

2021 COMPANION GUIDE



ALL RIDE. MANY RACE. WE WIN!

THE NATIONAL / ELITE NATIONAL / INTERNATIONAL COMMISSAIRE AN EXPERT SERVING CYCLING

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

A 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 their function go beyond the framework of the rules, National / Elite National / International Commissaires must be able to command respect in any situation. They must also be capable of playing the role of mediator between all those involved in cycling.

Commissaires are at the centre of the sporting action during cycling competitions across all disciplines; commissaires provide an essential service to the cycling community.

PRELIMINARY PROVISIONS	5
PART I: GENERAL ORGANIZATION OF CYCLING AS A SPORT	7
CHAPTER 1 LICENSE HOLDERS	7
CHAPTER 2 RACES	9
CHAPTER 3 EQUIPMENT	12
PART II: ROAD RACES	14
CHAPTER 2 GENERAL PROVISIONS	14
CHAPTER 3 ONE-DAY ROAD RACES	15
CHAPTER 4 INDIVIDUAL TIME-TRIAL RACES	16
CHAPTER 5 TEAM TIME-TRIAL RACES	16
CHAPTER 6 STAGE RACES	16
CHAPTER 7 CRITERIUM	16
CHAPTER 12 RACE INCIDENTS AND SPECIFIC INFRINGEMENTS BY ORGANISERS	17
PART III: TRACK RACES	18
CHAPTER 1 ORGANIZATION	18
CHAPTER 2 TRACK RACES	18
CHAPTER 5 WORLD RECORDS	19
PART IV: MOUNTAIN BIKE RACES	21
CHAPTER 1 GENERAL RULES	21
CHAPTER 2 CROSS COUNTRY EVENTS	22
CHAPTER 3 DOWNHILL EVENTS	24
CHAPTER 9 CANADA CUP	24
PART V: CYCLO-CROSS	28
CHAPTER 1 CYCLO-CROSS RACE REGULATIONS	28
PART VI: BMX RACES	29
PART VIBIS: BMX FREESTYLE	32
PART XII: DISCIPLINE AND PROCEDURES	33



CHAPTER 3 DISCIPLINARY MEASURES	33
PART XVI: PARA-CYCLING	34
CHAPTER 2 AGE CATEGORIES	34
CHAPTER 3 ELIGIBILITY FOR IPC COMPETITIONS	34
CHAPTER 7 ROAD RACES	34
APPENDIX 1 – COMMISSAIRES	35
APPENDIX 2 – NATIONAL TRACK RECORDS	36
APPENDIX 3 – 2019 CANADIAN CHAMPIONS	41



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 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 dynamic reference documents 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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Michael Pinkoski – UCI Track & Cyclo-cross, National Road Commissaire

Steve Head – UCI Road, ENC Track, National MTB & Cyclo-cross Commissaire



PART I: GENERAL ORGANIZATION OF CYCLING AS A SPORT

1.0.000 N) For national and provincial races, for purposes of regulations and conversion rates, concerning fines in the regulations, one Swiss Franc shall equal one Canadian Dollar.

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 competition. (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 competitions 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 principal residence.

Form of License

1.1.024 N) An electronic license is acceptable within Canada.

§2 CATEGORIES OF RIDERS

1.1.034bis N) This regulation shall apply equally to competitions on the National Calendar.

1.1.036 N) Category Youth Men Age: Under 13, Under 15 years, Under 17 years according to the year of birth. In Canada, Masters Men categories will be starting at 35 years of age.

1.1.037 N) Category Youth Women Age: Under 13, Under 15 years, Under 17 years according to the year of birth. In Canada, Masters Women categories will be starting at 35 years of age.



N) Table of road categories:

Categories	Age as at 31 December of the year of the competition
U13	10-12
U15	13-14
U17	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 Cycling Canada for national sanctioned competitions.

*In Quebec it is not possible for a rider from another province to race in a different age category unless he has a letter from CC 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** and **1.1.037** for BMX and Para-cycling.

§4 COMMISSAIRES

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 Cycling Canada's Official Committee (CCOC hereafter) respectively.

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

Mission

1.1.074 N) Other than as provided in these regulations, all commissaires who are at least National Commissaires in the respective discipline, shall wear the current national official uniform to recognized national or international competitions. The commissaires may wear special uniforms provided by organizers of the competition provided this has been approved in advance by the CCOC through the national office. This amendment does not apply to UCI International Commissaires who have been appointed to international competitions.

1.1.074bis N) In addition, the UCI logo and CC officials logos may not appear on any provincial commissaire uniform.

1.1.087 N) The CCOC may appoint a Technical Delegate to any cycling competition on the National Calendar. The role of the Technical Delegate is defined in the respective Parts of the Regulations for each discipline.

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 competition takes place

National race:

- Approved by 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.

North American **race**:

- Approved by CC and other National Federation if required
- Approved by the province where the competition 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.

§7 CANADIAN CHAMPIONSHIPS

1.2.028 N) This competition 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 Championships 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 competition.
- 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 and in accordance with UCI regulations.
- 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 competitions 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 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 holding an international license 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 competitions on the National and Provincial Calendars these shall be set by CC or PSO respectively.

1.2.072 N) For national level competitions, the prizes should be given to the winners on the day of the race, **but no later than 90 days as per UCI Regulation.**

The CC Events 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

1.2.076N) For national competitions, any agreed allowance shall be paid at the latest at the end of the competition.

SECTION 3 RACE PROCEDURES

§4 TEAM MANAGERS' MEETING

1.2.087 N) At national competitions, in all disciplines, this meeting is mandatory when scheduled in the event technical guide or event schedule. If a Technical Delegate has been appointed, then this meeting must take place in the presence of the Technical Delegate.



§7 FINISH

Finish Line

1.2.101 N) For competitions 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.

1.2.102 N) At national Road, Track and BMX level competitions, only a photo-finish is obligatory.

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 competitions 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. Commissaires will be assigned according to the CC Commissaire Assignment policies.

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 competitions, 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.

CHAPTER 3 EQUIPMENT

For all National, Provincial and Local Road and Track events, the following maximum rollout distances shall apply:



Road and Track Cycling Events:

YOUTH CATEGORY GEAR RESTRICTIONS			
CATEGORY	ROAD RACING	TRACK RACING	GEARING SUGGESTION
JUNIORS	7.93 M rollout	No Gear limit	52*14
U17	7.12 M rollout	7.12 M rollout	50*15
U15	6.71 M rollout	6.71 M rollout	50*16 / 38*12
U13	6.2 M rollout	6.2 M rollout	46*16 / 38*13

If a rider has received a dispensation to compete against riders of an older category, then the rider shall be permitted to utilize the gearing applicable to that older category..

TRACK CYCLING -EQUIPMENT

- Disc wheels will not be allowed for youth categories (U17/U15/U13) (maximum rim depth 40mm)
- Carbon wheels will not be allowed for youth categories (U17/U15/13)

SECTION 3 RIDERS APPAREL

§1 GENERAL PROVISIONS

1.3.030 N) For competitions not on the UCI calendar, rain capes' design should be transparent or be similar to the jersey by use of one of the principal team colours. The team's name may be displayed on it.

