

# 2017 Companion Guide



*Cycling***CANADA***Cyclisme*



CyclingCANADA 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. They fulfill 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 their function go beyond the framework of the rules, 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 events across all disciplines; commissaires provide an essential service to the cycling community.**



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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 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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Geordie Ma – CC Officials Committee, representative for Mountain Bike.

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

Loyal Ma - 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 copy. Where an event takes place over several days, the copy 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) Category Youth Men** Age: Under 13, Under 15 years, Under 17 years according to the year of birth.

**1.1.037 N) Category Youth Women** 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**

<b>Categories</b>	<b>Age as at 31 December of the year of the competition</b>
<i>U13</i>	<i>10-12</i>
<i>U15</i>	<i>13-14</i>
<i>U17</i>	<i>15-16</i>

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 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 Cycling Canada 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**

**1.1.062 N)** A commissaire may be certified in more than two disciplines at the elite national level or lower

**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 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.

**1.1.087 N)** The CCOC may appoint a technical delegate to any cycling event 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 event takes place

North American event:

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

#### §7 CANADIAN 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 is 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;
  - o Completed the application form
  - o Signed the waiver
  - o Payment has been transacted
  - o 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 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 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

**1.2.075 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; 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 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

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.

\*\* Recommended for Juniors (track only) –unless specific rule in event technical guide

#### 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)

1.3.025 N) Disc brakes are not permitted in road cycling events (unless specifically approved by the UCI)



## SECTION 3 RIDERS APPAREL

### §1 GENERAL PROVISIONS

**1.3.030 N)** For events 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.

**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

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

##### Gear Ratios

**2.2.023 N)** At national, provincial and local events, 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:

YOUTH CATEGORY AND JUNIORS GEAR RESTRICTIONS			
CATEGORY	ROAD RACING	TRACK RACING	Example
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.

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

**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 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 1.66 m, 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 person in a race convoy who are vehicle drivers must have previously obtained a certificate attesting their completion of the Caravan Driver Training with Cycling Canada or with the UCI.



## Technical Delegate

**2.2.090 N)** The technical delegate evaluates the conformity of the organisation of national events, where applicable, with the regulations and the terms of reference for organisers. The technical delegate may attend events 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 event 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 events, 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 events, 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 events composite teams have to supply their own vehicles or use the neutral service.

## 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)** Can also include Criterium and Team Time Trial

### 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 **800 to 3000metres**:

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. Recommended event and distance for each category at provincial and national events



<b>RECOMMENDED TRACK EVENTS AND DISTANCE FOR YOUTH RACING</b>				
Category Event	U17 M/H	U17 W/F	U15 M/H	U15 W/F
500 m/kilo TT / CLM	Y/O 500M	Y/O 500M	Y/O 500M	Y/O 500M
Keirin	N	N	N	N
Sprint / Vitesse	Y/O	Y/O	N	N
Team sprint / Vitesse par équipe	Y/O	Y/O	N	N
Individual pursuit / Poursuite Ind.	Y/O 2KM	Y/O 2KM	Y/O 2KM	Y/O 2KM
Madison / Américaine	N/A	N/A	N	N
Team pursuit / Poursuite par équipe	Y/O 3km (team of 3)	Y/O 3km (team of 3)	N	N
Omnium	Optional/ Optionnel	Optional/ Optionnel	N	N
Points race / Course aux points	Y/O 15KM	Y/O 12.5KM	Y/O 7.5KM	Y/O 7.5KM
Scratch race / Course scratch	Y/O 7.5KM	Y/O 5KM	Y/O 5KM	Y/O 5KM

Y/O = Yes / Oui (event recommended for this category) N= No / Non (event not recommended for this category) Optional/Optionnel = (not a priority for this category)

### §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 sport, 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. For events registered on the UCI calendar, masters riders are not permitted to enter an Elite event.

