



**2017 Cycling BC Provincial  
Cyclocross Championships**

Technical Guide

**Organized by:**

ValleyCross

November 25, 2017 Mill Lake  
Abbotsford, BC

# I    **General Information**

## **Event Overview**

Cycling BC, ValleyCross, and all of our sponsors and partners, are proud to present the BC Provincial Cyclocross Championship. This two day cyclocross event will be held on November 25 & 26, 2016 at the Centennial Pool area of Mill Lake, Abbotsford, BC. Provincial Championships will be held on Saturday Nov 25<sup>th</sup> and a regular format race will be held on Sunday, Nov 26<sup>th</sup>.

## **Venue**

The Centennial Pool area is located on the West side of Mill Lake, in the heart of Abbotsford, BC. The address is: 2310 Emerson St, Abbotsford, BC V2T 3J2

## **The Course**

The course used for the Provincials race will split this picturesque venue into three sections, North & South forested areas and the open mid-section. The Start lane will feed racers onto the course in a clockwise rotation. A quick volleyball sand pit will be the first chance to separate from the pack. Next chance to widen your gap on the field will be the infamous run up. Prepare to get heckled. This section was one of the favoured view areas last year amongst spectators. After a technical bit thru the South forest, you will descend down onto the fast rolling paved pathway, past the pits and Finish line and up into the North forested area of the park. The North end of the park will feature side hills and a tight chicane.

Our second day event will be a non-Provincial race. This race will be a regular format race, where you will be racing against your ability level not your age category. It will also be run in a counterclockwise direction, with a few modifications within the North & South forested areas.

## **Site Map**



## Event Information

- <http://valleycross.ca>
- <http://cyclingbc.net>

## Race Staff

BC Provincial Cyclocross Championships Race Staff		
Organizer	Matt Scott	<a href="mailto:matt@valleycross.ca">matt@valleycross.ca</a>
Course Director	Sherwood Plant	<a href="mailto:sherwood.plant@gmail.com">sherwood.plant@gmail.com</a>

## Finish Line Services and Results

- Race timing will use EV chip system, with chips mounted on the bike. Please bring your VCXC chip if you have one. There will be a \$5 chip fee for new chips. Proceeds will go to the Phoenix Velo Cycling Club Youth Program.
- Results will be posted on the results board following each race. There will be a 30 minute window to allow for protests.

## Officials

Position	Level	Name	Country or Province
Technical Delegate	Cycling BC	Nic Tickner	BC
Chief Commissaire	UCI	Marko Rosic	BC
Assistant	UCI	John Evanochko	BC
Panel Member	UCI	Gary Leung	BC
Panel Member	BC	Sherry Barnes	BC
Panel Member	BC	Brian Anderson	BC

## **Registration and Number Pickup**

- Online registration opens on Oct. 9.
- Online registration closes on Nov. 22 at 11:59 PM Pacific
- Please note that there is no race day registration for this event.
- Registration requires the presentation of a valid CC/UCI or Cycling BC citizen license to be considered final.
- Sign-on and number pickup will close 30 minutes prior to the start of all races.

## **Inclement Weather**

- Race held rain, snow, or shine
- NO refunds
- In the event of unsafe weather (e.g., lightning or high wind) on race day, race officials may delay or cancel racing

## **Race Headquarters, Awards/Podium Location, Media**

- Results will be posted at the Results Boards near the Registration area following each event.
- Awards ceremonies for each wave of racers will be held at the noted times in the race schedule. All podium finishers are expected to be in attendance.

## **British Columbia Cyclocross Championships Rules**

- The BC Provincial Cyclocross Championships will take place on date and time as scheduled.
- There will be no extension of the Championships past Sunday November 25 2017, due to unforeseen delays or prolonged stoppages. In case of stoppages, priority will be given to “championships” class. Racing format may also be modified at the discretion of the President of the Commissaires Panel in response to prolonged stoppages.
- Entry fees are non-refundable.
- Medical problems should be reported to a commissaire.
- Athletes participating at the 2017 BC Provincial Cyclocross Championships events requiring the use of a medication included on the Prohibited List must have a TUE prior to participating in the event. This applies to all categories of athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, [www.cces.ca/en/tuewizard](http://www.cces.ca/en/tuewizard)
- The event(s) will be run under Cycling BC/Cycling Canada/UCI rules. Single Day and Citizen Licensing will be able to race in all categories but will not be eligible for the BC Championships title.
- All **Championship** racers must have a valid Cycling BC license.
- Categories with fewer than 4 starters may be merged with another age or ability category at the discretion of the Technical Delegate or President of the Commissaires Panel for the start, but will receive awards separately.
- Equipment regulations to be enforced for ALL championship categories. There will be NO exceptions.
- Approved helmets are mandatory for training, competition and anytime you are on a bike.