§3 REGIONAL AND CLUB TEAMS

1.3.047 N) In stage races on the national calendar, 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. **Fines or penalties may apply.**



PART II: ROAD RACES

CHAPTER 2 GENERAL PROVISIONS

§1 PARTICIPATION

2.2.002 N) The maximum number of riders starting a road race on the national or a provincial calendar is set at 176 riders. There is no minimum.

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.

§2 ORGANISATION

2.2.015 N) If an organiser wishes to use unpaved roads in a national or provincial event, CC or the relevant PSO, respectively, must be informed and the requirements of this regulations shall apply equally, with either CC or the relevant PSO have the authority to refuse to register the event on the calendar and/or refuse the inclusion of an unpaved section.

2.2.022bis N) A measuring jig, compliant with UCI specification, must be provided by the organiser for all competitions on the National Calendar that include a time trial. The President of the Commissaires' Panel will verify its compliance with the UCI specifications.

§3 RACE PROCEDURES

2.2.024 N) This regulation applies to all categories on the National and Provincial Calendar.

2.2.028bis N) For competitions on the national calendar, the race director or his representative able to take decisions may take a position next to the president of the commissaires' panel in the car driving immediately behind the peloton.

2.2.029 N) For national races where a Technical Delegate has been appointed, this same provision shall apply.

2.2.032 N) Team vehicles are subject to the approval of the **President of the Commissaire Panel**. 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 1.66 m (not including roof bars), are not allowed to follow the race.

2.2.035 N) In all races, all persons in a race convoy who are vehicle drivers have to be license holders. In all races, all persons in a race convoy who are vehicle drivers must have previously

obtained a certificate attesting their completion of the Caravan Driver Training with CC or with the UCI.

§7 TECHNICAL DELEGATE

2.2.090 N) The Technical Delegate evaluates the conformity of the organisation of national competitions, where applicable, with the regulations and the terms of reference for organisers. The Technical Delegate may attend competitions in order to carry out this task. In this case, the organiser shall provide the Technical Delegate with a pass allowing free access to the competition as well as an accreditation plate for the Technical Delegate's vehicle granting entry to reserved parking at the race start and finish as well as permission to drive on the event route.

2.2.091 N) For national competitions, where applicable, the Technical Delegate draws up a detailed evaluation report of the event, taking into account the terms of reference for organisers. The organiser receives a copy of this report.

2.2.092 N) For national competitions, where applicable, the Technical Delegate may also conduct a prior inspection of the event route, paying particular attention to safety issues, the danger points indicated by the organiser and arrangements relating to the terms of reference for organisers. If such an inspection is to be conducted, the Technical Delegate contacts the organiser and draws up a report for the attention of the CC administration which then takes appropriate decisions as necessary.

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 competitions, composite teams have to supply their own vehicles or use the neutral service.

Official Award Ceremony

2.3.046 N) Riders must take part in the official award ceremony based on the various classifications established by the organiser. For competitions on the National Calendar, the official ceremony will take place in the following order:

- The three first riders of the race;
- The other winners of the various other optional classifications;
- Any others as determined by the organiser.

A leader's jersey of the race can only be awarded during the official award ceremony.



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 Championships of the preceding year start last in the reverse order of their classification.

CHAPTER 5 TEAM TIME-TRIAL RACES

Participation

2.5.001 N) For competitions on the national calendar, 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.

There are six riders per team for the mixed relay national championships, composed of three men and three women of the same province, club, or team, with composite teams permitted.

An incomplete team may not take the start.

2.5.003 N) A training session on the circuit must be organised the day before the mixed relay at national championships.

2.5.006 N) At mixed relay national championships, men start first and relay to their women teammates.

2.5.014 N) The relay and start of the women riders will be given by the second male rider crossing the finish line. The overall finishing time will be taken on the second female rider at the national championships.

CHAPTER 6 STAGE RACES

Method

2.6.001 N) Can also include Criterium.

Drop Out

2.6.026 N) A rider dropping out of a race may not compete in another race for the duration of the competition that he abandoned. For races below the international level, the rider faces 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 3000 metres.



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 **President of the Commissaire Panel** 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 Team 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 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.

CHAPTER 12 RACE INCIDENTS AND SPECIFIC INFRINGEMENTS BY ORGANISERS

General provisions

2.12.001 N) For national level competitions, sanctions given by the commissaires shall be noted in the communique of the commissaires' panel and will be sent to CC. For provincial level competitions, these will be sent to the relevant PSO.

2.12.003 N) For national level competitions, warnings shall be noted in the communique of the commissaires' panel and will be sent to CC. For provincial level competitions, these will be sent to the relevant PSO.

2.12.006 N) For races on the national and provincial calendars, the fines will be those stipulated in column 3. There is no deduction in UCI ranking points.

2.12.008 N) For competitions on the national calendar, the infringements are sanctioned by CC.

PART III: TRACK RACES

CHAPTER I ORGANIZATION

Race Programme

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

Riders' Numbers

3.2.009 N) Riders shall bear two number panels, save in the following specialities where they may wear just one: the KM Time Trial, the 500m Time Trial, the Individual Pursuit, the Team Pursuit and the Team Sprint.

§3 SPRINT

3.2.031 N) Alternative formats may be permissible if approved by the President of the Commissaire Panel.

§4 INDIVIDUAL PURSUIT

3.2.069 N) If there is no starting block, the rider will be held by a designated commissaire. *If there is only one starting block in events with riders on both straights, all riders must be held in the same manner for all starts during each phase of the competition.*

§5 TEAM PURSUIT

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

§6 KILOMETRE AND 500 METRE TIME TRIAL

3.2.102 N) Also applicable to Canadian National Championships.

3.2.104 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

3.2.117 N) Also applicable to Canadian National Championships.

§8 KEIRIN

3.2.134 N) Alternative formats may be permissible if approved by the President of the Commissaire Panel.

§9 TEAM SPRINT

3.2.151 N) Or held by a designated commissaire.

CHAPTER 5 WORLD RECORDS

N) and Canadian records.

In order to establish a National Track record the following conditions should be followed:

- The track has been homologated;
- Minimum of one (1) National Commissaire should be assigned at the competition
- A reputable timing company to provide electronic timing;
- Canadian Records are available in every recognized Canadian Championships;
- The Electronic timing slip shall be signed by the National Commissaire with the National Track Record Form and must be sent to the National Office in order to officialize the performance;
- **Be held in a start block for standing start events;**
- All times must be achieved in UCI or CC sanctioned competitions.

General Comments

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

Recommended event and distance for each category at provincial and national competitions:

RECOMMENDED TRACK EVENTS AND DISTANCES FOR YOUTH RACING				
CATEGORY EVENT	U17 M	U17 W	U15 M	U15 W
500 m/kilo TT	Y 500M	Y 500M	Y 500M	Y 500M
Keirin	N	N	N	N
Sprint	Y	Y	N	N
Team Sprint	Y	Y	N	N



Individual Pursuit	Y 2KM	Y 2KM	Y 2KM	Y 2KM
Madison	N/A	N/A	N	N
Team Pursuit	Y 3km (team of 3)	Y 3km (team of 3)	N	N
Omnium	Optional	Optional	N	N
Points Race	Y 15KM	Y 12.5KM	Y 7.5KM	Y 7.5KM
Scratch Race	Y 7.5KM	Y 5KM	Y 5KM	Y 5KM

Y = Yes (event recommended for this category) N= No (event not recommended for this category)
Optional (not a priority for this category)

§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+yrs: Senior

Age categories recognized for masters are:

35-44 yrs: Master A Women

35-44 yrs: Master A Men

45-54 yrs: Master B Women

45-54 yrs: Master B Men

55-64 yrs: Master C Women

55-64 yrs: Master C Men

65+ yrs: Master D Women

65+ yrs: Master D Men

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

Masters

4.1.009 N) For provincial competitions, the masters license holder riders will need the Provincial Association's approval to race in the senior category. The approval must be validated by the CC for national competitions. For events registered on the UCI calendar, masters riders are not permitted to enter an Elite event.