#### § 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.

**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 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 events.

	Class, Class 1 events.		Class 2 events		Class 3 events	
	Race time	Lap	Race time	Lap	Race time	Lap
Men Juniors	1:00 - 1:15	4km - 6km	1:00 - 1:15	4km 10km	1:00 - 1:15	No restriction, and any race
Women Juniors	1:00 - 1:15		1:00 - 1:15			
Men under 23	1:15 - 1:30		N/A*			
Women under 23	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*			
					No restriction	

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



<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)	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 (19-29)	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

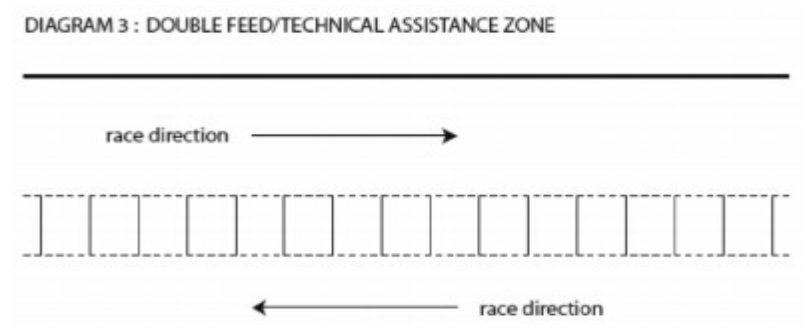
### § 3. Course Marking

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



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

### 4.2.035 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 and/or people qualified to perform first aid 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.



**4.3.014 N)** Helmet mounted cameras are not permitted at any point during racing events, including, training, qualifications and racing.

**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

**4.3.021 N)** For national calendar events, the course must be fully marked and open for training a minimum of 24 hrs prior to the race for XCO and a minimum of 48hrs for DH; for provincial events, these time limits are recommended. A minimum of one hour must separate the mandatory training run from the actual racing time.

#### Competitions

**4.5.027 N)** Neither a qualifying round nor a seeding run is 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. UCI categories will be started according to UCI regulations.

### § 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		
40	36		

## 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 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 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

#### 6.1.002 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.

#### 6.1.004 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.

### Section 2 COMPETITION SPECIALTIES

#### 6.1.029 STAGING AND GATE POSITIONS

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

#### 6.1.039 THE FINISH LINE

**4. N)** At CC sanctioned events, BMX National Championships and UCI sanctioned events 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 interference in the final straight are not subject to video review; all such decisions are imposed at the discretion of the Commissaire Panel.

#### 6.1.050 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.

### Section 3 INFRINGEMENT, PENALTIES AND PROTEST

#### 6.1.061 HOW TO PROTEST

**N)** In national calendar events a rider without a team manager can protest directly to the finish line Commissaire in the event of a protest over the actual finish order in a moto. As mentioned above, the decision of the finish judge shall be final.



## Section 4 THE BICYCLE, CLOTHING & EQUIPMENT

**6.1.079 N)** For all national events (including Canadian Championships), all riders 9 and under will not be allowed to use clipless pedals.

If, for whatever reason, riders 9 and under race in a combined class, the use of clipless pedals to the rider's age division must be maintained.

### 6.1.088 CAMERAS

**N)** Helmet or body mounted cameras are not permitted in national events (including Canadian Championships) during any phase of racing.

## Section 7 INTERNATIONAL PERMANENT CAREER NUMBER SYSTEM

### 6.1.094 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. 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 the 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. Cycling Canada 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 events (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.

## Section 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 finish order.

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



## **BMX APPENDIX 1 and 2**

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.

#### 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

#### 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 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





6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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 –RECORDS CANADIENS SUR PISTE

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
<i>Elite women – femmes élite</i>				
Flying 200m – 200m lancé	10.911	Sept. 12, 2014	Monique Sullivan AB	Pan Am Championships, Aguascalientes, MEX
Time trial – contre-la- montre (500m)	34.570	Sept. 11, 2014	Kate O’Brien AB	Pan Am Championships, Aguascalientes, MEX
Individual pursuit (3 km) Poursuite individuelle	3:25.836	Jan. 19, 2013	Gillian Carleton BC	UCI Track World Cup, Aguascalientes MEX
Team Sprint (500 m) Vitesse par équipes	33.467	Dec. 4, 2015	Kate O’Brien AB Monique Sullivan AB	UCI Track World Cup, Cambridge NZL
Team Pursuit (4 km) Poursuite par équipes	4:14.627	August 13, 2016	Allison Beveridge AB Jasmin Glaesser BC Kirsti Lay AB Georgia Simmerling BC	RIO Olympic 2016
<i>Elite men – hommes élite</i>				
Flying 200m – 200m lancé	9.746	Sept. 13, 2014	Hugo Barrette QC	Pan Am Championships, Aguascalientes, MEX
Time trial – contre-la- montre (1 km)	1 :00.578	Oct 6, 2016	Stefan Ritter MB	Pan Am Championships, Aguascalientes, MEX
Individual pursuit (4 km) Poursuite individuelle	4 :15.628	Oct 7, 2016	Jay Lamoureux BC	Pan Am Championships, Mexico city, MEX
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	3:59.931	Oct 5, 2016	Adam Jamison ON Aidan Caves BC Jay Lamoureux BC Ed Veal ON	Pan Am Championships, Aguascalientes, MEX
<i>Junior women – femmes junior</i>				
Flying 200m – 200m lancé	12.682	Oct. 10, 2015	Amelia Bell ON	Canadian Track Championships, Milton ON
Time trial – contre-la- montre (500m)	37.297	Aug. 6, 2006	Monique Sullivan AB	Junior Track World Championships, Ghent



