstanding the above, it is the riders responsibility to ensure his equipment is in good mechanical condition and poses no danger to himself or other participants.

### 6.1.055 HELMET

**1.a. N)** In Canada a full face helmet meeting the appropriate safety standards is required.

### 6.1.073 ASSIGNMENT OF INTERNATIONAL RACE NUMBERS

Riders wishing to compete in a UCI sanctioned international BMX event must display an international race number on their plate in accordance with the rules below.

**N)** Rules applicable to riders in the Challenge classes are as follows: For CC sanctioned events (Canada Cup), riders supply their own number plates which must conform to the colour coding described in the UCI Regulations.

**A. 4 N)** For rules applying to Canadian National Championships, please refer to the specific competition rules.



**B. 2 N)** For rules applying to Canadian National Championships, please refer to the specific competition rules.

## **Section 12 INFRINGEMENT, PENALTIES AND PROTEST**

### 6.1.099 GENERAL RULES ON PROTESTS

1.c.

**3) N)** In CCACC sanctioned events a rider without a team manager can protest directly to the chief commissaire.

### **BMX APPENDIX 1, 2, 3, 4 and 5**

For international events please refer to the UCI regulations.

**N)** For rules applying to Canadian National Championships and National Series events, please refer to the specific competition rules.



## Part XII: Discipline and Procedures

### Chapter 1 DISCIPLINE

**12.0.000 N)** For national and provincial races, for purposes of this Part of the regulations, as well as all other parts concerning fines in the regulations, one Swiss Franc shall equal one Canadian Dollar

#### §2 PENALTIES

##### General Provisions

**12.1.029 N)** The penalty must be paid before the start of the next race. If no payment is received the riders and or teams may not be allowed to start.

##### Suspension

**12.1.038 N)** This regulation applies equally to a suspension given by a PSO. The CC must be informed when a suspension is given to a license holder.



## Part XVI: Para-Cycling

### Chapter 2 AGE CATEGORIES

**16.2.001 N)** The riders of the youth category may be regrouped with the other rider categories if the number does not make it possible to hold a distinctive race.

### Chapter 3 ELIGIBILITY FOR IPC COMPETITIONS

#### Athletes

**16.3.002 N)** For the provincial events, a rider can take the start with a CC license or a provincial license. At the Canadian championship, all riders must hold a valid CC license.

### Chapter 7 ROAD RACES

All road race courses must be completely closed to other traffic.

**N)** Only the criterium race must be completely closed to other traffic.

#### Road Race Circuits

**16.7.003 N)** The minimum length of a circuit for a road event shall be one (1) km. (Criterium and road).



## Appendix 1

### COMMISSAIRES

#### Officials Committee

The Officials Committee will review all technical regulations and technical standards for competition; ensure the application of these regulations and standards at all competitions; compile a record of officials; prepare and administer instructional and refresher courses for all officials; accredit officials for international upgrading.

#### Provincial authority responsible for Commissaires

The competent authority of the Provincial Association responsible for commissaires will provide feedback on the implementation of rule changes; coordinate and implement provincial commissaires courses; complete commissaire assignments for national events which occur in their provinces; recommend officials for national and international upgrading to the Officials Committee; recommend rule changes to the Officials Committee; ensure the licensing of provincial level commissaires.

#### Course Conductor

Only those National Level Commissaires that have attended and passed the Course Conductor course are authorized to deliver commissaire courses.



## Appendix 2

### TRANS-CANADA RECORD RULES

(Approved February 1967: Updated March 1980)

1. Each of the records shall be termed the “Trans-Canada cycling record” and shall be run off between Halifax, Nova Scotia and Vancouver, British Columbia by any route selected by the rider, in either direction, provided that it stays within the territorial limits of Canada.
2. Each record attempt shall start and finish in the cities of Halifax, Nova Scotia and Vancouver, British Columbia respectively (or vice versa) at the City Halls of these two cities.
3. Each record shall be open to attack by any single cyclist, or tandem cyclists, holding a CC racing license. They shall notify the CC office of the record attempt and get authorization to attempt at least one month beforehand. The record is open to attack by any cyclist, amateur or professional, as long as he stays within the related rules of the CC and UCI. There shall be separate records for each of the following categories;
  - a. Women’s Single Bicycle
  - b. Men’s single Bicycle
  - c. Men’s Tandem Bicycle
  - d. Men’s Tricycle
4. Each record attempt shall be timed by a timekeeper chosen by the cyclist and approved by the CC. This timekeeper must follow the attempt in its entirety and may appoint subordinates to act as checkers at any point along the route, or at the start and finish. These subordinates shall not be the rider attempting the record. The expenses of the timekeeper who shall be a licensed commissaire and subordinates are the responsibility of the rider attempting the record.
5. The rider attempting the record shall be accompanied by at least one following vehicle that can either follow (at a distance no closer than 30 metres) or precede him (at a distance of not less than 100 metres) at any time during the attempt, except when passing overtaking. The rider shall be expressly forbidden for the vehicle to proceed the cyclist, except when the rider needs guidance through unknown towns and cities. The timekeeper/commissaire in the support vehicle shall be appointed as a CC official observer, to ascertain that all regulations are