§ 4. TECHNICAL DELEGATE

4.1.012 N) Where applicable, the Technical Delegate for national competitions will be appointed by the CC and will arrive prior to registration and remain for the duration of the competition.



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 **President of the Commissaire Panel** and the organizer. He shall coordinate the technical preparations for the competition 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 Managers' 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.

4.1.039 N) No screws or other homemade method of studded/spiked tire will be permitted. Studded tires are permitted for use on fatbikes in cross country style competitions under the following conditions:

- Stud may have a maximum of 3mm prominence from the tire tread;
- Must be in the form of a pre-studded factory fatbike tire, or incorporate aftermarket studs designed specifically for bicycle use.

CHAPTER 2 CROSS COUNTRY EVENTS

§ 1 RACE CHARACTERISTICS

4.2.001 N) XCO race duration for C1, C2 and C3 events including Canada Cup competitions.

	HORS CLASS, CLASS 1 EVENTS		CLASS 2 EVENTS		CLASS 3 EVENTS	
	Race time	Lap	Race time	Lap	Race time	Lap
MEN U17	0:45-1:00	4km - 6km	0:45-1:00	4km - 10km	0:45-1:00	No restriction, and any race
WOMEN U17	0:45-1:00		0:45-1:00			
MEN JUNIORS	1:00 - 1:15		1:00 - 1:15			
WOMEN JUNIORS	1:00 - 1:15		1:00 - 1:15			
MEN U23	1:15 - 1:30		N/A*			
WOMEN U23	1:15 - 1:30		N/A*			
MEN ELITE	1:20 - 1:40		1:30 - 2:00*			
WOMEN ELITE	1:20 - 1:40		1:30 - 2:00*			

*For Canada Cup events, the duration of the race will be based on the duration in effect for the Class 1 events.



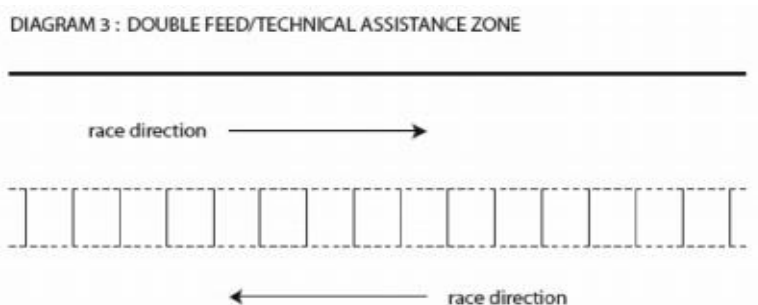
CATEGORY	ABILITY CLASS	GENDER CATEGORY	XC EVENT DURATION -MIN	XC EVENT DURATION -MAX
U15/UNDER 15 (11-14)	N/A	Women	0h 30	0h 55
U15/UNDER 15 (11-14)	N/A	Men	0h 30	0h 55
U17/UNDER 17 (15-16)	Expert	Men	0h 45	1h 15
U17/UNDER 17 (15-16)		Women	0h 45	1h 00
JUNIOR & U17 (15-18)	Beg/Sport Women	Beg/Sport Women	0h 45	1h 00
JUNIOR (17-18)	Beg/Sport Men	Beg/Sport Men	0h 45	1h 15
SENIOR (19+)	Expert Women	Expert Women	1h 00	1h 30
SENIOR (19+)	Beg/Sport Women	Beg/Sport Women	1h 00	1h 15
SENIOR (19+)	Expert Men	Expert Men	1h 00	1h 30
SENIOR (19+)	Beg/Sport Men	Beg/Sport Men	1h 00	1h 30
MASTER (ALL)	Beg/Sport Women	Beg/Sport Women	1h 00	1h 30
MASTER (ALL)	Beg/Sport Men	Beg/Sport Men	1h 00	1h 30
MASTER (ALL)	Expert Women	Expert Women	1h 15	1h 30
MASTER (ALL)	Expert Men	Expert Men	1h 15	1h 30

§ 3 COURSE MARKING

4.2.027 N) The use of chicken wire is prohibited. Similar mesh products need to be approved by the **President of the Commissaire Panel**.

§5 FEEDING & § 6 TECHNICAL ASSISTANCE

4.2.035 N)



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 competitions. 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 the technical 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) At least one ambulance and one basic first aid post are required during all race times. An ambulance on standby with an average response time within 10 minutes from local emergency dispatch may be sufficient if approved in advance by the Technical Delegate and President of the Commissaire Panel.

For each event, at least one (1) doctor or one (1) paramedic and at least six (6) people qualified to perform first aid under the laws of the province must be present at the venue during all race times.

CHAPTER 3 DOWNHILL EVENTS

§ 1 ORGANIZATION OF COMPETITION

4.3.007 N) The **entire** downhill course must be marked. **All** technical turns, spectators areas, and the start/finish zone **must be** protected with tape or barriers, using non-metallic stakes (preferably PVC 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 9 CANADA CUP

§1 GENERAL

MTB Canada Cup Classifications and Regulations

4.9.002 -4.9.018 N) Please refer back to the Canada Cup specific series rules.

Competitions

4.9.027 N) Neither a qualifying round nor a seeding run is mandatory for National Calendar



competitions and Canada Cup competitions.

4.9.033 N) The start order protocol for Canada Cup title categories is outlined in the Canada Cup MTB specific regulation. UCI categories will be started according to UCI Regulations.

MTB Race Incidents Table

4.15.001 N) For races on the national and provincial calendars, the fines will be those stipulated in column 3 – Other events.

§ 4 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 75 PLACES
SENIOR ELITE XC WOMEN	MAXIMUM 200 POINTS	TOP 75 PLACES
U17&JUNIOR EXPERT XC MEN	MAXIMUM 100 POINTS	TOP 40 PLACES
U17&JUNIOR EXPERT XC WOMEN	MAXIMUM 100 POINTS	TOP 40 PLACES
SENIOR ELITE & JR EXPERT DH MEN	MAXIMUM 200 POINTS	TOP 75 PLACES
SENIOR ELITE & JR EXPERT DH WOMEN	MAXIMUM 200 POINTS	TOP 75 PLACES

CANADA CUP POINTS ALLOCATION TABLE

ELITE				JR & U17 EXPERT	
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

CHAPTER I CYCLO-CROSS RACE REGULATIONS

Participation

5.1.001 N) The use of a mountain bike will be allowed in some cyclo-cross competitions, 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 National Junior and Elite Women categories, MTB bikes will not be permitted.