				BEL
Individual pursuit (2 km) Poursuite individuelle	2:27.404	July 8, 2013	Ariane Bonhomme QC	Junior Pan Am Championships, Aguascalientes MEX
Team Sprint (500 m) Vitesse par équipes *	38.177	Oct. 9, 2015	Farleigh Creswicke ON Amelia Bell ON	Canadian Track Championships, Milton ON
Team Pursuit (4 km) Poursuite par équipes	4:42.202	July 11, 2013	Kinley Gibson AB Ariane Bonhomme QC Sarah Mason ON Kristen Sears ON	Junior Pan Am Championships, Aguascalientes MEX
<b>Junior men – hommes junior</b>				
Flying 200m – 200m lancé	10.474	Aug 2009	Allan Leparskas ON	UCI Junior World Championships, Moscow RUS
Time trial – contre-la-montre (1 km)	1:00.578	Oct 6, 2016	Stefan Ritter MB	Pan Am Championships Aguascalientes MEX
Individual pursuit (3 km) Poursuite individuelle	3:21.947	July 8, 2013	Eric Johnstone AB	Junior Pan Am Championships, Aguascalientes MEX
Team Sprint (500 m) Vitesse par équipes *	50.456	Oct. 9, 2015	John Willcox BC Eloi Batista BC Chris MacLeod BC	Canadian Track Championships, Milton ON
Team Pursuit (4 km) Poursuite par équipes	4:13.710	Aug. 19, 2015	Evan Burtnick AB Connor Byway ON Bayley Simpson ON John Willcox BC	UCI Junior World Championships, Astana KAZ

<b>Non-competition records- records hors compétition</b>				
Category Catégorie	Result Résultat	Date	Athlete and province Athlète et province	Location Lieu
<b>Hour record – Record de l'heure</b>				
M/H elite	47.590 km	April 10, 2015	Ed Veal ON	Milton ON
M/H 40-44	45.189 km	Sept. 14, 2011	Mike Nash ON	Manchester GB
<b>Non-standard distances – distances non-standard</b>				
W/F 1 km	1:14.990	Aug. 1982	Sylvia Burka ON	Olympic velodrome, Montreal QC
To organize a track cycling record attempt, contact Cycling Canada.				
Pour organiser une tentative de record sur piste, contactez Cyclisme Canada.				



