

TECHNICAL GUIDE

2025



PROVINCIAL CHAMPIONSHIPS

XCO

ELITE – MASTERS – JUNIOR – CADET

Organized by

TREK Bicycle Store Victoria
PRO CITY RACING

- Hartland Trail System, Victoria, BC -



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WELCOME REMARKS

The Capital Regional District and the organizing committee wish to welcome all participants to the 2025 BC Mountain Bike XCO Championships, which will be held on June 22nd, 2025.

This race will be held at Mt Work Hartland, aka, The Dump. We have composed a new course for 2025. This event will combine the energy and excitement of our Island Cup XCO series finals with the Cycling BC Provincial XCO championships. Our goal is to create a fun and inviting event for all participants by keeping the grassroots feel of the Island Cup, but also recognizing our top riders in the province. This means that athletes can participate in the event with a single-event license. However, athletes will need an active UCI Race or Provincial Race license to be eligible to win a Provincial Championship jersey.

Registration categories remain the same as our Island Cup series, so you can choose from Beginner (1 lap), Intermediate and Masters (2-3 laps), and Expert (4 laps). Although the combined categories seem a bit complicated, we want you to register for the category that fits you best for the Island Cup Series. We will sort your registration in the back end to get you in the correct BC Champ category.

To help encourage the next generation, race entry fees for youth racers are heavily subsidized. There will, of course, be a free pizza party available for all participants. On behalf of the events' sponsors, communities, and volunteers who significantly contribute to them, we welcome you to the Provincial Championships and wish you every success at this year's event.

Sincerely,

Scott Mitchell, Team Manager of Pro City Racing and the Organizer of the Island Cup Series



OVERVIEW

DATES	Sunday, June 22, 2025
LOCATIONS	Mountain Bike Provincial Championships: Cross Country Olympic (XCO) <ul style="list-style-type: none"> • Hartland Trail System (The Dump) • 1 Hartland Ave, Victoria, BC V9E 1L7, Canada • View driving directions from Swartz Bay Ferry Terminal: View

ORGANIZER

AFFILIATE	Pro City Racing
ADDRESS	338 Catherine St. Victoria, BC V9A 3S8
CONTACT	Scott Mitchell
EMAIL	scott@trekbikesvictoria.com
WEBSITE	https://www.trebikesvictoria.com/

GOVERNING BODY

PSO	Cycling British Columbia
ADDRESS	PO Box 44001 RPO Kensington SQ, Burnaby, V5B 4Y2
CONTACT	CJ Young
EMAIL	cj@cyclingbc.net
PHONE	604-737-3034
WEBSITE	www.cyclingbc.net
FACEBOOK	https://www.facebook.com/cyclingbc/
INSTAGRAM	https://www.instagram.com/cyclingbc/
TWITTER	https://twitter.com/cyclingbc/



1. SPECIFIC REGULATIONS

- 1.1. The Provincial Championships are an AA-level sanctioned event. Therefore, UCI regulations are in effect for all championship categories. It is the athlete's responsibility to know the rules.
- 1.2. The Provincial Championships will occur on the scheduled date and time. Regardless of unforeseen delays or prolonged stoppages, the Championships will not extend past Sunday, June 22nd, 2025; however, the racing format may be modified at the discretion of the President of the Commissaire Panel (PCP) and Technical Delegate.
- 1.3. Equipment regulations for all championship categories will be enforced, per UCI rules and CC's Companion Guide. Athletes must always have their hands on the handlebars while riding and racing. Athletes must compete in the clothing of their affiliated club/team, as per their license, or wear non-branded neutral clothing. Support staff are expected to wear club/team clothing in the tech/feed zone. Support staff are expected to hold an active UCI technical license matching their associated role.
- 1.4. All athletes must wear a helmet that satisfies all [Canadian Standards Association \(CSA\)](#) or equivalent requirements. [Helmets are mandatory at all times in British Columbia](#). Commissaires and organizers accept no responsibility for the conditions of the competitors' bicycles before, during and after each event. Bikes and equipment are required to comply with UCI and Cycling Canada regulations.
- 1.5. All athletes lapped or in danger of being lapped by the lead group may be eliminated at the discretion of the PCP. Once eliminated, athletes must withdraw from the race immediately; failure to withdraw immediately will result in disciplinary action.
- 1.6. All athletes must obey the rules of the road. Athletes must give way to Emergency Vehicles and, if required to do so, neutralize the race on their own, i.e., without instructions from an official.
- 1.7. All participants must enter their AGE class as shown on their 2025 license (age on Dec 31st, 2025).
- 1.8. **SPECIAL FOR THIS EVENT:** Athletes are eligible to participate using a Single-Event License (SEL); however, athletes must hold a UCI Race or Provincial Race License (matching the codes below) to be eligible to win a provincial championship jersey.
- 1.9. Eligibility to Race: Per Cycling Canada's 2025 companion guide (1.2.028 N), this competition is open to Canadian citizens, permanent residents, landed immigrants, and individuals with refugee status in all categories, including UCI categories.
 - 1.9.1.1. Proof of citizenship status (passport, permanent resident card, landed immigrant status, or refugee status papers), including UCI categories, may be required.
 - 1.9.2. BC residents must hold an active Cycling BC membership (Provincial Race or UCI Race license) and have a CROSS COUNTRY designation to participate in a CHAMPIONSHIP category.
- 1.10. Eligibility to Win: Only BC residents with the necessary membership/license can win a BC Provincial Championship title and medals.



