



2015 Canadian Track Championships

Technical guide

Message from the President of Cycling Canada

On behalf of Cycling Canada, our members and our nation's cycling fans, I am pleased to welcome the athletes, coaches, support staff and spectators to the 2015 Canadian Track Championships at the Mattamy National Cycling Center in Milton, Ontario.

Cycling Canada's national team recently completed its best ever major Games performance with a total count of 34 medals including 13 gold at the Toronto 2015 Pan & Parapan American Games. Canadian Cyclists earned thirteen of those medals here at the Mattamy National Cycling Center.

The 2015 Canadian Track Championships promises to be a special opportunity to witness the incredible pool of up and coming talented athletes as well as Canada's top track cyclists in a venue that brings the action as close to you as possible without you leaving your seat.

We hope that the Canadian Track Championships in Milton will become an annual tradition that allows Canadian cycling fans to support our Canadian Cyclists that will travel around the world to proudly represent our nation!

To all the volunteers, sponsors and partners, I wish to convey my deepest thanks for your involvement and support; without which this event would not be possible.

Best wishes for a successful event and congratulations to all that have made this possible!



John Tolcamp
President
Cycling Canada

General information

- The Canadian Track Championships is a CN-class track event and will reunite the best U17/Juniors/Elite/Master riders from all over the country at the Mattamy National Cycling Center
- The event will be run under UCI / Cycling Canada rules
- The Canadian Track Championships will be governed by Cycling Canada
- UCI points will be allocated for the categories and events as outlined in the table on page 11
- The Canadian Track Championships will take place on the date and time as scheduled
- There will be no extension of the championships past Sunday October 11 2015 due to unforeseen delays or prolonged stoppages. In case of stoppages, priority will be given to championships categories and events. The racing format may also be modified at the discretion of the chief commissaire
- The Canadian Track Championships will include the following events:

Event	U17	Junior	Elite	Master	Para
500m/kilo TT	X	X	X	X	X
Keirin		X	X	X	
Sprint	X	X	X	X	
Team sprint	X	X	X		
Individual pursuit	X	X	X	X	X
Madison			MEN ONLY	MEN ONLY	
Team pursuit	X	X	X		
Omnium	X	X	X		
Points race				X	
Scratch race				X	

All events identified above are championship events. Championship title and jersey will be awarded according to the policy described in the Medals, jerseys & ceremonies section.

Officials

Position	Level	Name	Country or Province
Technical Delegate	Cycling Canada	Jessika Grand Bois	CAN
Chief	UCI	Adrien Levesque	NB
Judge	National	Steve Head	ON
Secretary	National	Anne Cobban	ON
Starter	National	Michael Pinkoski	AB
Finish judge	UCI	Pierre Gagné	QC
Member	National	Andrew Paradowski	ON
Member	UCI	Louise Lalonde	QC
Member	Provincial	Chantal Thompson	ON
Member	Provincial	Brad Day	ON
Timekeeper	Provincial	Ed Sitarski	ON
Timing	RSS - Richard Sports Services		CAN

Eligibility

- Canadian citizens, permanent residents and landed immigrants as well as individuals with refugee status can participate in all categories, including UCI categories. Proof of citizenship status or residence may be required (passport, permanent resident card, landed immigrant status or refugee status papers).
- Only Canadian citizens with a CAN UCI code will have access to the Canadian champion title, Canadian championships podium positions, UCI points and Canadian Track Championships medals.
- Prize money (where applicable) will be based on order of finish at the Canadian Track Championships regardless of citizenship or nationality.
- Should a rider without a CAN UCI code (permanent resident, landed immigrant or individual with refugee status) place among the top three overall finishers in the race category, a podium presentation will take place based on the finishing order of the race and a second podium presentation based on the Canadian championships results of eligible riders with a CAN UCI code will follow.
- All athletes must be in possession of a valid UCI international licence.
- Domestic licences (from Canada or other countries) will not be permitted.
- No one-day licences will be sold for the Canadian Championships.
- A licence must be presented to compete in the appropriate discipline.
- No registrations will be accepted on the day of the event.
- All competitors must enter their event class as shown on their licence.
 - Master A: men 30-39
 - Master B: men 40-49
 - Master C: men 50+
 - Master W: women 30+
- Classes are defined as per UCI rules based on the year of birth
- Athletes will not be considered registered for an event until the following administrative requirements have been completed:
 - Online registration has been done
 - Payment has been made
 - Waiver has been signed (if required)
 - UCI licence has been validated by the designated commissaire