<b>Masters – maîtres</b>				
<b>Flying 200m – 200m lancé</b>				
W/F 30-39	13:092	Sept 25, 2016	Emilie Roy QC	Canadian Track Championships, Milton ON
W/F 40-49	13.804	Sept 25, 2016	Manon Marois QC	Canadian Track Championships, Milton ON
M/H 30-39	11.741	Sept 25, 2016	Brent Baerg AB	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	11.802	Oct. 8, 2015	Krzysztof Kurzawinski ON	Canadian Track Championships, Milton ON
M/H 60-69	13.376	Oct. 9, 2014	Norm Kalmanovitch AB	UCI Masters World Championships, Manchester GB
<b>Time trial – contre-la-montre</b>				
W/F 30-39 (500m)	38.667	Sept 24, 2016	Emilie Roy QC	Canadian Track Championships, Milton ON
W/F 40-49 (500m)	41.787	Oct. 9, 2015	Manon Marois QC	Canadian Track Championships, Milton ON
W/F 50-59 (500m)	43.494	Oct. 9, 2015	Gail Wozny AB	Canadian Track Championships, Milton ON
M/H 30-39 (1 km)	1:08.244	Sept 24, 2016	Brent Baerg AB	UCI Masters World Championships, Manchester GB
M/H 40-49 (750m)	52.081	Sept 24, 2016	Michael Nuttall ON	Canadian Track Championships, Milton ON
M/H 50-59 (500m)	36.496	Sept 24, 2016	Richard Froner ON	Canadian Track Championships, Milton ON
M/H 65-69 (500m)	40.559	Oct. 7, 2015	Norm Kalmanovitch AB	UCI Masters World Championships, Manchester GB
<b>Individual pursuit – Poursuite individuelle</b>				
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)	2:47.534	Oct. 10, 2015	Vlada Dekina ON	Canadian Track Championships, Milton ON
W/F 50-59 (500m)	2:53.677	Oct. 10, 2015	Gail Wozny AB	Canadian Track Championships, Milton ON
M/H 30-39 (3 km)	3:34.853	Oct. 5, 2014	Mathieu Charruau QC	UCI Masters World Championships, Manchester GB
M/H 40-49 (3 km)	3:35.824	Sept 26, 2016	Steve McKee ON	Canadian Track Championships, Milton ON
M/H 50-59 (2 km)	2:22.454	Oct. 6, 2014	Stephane Le Beau QC	UCI Masters World Championships, Manchester GB
M/H 60-69 (2 km)	2:40.973	Oct. 5, 2014	Christopher Anstey BC	UCI Masters World Championships, Manchester GB
<b>Hour record – record de l'heure</b>				
M/H 40-44	45.189	Sept. 14, 2011	Mike Nash ON	Manchester GB
<p><i>Masters records must be set in UCI or Cycling Canada sanctioned competition with electronic timing. To submit a result, please send the official results sheet signed by the commissaires to <a href="mailto:track@cyclingcanada.ca">track@cyclingcanada.ca</a>.</i></p> <p><i>Les records de maîtres doivent être atteints 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 : <a href="mailto:track@cyclingcanada.ca">track@cyclingcanada.ca</a>.</i></p>				



## Appendix 4

### CANADIAN CHAMPIONS

<b>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 Women (16km)	Simone Boilard	QC	25:08.25	2016
Junior Men (26km)	Jordann Jones	ON	37:47.40	2016
Elite Women (26km)	Tara Whitten	AB	37:40.66	2016
U23 Men (36km)	Alexander Cowan	AB	49:40.54	2016
Elite Men (36km)	Ryan Roth	ON	48:15.63	2016
Master Women 30-39 (13.5km)	Annick Dufour	QC	22:39.29	2016
Master Women 40+ (14.2 km)	N/A			
Master Men 30-39 (27.3km)	Dan Doddy	ON	37:58.22	2016
Master Men 40-49 (27.3km)	Yannick Lemire	QC	37:48.95	2016
Master Men 50-59 (13.5km)	Ron Amos	ON	18:59.73	2016
Master Men 60+ (13.5km)	Robert Anderson		20:29.88	2016
<b>Road Race</b>				
Junior Women (80 km)	Erin Attwell	BC	2:14.08	2016
Junior Men (120km)	Thierry Kirouac Marcassa	QC	2:51.07	2016
Elite Women (110km)	Annie Foreman-Mackey	ON	2:52.44	2016
U23 Men (180km)	Benjamin Perry	ON	4:17:50	2016
Elite Men (180km)	Bruno Langlois	QC	4:17.23	2016
Master Women 30-39 (79.7km)	Zeina Loutfi	QC	2:32.31	2016
Master Women 40+ (80.8 km)				
Master Men 30-39 (143.46km)	Eric Loisel	QC	3:51.19	2016
Master Men 40-49 (127.52km)	Michel Jean	QC	3:23.11	2016
Master Men 50-59 (111.58km)	Lorenzo Caterini		3:05.34	2016
Master Men 60+ (95.64km)	Richard Westwood	ON	2:45.05	2016



<b>Criterium Challenge</b>				
Junior Men (45min + 3 laps)	Kurt Penno	MB	52:28	2016
Junior Women (30 min + 3 laps)	Maggie Coles-Lyster	BC	39:11	2016
Elite Women (60 min + 3 laps)	Kinley Gibson	AB	1:07.17	2016
Elite Men (60 min + 3 laps)	Benjamin Perry	ON	1:06.54	2016
Master Women (26.4 km)*	N/A			
Master 30-39 Men (40.8 km)	N/A			
Master 40-49 Men (38.4 km)	N/A			
Master 50 + Men (33.6 km)	N/A			
Master 60+ Men	N/A			
*Non-Title				