adhered to and that no pacing takes place. Such a following vehicle may overtake the rider any number of times during the record attempt. No record attempt will be recognized if the cyclist did not have a support vehicle with him all the time.

6. The rider attempting the record may stop to sleep, eat or rest whenever and wherever he wishes and is permitted to ride through the hours of darkness on the condition that the bicycle has lights and meets the provincial law.
7. Sponsorship. If the rider attempting the record is a professional or sponsored amateur, he may attempt the ride with the help of his sponsor(s) as long as both he and his sponsor(s) adhere to the CC and UCI rules concerned throughout the ride.
8. The rider attempting the record shall be permitted to wear clothing bearing the words "Trans-Canada Cycling Record" or some similar phrase, to be approved by the CC before his departure. The name of the rider's sponsor(s) may also appear on his clothing, equipment and following vehicle as laid down in the CC rules. The title of the record being attempted may also be carried on the rider's equipment and following vehicle, as approved by the CC.
9. Timekeeping. Timekeeping shall be kept on a watch or chronometer to be regularly checked against local time radio signals which are official observatory time signals. The watch or chronometer shall be checked daily during the record attempt, and also immediately before the start and after the finish of the attempt. The time taken at the start and finish shall be the local time and the rider's final time for the distance shall have subtracted from it, the time difference between Halifax and Vancouver to give the actual time for the ride.
10. The record attempt may be started at any time of the year, at any time of the day or night with no restrictions whatsoever. It is recommended that the attempt be started on the hour.
11. On completion of a successful record attempt, the final time, with the signature of the Chief timekeeper and his subordinates if any, shall be submitted in writing to the CC within one month of the finish of such an attempt. This time shall be ratified as a new record by the CC as soon as possible.





## Appendix 3

### NATIONAL TRACK RECORDS

Event	Performance	Date	Name	Province	Location
<b>Junior women</b>					
500m	37.297	Aug. 2006	Monique Sullivan	AB	Calgary, Alberta
2km	2.28:6570	May 2010	Allison Beveridge	AB	Aguascalientes, Mexico
<b>Junior men</b>					
200m	10:474	Aug 2009	Allan Leparskas	ON	Moscow, Russia
1km	1.05:202	May 2010	Stéphane Cossette	QC	Aguascalientes, Mexico
3km	3.26:240	Aug. 2010	Alexander Cataford	ON	Montichari, Italy
<b>Elite women</b>					
200m	11:010	Aug. 2002	Lori-Ann Muenzer	AB	Quito, Ecuador
500m	34.628	Aug. 2004	Lori-Ann Muenzer	AB	Athens, Greece
1km	1.14:990	Aug. 1982	Sylvia Burka	ON	Montreal, Québec
3km	3.30:222	Dec 2011	Tara Whitten	AB	Cali, Columbia
Team Sprint	35.971	July 2009	Tara Whitten Monique Sullivan	AB AB	Mexico City, Mexico
Team Pursuit	3.18.982	Feb 2012	Tara Whitten Jasmin Glaessar Gillian Carleton	AB BC BC	London, England
<b>Elite men</b>					
200m	9:802	Feb. 2013	Joseph Veloce	ON	Mexico City, Mexico
1km	1.01:429	May 2010	Travis Smith	AB	Aguascalientes, Mexico
4km	4.25:057	Feb 2012	Zach Bell	BC	London, England
Team Sprint	43.682	Feb. 2013	Hugo Barrette Stéphane Cossette Joseph Veloce	QC QC ON	Mexico City, Mexico
Team Pursuit	4.16:816	Dec. 2010	Cameron McKinnon Stephen, Meyer Rémi Pelletier-Roy Jacob Schwingboth	NB ON QC BC	Cali, Colombia
Best Hour Performance	45.959km	Oct 2011	Michael Nash	ON	Manchester, England