- 1.10.1. Two podium presentations will occur if a non-BC resident (i.e., Albertan) places among the top three overall finishers in their race category. The first presentation will celebrate the race's finish order, and the second will commemorate the Provincial Championship.
- 1.10.2. Provincial Championship titles, jerseys, and medals will be awarded regardless of the number of athletes in the category.
- 1.11. If an athlete wins multiple championships, only ONE jersey is awarded. If the jersey provided during the awards ceremony is the wrong size, Cycling BC staff will follow up afterward. If an athlete wins multiple medals, only a maximum of one gold, one silver, and one bronze medal will be awarded.
- 1.12. All protests concerning the finish order shall be examined and resolved by the PCP, whose decision is final and without appeal. Protests must be made verbally or in writing to the PCP within 15 minutes after the unofficial results are posted. There is no required deposit or payment to launch a protest. Final decisions will be announced soon, so podium ceremonies may proceed.
- 1.13. All athletes finishing on the podium must attend the award ceremonies and wear their affiliated club/team cycling clothing. Failure to attend may result in a fine and loss of prize money. Athletes who cannot participate in the ceremony must advise the PCP or the Technical Delegate with a valid reason (travel or "catching a ferry" is not a valid reason). As per UCI rule 1.2.113, riders shall appear on the podium in competition clothing (i.e., no political messaging). Failure to do so will result in a fine and loss of the award (including prize money) according to UCI rule 2.12.007.1.4.
- 1.14. Official race results will be released after the Finish Judge signs them and distributes them at the event check-in area. They will also be posted on the race's official website in the following days.
- 1.15. It is against the law to urinate in public in British Columbia. If doing so, you may be cited by local law enforcement. Please also obey all traffic laws, speed limits, and law enforcement directions. Cycling BC Commissaires may enforce these rules concerning athletes and team staff, even if there is no citation by local law enforcement.
- 1.16. All athletes must use the supplied frame number plate and body numbers, without modification (e.g., cutting, folding). One body number and a frame number must be worn during the Cross Country XCO competition. Riders should be aware that at the next level of competition (Canada Cup), they are also required to wear their number during official on-track training time.
- 1.17. Where it is deemed that the image or reputation of the event organization may be blemished, notably concerning anti-doping measures and the behaviour of any team member (management or athlete), the organizer reserves the right to exclude the athlete(s) or team member(S) involved at any time during the race.



2. REGISTRATION

REGISTRATION LINK	DEADLINE
MTB CHAMPIONSHIP - XCO - CLICK HERE TO REGISTER	Thursday, June 20th, 2025 @ 17hr00

- There will be no late registrations. No exceptions. There is no day-of registration.
- Registration fees are non-refundable once registration is closed.
- All athletes must SIGN-ON for each race on the day of the competition at the check-in tent.

3. RACE NUMBERS PICK-UP SCHEDULE

DATE	LOCATION
Sunday, June 22, 2025	Hartland Parking Lot, 8:30 am - 11:30 am

Riders must pick up their numbers and/or **sign on** during these times.
Sign-on opens 70 minutes before the race start and closes 10 minutes before the race start.