Upgrades

At Canadian championships, athletes must race in the age category on their licence. The only exception to this will be for athletes who are in the last year of the U15 category (born in 2001) and meet all of the following requirements. These athletes may request an upgrade to race in the U17 category according to the following policy:

- Upgrades for team events are allowed as long as 50% of the team (2 members in the case of a team of 4) is racing in their appropriate age category. For the U17 team pursuit, the team pursuit is an event for teams of 4 riders. However, we will allow teams of 3 for U17 (a 3 riders team pursuit team must have at least one U17 rider).
- Athletes who have posted times, in timed events, that could potentially be top 5 at the Canadian Track Championships in the upgraded category may be upgraded (200, 500/kilo, IP)
- Athletes wishing to race in bunch races in an upgraded category must receive the endorsement of their coach and Provincial Sport Organization (PSO). Cycling Canada may ask for verification of the rider's ability to ride in a pack.

Upgrades may be requested by the athlete's coach to the PSO who will contact Cycling Canada to process the request. The athlete (or coach) has to fill the upgrade document available on Cycling Canada's website. All requests for upgrades must be received no later than September 28 2015. A letter of acceptance or denial will be forwarded to the PSO, coach and athlete. Should an athlete receive an upgrade, they will need to present their letter of upgrade to the commissaire at riders' confirmation.

Technical regulations

- The event will be run under Cycling Canada/UCI rules. All riders must know the rules.
- The Canadian Track Championships will be governed by Cycling Canada.
- Should an event has less than five starters, they may be combined with another category.
- Equipment regulation, as per UCI rules, will be enforced for all categories. No exceptions.
- Approved helmets will be mandatory for training and racing.
- **IMPORTANT:** For the Canadian Track Championships, a condensed format will be adopted for individual timed events that are included in the omnium (U17/Junior/Elite). The following events will be combined within the omnium:
 - Individual pursuit
 - Kilo/500m TT

However, it is important to note that although these events will be combined with the omnium races, each is still considered a Canadian Track Championships event and will have its own award ceremony with medal and jersey presentation.

Distance will be determined by the omnium format requirements.

Only athletes registered in the omnium event will receive omnium ranking and points. Athletes registered in the individual events will not be considered in the omnium standings. All athletes participating in these events will be eligible for the individual ranking.

There will be no Canadian champion title awarded in the points race and scratch race for elite men and women.

Specific event regulations

- Sprint
 - U17 & Junior
 - The qualification for the sprint tournament will be a 200m.
 - The maximum number of riders in the sprint tournament per category will be 8.
 - U17: Only the final will be a best of three
 - Junior: ¼ finals, ½ finals and finals will be a best of three
 - Elite
 - The qualification for the sprint tournament will be a 200m.
 - ¼ finals, ½ finals and finals will be a best of three
 - The maximum number of riders in the sprint tournament per category will be 8.
 - Master
 - There will be no combining of categories. For categories with 8 or more qualifiers, we will proceed with a ¼ final (8-rider tournament). For categories with less than 8 qualifiers, we will proceed with a ½ final (4-rider tournament). For categories with less than 4 qualifiers, we will proceed directly with a final. In all cases, for masters, only the final will be a best of three.
 - The qualification for the sprint tournament will be a 200m.
- Keirin – Master
 - There will be no combining of categories. There must be at least 5 starters to hold a race. Riders in categories with less than 5 starters will not be permitted to ride with another category. For each category, only an A final will be presented.
- Points race & Scratch race – Master
 - We reserve the right to combine categories where there are less than 12 starters. A separate result and podium will nevertheless be presented for each category. It is important to note that in the case of a Points race, it will be run as a single event whereby points are only awarded to the first 4 riders on a sprint lap regardless of their category.
- Madison
 - The Madison will be an event open to elite men and master men (A-B-C). Teams composed of an elite rider and a master rider will be allowed.

Gear restriction

- Juniors: 7.93m rollout (gearing suggestion: 52*14)
- U17: 7.12m rollout (gearing suggestion: 50*15)
- If a rider has received an upgrade to race in the U17 category, the rider will be permitted to utilize the gearing applicable to U17
- Disc wheels will not be allowed for U17 (maximum rim depth 40mm)
- Carbon wheels will not be allowed for U17

Number placement

As per UCI rules, riders must wear two (2) number panels in all events, except for the events listed below:

- Kilo/500 TT
- Individual Pursuit
- Team Pursuit
- Team Sprint

Riders must wear two number panels for all events in the omnium competition.