## **Doping Control**

- All races are conducted under UCI anti-doping regulations

- It is the riders and team manager's responsibility to know the rules

## **Eligibility**

- The BC Cyclocross Championships are open to BC residents who hold a valid Cycling BC race license.
- Only Canadian citizens will have access to the Provincial title and Provincial Championship podium positions and medals.
- Prize money (where applicable) will be based on order of finish at the Provincial 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 Provincial Championships results of eligible BC 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/Cycling Canada international license
- All participants must be licensed to compete in the appropriate discipline.
- All participants must be prepared to present their license upon demand at the event.
- Domestic licenses from other countries or within Canada are not permitted for Championship categories.
- No one day event licenses will not be eligible for the championship categories
- License must be presented during race package pick-up.
- No registrations will be accepted on the day of the event.
- All competitors MUST enter their event class as shown on their license.
- The categories are defined as per UCI rules based on year of birth. Your racing age for the Championship is the age you would be on Dec. 31, 2018.
- Any inquiries about upgrades should be directed to Tara Mowat at [Tara@cyclingbc.net](mailto:Tara@cyclingbc.net).
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled :
  - complete the application form,
  - sign the waiver,
  - payment has been transacted,
  - riders license has been validated by the designated commissaire.

## **Specific Technical Requirements**

- The event(s) will be run under CC/UCI rules. All riders must know the rules.
- The BC Championships shall be governed by Cycling BC.
- Equipment regulations, as per UCI Rules, to be enforced for ALL senior categories. There will be NO exceptions.

## **Staging and Start Protocol**

### **All Categories**

- Call ups for all categories will be based on the following. The first 8 spots will be based on the results from the previous years BC Provincial Championship results. The following call ups would be based on the current series leaders or series winners followed by second place and third place from the 4 regional series of BC Premier Series, VCXC, Cross on The Rock and BC Interior Cross Series. All remaining positions will be determined by random draw.
- When multiple categories are starting at the same time, riders from each field will be staged together and separated from other categories by a few feet. Categories will be sent separately from the start grid in waves. Subject to change due to registration numbers resulting in category starts being merged. Results will be posted separately.

### **Warm-Ups/Pre-Riding the Course**

- The course will be open for warm up at 9:00 am on November 25, noted in the schedule.
- Warming up on the course while a race is in progress, or at any other unauthorized time, is strictly prohibited and will result in disqualification. Please respect the other racers by not warming up immediately behind the last place rider in the ongoing race.
- Helmets must be worn AT ALL TIMES when riding the course & failure to comply will result in disqualification.

## Race Schedule and Fees

Start time	Categories	Race Duration	Prizes	Cost
08:30	Sign On ! No day of registration !			
09:00-9:55	Course open (Practice)			
RACE #1 10:00	<b>WAVE 1</b> U15 / U17 Boys	30 min.	Prizes (3 deep)	\$25
	<b>WAVE 2</b> U15 / U17 Boys	30 min.	Prizes (3 deep)	\$25
	<b>WAVE 3</b> U13 Boys & Girls	30 min.	Prizes (3 deep)	\$25
10:30-11:00	Course Open (Practice)			
RACE #2 11:10-12:00	<b>WAVE 1</b> Single Speed Men / Women	45 min.	Prizes (3 deep)	\$45
	<b>WAVE 2</b> Masters Men (50-59), 60+	45 min.	Prizes (3 deep)	\$45
	<b>WAVE 3</b> Masters Women (30-39), (40-49), (50+)	45 min.	Prizes (3 deep)	\$45
	<b>WAVE 4</b> Open Men/Women (non UCI compliant)	30min	Prizes (3 deep)	\$45
11:15	Race 1 Podium			
12:00- 12:40	Course Open (Practice)			
RACE #3 12:45 - 1:30	<b>WAVE 1</b> Masters Men (30-39)	45 min.	Prizes (3 deep)	\$45
	<b>WAVE 2</b> Masters Men (40-49)	45 min.	Prizes (3 deep)	\$45
12:50	Race 2 Podiums			
1:00	Kids Race (½ course)		Prizes (entire field)	free