Per UCI Rules, riders not signing in will be subject to a CHF 50 fine.

Trade Team managers can pick up race numbers by presenting their rider's UCI license; however, athletes must sign on at the check-in tent before competing each day (road race & criterium).

4. ANTI-DOPING

Athletes participating in the 2025 Provincial Road Championships who require the use of a medication included on the Prohibited List must apply for a Therapeutic Use Exemption (TUE) before participating in the event. CCES may conduct doping control. When athletes selected for testing cross the finish line, a chaperone will meet them there. The location of the doping control station will be identified.

5. MEDIA REQUESTS

All media requests should be directed to the organizer.

All photographers and videographers hired by the event must wear a media credential, and in some instances, an official vest, to avoid confusion with on-site staff. Approved photo credentials may be picked up by contacting the Event Organizer.



6. MEDICAL

First aid will be available during all competitions. The medical team will treat athletes, staff, officials, and volunteers in the dedicated medical areas located near the start and finish lines.

Before the event, a medical support vehicle and staff will be available in the staging area at the start, approximately one hour before the race start each day.

During and after the event, a medical services tent will be located adjacent to the finish line each day to treat athletes immediately after the race.

The medical staff is led by the Lead Medix Staff.

In case of further treatment, please visit any of these local hospitals nearest the competition venue.

Victoria General Hospital	Saanich Peninsula Hospital
1 Hospital Way Victoria, BC (250) 727-4212	2166 Mt Newton X Rd, Saanichton, BC V8M 2B2

FOR EMERGENCIES, DIAL 911 ON YOUR PHONE

7. EVENT OFFICIALS

POSITION	ASSIGNED BY	NAME
Technical Delegate	Cycling BC	Ben Chaddock (Cycling BC)
President of the Commissaires Panel (PCP)	Cycling BC	n/a
Finish Judge	Cycling BC	n/a
Time Keeper	Cycling BC	n/a
Members	Cycling BC	n/a
Timing Service Provider	Island Cup	Rebel Timing

8. ADDITIONAL LINKS

UCI Regulations	Click Here [UCI Website]
Cycling Canada Regulations	2025 Companion Guide (published April 1st, 2025)
Cycling BC Race Rules	Competition Rules
Cycling BC Categories	Categories



9. CATEGORIES

Championship Categories: Women

Island Cup Category	Provincial Category	Category Description	2024 Champion
Expert Women (3 laps)	Elite/U23 Women	For athletes born in 2006 or earlier. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XWE, XWE.E, XWU23, XWU23.E)	Helena Coney
Expert Women (3 laps)	U19 Expert Women	For athletes born from 2007 to 2008. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XWJ.E)	Eleanor Winchell
Intermediate Women (2 laps)	U17 Expert Women	For athletes born from 2009 to 2010. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XWU17.E)	Lacey Dennis
Intermediate Women (2 laps)	Masters B Women (45+)	For athletes born in 1980 or earlier. This Provincial Championship category requires a Provincial or UCI Race license (Code: XWMB, XWMC, XWMD)	Esta Bovill
Intermediate Women (2 laps)	Masters A Women (35-44)	For athletes born from 1981 to 1990. This Provincial Championship category requires a Provincial or UCI Race license (Code: XWMA)	
Beginner Women (1 lap)	U15 Women	For athletes born from 2011 to 2012. This Provincial Championship category requires a Provincial or UCI Race license (Code: XWU15)	Tyler McIntosh
Beginner Women (1 lap)	U13 Women	For athletes born from 2013 to 2014. This Provincial Championship category requires a Provincial or UCI Race license (Code: XWU13)	

Non-Championship Categories: Women

Island Cup Category	Provincial Category	Category Description
Intermediate Women (2 laps)	Elite (19-34) Sport Women	For athletes born from 2006 to 1991. This category requires a Provincial Race or UCI Race license (Code: XWE.S, XWU23.S)
Intermediate Women (2 laps)	U19 Sport Women	For athletes born from 2008 to 2007. This category requires a Provincial or UCI Race license (Code: XWJ.S)
Beginner Women (1 lap)	U17 Sport Women	For athletes born from 2009 to 2010. This category requires a Provincial or UCI Race license (Code: XWU17.S)
Beginner Women (1 lap)	Open 15+ Women	This category is available for athletes born in 2010 or earlier, with a Single-Event License or an annual membership.