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 competition and shall serve as a link with CC headquarters in this respect.

5.1.007 N) If a competition 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 organizer 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 organizer. He shall coordinate the technical preparations for the competition 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 **Technical Delegate at the time of course approval**, together with maps and motivation. The **Technical Delegate** shall make the final decision as to whether this shall be permitted at each specific event.



PART VI: BMX RACES

§1 CATEGORIES AND PARTICIPATION

6.1.002 Age of Participants

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

6.1.004 Categories

N) For classes at the Canadian Championship competitions, please refer to the Technical Guide.

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

§2 COMPETITION SPECIALTIES

6.1.029 Staging and Gate Positions

N) Where scrambled motos are used, scrambled lane assignments will be used in the motos as generated by appointed race event software.

6.1.039 Scoring Systems

d. N) At CC sanctioned competitions, BMX National Championships and UCI sanctioned competitions below the World Cup 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 interference in the final straight are not subject to video review; all such decisions are imposed at the discretion of the Commissaires Panel.

6.1.050 Track Flags

N) In addition to the flags (as per UCI Regulations), 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.



§3 INFRINGEMENT, PENALTIES AND PROTEST

6.1.061 How to Protest

N) In National Calendar competitions, a rider without a Team Manager can protest directly to the **Secretary** in the event of a protest over the actual finish order in a moto. **The Secretary will bring forward to the Finish Line Commissaire and/or President of the Commissaire Panel.** As mentioned above, the decision of the Finish Judge shall be final.

§4 THE BICYCLE, CLOTHING & EQUIPMENT

6.1.079 N) If, for whatever reason, riders 12 and under race in a combined class, the use of clipless pedals to the rider's age division must be maintained.

§7 INTERNATIONAL NUMBER SYSTEM

6.1.094 Assignment of International Race Numbers

Riders wishing to compete in a UCI sanctioned international BMX competition must display an international race number on their plate in accordance with the rules below. Clarification: Elite riders who do not have a UCI career number must use a number that does not conflict with any career number used by any other elite rider. As per UCI Regulations, no rider, other than an Elite rider with a UCI career number (including challenge categories), may print a number on their jersey. Junior riders must use a number that does not conflict with any career number used by any Elite rider. CC maintains a list of such available plate numbers obtained from the UCI. Riders not abiding by these regulations shall not be allowed to start, if noticed before the race in question, or shall be relegated if noticed after the fact.

N) Rules applicable to riders in the Challenge classes are as follows:

- For CC sanctioned competitions (Canada Cup), riders supply their own number plates which must conform to the colour coding described in the UCI Regulations;
- For the Canadian Championships, riders are supplied with a number plate conforming to the regulations. This number plate must be used and may not be modified.

§9 COMPETITION OFFICIALS

ANNEX 6 Finish Line Commissaire

6. N) There shall be one qualified UCI or National Finish Line Commissaire assisted by four or more Finish Line scoring personnel (whenever possible the scoring personnel shall be Provincial or higher level Commissaires). The decision on the finish order by the Finish Line Commissaire mentioned above shall be final in the event of a protest concerning the finish order.

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



BMX APPENDIX 1 and 2

For international competitions please refer to the UCI Regulations.

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



PART VIBIS: BMX FREESTYLE

§3 CALENDAR AND ORGANIZATION OF BMX FREESTYLE EVENTS

6bis.3.008 The organizer shall setup adequate medical service

N) For National competitions there should be a paramedic and/or people qualified to perform first aid onsite on standby during all official training and race times. An ambulance on standby is recommended.

6bis.3.009 N) For National competitions, it is strongly recommended that a doctor is on site to provide riders with medical care. If no doctor is on site, a certified first responder must be on site.

6bis.3.010 N) An ambulance must be available on site of the competition if the average response time is greater than 10 minutes from local emergency dispatch.

§8 COMPETITION OFFICIALS

6bis.8.007 Appointment

N) The role of commissaire for national competitions will be appointed by CC. Commissaires will have the designation of at least Elite National Commissaire in another cycling discipline. Judges appointed to national competitions must either be recommended by the UCI or approved by the sanctioning body.



PART XII: DISCIPLINE AND PROCEDURES

CHAPTER 3 DISCIPLINARY MEASURES

§4 FINE

Time limits

12.3.008 N) Fines invoiced by CC or the PSO must be paid within two months of the dispatch of the invoice to the individual concerned. If the total amount due is not paid within 60 calendar days of the due date, the offending party shall be automatically suspended until the full amount is paid. If the offending party is suspended for another reason, the suspension for non-payment shall be added to the duration of the other suspension.

Collection of fines

12.3.010 N) Fines imposed for race incidents relating to the provincial calendars of the various disciplines shall be collected by the PSO of the event organiser.

Suspension

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

Table of race incidents in accordance with article 12.4.001

N) For races on the national and provincial calendars, other than for Road (2.12.007), **Track (3.10.008)** and Mountain Bike (4.15.001), the fines will be those stipulated in column 3 – Other events.



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 competitions, a rider can take the start with a CC license or a provincial license. At the Canadian Championships, all riders must hold a valid CC license.

CHAPTER 7 ROAD RACES

All Road Race courses 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 race).



APPENDIX 1 – COMMISSAIRES

CYCLING CANADA OFFICIALS COMMITTEE (CCOC)

The CCOC 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 **remaining** Commissaire Assignments for national competitions 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 – NATIONAL TRACK RECORDS

Updated March 8, 2021

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
Elite women – femmes élite				
Flying 200m – 200m lancé	10.154*	Sept. 5, 2019	Kelsey Mitchell AB	Pan Am Championships, Cochabamba BOL
Time trial – contre-la-montre (500m)	33.260	Sept. 7, 2019	Lauriane Genest QC	Pan Am Championships, Cochabamba BOL
Individual pursuit (3 km) Poursuite individuelle	3:20.257	Sept. 7, 2019	Georgia Simmerling BC	Pan Am Championships, Cochabamba BOL
Team Sprint (500 m) Vitesse par équipes	32.232	Sept. 4, 2019	Lauriane Genest QC Kelsey Mitchell AB	Pan Am Championships, Cochabamba BOL
Team Pursuit (4 km) Poursuite par équipes	4:12.627	Feb. 27, 2020	Allison Beveridge AB Jasmin Duehring BC Annie Foreman-Mackey ON Georgia Simmerling BC	UCI Track World Championships, Berlin GER
Elite men – hommes élite				
Flying 200m – 200m lancé	9.457	Aug. 31, 2018	Hugo Barrette QC	Pan Am Championships, Aguascalientes MEX
Time trial – contre-la-montre (1 km)	58.951	Sept. 8, 2019	Vincent de Haître ON	Pan Am Championships, Cochabamba BOL
Individual pursuit (4 km) Poursuite individuelle	4:12.413	Sept. 6, 2019	Jay Lamoureux BC	Pan Am Championships, Cochabamba BOL
Team Sprint (750 m) Vitesse par équipes	43.682	Feb. 2013	Hugo Barrette QC Stéphane Cossette QC Joseph Veloce ON	Pan Am Championships, Mexico City MEX
Team Pursuit (4 km) poursuite par équipes	3:49.974**	Sept. 5, 2019	Vincent de Haître AB Michael Foley ON Derek Gee ON Jay Lamoureux BC	Pan Am Championships, Cochabamba BOL
Junior women – femmes junior				
Flying 200m – 200m lancé	11.501	Aug. 15, 2019	Madison Dempster ON	UCI Junior World Championships, Frankfurt (Oder) GER
Time trial – contre-la-montre (500m)	35.951	Aug. 17, 2019	Madison Dempster ON	UCI Junior World Championships, Frankfurt (Oder) GER
Individual pursuit (2 km) Poursuite individuelle	2:24.838	Aug. 26, 2017	Laurie Jussaume QC	UCI Junior World Championships, Montichiari ITA
Team Sprint (500 m) Vitesse par équipes	36.152	April 14, 2019	Madison Dempster ON Megan Muys ON	Canadian Track Championships, Milton ON
Team Pursuit (4 km) Poursuite par équipes	4:31.926	Aug. 15, 2019	Ngairé Barraclough AB Sarah Van Dam BC Lily Plante QC Adele Desgagnes QC	UCI Junior World Championships, Frankfurt (Oder) GER
Junior men – hommes junior				
Flying 200m – 200m lancé	9.738****	Oct. 7, 2016	Stefan Ritter AB	Pan Am Championships, Aguascalientes MEX
Time trial – contre-la-montre (1 km)	1:00.578**	Oct. 6, 2016	Stefan Ritter AB	Pan Am Championships, Aguascalientes MEX



