



2018 Companion Guide



Cycling**CANADA**Cyclisme

ALL RIDE. MANY RACE. WE WIN!



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 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.



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Louise Lalonde – CC Officials Committee, Chair.

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

1.1.034bi N) This regulation shall apply equally to events 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.

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:

| Categories | Age as at 31 December of the year of the competition |
|-------------------|---|
| <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 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 for BMX

§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 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 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 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 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 there is a specific rule in the 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 will be permitted for all road events in Canada, other than those events on the International Calendar. For events on the International Calendar, the UCI Regulations shall apply.



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

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.

§2 ORGANISATION

2.2.015 N) Inflatable structures

From 1st January 2022, inflatable structures on the road or crossing the road are prohibited, except in order to mark the position of the start line.

Between 1st January 2018 and 1st January 2022, inflatable structures on the road or crossing the road are permitted only to mark the location of the start line, the last kilometre of the race and the finish line, subject to the following requirements:

- The structure must be equipped with two generators as well as two blowers working simultaneously; the structure must be maintained in a stable position even in case one of the two generators fails;
- At least one technician must stay on alert close to the structure in order to intervene if a problem occurs;
- At least one of the two blowers must be supplied with a thermic petrol generator;
- Petrol must be available next to the structure if necessary;
- The structure must be secured to at least 10 anchor points.

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

§3 RACE PROCEDURES

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 (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 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.

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 events 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 6 STAGE RACES

Method

2.6.001 N) Can also include Criterium and Team Time Trial.

Drop Out

2.6.026 N) A rider dropping out of a race may not compete in another race for the duration of the event 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 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 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.



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

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

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

3.2.102 N) Also applicable to Canadian National Championships.

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

3.2.117 N) Also applicable to Canadian National Championships. Recommended event and distance for each category at provincial and national events:



| RECOMMENDED TRACK EVENTS AND DISTANCE FOR YOUTH RACING | | | | |
|--|------------------------------|------------------------------|--------------|--------------|
| Category Épreuve | 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 | 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

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 event
- 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.

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 4X. The license must reflect all subcategories.

Masters

4.1.009 N) For provincial events, 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 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 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 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.

| | 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 (19-29) | 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 |

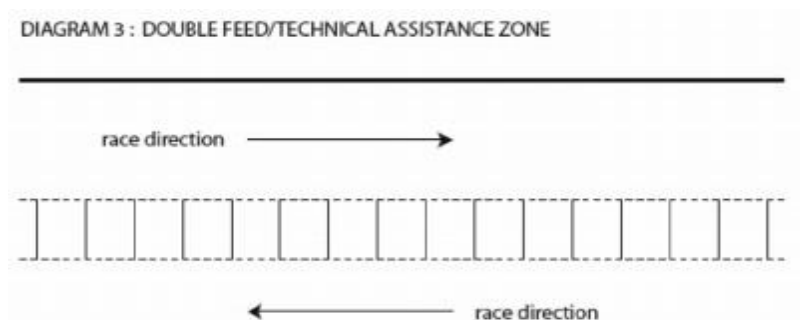
§ 3. COURSE MARKING

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



§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 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 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) 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.

Chapter 3 DOWNHILL EVENTS

§ 1. ORGANIZATION OF COMPETITION

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



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

Chapter 8 CANADA CUP

§1. GENERAL

MTB Canada Cup Classifications and Regulations

4.5.002 -4.5.018 N) Please refer back to the Canada Cup specific series rules.

Training

4.3.021 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 official 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 |
| U17&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 DH 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

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

§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.

§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

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 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 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.



§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.

§7 INTERNATIONAL 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 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 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.

§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 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

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. 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 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 Commissaire Assignments for national events which occur in their provinces; recommend officials for national and international upgrading to the Officials Committee; recommend rule changes to the Officials Committee; ensure the licensing of Provincial Level Commissaires.

Course Conductor

Only those National Level Commissaires that have attended and passed the Course Conductor Course are authorized to deliver Commissaire Courses.