Championship Categories: Men

Island Cup Category	Provincial Category	Category Description	2024 Champion
Expert Men (4 laps)	Elite/U23 Men	For athletes born in 2006 or earlier. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XME, XME.E, XMU23, XMU23.E)	Cam McCallum
Expert Men (4 laps)	U19 Expert Men	For athletes born from 2007 to 2008. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XMJ.E)	Kelan Wells
Intermediate Men (3 laps)	U17 Expert Men	For athletes born from 2009 to 2010. This Provincial Championship category requires a Provincial Race or UCI Race license (Code: XMU17.E)	Ethan Wood
Intermediate Men (3 laps)	Masters C Men (55+)	For athletes born in 1970 or earlier. This Provincial Championship category requires a Provincial or UCI Race license (Code: XMMC, XMMD)	Edward Lawson
Intermediate Men (3 laps)	Masters B Men (45-54)	For athletes born from 1971 to 1980. This Provincial Championship category requires a Provincial or UCI Race license (Code: XMMB)	Chris McNeil
Intermediate Men (3 laps)	Masters A Men (35-44)	For athletes born from 1981 to 1990. This Provincial Championship category requires a Provincial or UCI Race license (Code: XMMA)	Dave Vunic
Beginner Men (1 lap)	U15 Men	For athletes born from 2011 to 2012. This Provincial Championship category requires a Provincial or UCI Race license (Code: XMU15)	Jake Ulansky
Beginner Men (1 lap)	U13 Men	For athletes born from 2013 to 2014. This Provincial Championship category requires a Provincial or UCI Race license (Code: XMU13)	

Non-Championship Categories: Men

Island Cup Category	Provincial Category	Category Description
Intermediate Men (3 laps)	Elite (19-34) Sport Men	For athletes born from 2006 to 1991. This category requires a Provincial Race or UCI Race license (Code: XME.S, XMU23.S)
Intermediate Men (3 laps)	U19 Sport Men	For athletes born from 2008 to 2007. This category requires a Provincial or UCI Race license (Code: XMJ.S)
Beginner Men (1 lap)	U17 Sport Men	For athletes born from 2009 to 2010. This category requires a Provincial or UCI Race license (Code: XMU17.S)
Beginner Men (1 lap)	Open 15+ Men	This category is available for athletes born in 2010 or earlier, with a Single-Event License or an annual membership.



10. Mtn. Bike Cross Country (XCO) PROVINCIAL CHAMPIONSHIP

Schedule:

Wave 1 Athlete Sign-On: 8:30 am - 9:50 am
 Wave 1 Start: 10:00 am
 Wave 2 Athlete Sign-On: 10:50 am - 11:50 am
 Wave 2 Start: 12:00 pm

TIME	ISLAND CUP CAT.	CHAMPIONSHIP CAT.	DISTANCE	LAPS
WAVE 1				
10:00:00 AM	Intermediate Men	U17 Expert Men Masters C Men (55+) Masters B Men (45-54) Masters A Men (35-44)	17 km	3
10:00:30 AM	Intermediate Women	U17 Expert Women Elite Sport Women (19-34) Masters A Women (35-44) Masters B Women (45+)	12 km	2
10:01:00 AM	Beginner Men	U17 Sport Men U15 Men U13 Men Open 15+ Men	7 km	1
10:01:30 AM	Beginner Women	U17 Sport Women U15 Women U13 Women Open 15+ Women	7 km	1
WAVE 2				
12:00:00 PM	Expert Men	Elite/U23/U19 Men	22 km	4
12:00:30 PM	Expert Women	Elite/U23/U19 Women	17 km	3
12:01:00 PM	Masters Men	Masters A Men (35-44)	17 km	3
12:01:00 PM	Masters Men	Masters B Men (45-54)	17 km	3
12:01:00 PM	Masters Men	Masters C/D Men (55+)	17 km	3
12:30:00 PM	Pizza and Drinks are available for all racers who have completed their event			
2:30:00 PM	Awards Ceremony			



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Parking:

- Address: [1 Hartland Ave, Victoria, BC V9E 1L7, Canada](#)
- View driving directions from Swartz Bay Ferry Terminal: [View](#)
- Bathrooms are located in the Hartland Parking lot.
- Athletes and volunteers who do not use the facilities provided will face the consequences set out by the Commissaires.