## Appendix 4

### 2012 CANADIAN CHAMPIONS

<b>2012 ROAD CHAMPIONS</b>				
<b>Medalists Titled</b>				
	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>	<b>Year</b>
<b>Individual Time Trial</b>				
Junior Female 15 km	Saskia Kowalchuk	ON	22:17	2012
Junior Male 30 km	Nigel Ellsay	BC	40:30	2012
Elite Female 30 km	Clara Hughes	QC	39:42	2012
U23 Male 39 km	Hugo Houle	QC	50:15	2012
Elite Male 39 km	Svein Tuft	BC	47:26	2012
Master Female 30-39 15 km	Pascale Legrand	QC	22:52	2012
Master Female 40+ 15 km	Judith Hayes	QC	23:38	2012
Master Male 30-39 15 km	Chris McNeil	BC	19:08	2012
Master Male 40-49 15 km	David Gazsi	QC	19:14	2012
Master Male 50-59 15 km	Sylvan Adams	QC	20:26	2012
Master Male 60+ 15 km	Gary Cluett	ON	22:56	2012
<b>Road Race</b>				
Junior Female 82 km	Ariane Bonhomme	QC	2:40:59	2012
Junior Male 112 km	Chris Prendergast	MB	3:07:26	2012
Elite Female 103 km	Denise Ramsden	ON	2:57:06	2012
U23 Male 180 km	Antoine Duchesne	QC	4:35:27	2012
Elite Male 180 km	Ryan Roth	ON	4:35:21	2012
Master Female 30-39 92 km	Pascale Legrand	QC	2:56:06	2012
Master Female 40+ 92 km	Carole Vanier	QC	2:56:06	2012
Master Male 30-39 121 km	Brandon Sant	QC	3:26:46	2012
Master Male 40-49 107 km	Pascal Bussieres	QC	3:07:22	2012
Master Male 50-59 107 km	Don Zuck	ON	3:02:48	2012
Master Male 60+ 107 km	Pierre L'ecuyer	QC	3:10:55	2012
	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>	<b>Year</b>
<b>Criterium Challenge</b>				
Junior Male 40 km	Elliott Doyle	QC	52:30	2012
Junior Female 33 km	Audrey Labrie	QC	45:42	2012
Elite Female	Rhae-Christie Shaw	ON	47:17	2012
Elite Male	Ben Chaddock	BC	56:13	2012
Master Women	-	-	-	-



Master 30-39 Male 33 km	Dominic Picard	QC	59:47	2012
Master 40-49 Male 42 km	John Malois	QC	1:02:54	2012
Master 50 + Male 33 km	Stephane Le Beau	QC	49:25	2012
Master 60+ Male 33KM	Gilbert Bessin	QC		2012

<b>2012 CYCLO-CROSS CHAMPIONS</b>				
<b>Medalists Titled</b>				
	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>	<b>Year</b>
Junior Male	Peter Disera	ON	42:45	2012
Elite Female	Mical Dyck	BC	43:45	2012
U23 Male	Evan McNeely	ON	48:05	2012
Elite Male	Geoff Kabush	BC	1:02:55	2012
Master Female 30 +	Janna Gillick	BC		2012
Master Male 30-39	Aroussen Laflamme	QC	39:59	2012
Master Male 40-49	Bob Welourn	BC	40:16	2012
Master Male 50+	Peter Lawrence	AB	32:20	2011