Appendix 2

TRANS-CANADA RECORD RULES

(Approved February 1967: Updated March 1980)

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



7. The rider attempting the record may stop to sleep, eat or rest whenever and wherever he wishes, and he is permitted to ride through the hours of darkness on the condition that the bicycle has lights and abides by 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 follow 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 |



| | | | | |
|---|----------|---------------|--|--|
| Individual Pursuit (2 km) Poursuite individuelle | 2:27.404 | July 8, 2013 | Ariane Bonhomme QC | BEL 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 |
| Junior men – hommes junior | | | | |
| 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 |

| 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 | | | | |
| 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 |
| Non-standard Distances – Distances non-standard | | | | |
| 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. | | | | |



| Masters – Maîtres | | | | |
|--|----------|----------------|--------------------------|--|
| Flying 200m – 200m lancé | | | | |
| 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 |
| Time Trial – Contre-la-montre | | | | |
| 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 |
| Individual Pursuit – Poursuite individuelle | | | | |
| 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 |
| Hour Record – Record de l'heure | | | | |
| M/H 40-44 | 45.189 | Sept. 14, 2011 | Mike Nash ON | Manchester GB |
| <p><i>Masters records must be set in a UCI or Cycling Canada sanctioned competition with electronic timing. To submit a result, please send the official results sheet signed by the commissaires to track@cyclingcanada.ca.</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 : track@cyclingcanada.ca.</i></p> | | | | |



Appendix 4

2017 CANADIAN CHAMPIONS

| 2017 ROAD CHAMPIONS | | | |
|----------------------------|--------------------------|------|----------|
| Medalists Titled | | | |
| Individual Time Trial | Athlete | Prov | Time |
| Junior Women (26km) | Dana Gilligan | ON | 0:24:22 |
| Junior Men (26km) | Graydon Staples | ON | 0:37:22 |
| Elite Women (26km) | Karol-Ann Canuel | QC | 0:38:37 |
| U23 Men (36km) | Adam Roberge | QC | 0:48:49 |
| Elite Men (36km) | Svein Tuft | BC | 0:48:13 |
| Master Women 30-39 (21km)* | Jennifer Bell | ON | 36:17.73 |
| Master Women 40+ (21km) | Richele Frank | BC | 34:23.78 |
| Master Men 30-39 (21km) | Jerome McNicoll | QC | 29:39.27 |
| Master Men 40-49 (21km) | Dalton Fayad | BC | 29:58.55 |
| Master Men 50-59 (21km) | Ian Scott | ON | 29:59.98 |
| Master Men 60+ (21km) | Brian Marsh | BC | 31:31.36 |
| Road Race | Athlete | Prov | Time |
| Junior Women (70km) | Laurie Jussaume | QC | 1:54:43 |
| Junior Men (120km) | Charles-Etienne Chretien | QC | 2:48:34 |
| Elite Women (120km) | Allison Beveridge | AB | 3:03:22 |
| U23 Men (160) | Marc-Antoine Soucy | QC | 3:43:29 |
| Elite Men (160km) | Matteo Dal-Cin | ON | 3:43:29 |
| Master Women 30-39 (84km)* | Lora Genaille | BC | 2:31:57 |
| Master Women 40+ (84km) | Carolyn Russell | BC | 2:31:26 |
| Master Men 30-39 (126km) | Cory Jay | PEI | 3:07:23 |
| Master Men 40-49 (126km) | Dominic Chalifoux | QC | 3:07:27 |
| Master Men 50-59 (105km) | Ian Scott | ON | 2:48:07 |
| Master Men 60+ (84km) | Brian Marsh | BC | 2:24:03 |
| Criterium Challenge | Athlete | Prov | Time |
| Junior Women | Kurt Penno | MB | 52:44 |
| Junior Men | Maggie Coles-Lyster | BC | 38:33 |
| Elite Women | Leah Kirchmann | MB | 1:05:43 |
| Elite Men | Pier-André Coté | QC | 1:05:05 |
| Master Women 30-39* | Lora Genaille | BC | 44:48 |
| Master Women 40+ | Carolyn Russell | BC | 44:28 |
| Master Men 30-39 | Andrew Davidson | AB | 56:38 |
| Master Men 40-49 | Daniel Wood | AB | 53:01 |



| | | | |
|-------------------|--------------|----|-------|
| Master Men 50-59 | Uli Mayer | BC | 48:13 |
| Master Men 60+ | Alex Szirmai | BC | 48:26 |
| <i>*non-title</i> | | | |