Course:

The XCO race course features a 5.4 km loop with 201m of elevation gain per lap (clockwise). Racers will start with a [2.4 km start loop on the Emergency One Fire Road heading up Regional Trail North](#) before dropping into Who's yer Daddy. The elite riders can expect to complete one lap in approximately 20 minutes.

The start of the race is a 5-minute ride into the park, approximately a 15-minute walk. Head to the top of Skull Trail for staging. The tech and feed zone is located near the start line, a short distance up the Emergency One fire road.

We recommend that spectators congregate at the top of Skull Trail, as it is very close to the start of the race and one of the best spots to cheer on all riders as they climb for their subsequent laps.

[Click here to view the map on TrailForks](#)

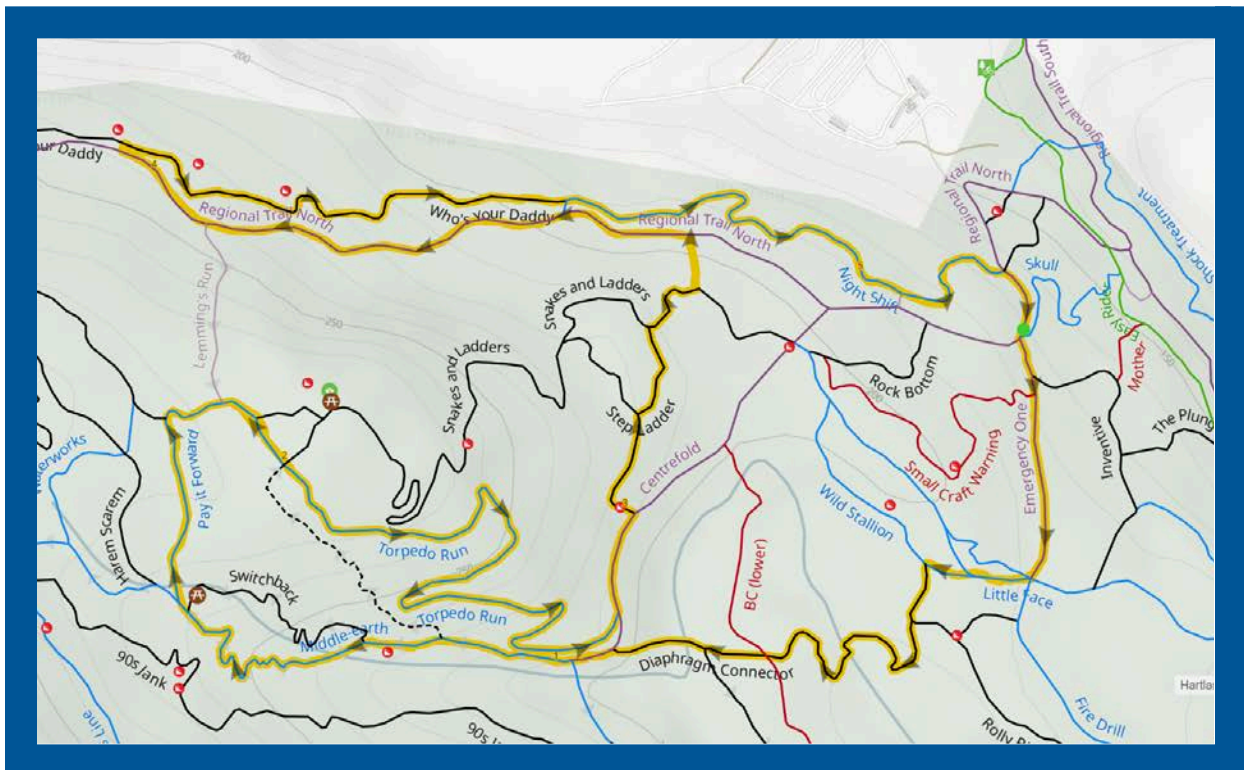


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Safety:

The course will be marshalled; however, the trails are not officially closed to the public.

A lap board will be visible at the finish line for athletes completing more than one lap. Athletes should know the length of their race before starting. It is strongly recommended that athletes use their own watch or bike computer to track their progress and record their time in case of timing issues.

Commissaires at the finish line will ring the final-lap bell when they cross the line to start their final lap. At this time, the lapboard will show one lap to go.