Individual pursuit (3 km) Poursuite individuelle	3:14.555	Aug. 16, 2019	Tristan Jussaume QC	UCI Junior World Championships, Frankfurt (Oder) GER
Team Sprint (750 m) Vitesse par équipes	46.280	Aug. 14, 2019	James Hedgcock ON Riley Pickrell BC Andrew Scott ON	UCI Junior World Championships, Frankfurt (Oder) GER
Team Pursuit (4 km) Poursuite par équipes	4:05.358	Aug. 14, 2019	Tristan Jussaume QC Riley Pickrell BC Sean Richardson BC Jackson Kinniburgh AB	UCI Junior World Championships, Frankfurt (Oder) GER
<i>NOTE : Team sprint records are for 250m tracks only – Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m</i>				
<i>* World record / Record du monde</i>				
<i>** Pan-American record / Record panaméricain</i>				
<i>*** Junior world record / Record du monde junior</i>				
<i>**** Junior world record until Aug. 19, 2018 / Record du monde junior jusqu'au 19 août 2018</i>				

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
Para-cycling Time trial – Contre-la-montre en paracyclisme				
WC1 (500m)	--			
WC2 (500m)	53.761	Oct. 12, 2015	Michelle Salt AB	Canadian Track Championships, Milton CAN
WC3 (500m)	--			
WC4 (500m)	35.223**	Jan. 31, 2020	Kate O'Brien AB	Track World Championships, Milton CAN
WC5 (500m)	44.954	Aug. 10, 2015	Nicole Clermont QC	Para Pan Am Games, Milton CAN
WB (1 km)	1.13.372	Nov. 16, 2011	Robbi Weldon ON Lyne Bessette QC	Para Pan Am Games, Guadalajara MEX
MC1 (1 km)	1.20.429	Sept. 10, 2016	Ross Wilson AB	Paralympic Games, Rio de Janeiro, BRA
MC2 (1 km)	1.13.279	March 18, 2016	Tristen Chernove BC	Track World Championships, Montichiari, ITA
MC3 (1 km)	1.15.171	Sept. 10, 2016	Michael Sametz AB	Paralympic Games, Rio de Janeiro, BRA
MC4 (1 km)	1.13.048	Nov. 15, 2011	Éric Bourgault QC	Para Pan Am Games, Guadalajara, MEX
MC5 (1 km)	1.17.592	Sept. 9, 2008	Mark Breton QC	Paralympic Games, Beijing, CHN
MB (1 km)	1.05.172	March 19, 2016	Daniel Chalifour QC Jean-Michel Lachance QC	Track World Championships, Montichiari, ITA
Para-cycling Individual pursuit – Poursuite individuelle en paracyclisme				
WC1 (3 km)	--			
WC2 (3 km)	5.23.635	Oct. 11, 2015	Michelle Salt AB	Canadian Track Championships, Milton CAN
WC3 (3 km)	--			
WC4 (3 km)	3:54.245	Feb. 1, 2020	Keely Shaw SK	Track World Championships, Milton CAN
WC5 (3 km)	4.08.557	Sep. 8, 2016	Nicole Clermont QC	Paralympic Games, Rio de Janeiro BRA
WB (3 km)	3.40.601	Nov. 15, 2011	Robbi Weldon ON Lyne Bessette QC	Para Pan Am Games, Guadalajara MEX
MC1 (3 km)	3.53.666	Sept. 9, 2016	Ross Wilson AB	Paralympic Games, Rio de Janeiro BRA
MC2 (3 km)	3.40.581	Jan. 30, 2020	Tristen Chernove BC	Track World Championships, Milton CAN
MC3 (3 km)	3.38.459	Sept. 9, 2016	Michael Sametz AB	Paralympic Games, Rio de Janeiro BRA
MC4 (4 km)	5.09.260	Nov. 6, 2009	Éric Bourgault QC	Track World Championships, Manchester GBR
MC5 (4 km)	5.12.364	Sept. 8, 2008	Mark Breton QC	Paralympic Games, Beijing CHN
MB (4 km)	4.17.718	March 18, 2016	Daniel Chalifour QC Jean-Michel Lachance QC	Track World Championships, Montichiari ITA
Para-cycling Flying 200m – 200m lancé en paracyclisme				



WC4	11.519**	Jan. 31, 2020	Kate O'Brien AB	Track World Championships, Milton CAN
MC1	13.114	Jan. 31, 2020	Ross Wilson AB	Track World Championships, Milton CAN
MC2	12.141	Jan. 31, 2020	Tristen Chernove BC	Track World Championships, Milton CAN
WB	12.704	Feb. 12, 2012	Robbi Weldon ON Lyne Bessette QC	Track World Championships, Los Angeles USA
MB	10.857	Nov. 8, 2009	Daniel Chalifour QC Luc Dionne QC	Track World Championships, Manchester GBR
Team Sprint – Vitesse par équipes				
M/H (750m)*	56.183	Sept. 10, 2008	Éric Bourgault QC Mark Breton QC Jean Quévillon QC	Paralympic Games, Beijing CHN
<i>* Team sprint records are for 250m tracks only – Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m</i>				
<i>** World Record – Record mondial</i>				