2017 CYCLO-CROSS CHAMPIONS

Medalists Titled

| | Athlete | Prov | Time |
|---------------------|--------------------------|------|-------|
| Junior Men | Tyler Clark | ON | 44:35 |
| Elite Women | Christel Ferrier Bruneau | QC | 45:57 |
| U23 Women | Ruby West | ON | 38:59 |
| U23 Men | Raphael Auclair | QC | 51:26 |
| Elite Men | Michael Van den Ham | BC | 58:43 |
| Master Women 30-39* | Caitlin Callaghan | AB | 36:16 |
| Master Men 30-39 | Thierry Labiberté | QC | 46:08 |
| Master Women 40+ | Alana Heise | AB | 34:21 |
| Master Men 40-49 | Aroussen Laflamme | QC | 48:48 |
| Master Men 50-59 | Terry Tomlin | NS | 40:17 |
| Master Men 60+ | Michel Hamel | QC | 44:26 |
| <i>*non-title</i> | | | |

2017 TRACK CHAMPIONS

Medalists Titled

| Sprint | Athlete | Prov |
|--------------|---------------------|------|
| U17 Men | Riley Pickrell | BC |
| U17 Women | Madison Dempster | ON |
| Junior Men | Je'land Sydney | ON |
| Junior Women | Maggie Coles-Lyster | BC |
| Elite Men | Hugo Barrette | QC |
| Elite Women | Tegan Cochrane | ON |
| Master Men A | Brent Baerg | AB |
| Master Men B | Chris Firek | ON |
| Master Men C | Christian Schneider | ON |
| Master Women | Candice Moote | ON |
| | | |
| Keirin | Athlete | Prov |
| U17 Men | Riley Pickrell | BC |
| U17 Women | Madison Dempster | ON |
| Junior Men | Nick Wammes | ON |
| Junior Women | Maggie Coles-Lyster | BC |
| Elite Men | Hugo Barrette | QC |



| | | |
|---------------------------|---|-------------|
| Elite Women | Tegan Cochrane | ON |
| Master Men A | Cameron MacLeod | AB |
| Master Men B | Steve McKee | ON |
| Master Men C | Christian Schneider | ON |
| Master Women | Candice Moote | ON |
| | | |
| Time Trial | Athlete | Prov |
| U17 Men | Riley Pickrell | BC |
| U17 Women | Madison Dempster | ON |
| Junior Men | Tristan Guillemette | QC |
| Junior Women | Maggie Coles-Lyster | BC |
| Elite Men | Adam Attwell | BC |
| Elite Women | Lauriane Genest | QC |
| Master Men A | Cameron MacLeod | AB |
| Master Men B | Frank Kovacs | AB |
| Master Men C | Neil Armstrong | ON |
| Master Women | Candice Moote | ON |
| | | |
| Team Sprint | Athlete | Prov |
| U17 Men | Riley Pickrell Ethan Ogrodniczuk Tyler Davies | BC |
| U17 Women | Madison Dempster Elizabeth Archbold | ON |
| Junior Men | Je'land Sydney Nick Wammes Justin Correa | ON |
| Junior Women | Charlotte Creswicke Ainsley Black | ON |
| Elite Men* | Patrice St Louis Pivin Joel Archambault Hugo Barrette | QC |
| Elite Women* | Tegan Cochrane Lauriane Genest | ON |
| | | |
| Individual Pursuit | Athlete | Prov |
| U17 Men | Riley Pickrell | BC |
| U17 Women | Sarah Van Dam | BC |
| Junior Men (3000m) | Tristan Guillemette | QC |
| Junior Women (2000m) | Erin J Attwell | BC |
| Elite Men (4000m) | Derek Gee | ON |



| | | |
|---------------------|---|----------------------|
| Elite Women (3000m) | Kinley Gibson | AB |
| Master Men A | Willy Gonzalez | AB |
| Master Men B | Steve McKee | ON |
| Master Men C | Mike Nash | ON |
| Master Women | Charlotte Roberge | QC |
| | | |
| Team Pursuit | Athlete | Prov |
| U17 Men | Axel Froner James Hedgcock Dylan Bibic Giuseppe Carone | ON |
| U17 Women | Emma Lazenby Madison Dempster Victoria Slater Elizabeth Archbold | ON |
| Junior Men | Michael Foley Chris Ernst Ethan Sittlington Lucas Taylor | ON |
| Junior Women | Laurie Jussaume Maggie Coles-Lyster Erin J Attwell Micaiah Besler | BC |
| Elite Men* | Bayley Simpson Evan Burtnik Derek Gee Adam Jamieson | ON AB ON ON |
| Elite Women* | Annie Foreman-MacKey Allison Beveridge Jasmin Duehring Katherine Maine | ON AB BC ON |
| | | |
| Omnium | Athlete | Prov |
| Elite Men | Ed Veal | ON |
| Elite Women | Ariane Bonhomme | ON |
| | | |
| Scratch Race | Athlete | Prov |
| U17 Men | Riley Pickrell | BC |
| U17 Women | Elizabeth Archbold | ON |
| Junior Men | Michael Foley | ON |
| Junior Women | Maggie Coles-Lyster | BC |