<b>CYCLO-CROSS CHAMPIONS</b>				
<b>Medalists Titled</b>				
	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>	<b>Year</b>
Junior Men	Gunnar Holmgren	ON	39:08	2016
Elite Women	Maghalie Rochette	QC	42:13	2016
U23 Women	Sidney McGill	AB	43:27	2016
U23 Men	Peter Disera	ON	48:16	2016
Elite Men	Jérémy Martin	QC	56:27	2016
Master Women 30-39	Nicole Muzechka	QC	48:46	2016
Master Men 30-39	Thierry Laliberté	QC	49:14	2016
Master Women 40+	Julie Lafreniere	ON	45:23	2016
Master Men 40-49	Todd Bowden	CT	48:38	2016
Master Men 50-59	Laurenzo Caterini	NS	40:41	2016
Master Men 60+	David Staples	ON	44:26	2016
*Non Title				



<b>TRACK CHAMPIONS</b>			
<b>Medalists Titled</b>			
<b>Sprint</b>			
U17 Men	Riley Pickrell	BC	2016
U17 Women	Sarah Van Dam	BC	2016
Junior Men	Stefan Ritter	AB	2016
Junior Women	Maggie Coles Lyster	BC	2016
Elite Men	Joel Archambault	QC	2016
Elite Women	Kate O'Brien	AB	2016
<b>Keirin</b>			
Junior Men	Stefan Ritter	AB	2016
Junior Women	Maggie Coles Lyster	BC	2016
Elite Men	Joel Archambault	QC	2016
Elite Women	Stephanie Roorda	BC	2016
<b>Time Trial</b>			
U17 Men	Riley Pickrell	BC	2016
U17 Women	Sarah Van Dam	BC	2016
Junior Men (1000 metres)	Stefan Ritter	AB	2016
Junior Women (500 metres)	Erin Attwell	BC	2016
Elite Men (1000 metres)	Vincent De Haitre	ON	2016
Elite Women (500 metres)	Kate O'Brien	AB	2016
<b>Master Men A</b>			
Master Men A	Brent Baerg	AB	2016
<b>Master Men B</b>			
Master Men B	Chris Firek	ON	2016
<b>Master Men C</b>			
Master Men C	Richard Ugalde	ON	2016
<b>Master Women*</b>			
Master Women*	Emilie Roy	QC	2016
<b>Master Men A</b>			
Master Men A	Willy Gonzalez	AB	2016
<b>Master Men B</b>			
Master Men B	Steve McKee	ON	2016
<b>Master Men C</b>			
Master Men C	Richard Ugalde	ON	2016
<b>Master Women</b>			
Master Women	Nicole Till	ON	2016
<b>Master Men A</b>			
Master Men A	Brent Baerg	AB	2016
<b>Master Men B</b>			
Master Men B	Michael Nuttall	ON	2016
<b>Master Men C</b>			
Master Men C	Richard Froner	ON	2016



Master Women	Emilie Roy	QC	2016
<b>Team Sprint</b>			
U17 Men	Riley Pickrell	BC	2016
	Ethan Ogrodniczuk	BC	2016
	Tyler Davies	BC	2016
U17 Women	Sarah Van Dam	BC	2016
	Simone Boilard	QC	2016
Junior Men	Nick Wammes	ON	2016
	Lucas Taylor	ON	2016
	Adam Lefebvre	ON	2016
Junior Women	Hillary Lowry	ON	2016
	Katherine Maine	ON	2016
Elite Men	Patrice St-Louis Pivin	QC	2016
	Joel Archambault	QC	2016
	Hugo Barrette	QC	2016
Elite Women	Kate O'Brien	AB	2016
	Laura Brown	BC	2016
<b>Individual Pursuit</b>			
U17 Men	Riley Pickrell	BC	2016
U17 Women	Sarah Van Dam	BC	2016
Junior Men (3000 metres)	Felix Pelletier	QC	2016
Junior Women (2000 metres)	Maggie Coles Lyster	BC	2016
Elite Men (4000 metres)	Ryan Roth	ON	2016
Elite Women (3000 metres)	Kinley Gibson	AB	2016
Master Men A	Willy Gonzalez	AB	2016
Master Men B	Steve McKee	ON	2016
Master Men C	Scott Buschlen	ON	2016
Master Women	Gail Wozny	AB	2016