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
U17 women – femmes U17				
Flying 200m – 200m lancé	12.059	April 14, 2018	Madison Dempster ON	Canadian Track Championships, Milton ON
Time trial – contre-la-montre (500m)	37.140	April 15, 2018	Madison Dempster ON	Canadian Track Championships, Milton ON
Individual pursuit (2 km) Poursuite individuelle	2:32.507	April 12, 2019	Nicole Bradbury, ON	Canadian Track Championships, Milton ON
Team Sprint (500 m) Vitesse par équipes *	37.716	April 15, 2018	Nicole Bradbury ON Madison Dempster ON	Canadian Track Championships, Milton ON
Team Pursuit (3 km) Poursuite par équipes	3:45.432	Oct. 10, 2015	Naomi Desousa ON Kassandra Kriarakis ON Ruby West ON Ali Van Yzendoorn ON	Canadian Track Championships, Milton ON
U17 men – hommes U17				
Flying 200m – 200m lancé	11.073	April 13, 2019	Dylan Bibic ON	Canadian Track Championships, Milton ON
Time trial – contre-la-montre (500m)	33.229	April 1, 2017	Riley Pickrell BC	Canadian Track Championships, Milton ON
Individual pursuit (2 km) Poursuite individuelle	2:17.059	Feb. 10, 2018	Dylan Bibic ON	Eastern Track Challenge, Milton ON
Team Sprint (750m) Vitesse par équipes *	48.828	April 15, 2018	Dylan Bibic ON Andrew Scott ON Tyler Rorke ON	Canadian Track Championships, Milton ON
Team Pursuit (3 km) Poursuite par équipes	3:22.395	April 2, 2017	Dylan Bibic ON Giuseppe Carone ON Axel Froner ON James Hedgcock ON	Canadian Track Championships, Milton ON
<i>* Team sprint records are for 250m tracks only. Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m.</i>				

Non-competition records- records hors compétition				
Category Catégorie	Result Résultat	Date	Athlete and province Athlète et province	Location Lieu
Hour record – Record de l'heure				
• W/F Open	42.425 km	Sept. 23, 2017	Jane Emans ON	Milton ON



• M/H Open	51.304 km	Oct. 23, 2020	Lionel Sanders ON	Milton ON
Non-standard distances – distances non-standard				
• W/F 1 km	1:14.990	Aug. 1982	Sylvia Burka ON	Olympic velodrome, Montreal QC
<i>To organize a track cycling record attempt, contact Cycling Canada – Pour organiser une tentative de record sur piste, contactez Cyclisme Canada</i>				

Masters Flying 200m – 200m lancé Maîtres				
• W/F 30-39	12.532	Sept. 29, 2017	Candice Moote ON	Canadian Track Championships, Milton ON
• W/F 40-49	13.183	Sept. 29, 2017	Manon Marois QC	Canadian Track Championships, Milton ON
• M/H 30-39	10.664	Sept. 28, 2018	Fabien Lamaze ON	Canadian Track Championships, Milton ON
• M/H 40-49	11.438	Sept. 25, 2016	Chris Firek ON	Canadian Track Championships, Milton ON
• M/H 50-59	11.147	Sept. 28, 2018	Keith Bruneau BC	Canadian Track Championships, Milton ON
• M/H 60-69	12.208	Oct. 10, 2017	Michael Cooper BC	UCI Masters World Championships, Los Angeles USA
Masters Time trial – contre-la-montre Maîtres				
• W/F 30-39 (500m)	38.677	Sept. 24, 2016	Emilie Roy QC	Canadian Track Championships, Milton ON
• W/F 40-49 (500m)	40.780	Sept. 24, 2016	Vlada Dekina ON	UCI Masters World Championships, Los Angeles USA
• W/F 50-59 (500m)	38.171	Sept. 24, 2016	Richard Schneider ON	Canadian Track Championships, Milton ON
• M/H 30-39 (1 km)	1:04.624	Sept. 28, 2018	Fabien Lamaze ON	Canadian Track Championships, Milton ON
• M/H 40-49 (750m)	51.754	Sept. 28, 2017	Frank Kovacs AB	Canadian Track Championships, Milton ON
• M/H 50-59 (500m)	34.933	Sept. 28, 2018	Keith Bruneau BC	Canadian Track Championships, Milton ON
• M/H 60-69 (500m)	39.363	Oct. 9, 2017	Richard Volker ON	UCI Masters World Championships, Los Angeles USA
Masters Individual pursuit – Poursuite individuelle Maîtres				
• W/F 30-39 (2 km)	2:37.673	Oct. 5, 2014	Joanna Wiersma ON	UCI Masters World Championships, Manchester GB
• W/F 40-49 (2 km)	2:39.394	Oct. 10, 2017	Ivana Gotzeva ON	UCI Masters World Championships, Los Angeles USA
• W/F 50-59 (500m)	2:43.685	Oct. 9, 2017	Gail Wozny AB	UCI Masters World Championships, Los Angeles USA
• M/H 30-39 (3 km)	3:34.506	Oct. 9, 2013	Mathieu Charruau QC	UCI Masters World Championships, Manchester GB
• M/H 40-49 (3 km)	3:34.215	Sept. 30, 2017	Steve McKee ON	Canadian Track Championships, Milton ON
• M/H 50-59 (2 km)	2:20.214	Oct. 10, 2012	Stephane Le Beau QC	UCI Masters World Championships, Manchester GB
• M/H 60-69 (2 km)	2:36.878	Oct. 9, 2017	Tommy Mak AB	UCI Masters World Championships, Los Angeles USA
Masters Team Pursuit – Poursuite par équipes Maîtres				
• W/F (2 km)	2:48.007	Sept. 29, 2017	Bryn Currie ON Jane Emans ON Chantal Thompson ON	Canadian Track Championships, Milton ON
• M/H (3 km)	3:32.174	Sept. 29, 2017	Garnett Abbey ON Scott Buschlen ON Richard Froner ON William Trischuk ON	Canadian Track Championships, Milton ON
Masters Team Sprint – Vitesse par équipes Maîtres				
• W/F (500m)	39.946	Sept. 30, 2017	Nicole Till ON Rosa Phillip ON	Canadian Track Championships, Milton ON
• M/H (750m)	49.041	Sept. 30, 2017	Brent Baerg AB Frank Kovacs AB Cameron MacLeod AB	Canadian Track Championships, Milton ON
Masters Hour Record – Record de l'heure Maîtres				
• W/F 35-39	42.425*	Sept. 23, 2017	Jane Emans ON	Milton ON
• W/F 45-49	38.156*	Sept. 23, 2017	Jody Levine ON	Milton ON
• W/F 50-54	40.366	Sept. 23, 2017	Bryn Currie ON	Milton ON
• M/H 30-34	45.325	Sept. 23, 2017	Dave Hainish ON	Milton ON
• M/H 40-44	48.587*	Sept. 23, 2017	Ed Veal ON	Milton ON



• M/H 50-54	48.393	Sept. 25, 2018	Mike Nash ON	Aguscalientes MEX
• M/H 65-69	35.949	Sept. 23, 2017	Michael Kolesar ON	Milton ON
• M/H 75-79	35.728*	Oct. 20, 2012	Giuseppi Marinoni	Montichiari ITA
• M/H 80-84	39.004*	Sept. 23, 2017	Giuseppi Marinoni	Milton ON

* World Record/Record du monde

Masters records must be set in the appropriate age category in UCI or Cycling Canada sanctioned competition with electronic timing. To submit a result, please send the official results sheet signed by the commissaire to track@cyclingcanada.ca.

Les records de maîtres doivent être atteints dans la catégorie d'âge rélevante lors d'une compétition sanctionnée par l'UCI ou Cyclisme Canada avec chronométrage électronique. Pour soumettre un résultat, veuillez envoyer la feuille de résultat officielle signé par le commissaire à : track@cyclingcanada.ca.