Schedule

	Competition	Events
Wednesday, October 7	11:30-1:00pm	Open training – Elite W-M only
	1:00pm-2:00pm	Open training – Elite W-M & Master W-M only
	2:00pm-3:00pm	Open training – Para only
	3:15pm	Managers meeting (Elite/Master/Para)
	Session 1 Start at 4:15pm Ticketed session from 6:00pm	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Omnium qualification (if necessary) – Elite W-M • Team sprint – Qualification – Elite W-M • Team Pursuit – Qualification – Elite W-M • Warm-up (Para) • Time Trial – Final – Para • Team sprint – Final – Elite W-M • Team Pursuit – Final – Elite W-M • Ceremonies
Thursday, October 8	Session 1 8:00am	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Sprint – Qualification – Master W-M • Sprint – Qualification – Elite W-M • Omnium I – Scratch race – Elite W-M • Sprint – ¼ Finals – Elite W-M • Sprint – ¼ Finals – Master W-M • Omnium II – Individual Pursuit – Elite W-M • Ceremonies
	5:45pm	Managers meeting – U17 & Junior
	Session 2 5:45pm Ticketed session from 6:00pm	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Sprint – ½ finals – Elite W-M • Sprint – ½ finals – Master W-M • Sprint – Final 5-8 – Elite W-M • Sprint – Final – Master W-M • Sprint – Final – Elite W-M • Ceremonies • Individual Pursuit – Para • Omnium III – Elimination race – Elite W-M • Ceremonies

Friday, October 9	Session 1 8:00am	<ul style="list-style-type: none"> • Open training – U17 & Junior only • Warm-up – restricted to athletes racing • Team Sprint – Qualification – U17 W-M • Team Sprint – Qualification – Junior W-M • Time Trial – Final – Master W-M • Team Pursuit – Qualification – U17 W-M • Team Pursuit – Qualification – Junior W-M • Omnium IV – Time Trial – Elite W-M • Keirin – 1st round – Elite W-M • Scratch race – Final – Master W-M • Omnium V – Flying lap – Elite W-M • Ceremonies
	Session 2 6:00pm Ticketed session from 6:00pm	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Team Sprint – Final – U17 W-M • Team Sprint – Final – Junior W-M • Team Pursuit – Final – U17 W-M • Team Pursuit – Final – Junior W-M • Ceremonies • Keirin – Final (7-12) – Elite W-M • Keirin – Final (1-6) – Elite W-M • Ceremonies • Points race – Final – Master W-M • Omnium VI – Points race – Elite W-M • Ceremonies
Saturday, October 10	Session 1 8:30am	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Omnium – Qualification(if necessary)– U17 W-M • Omnium – Qualification(if necessary) – Jr W-M • Keirin – 1st round – Master W-M • Keirin – Final – Master W-M • Ceremonies • Omnium I – Scratch race – U17 W-M • Omnium I – Scratch race – Junior W-M • Sprint – Qualification – U17 W-M • Sprint – Qualification – Junior W-M
	Session 2 2:00pm	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Omnium II – Individual Pursuit – U17 W-M • Omnium II – Individual Pursuit – Junior W-M • Ceremonies • Individual Pursuit – Final – Master W-M • Ceremonies • Omnium III – Elimination – U17 W-M • Omnium III – Elimination – Junior W-M • Madison – Final – Elite M & Master M • Ceremonies

Sunday, October 11	Session 1 8:30am	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Sprint – ¼ finals – Junior W-M • Sprint – ¼ finals – U17 W-M • Sprint – ½ finals – Junior W-M • Sprint – ½ finals – U17 W-M • Sprint – Final (5-8) – U17 W-M • Sprint – Final (5-8) – Junior W-M • Sprint – Final – U17 W-M • Sprint – Final – Junior W-M • Ceremonies
	Session 2 1:00pm	<ul style="list-style-type: none"> • Warm-up – restricted to athletes racing • Omnium IV – Time Trial – U17 W-M • Omnium IV – Time Trial – Junior W-M • Ceremonies • Omnium V – Flying Lap – U17 W-M • Omnium V – Flying Lap – Junior W-M • Keirin – 1st round – Junior W-M • Keirin – Final (7-12) – Junior W-M • Keirin – Final (1-6) – Junior W-M • Omnium VI – Elimination race – U17 W-M • Omnium VI – Elimination race – U17 W-M • Ceremonies (estimated time: 9:30pm)