<b>2012 TRACK CHAMPIONS</b>				
<b>Medalists Titled</b>				
<b>Sprint</b>				
Junior Male	Joakim Albert	QC	12.415	2012
Junior Female	Kristen Sears	ON	14.023	2012
Elite Male	Joseph Veloce	ON	12.435	2012
Elite Female	Tara Whitten	AB	13.820	2012
<b>Keirin</b>				
Junior Male	Joakim Albert	QC	12.297	2012
Elite Male	Joseph Veloce	ON	11.594	2012
<b>Time Trial</b>				
Junior Male (1000 metres)	Joakim Albert	QC	1:07.364	2012
Junior Female (500 metres)	Catherine Ouellette	QC	40.536	2012
Elite Male (1000 metres)	Hugo Barette	QC	1:08.415	2012
Elite Senior Female(500 metres)	Gillian Carleton	BC	36.984	2012
<b>Team Sprint</b>				
Junior Male	Justin Mallet	NB	53.611	2012
	Julien Roussel	NB		
	Devin Doiron	NB		
Elite Male	Hugo Barette	QC	49.241	2012
	Joakim Albert	ON		
	Stéphane Cossette	QC		
<b>Individual Pursuit</b>				
Junior Male (3000 metres)	Aidan Caves	BC	3:44.133	2012
Junior Female (2000 metres)	Kinley Gibson	AB	2:44.840	2012
Elite Male (4000 metres)	Remi Pelletier-Roy	QC	4:47.953	2012
Elite Female (3000 metres)	Gillian Carleton	BC	3:47.912	2012
<b>Team Pursuit</b>				
Junior Male	Simon Fothergill	ON	4:53.245	2012
	James Orton	ON		
	Adam Jamieson	ON		
	Martin Rupes	ON		
Elite Male	N/A			2012
Elite Female	Gillian Carleton	BC	3:39.450	2012
	Stephanie Roorda	BC		



	Laura Brown	BC		
<b>Points Race</b>				
Junior Male	Martin Rupes	ON	22 points	2012
Junior Female	Kinley Gibson	AB	20 points	2012
Elite Male	Remi Pelletier-Roy	QC	81 points	2012
Elite Female	Gillian Carleton	BC	22 points	2012
<b>Scratch Race</b>				
Junior Female	Kinley Gibson	AB	7:24.312	2012
Elite Female	Stephanie Roorda	BC	11:04.296	2012
<b>Madison</b>				
Elite Male (50 km)	N/A			2012
<b>Omnium</b>				
Elite Male	Remi Pelletier-Roy	QC	9 points	2012
Elite Female	Gillian Carleton	BC	12 points	2012
<b>Omnium</b>				
U17 Male	Connor Byway	ON	11 points	2012
U17 Female	Clara Mackenzie	BC	11 points	2012
<b>Medalists non-titled</b>				
<b>Keirin</b>				
Junior Female	Kristen Sears	ON	14.390	2012
Elite Female	Candice Vermeulen	ON	13.937	2012
<b>Team Sprint</b>				
Junior Female	Kristen Sears	ON	40.786	2012
	Kinley Gibson	AB		
Elite Female	Sara Byers	ON	38.551	2012
	Candice Vermeulen	ON		
<b>Scratch Race</b>				
Junior Male	Aidan Caves	BC	9:01.328	2012
Elite Male	Jen-Michel Lachance	QC	12:36.171	2012



<b>2012 PARA-CYCLING ROAD CHAMPIONS</b>				
<b>Medalists Titled</b>				
<b>ITT</b>				
Tandem Men & Women	Daniel Chalifour/Alexandre Cloutier	QC	104,36%	2012
C 1-5 Men	Arnold Boldt	SK	100,377%	2012
H 1-4 Men	Mark Beggs	QC	105,80%	2012
T 1-2 Men & Women	Marie-Eve Croteau	QC	140.40%	2012
<b>ROAD</b>				
C1-C3 Men & C4 Female	Arnold Boldt	SK	1 : 47 : 08	2012
H2 H4 Men	Mark Ledo	ON	1 : 16 : 10	2012
<b>Medalist Not -Titled</b>				
<b>ROAD</b>				
Tandem Women	Robbi Weldon / Lyne Bessette	ON QC	1 :55 : 22	2012
H1 Men & H2 Women	Robert Labbé	QC	1 : 10 : 10	2012
T 1-2 Men & Women	Marie-Eve Croteau	QC	1 : 00 : 52	2012
<b>Not medalist</b>				
Tandem Men	Daniel Chalifour/Alexandre Cloutier	QC	2 : 13 : 32	2012

<b>2012 PARA-CYCLING TRACK CHAMPIONS</b>				
<b>Medalists non-titled</b>				
<b>Pursuit</b>				
C 1-5 Men & Women	Marie-Claude Molnar	QC	4 : 42.830	2012
<b>Not medalist</b>				
<b>PURSUIT</b>				
Tandem Women	Robbi Weldon / Katie Spittlehouse	ON	4: 17.458	2012
<b>Time-Trial</b>				
Tandem Women	Robbi Weldon / Katie Spittlehouse	ON	1 : 23.880	2012
C 1-5 Women	Marie-Claude Molnar	QC	46.683	2012