<b>TEAM Pursuit</b>			
<b>U17 Men</b>	Olivier Campbell	ON	2016
	Axel Froner	ON	2016
	Kobe Liberty	ON	2016
	Daniel Nordemann Da Silva	ON	2016
<b>U17 Women</b>	Elizabeth Archbold	ON	2016
	Kassandra Kriarakis	ON	2016
	Kaitlyn Rauwerda	ON	2016
	Victoria Slater	ON	2016
<b>Junior Men</b>	Chris Ernst	ON	2016
	Adam Lefebvre	ON	2016
	Jordann Jones	ON	2016
	Lucas Taylor	ON	2016
<b>Junior Women</b>	-Amelia Bell	ON	2016
	Naomi Desousa	ON	2016
	Hilary Lowry	ON	2016
	Ali Van Yzendoorn	ON	2016
<b>Elite Men</b>	Bayley Simpson	ON	2016
	Evan Burtnik	BC	2016
	Derek Gee	ON	2016
	Adam Jamieson	ON	2016
<b>Elite Women</b>	Stephanie Roorda	BC	2016
	Jamie Gilgen	ON	2016
	Laura Brown	BC	2016
	Brenna Pauly	BC	2016
<b>Omnium</b>			
U17 Men	N/A		
U17 Women	N/A		
Junior Men	N/A		
Junior Women	N/A		
Elite Men	Aidan Caves	BC	2016
Elite Women	Stephanie Roorda	BC	2016
<b>Scratch Race</b>			
Master Men A	Vincent Marcotte	BC	2016
Master Men B	Steve McKee	ON	2016
Master Men C	Richard Froner	ON	2016



Master Women	Chantal Thompson	ON	2016	
<b>Points Race</b>				
Master Men A	Vincent Marcotte	BC	2016	
Master Men B	Steve McKee	ON	2016	
Master Men C	Christian Schneider	ON	2016	
Master Women	Vlada Dekina	ON	2016	
<b>PARA-CYCLING TRACK CHAMPIONS</b>				
<b>Medalists Titled</b>				
<b>ITT</b>				
Men's/Women's Tandem	Carla Shibley	AB	96.64%	2016
<b>Pursuit</b>				
Men C1-5	Lachlan Hotchkiss	BC	96.39%	2016
Women Tandem	Carla Shibley	AB	1:55:59	2016
Men's Tandem	Mathieu Croteau Daigle	QC	99.23%	2016
*Non-Title				
<b>PARA-CYCLING ROAD CHAMPIONS</b>				
<b>Medalists Titled</b>				
<b>ITT</b>				
Men/Women T	Shelley Gautier	ON	94.98%	2016
Men H3-4*	Charles Moreau	QC	87.95%	2016
Men C1-3/Women C1-5	Tristen Chernove	BC	98.17%	2016
Men H1-2/Women H1-4	Myriam Adam	QC	67.54%	2016
Women-Men B	Robbie Weldon	ON	85.69%	2016
<b>Road</b>				
Men C5*	Atilla Avsar	BC	1:15:34	2016
Men C1-3/Women C4-5	Tristen Chernove	BC	1:15:36	2016
Men H3-5*	Charles Moreau	QC	0:47:23	2016
Men H1-2/Women H1-4	Myriam Adam	QC	0:41:43	2016
Men/Women T	Louis-Albert Jolin-Corriveau	QC	0:37:16	2016
Women's Tandem	Robbie Weldon & Audrey Lemieux	QC	1:27:09	2016
Men's Tandem	Daniel Chalifour & Jean-Michel	QC	1:39:46	2016
*Non title				