Medals, jerseys & ceremonies

Medals will be awarded in all categories in the following manner:

- Gold, silver & bronze when there is a minimum of four entries (one team counts as one entry) who start in a designated category
- Gold and silver when there are only three entries who start in a designated category
- Gold when there are only 2 entries who start in a designated category
- A Canadian champion jersey will only be awarded to Canadian championships title categories (providing the category meets the minimum requirement of five starters (5 riders in individual events and 3 teams in team events)

Note: Should the minimum requirement not be met in a title Canadian champion title category, the winner will have the option of purchasing a Canadian champion jersey, but only if there was a minimum of 2 riders/2 teams who completed the event in that category

Ceremonies:

- All athletes who have placed on the podium must attend the award ceremonies. Failure to do so will result in a fine and loss of award. Riders who cannot attend the ceremony must advise the Chief commissaire or the Technical delegate with a valid reason. Reasons such as ``I have a plane to catch`` will not be accepted.
- Riders must wear their cycling kit to the award ceremony. Failure to do so will result in a fine and loss of award.
- As per UCI rule, riders cannot wear or bring hats, water bottle, bikes, etc. on the podium. Doing so will result in a fine and loss of award.

Anti-doping

- A CCES anti-doping inspector will operate a drug-testing facility at the velodrome. Athletes who are selected for testing will be met by a chaperone when they exit the track. All athletes who DNF must report to the finish line.
- Athletes participating in the 2015 Canadian Track Championships who require the use of a medication that is included on the Prohibited List must apply for a Therapeutic Use Exemption (TUE) prior to participating in the event. This applies to all categories of athletes. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard: <http://cces.ca/en/tuewizard>

Registration

Registration	Categories	Deadline
https://ccnbikes.com/#!/events/2015-canadian-track-championships	All	October 4th, 2015 11:59pm (ET)

- Registration will close at 11:59pm ET on October 4 2015. No exceptions.
- There will be no on-site registration
- Registration fees are non-refundable. No exceptions.
- Subject to UCI rules 9.2.008 and 12.2.001, once a rider is registered and on the official start list, they will be fined \$50 should they not appear on the start line or delay the start of the event.
- Race numbers will need to be picked up the day before the athlete competes
- Online registration will be available with entry fees as listed below:

Categories	1 Event	2 Events	3 Events or +
U17	CAD\$35		CAD\$70
Junior	CAD\$50	CAD\$70	CAD\$90
Elite	CAD\$50	CAD\$80	CAD\$110
Para	CAD\$50		CAD\$70
Master	CAD\$50	CAD\$80	CAD\$110

- Registration for the omnium = 3 events or +
- **Registration fees will increase \$20 for all categories starting on Monday September 28 2015 at noon ET.**
- Team events: riders must register as individuals and will confirm team composition at the riders meeting.
- As per UCI rule 9.2.007, provincial teams/clubs/independents have until noon the day before their event to confirm the composition of their team (Team sprint, Team pursuit, Madison).

Race numbers pick-up, licence check & riders confirmation

Registration	Categories	When
On-site	All	Wednesday October 7 12-3:00pm
On-site	Master only	Wednesday October 7 8:00pm-9:00pm
On-site	U17 / Junior only	Thursday October 8 1 :00pm-3 :00pm

Accreditation

Accreditation will be required for athletes and support staff to access the infield and spectator areas during ticketed sessions.

No one will be admitted on the infield without accreditation. No exception.

All athletes will receive an accreditation for themselves.

For accompanying staff, the maximum number of accreditations will be as follow:

- Delegations of 12 athletes & more: 6 staff
- Delegations of 8 athletes & more: 5 staff
- Delegations of 5 athletes & more: 4 staff
- Delegations of 4 athletes: 3 staff
- Delegations of 3 athletes: 2 staff
- Delegations of 1 or 2 athletes: 1 staff

Staff accreditations will be made in the name of the team and can be exchanged between staff. Each provincial team and other teams/clubs will receive accreditations for staff as per the guideline above. When you register online, make sure you select/write the right team (the one found on your UCI licence or the provincial delegation you'll be racing for). It is very important that athletes competing on a provincial team register under their provincial team.