If a rider overtakes another rider in a separate race, the onus shall be on the overtaken rider to give way and fall back to avoid riding in company. An overtaking rider must pass on the left side as far apart as practical.

An athlete who suffers a mechanical problem on course will be responsible for fixing the issue on-course (please move safely off the race track) or continue to the tech zone. An athlete who suffers a duly-noted fall or accident should report the injury to a commissaire, seek medical attention, and complete the Cycling BC accident report form at cyclingbc.net/accident within 7 days.

Staging:

The defending champion (if in attendance) will be called up to the start of the race staging.

Start:

There is no neutral zone. The PCP will start the event by blowing an official whistle.

Tech / Feedzone:

The feedzone is highlighted using YELLOW tape. The technical zone is the only part of the course where athletes can receive technical support from mechanics and other support staff.

Athletes and team managers are ONLY to receive feeds and technical support on the right side of the technical zone. Feeders must wear club/team clothing (e.g., a vest/jersey) in the feed zone. Running in the feed zone is FORBIDDEN. Team managers are responsible for any garbage left in the feed zone.

Other Support:

Athletes are responsible for ensuring their equipment (bicycle/helmet) is in safe and proper working order. A complimentary mechanic may be available for last-minute emergencies at the event's start (facilitated by the Event Organizer).

Neither the event organizer nor Cycling BC is responsible for lost or damaged equipment.



Number Placement:

Race numbers will NOT be provided to athletes. Only timing chips will be used.

Timing

This event will use electronic chip timing provided by the Island Cup Series.

~~For safety and logistics purposes, the time limit for this race venue matches the UCI standard and is set at 80% of the leader's time. If athletes anticipate exceeding the time limit, they may be pulled from the course and classified as a DNF.~~

For this 2025 Championship event, the 80% Rule is NOT IN EFFECT. All athletes will be permitted to complete their full race distance for this unique 2025 Championship. However, athletes being lapped by other competitors are expected to yield the trail when it is safe to do so.

Awards:

Unofficial results will be posted as soon as possible, and the award ceremony will follow, pending no protests and confirmation of the official results by the PCP.



11. EVENT SPONSORS

	<p>Cycling Canada is the nation's oldest National Sport Organization and has a straightforward purpose – to inspire Canadians to cycle. Our mandate is to holistically develop the sport in partnership with our 11 Provincial/Territorial Sport Organizations, putting more Canadians on bikes from coast to coast and on podiums around the world.</p>
	<p>Cycling BC is the provincial governing body for the sport of cycling in British Columbia. We are a not-for-profit association registered under the BC Societies Act and affiliated with the Union Cycliste Internationale (UCI) through our membership in Cycling Canada. Our Board of Directors, elected by our members at the Annual General Meeting, provides policy direction to our senior staff. Other essential stakeholders supporting Cycling BC's objectives include race organizers, coaches, commissaires, instructors and committee members. We represent the full range of disciplines, including Road, Track, Cyclo-cross, Mountain Biking, BMX and Para-cycling.</p>
	<p>The Capital Regional District (CRD) is the regional government for 13 municipalities and three electoral areas on southern Vancouver Island and the Gulf Islands, serving about 460,000 people. The region includes traditional territories of many First Nations where 11 of these Nations hold reserve lands.</p>
	<p>The Trek Bicycle Store in Victoria is a key player in the Vancouver Island cycling community, offering a wide range of bikes, accessories, and services. They provide bike rentals, repairs, and fittings, ensuring riders have access to high-quality equipment and expert support.</p>
	<p>Since _____, Pro City Racing is deeply involved in the local cycling scene, organizing races and events that bring riders together. They contribute to the Vancouver Island Cup Mountain Bike Series, which includes cross-country, downhill, enduro, and marathon races. This series is known for its grassroots approach, welcoming both beginners and seasoned pros.</p>
	<p>Shimano is a leading manufacturer of bicycle components, known for its high-performance gear systems, brakes, pedals, and other cycling accessories. The company designs and produces equipment for various types of cycling, including road biking, mountain biking, and urban commuting. Shimano's innovations, such as the Di2 electronic shifting system, enhance precision and efficiency for professional and recreational riders alike. Additionally, Shimano supports cycling culture through sponsorships, advocacy, and trail-building initiatives</p>