<b>RACE #4</b>  1:45-2:45	<b>WAVE 1</b> Elite Men	60 min	Cash (5 deep)	\$45
	<b>WAVE 2</b> U19 Jr Men	45min	Prizes (3 deep)	
	<b>WAVE 3</b> Elite Women U19 Women	50 min 45 min	Cash (5 deep) Prizes (3 deep)	\$45
3:00	Race 3 & 4 Podium			

## Lapped Riders

- In the event that a rider is lapped by the leader, the lapped rider must complete the lap during which they were lapped and leave the course via an exit just prior to the finish line or in the 80% zone as described in article 5.1.052, if that rule applies.
- Their results will be listed in the order in which they were at the time they were pulled out of the race, plus the number of laps that had not been completed.

## Pit & Bike Washing Area

- One large pit is located on the course close near the Team Tent area. See course map for details.
- The Pit Area is for the exchange of race bikes and wheels during the course of a rider's event. On either side of the Pit Area is the exchange lane, which is for riders' entry and exit only. Do not stand in the exchange lanes during a race. Between exchange lanes is the median for storage of bikes, wheels, and riders' assistants.
- Only riders and riders' mechanics/assistants may be present inside the Pit Area during the race.
- Please remove your equipment out of the pit area immediately following your race.
- A general bike wash area will be located on the south side of the MSA Arena located across from the venue. See course map for location.

## Equipment

### Championship Races

- UCI equipment rules apply
- Cyclocross and/or road bikes with drop bars, only
- U13 to U17 riders can use mountain bikes
- Elite categories - Tires will be no wider than 33mm no exceptions. All other categories, if the tire wall is clearly visible to be marked 33mm from the manufacturer and is only pushed wider due to rim choice, this will pass up to 35mm. Anything beyond 35mm will not be allowed in Championship categories
- Non-UCI compliant bikes will only be allowed to compete in the Non-UCI compliant specified category

### Other Equipment Regulations

- Riders are required to wear club or team jerseys corresponding to their license.
- Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them.

- Sleeveless jerseys are not permitted.
- The use of glass containers is strictly prohibited.
- Bicycle helmets are required to be worn by riders on or off the course at ALL times. riding a bike

## **Race Numbers and Timing Chips**

- Race numbers and timing chips will be distributed at registration.
- Please use your current VCXC timing chip if you have one.
- Chip placement will be on the seat post.
- Numbers must not be folded or modified and must clearly show all advertising.
- Numbers must be completely visible at all times during the race.
- Number placement will be displayed at sign-on.

## **Championship Jersey and Podium**

- A Provincial Champion jersey will only be awarded to Provincial Championships Title categories.

### **Important**

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the President of the Commissaires Panel or the Technical Delegate with a valid reason. Reasons such as, "I have a ferry to catch" will not be accepted.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so will result in a fine and loss of award (including prize money).
- As per UCI rule 9.1.046, riders shall appear on the podium in racing attire, wearing their Provincial jerseys, riders are able to wear a hat or sunglasses but not as such to cover one's eyes until they leave the official ceremony enclosure. Failure to do so will result in a fine and loss of award (including prize money).

## **Championship Categories**

The following categories are official British Columbia Championship categories:

U13, U15, U17 Boy / Girl  
Junior (17-18) Men / Women  
Elite Men  
Elite Women  
Master 30-39 Men / Women  
Master 40-49 Men / Women  
Master 50-59 Men / Women  
Master 60+ Men / Women  
Single Speed Men and Women

## **IV: Amenities, Safety, etc.**

### **Race Services and Amenities**

- Team Tent area is available nearby the Registration and Pit area. See course map, above.
- Washrooms are available at Registration area.

### **Parking**

- There is ample free parking available on site
- Team parking will be available close to the Registration / Pit area.

### **First Aid and Medical**

- A team of trained medical staff will be in place during the event, with primary location near the Registration / Team Tent area
- The area is served by 911 service

The nearest hospital with full emergency/trauma capabilities is:

Abbotsford General Hospital

**Address:** 32900 Marshall Rd, Abbotsford, BC V2S 0C2

**Phone:** (604) 851-4700

### **Nearest Airport**

- The nearest airport is the Abbotsford International Airport