<b>MOUNTAIN BIKE CHAMPIONS</b>			
<b>Medalists Titled</b>			
<b>Downhill</b>			
U17 Expert Men	Lucas Cruz	BC	2016
U17 Women *	N/A	BC	2016
U19/Junior Expert Men	Finn Iles	BC	2016
U19/Junior Women*	Stephanie Denroche	BC	2016
Elite Women	Miranda Miller	BC	2016
Elite Men	Kirk McDowall	BC	2016
Master 30+ Women*	Dannielle Oswell	BC	2016
Master Expert Men 30-39	Adam Mantle	BC	2016
Master Expert Men 40-49	Kurt Lindemark	BC	2016
Master Male 50+	Don Van Eesteren	BC	2016
<b>MOUNTAIN BIKE CHAMPIONS</b>			
<b>Cross-Country</b>			
U17 Expert Women	Roxane Vermette	QC	2016
U17 Expert Men	Tyler Clark	ON	2016
Junior Expert Men	Sean Fincham	BC	2016
Junior Expert Women	Emily Handford	BC	2016
U23 Espoir Women	Catherine Fleury	QC	2016
U23 Espoir Men	Peter Disera	ON	2016
Senior Elite Women	Emily Batty	ON	2016
Senior Elite Men	Derek Zandstra	ON	2016
Master Expert Women 30-39	Caroline Villeneuve	QC	2016
Master Expert Men 30-39	Eric Jeannotte	QC	2016
Master Expert Women 40+	Chantal Petit	QC	2016
Master Expert Men 40 - 49	Eric Tourville	QC	2016
Master Expert Men 50+	Lorenzo Caterini	NS	2016
<b>TEAM Relay</b>			
PSO/Trade Team	Norco Factory Team	ON	2016
<b>Cross Country Marathon</b>			
Senior Elite Women	Elyse Nieuwold	ON	2016
Senior Elite Men	Geoff Kabush	BC	2016
<b>Cross Country Eliminator</b>			
Open Women	Anne-Julie Tremblay	QC	2016
Open Men	Rhys Verner	BC	2016
*Non-Title			



<b>BMX CHAMPIONS</b>			
<b>Medalists Titled</b>			
Junior Elite Women	Megane Bélanger	QC	2016
Junior Elite Men	Alex Tougas	BC	2016
Senior Elite Women*	Drew Mechielsen	BC	2016
Senior Elite Men	Tory Nyhaug	BC	2016
<b>Time Trial</b>			
Junior Elite Women	Cayleigh Van Staalduinen	AB	2016
Junior Elite Men	Alex Tougas	BC	2016
Senior Elite Women *	Drew Mechielsen	BC	2016
Senior Elite Men	Tory Nyhaug	BC	2016
<b>Medalists non-titled</b>			
5-7 yrs Women	Nia Fee	BC	2016
8 yrs Women	Georgina Cejalvo	BC	2016
9 yrs Women	Giuliana Bregliano	AB	2016
10 yrs Women	Hailey Tremel	AB	2016
11 yrs Women	Keira Murphy	BC	2016
12 Yrs Women	Janel Church	ON	2016
13 yrs Women	Chayce Cooper	ON	2016
14 yrs Women	Adicus Bird	BC	2016
15 yrs Women	Sarah McSweeney	ON	2016
16 yrs Women	Avriana Hebert	AB	2016
17+ yrs Women	Aleasha Wiebe	BC	2016
5-6 yrs Men	Gage Carson	AB	2016
7 yrs Men	Alexander Booth	BC	2016
8 yrs Men	Finn McNamara	AB	2016
9 yrs Men	Blake Shepherd-Colberg	AB	2016
10 yrs Men	Oliver Jackson	AB	2016
11 yrs Men	Ryan Raymont	AB	2016
12 yrs Men	Édouard Proulx	QC	2016
13 yrs Men	Aiden Grecht	BC	2016
14 yrs Men	Ryan Tougas	BC	2016
15 yrs Men	Ryan Maracle	AB	2016
16 yrs Men	Aidan Webber	AB	2016
17-24 yrs Men	Nathan Martin	BC	2016
25-29 yrs Men	Jeffrey Jacobsen	AB	2016
30+ yrs Men	Hedi Bassoussi	AB	2016
< 12 Crusier Men	Nickolas Nugent	AB	2016



13-14 Crusier Men	Easton Sarich	AB	2016
15-16 Crusier Men	Wyatt Andres	ON	2016
17-24 Crusier Men	-	-	2016
25-29 Crusier Men	Jeffrey Jacobsen	AB	2016
30-34 Crusier Men	Christopher Nakamura	AB	2016
35-39 Crusier Men	Mike Smith	BC	2016
40-44 Crusier Men	Jason Wesson	BC	2016
45+ Crusier Men	Dany Morin	QC	2016
<16 Crusier Women	Sarah McSweeney	AB	2016
17-29 Cruiser Women	Aleasha Wiebe	BC	2016
30-34 Cruiser Women	-	-	2016
35-39 Cruiser Women	Rhonda Grenier	AB	2016
40-44 Cruiser Women	Deborah Williams	AB	2016



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