<b>2012 MOUNTAIN BIKE CHAMPIONS</b>			
<b>Medalists Titled</b>			
<b>Downhill</b>			
U17 Expert Male	Jack Iles	BC	2012
U19 / Junior Expert Male	Mark Wallace	BC	2012
Elite Female	Casey Brown	BC	2012
Elite Male	Matthew Beer	NL	2012
Master Expert Male 30-39	Marc Fontaine	QC	2012
Master Expert Male 40-49	Sean Barron	QC	2012
<b>Cross-Country</b>			
U17 Expert Female	Laurie Arseneault	QC	2012
U17 Expert Male	Marc-Andre Fortier	QC	2012
Junior Expert Male	Marc-Antoine Nadon	ON	2012
Junior Expert Female	Frédérique Trudel	QC	2012
U23 Espoir Female	Andreanne Pichette	QC	2012
U23 Espoir Male	Leandre Bouchard	QC	2012
Senior Elite Female	Catharine Pendrel	BC	2012
Senior Elite Male	Max Plaxton	BC	2012
Master Expert Female 30-39	Carmen Labbe	QC	2012
Master Expert Male 30-39	Jon Barnes	AB	2012
Master Expert Female 40+	Nathalie Godbout	QC	2012
Master Expert Male 40 - 49	Brian McKeown	NB	2012
Master Expert Male 50+	Christian Lalancette	QC	2012
<b>TEAM Relay</b>			
PSO / Trade Team	Team Ontario	ON	2012
<b>Cross Country Marathon</b>			
Senior Elite Female	Marie Helene Premont	QC	2012
Senior Elite Male	Antoine Caron	QC	2012
<b>Medalists non-titled</b>			
<b>Downhill</b>			
Junior Female	Holly Feniak	BC	2012
U17 Female	-	-	-
Master Male 50+	Greg Karges	ON	2012
Master Expert Female 30+	Tifenn		



<b>2012 BMX CHAMPIONS</b>				
<b>Medalists Titled</b>				
Junior Elite Female	Morgan McAdam	AB	2012	
Junior Elite Male	Brandon Reid	AB	2012	
Senior Elite Female	Sabrina Millman	AB	2012	
Senior Elite Male	Tory Nyhaug	BC	2012	
Master Men	-	-	-	
Junior Female Time Trial	Chelsea Kingston	BC	2012	
Junior Male Time Trial	James Palmer	BC	2012	
Senior Male Time Trial	Sabrina Millman	AB	2012	
Senior Female Time Trial	Tory Nyhaug	BC	2012	
<b>Medalists non-titled</b>				
5-8 yrs Female	Madison Moro	AB	2012	
9 yrs Female	-	-	-	
10 yrs Female	-	-	-	
11 yrs Female	Maja Wooley	AB	2012	
12 Yrs Female	-	-	-	
13 yrs Female	Avriana Hebert	AB	2012	
14 yrs female	Melanie Belanger	QC	2012	
15 yrs female	-	-	-	
16 yrs Female	-	-	-	
17+ yrs Female	Daina Tuchscherer	AB	2012	
5-6 yrs Male	Logan Webb	AB	2012	
7 yrs Male	Ryder McIntosh	BC	2012	
8 yrs Male	Sebastian Webb	AB	2012	
9 yrs Male	Aiden Grecht	AB	2012	
10 yrs Male	Ryan Tougas	BC	2012	
11 yrs Male	James Hedgcock	BC	2012	
12 yrs Male	Zach Frier	BC	2012	
13 yrs Male	Ethan Burger	AB	2012	
14 yrs Male	Alex Tougas	BC	2012	
15 yrs Male	Chase Kelln	AB	2012	
16 yrs Male	Braden Wood	ON	2012	
17-24 yrs Male	-	-	-	
25-29 yrs Male	-	-	-	
30+ yrs Male	Spencer Rosko	AB	2012	
13-14 yrs Cruiser Male	-	-	-	
15-16 / 17-29 yrs Cruiser Male	James Sekora	AB	2012	
30-34 yrs Cruiser Male	-	-	-	
35-39 yrs Cruiser Male	Les Stanyer	BC	2012	
40-44 Cruiser Male	Scott Hill	BC	2012	





45+ yrs Cruiser Male	Brian Otterson	AB	2012	
15-16/ 17-29 / 30-34 /35-39 / 40-44 Crusier Female	Deborah Williams	AB	2012	