Independent riders can request a staff accreditation (max. 1) but Cycling Canada reserves the right to limit the number of accreditation that will be allocated. Requests should be made through Cycling Canada (Josh.Peacock@cyclingcanada.ca) and you have to mention who the accreditation will be for.

Accreditations will be distributed at the accreditation office at the velodrome.

UCI points

The Canadian Track Championships are a UCI National Championships event and award UCI points to the elite & junior categories as follow:

Rank	Individual events	Men's Team Sprint	Women's Team sprint	Team Pursuit	Madison (Men)*
2 nd	27	40.5 (3x13.5)	27 (2x13.5)	54 (4x13.5)	27 (2x13.5)
3 rd	24	36 (3x12)	24 (2x12)	48 (4x12)	24 (2x12)
4 th	22	33 (3x11)	22 (2x11)	44 (4x11)	22 (2x11)
5th	20	30 (3x10)	20 (2x10)	40 (4x10)	20 (2x10)
6th	18	27 (3x9)	18 (2x9)	36 (4x9)	18 (2x9)
7th–24th	3	4.5 (3x1.5)	3 2x1.5)	6 (4x1.5)	3 2x1.5)
25th +	1	1.5 (3x0.5)	1 (2x0.5)	2 (4x0.5)	1 (2x0.5)

*Points for the Madison will only be granted to teams composed of 2 elite riders

Athletes services

- Team pits will be allocated to provincial teams & affiliated teams/clubs. Team pits will be assigned based on the number of athletes in each delegation. Smaller delegation or independent athletes will share a common space. Pits will be clearly identified.
- Info desk: an information desk will be set near the commissaires platform. If you have any questions or concerns, please talk to the volunteers at the info desk.
- Results: results will be posted near the commissaires platform. There will also be a pigeonhole with copies of the results available for provincial teams and CC trade teams. No other paper copies will be distributed. If you want to receive the results by email, you will need to give your email at the managers meeting.
- Wi-Fi: there is free public wi-fi in the velodrome
- Equipment on the infield: equipment can be left on the infield overnight. There will not be a security agent present during the night.

Media

Members of the media will require an accreditation to cover the Canadian Track Championships and have access to the media zone. To request a media accreditation for the event, please contact Guy Napert-Frenette (guynf@performancepr.ca).

Spectators & tickets

There will be 3 ticketed evening sessions starting at 6:00pm: Wednesday/Thursday/Friday

Tickets will be available through Town of Milton: (available soon)

Cost: \$25 online, \$30 on-site (25% off for Youth and Seniors)

All non-accredited persons will need to purchase a ticket to assist these sessions.

All other sessions will be free.

Volunteers

Interested in helping at the 2015 Canadian Track Championships? We would be happy to have you! We will need volunteers for various positions and will do our best to have the volunteers do a variety of tasks. You know track cycling? Great! You don't? Not a problem at all! We will give all our volunteers a tour of the velodrome and a training on the different roles. We will of course provide volunteers with food (snacks, beverages and lunch or dinner based on the length of their shifts) and one of Cycling Canada's newest addition: a #HopOnCanada t-shirt.

Interested?

Send an email with your availability to Mel Crosby (m.crosby@sympatico.ca), who will be coordinating the volunteers for the event.

Medical

First aid will be on-site for all sessions. They will be located in the dedicated medical team pit. The medical team will treat accredited personnel, including athletes, staff, officials and volunteers.

The closest hospital is located 3.9km from the velodrome:

Milton District Hospital

Halton Healthcare
7030 Derry Road
Milton, ON

Accommodation

Best Western Plus Milton
161 Chisolm Dr
Milton, ON L9T 4A6
(905) 875-3818

Rate: \$104.99 (+tx, Oct 7-11). Double. Ask for a room from the Cycling Canada reserved block.

Holiday Inn Express & Suites Milton
2750 High Point Dr
Milton, ON L9T 5G5
(905) 876-4955

Parking

It will be possible to park at the velodrome and on the Pan Am Boulevard. We will facilitate the drop-off of equipment by the velodrome entrance.

Additional information

Mattamy National Cycling Centre
2015 Pan Am Boulevard
Milton, ON L9T 2X6
(905) 875-5398
<http://www.mattamynationalcyclingcentre.ca/en/index.asp>