APPENDIX 3 – 2019 CANADIAN CHAMPIONS

2019 ROAD CHAMPIONS			
Medalists Titled			
Individual Time Trial	Athlete	Prov	Time
Junior Women (16km)	Magdeleine Valliers Mill	QC	25:39.00
Junior Men (28km)	Jacob Rubuliak	BC	37:02.00
U23 Women (28km)	Olivia Baril	QC	42:13.00
Elite Women (28km)	Leah Kirchmann	MB	38:51.00
U23 Men (34km)	Adam Roberge	QC	44:00.00
Elite Men (34km)	Robert Britton	AB	42:54.00
Master Women 30-39 (17.5km)	Jennifer Bell	ON	25:07.00
Master Women 40-49 (17.5km)	Debra Parker	BC	25:30.00
Master Women 50-59 (17.5km)	Heather Simonson	BC	24:30.80
Master Women 60+ (17.5km)	Barbara Morris	BC	28:01.5
Master Men 30-39 (17.5km)	John Vanderveen	BC	21:58.80
Master Men 40-49 (17.5km)	Matt Osborne	BC	21:37.60
Master Men 50-59 (17.5km)	David Gazsi	QC	21:42.70
Master Men 60+ (17.5km)	Stéphane Lebeau	QC	23:47.40
Road Race	Athlete	Prov	Time
Junior Women (78.1km)	Magdeleine Valliers Mill	QC	2:16:00
Junior Men (108.5km)	Raphael Parisella	QC	2:45:04
Elite Women (108.5km)	Karol Ann Canuel	QC	3:01:03
Elite Men (16.20km)	Adam De Vos	BC	4:31:02
U23 Women (108.5km)	Olivia Baril	QC	3:01:18
U23 Men (186.2km)	Nickolas Zukowsky	QC	4:31:32
Master Women 30-39 (70km)	Samantha Hoft	BC	2:17:15
Master Women 40-49 (70km)	Debra Parker	BC	2:17:03
Master Women 50-59 (70km)	Heather Simonson	BC	2:21:18
Master Women 60+ (70km)	Jane Weller	BC	2:27:41
Master Men 30-39 (110km)	Clayton Hiltz	BC	3:07:12
Master Men 40-49 (110km)	Jeffrey Werner	BC	3:06:39
Master Men 50-59 (90km)	Steve McKee	ON	2:30:54
Master Men 60+ (70km)	Barry Beck	BC	2:06:07
criterium Challenge	Athlete	Prov	Time
Junior Women	Magdeleine Valliers Mill	QC	37:30
Junior Men	Robert Felix	QC	49:32

Elite Women	Allison Beveridge	AB	1:06:52
Elite Men	Ryan Roth	ON	1:06:16
Master Women 30-39	Samantha Hoft	BC	48:14
Master Women 40-49	Jennifer Gerth	BC	48:13
Master Women 50-59	Shannon Baerg	BC	48:14
Master Women 60+	Jane Weller	BC	48:14
Master Men 30-39	Clayton Hiltz	BC	57:43
Master Men 40-49	Vincent Marcotte	BC	57:48
Master Men 50-59	Scott Goguen	BC	47:44
Master Men 60+	Stephane Lebeau	QC	40:10

2019 CYCLO-CROSS CHAMPIONS

Medalists Titled

	Athlete	Prov	Time
Junior Women	Emily Johnston	BC	43:37
Junior Men	Jacob Rubuliak	BC	38:35
Elite Women	Maghalie Rochette	QC	49:31
U23 Women	Sidney McGill	AB	41:21
U23 Men	Gunnar Holmgren	ON	51:41
Elite Men	Michael Van Den Ham	BC	57:47
Master Women 35-44	Sarah Gilchrist	AB	43:35
Master Women 45-54	Alana Heise	AB	35:42
Master Women 55-64	Marcie Girouard	ON	43:25
Master Women 65+	Patricia Konantz	QC	44:06
Master Men 35-44	Marcandre Daigle	QC	46:33
Master Men 45-54	Robert Holmgren	ON	40:18
Master Men 55-64	Robert Orange	QC	42:06
Master Men 65+	James Laird	ON	52:22

2019 TRACK CHAMPIONS

Medalists Titled

Sprint	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Coralie Levesque	QC
Junior Men	Andrew Scott	ON
Junior Women	Madison Dempster	ON
Elite Men	Nick Wammes	ON
Elite Women	Kelsey Mitchell	AB



Master Men A	Fabien Lamaze	ON
Master Men B	Frank Kovacs	AB
Master Men C	Krzysztof Kurzawinski	ON
Master Women	Candice Moote	ON
Keirin	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Nicole Bradbury	ON
Junior Men	Riley Pickrell	BC
Junior Women	Madison Dempster	ON
Elite Men	Nick Wammes	ON
Elite Women	Lauriane Genest	QC
Master Men A	Fabien Lamaze	ON
Master Men B	Steve McKee	ON
Master Men C	Richard Ugalde	ON
Master Women	Candice Moote	ON
Time Trial	Athlete	Prov
U17 Men	Tyler Rorke	ON
U17 Women	Nicole Bradbury	ON
Junior Men	James Hedgcock	ON
Junior Women	Madison Dempster	ON
Elite Men	Vincent De Haitre	ON
Elite Women	Kelsey Mitchell	AB
Master Men A	Fabien Lamaze	ON
Master Men B	Frank Kovacs	AB
Master Men C	Krzysztof Kurzawinski	ON
Master Women A	Candice Moote	ON
Master Women B	Nancy Schmeler	ON
Team Sprint	Athletes	Prov
U17 Men	Finlay Macewen Owen Gill Evan Szemeczko	ON
U17 Women	Alejandra Elliott-Cordoba Nicole Bradbury	ON
Junior Men	James Hedgcock Matthew Hogan Andrew Scott	ON

Junior Women	Megan Muys Madison Dempster	ON
Elite Men	Nick Wammes Je'land Sydney James Hedgcock	ON
Elite Women	Kelsey Mitchell Sarah Orban	AB
Individual Pursuit	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Nicole Bradbury	ON
Junior Men (3000m)	Jackson Kinniburgh	AB
Junior Women (2000m)	Ngairé Barraclough	AB
Elite Men (4000m)	Derek Gee	ON
Elite Women (3000m)	Georgia Simmerling	AB
Master Men A	Willy Gonzalez	AB
Master Men B	Steve McKee	ON
Master Men C	Krzysztof Kurzawinski	ON
Master Women A	Charlotte Roberge	QC
Master Women B	Gail Wozny	AB
Team Pursuit	Athletes	Prov
U17 Men	Dylan Bibic Liam Langford Carson Mattern Gregory Cuff	ON
U17 Women	Emily Dodge Nicole Bradbury Natasha Badertscher Mackenzie Watson	ON
Junior Men	Riley Pickrell Ethan Ogrodniczuk Sean Richardson Jacob Rubuliak	ON
Junior Women	Sarah Van Dam Elizabeth Gin Annabella Stoll-Dansereau Caitlin Wallin	BC



