





## Upgrades within the Junior or U17 Category

- The [same upgrade rules used for Elites/Masters](#) will be applied

## Junior to U23/Elite Upgrade Policy

- All junior athletes (across all disciplines) will move into the U23/Elite category based on their ability level. Ex. Junior Expert DH Female will move to Senior Women Expert 19-29, Junior Cat 2 Male will move to U23 Cat 2 Male.
- If a rider wishes to apply for an upgrade from their Junior ability category when moving to Elite (ex. Senior Expert Men to Elite/Pro Men, or Cat 3 Women to Cat 2 Women), they must follow the usual UCI ability category upgrade procedure, and will be required to submit proof of 2 wins or 3 top 5's in their final year as a Junior.

## Race Distances (Road, XCO, Cyclocross)

Category	Road Race	Time Trial	Criterium	Cyclocross	XCO
U11 Girl	20 km	10 km	20 min	20 min	45 min
U11 Boy	20 km	10 km	20 min	20 min	45 min
U13 Girl	20 km	10 km	20 min	30 min	60 min
U13 Boy	20 km	10 km	20 min	30 min	60 min
U15 Girl	40 km	15 km	30 min	30 min	60 min
U15 Boy	40 km	15 km	30 min	30 min	60 min
U17 Girl	70 km	15 km	45 min	30 min	90 min
U17 Boy	80 km	20 km	45 min	30 min	90 min
U19 Girl	80 km	20 km	45 min	40 min	90 min
U19 Boy	110 km	25 km	50 min	40 min	90 min