| | | |
|-------------------------|------------------------------------|-------------|
| 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 | Sarah Van Dam | BC |
| Junior Men | Michael Foley | ON |
| Junior Women | Maggie Coles-Lyster | BC |
| | | |
| Points Race | Athlete | Prov |
| U17 Men | Riley Pickrell | BC |
| U17 Women | Sarah Van Dam | BC |
| Junior Men | Michael Foley | ON |
| Junior Women | Maggies Coles-Lyster | BC |
| Master Men A/B | Steve McKee | ON |
| Master Men C | Krzytof Kurzawinski | ON |
| Master Women | Candice Moote | ON |
| | | |
| Madison | Athlete | Prov |
| Junior Men | Lucas Taylor/Christ Ernst | ON |
| Junior Women* | Micaiah Besler/Maggie Coles-Lyster | BC |
| Elite Men | Derek Gee/Evan Burtnik | ON/AB |
| Elite Women | Allison Beveridge/Jasmin Duehring | AB/BC |
| <i>*non-title</i> | | |

2017 PARA-CYCLING TRACK CHAMPIONS

Medalists Titled

| Individual Time Trial | Athlete | Prov | Time |
|-----------------------|---------------------------------------|------|----------|
| Para B Men Kilo* | Mathieu Croteau Daigle/Benoit Lussier | QC | 1:09.042 |
| Para C4 Men Kilo* | Lachlan Hotchkiss | BC | 1:18.053 |
| Para B Women Kilo* | Cara Shibley/Erin Ruttan | AB | 1:17.924 |
| Para C4 Women 500m | Marie Claude Molnar | QC | 43.164 |
| | | | |
| Individual Pursuit | Athlete | Prov | Time |
| Para B Men | Mathieu Croteau Daigle/Benoit Lussier | QC | 4:36.194 |
| Para C4 Men | Lachlan Hotchkiss | BC | 5:41.385 |
| Para B Women | Cara Shibley/Erin Ruttan | AB | 3:56.051 |
| Para C4 Women | Marie Claude Molnar | QC | 4:11.121 |
| <i>*non-title</i> | | | |



2017 PARA-CYCLING ROAD CHAMPIONS

Medalists Titled

| Individual Time Trial | Athlete | Prov | Time |
|-----------------------|--|------|---------|
| Women T1-2/Men T2* | Shelley Gautier | ON | 112.58% |
| Women H3-4/Men H3-4 | Charles Moreau | QC | 97.16% |
| Men H1-2/Women H2* | Matthew Kinnie | NB | 83.61% |
| Women C4-5* | Marie Claude Molnar | QC | 98.96% |
| Women B Tandem* | Cindy Morin/Anais Courteille | QC | 93.63% |
| Men B Tandem* | Matthieu Daigle-Croteau/Benoit Lussier | QC | 92.32% |
| | | | |
| Road Race | Athlete | Prov | Time |
| Women C4-5* | Nicole Clermont | QC | 1:23:44 |
| Men H3-4 | Charles Moreau | QC | 1:16:15 |
| Men H1-2/Women H2-4 | Myriam Adam | QC | 1:02:39 |
| Men T2/Women T1-2* | Louis-Albert Jolin-Corriveau | QC | 1:00:56 |
| Women's B Tandem | Shawna Ryan/Joanie Caron | QC | 1:45:36 |
| Men's B Tandem* | Matthieu Daigle-Croteau/Benoit Lussier | QC | 1:48:45 |
| <i>*non-title</i> | | | |