Elite Men	Chris Ernst Michael Foley Jay Lamoureux Aidan Caves	ON
Elite Women	Devaney Collier Ariane Bonhomme Erin Attwell Miriam Brouwer	ON
Omnium	Athlete	Prov
Elite Men	Derek Gee	ON
Elite Women	Stephanie Roorda	BC
Scratch Race	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Coralie Levesque	QC
Junior Men	Tristan Jussaume	QC
Junior Women	Ngaire Barraclough	AB
Master Men A	Willy Gonzalez	AB
Master Men B	Steve McKee	ON
Master Men C	William Trischuk	ON
Master Women	Candice Moote	ON
Elimination Race	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Nicole Bradbury	ON
Junior Men	Riley Pickrell	BC
Junior Women	Ngaire Barraclough	AB
Points Race	Athlete	Prov
U17 Men	Dylan Bibic	ON
U17 Women	Nicole Bradbury	ON
Junior Men	Riley Pickrell	BC
Junior Women	Iris Gabelier	QC
Master Men AB	Willy Gonzalez	AB
Master Men C	Ralph Schatzmair	ON
Master Women	Candice Moote	ON
Madison	Athlete	Prov



Junior Men	Gregory Santiago Zapata Cordoba/Tristan Jussaume	QC
Junior Women	Lily Plante/Adele Desgagnes	QC
Elite Men	Derek Gee/Michael Foley	ON
Elite Women	Stephanie Roorda/Miriam Brouwer	ON

2019 PARA-CYCLING TRACK CHAMPIONS

Medalists Titled

Individual Time Trial	Athlete	Prov	Time
Para B Men Kilo	Mathieu Croteau Daigle/Benoit Lussier	QC	1:06.703
Para B Women Kilo	Megan Miller/Candice Moote	ON	1:19.706
Para C4 Women 500m	Marie Claude Molnar	QC	42.228
Individual Pursuit	Athlete	Prov	Time
Para B Men	Mathieu Croteau Daigle/Benoit Lussier	QC	4:35.808
Para B Women	Megan Miller/Candice Moote	ON	4:10.977
Para C4 Women	Marie Claude Molnar	QC	4:10.033

2019 PARA-CYCLING ROAD CHAMPIONS

Medalists Titled

Individual Time Trial	Athlete	Prov	Time
Women T1-2	Shelley Gautier	ON	23:29.90
Men T1-2	Louis-Albert Corriveau-Jolin	QC	31:52.60
Men H1-2	Matthew Kinnie	NB	25:58.00
Men H3-5/Women H3-4	Charles Moreau	QC	28:18.30
Men C4-5/Women C4-5	Marie Claude Molnar	QC	24:43.60
Men B Tandem	Lowell Taylor/Andrew Davidson	AB	36:43.10
Road Race	Athlete	Prov	Time
Men C4-5	Lachlan Hotchkiss	BC	1:54:14
Women C4-5	Keely Shaw	SK	1:45:44
Men H1-2/Women H1-5	Kara Douville	AB	1:29:05
Men H3-5	Mark Ledo	ON	1:40:40
Men T1-2/Women T1-2	Mike Shetler	QC	1:14:10
Women B Tandem	Carla Shibley/Meghan Leminski	AB	2:01:11
Men B Tandem	Daniel Chalifour/Jean-Michel Lachance	QC	2:07:35



2019 MOUNTAIN BIKE CHAMPIONS		
Medalists Titled		
Downhill	Athlete	Prov
U17 Expert Men	Jakob Jewett	BC
U17 Women	Gracey Hemstreet	BC
Junior Expert Men	Seth Sherlock	BC
Junior Women	Madison Skrypnek	BC
Elite Women	Vaea Verbeeck	BC
Elite Men	Finnley Iles	BC
Master Women 30-39	Laurie Citynski	BC
Master Women 40-49	Caroline Rousselle	BC
Master Expert Men 30-39	Cody MacArthur	BC
Master Expert Men 40-49	Robert Venables	BC
Master Men 50+	Bryan Gioia	BC
Cross-Country	Athlete	Prov
U17 Expert Women	Nicole Bradbury	ON
U17 Expert Men	Owen Clark	ON
U19/Junior Expert Women	Emily Johnston	BC
U19/Junior Expert Men	Carter Woods	BC
U23 Elite Women	Laurie Arseneault	QC
U23 Elite Men	Quinton Disera	BC
Senior Elite Women	Emily Batty	ON
Senior Elite Men	Peter Disera	ON
Master Expert Women 30-39	Rebecca Chistensen	ON
Master Expert Men 30-39	Marc-andré Daigle	QC
Master Expert Women 40-49	Heather Gray	QC
Master Expert Men 40-49	Aroussen Laflamme	QC
Master Expert Women 50+	Kim Haagmans-Hawke	ON
Master Expert Men 50+	Kevin Simms	ON
Team Relay	Team	Prov
PSO/Trade Team	Équipe du Québec/Pivot1	QC
Cross-Country Marathon	Athlete	Prov
Senior Elite Women	Caroline Villeneuve	QC



Senior Elite Men	Léandre Bouchard	QC
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2019 BMX CHAMPIONS

Medalists Titled	Athlete	Prov
Junior Elite Women	Molly Simpson	AB
Junior Elite Men	Curtis Krey	ON
Senior Elite Women	Drew Mechielsen	BC
Senior Elite Men	James Palmer	BC
Medalists Non-titled	Athlete	Prov
5-7 yrs Women	Savanah Lefeber	QC
8 yrs Women	Logan Lee	AB
9 yrs Women	Haylee Laurell	AB
10 yrs Women	Samantha Walter	ON
11 yrs Women	Charlie-Rose Genest	QC
12 yrs Women	Victoria Dubé	QC
13 yrs Women	Kelly-Anne Gamelin	QC
14 yrs Women	Summer MacMullen	BC
15 yrs Women	Isabella Bregliano	AB
16 yrs Women	Emily Henderson	AB
17-24 yrs Women	Alexandrine Trottier	QC
25+ yrs Women	Cassie Hay	QC
5-6 yrs Men	Bentley Erb	QC
7 yrs Men	Jhett Hickey	AB
8 yrs Men	Luka Erb	QC
9 yrs Men	Connor Brereton-Stiles	QC
10 yrs Men	Jack Cerney	QC
11 yrs Men	Jaxson Ross	AB
12 yrs Men	Luke Sowpal	BC
13 yrs Men	Oliver Jackson	AB
14 yrs Men	Aleck Venne-Diotte	QC
15 yrs Men	Édouard Proulx	QC
16 yrs Men	Cole Zufelt	AB
17-24 yrs Men	Benjamin Gagnon	QC
30-34 yrs Men	Juan Camilo Rodriguez Botero	QC
35+ yrs Men	Hedi Bassoussi	QC
12 & Under Cruiser Men	Zakary Kaiser	ON
13-14 Cruiser Men	Tristan Storey	AB
15-16 Cruiser Men	Cole Zufelt	AB



17-24 Cruiser Men	Ryan Mysek	AB
40-44 Cruiser Men	Tony Mottershead	QC
45-49 Cruiser Men	Thomas Galivan	QC
50+ Cruiser Men	Brian Otterson	AB
13-16 Cruiser Women	Megan Winger	ON
30-39 Cruiser Women	Cassie Hay	QC
40+ Cruiser Women	Deborah Williams	AB