2017 MOUNTAIN BIKE CHAMPIONS

Medalists Titled

| Downhill | Athlete | Prov |
|-------------------------|-------------------------|------|
| U17 Expert Men | Lucas Cruz | BC |
| U17 Women* | Aleda Toronitz | BC |
| U19/Junior Expert Men | Kendall McLean | BC |
| U19/Junior Women* | Kyleigh Stewart | BC |
| Elite Women | Miranda Miller | BC |
| Elite Men | Kirk McDowall | BC |
| Master 30+ Women* | Caroline Rousselle | BC |
| Master Expert Men 30-39 | Ash Southern | BC |
| Master Expert Men 40-49 | Robert Venables | BC |
| Master Men 50+ | Don Van Eesteren | BC |
| | | |
| Cross-Country | Athlete | Prov |
| U17 Expert Women | Julianne Sarrazin | QC |
| U17 Expert Men | Charles-Antoine St-Onge | QC |
| Junior Expert Women | Roxanne Vermette | QC |
| Junior Expert Men | Brody Sanderson | ON |
| U23 Espoir Women | Jenn Jackson | ON |



| | | |
|-------------------------------|----------------------|-------------|
| U23 Espoir Men | Sean Fincham | BC |
| Senior Elite Women | Emily Batty | ON |
| Senior Elite Men | Peter Disera | ON |
| Master Expert Women 30-39* | Amy Woodward-Kennedy | AB |
| Master Expert Men 30-39 | Dylan Bailey | BC |
| Master Expert Women 40+* | Shawna Donaldson | AB |
| Master Expert Men 40-49 | Ryan Pannell | BC |
| Master Expert Men 50+ | Don Larsen | BC |
| | | |
| Team Relay | Athlete | Prov |
| PSO/Trade Team | Norco Factory Team | ON |
| | | |
| Cross-Country Marathon | Athlete | Prov |
| Senior Elite Women | Elyse Nieuwold | ON |
| Senior Elite Men | Alexandre Vialle | QC |
| <i>*non-title</i> | | |

2017 BMX CHAMPIONS

| Medalists Titled | Athlete | Prov |
|-----------------------------|--------------------|-------------|
| Junior Elite Women | Avriana Hebert | AB |
| Junior Elite Men | Josh Samells | ON |
| Senior Elite Women | Drew Mechielsen | BC |
| Senior Elite Men | Tory Nyhaug | BC |
| | | |
| Medalists Non-titled | Athlete | Prov |
| 5-7 yrs Women | Quinn Reiling | AB |
| 8 yrs Women | Nia Fee | AB |
| 9 yrs Women | Georgina Cejalvo | BC |
| 10 yrs Women | Giuliana Bregliano | AB |
| 11 yrs Women | Avery Yochim | BC |
| 12 yrs Women | Peyton Yochim | BC |
| 13 yrs Women | Isabella Bregliano | AB |
| 14 yrs Women | Emily Henderson | AB |
| 15 yrs Women | Molly Simpson | AB |
| 16 yrs Women | Karsen Tielen | BC |
| 17-24 yrs Women | Aleasha Wiebe | BC |
| 25+ yrs Women | Deborah Williams | AB |
| 5-6 yrs Men | Xaiden Burt | AB |
| 7 yrs Men | Gage Carson | AB |
| 8 yrs Men | Jack Cerney | BC |



| | | |
|---------------------|----------------------|----|
| 9 yrs Men | Nolan Reiling | AB |
| 10 yrs Men | Luke Sowpal | BC |
| 11 yrs Men | Oliver Jackson | AB |
| 12 yrs Men | Carson Kowaski | AB |
| 13 yrs Men | Max Ganakovsky | BC |
| 14 yrs Men | Cole Zufelt | ON |
| 15 yrs Men | Ryan Tougas | BC |
| 16 yrs Men | James Hedgcock | ON |
| 17-24 yrs Men | Colton Kroon | AB |
| 25-29yrs Men | Jeffrey Jacobsen | AB |
| 35+ yrs Men | Cory Banks | AB |
| <12 Cruiser Men | Nickolas Nugent | AB |
| 13-14 Cruiser Men | Matthew Primeau | AB |
| 15-16 Cruiser Men | Wyatt Andres | AB |
| 17-24 Cruiser Men | Colton Kroon | AB |
| 25-29 Cruiser Men | Jeffrey Jacobsen | AB |
| 30-34 Cruiser Men | Christopher Nakamura | AB |
| 35-39 Cruiser Men | Tony Mottershead | AB |
| 40-44 Cruiser Men | Jason Wesson | BC |
| 45-49 Cruiser Men | Chris Ferguson | AB |
| 50+ Cruiser Men | Darren Williams | AB |
| <16 Cruiser Women | Abygale Reeve | AB |
| 17-29 Cruiser Women | Yvonne McLean | AB |
| 30-39 Cruiser Women | Rhonda Grenier | AB |
| 40+ Cruiser Women | Deborah Williams | AB |

