

GUIDE TECHNIQUE

TECHNICAL GUIDE

2016
Championnats
Canadiens Route
Global Relay

Ottawa-Gatineau
25-29 Juin 2016

2016
Global Relay
Canadian Road
Championships

Ottawa-Gatineau
June 25-29 2016



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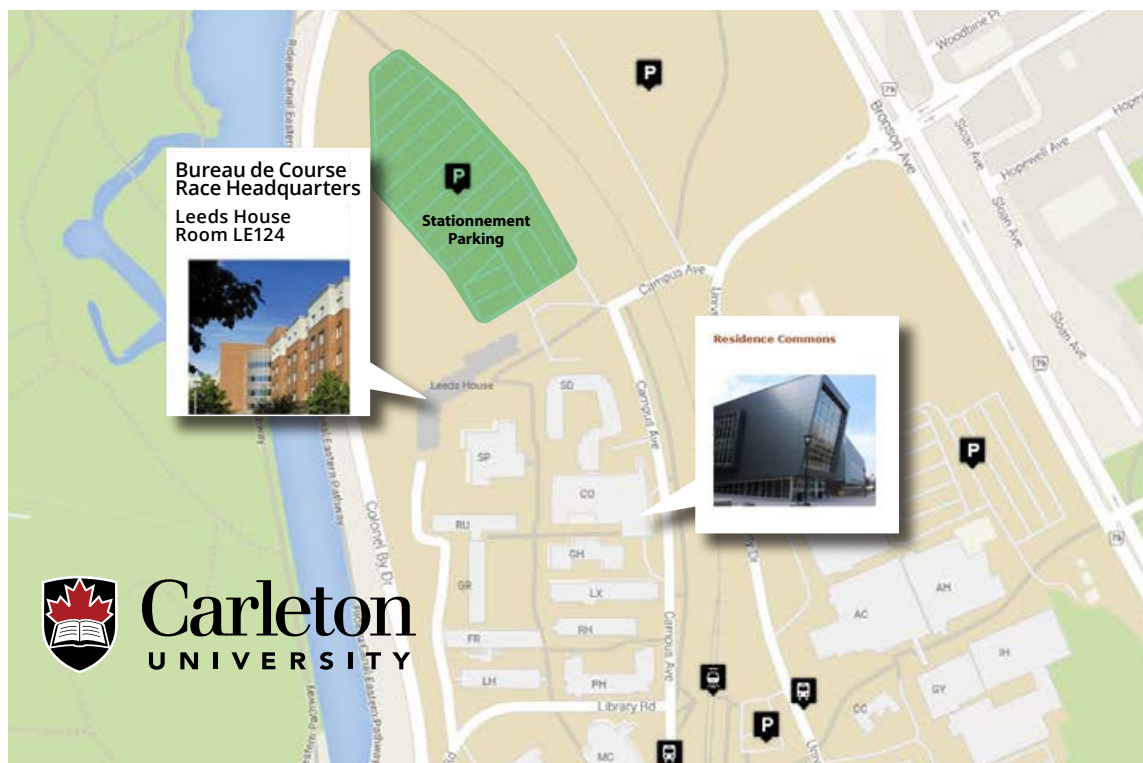
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SECTION 1 DIRECTIONS



1.1 OVERVIEW MAP OF EVENT START AREAS

1.2 RACE HEADQUARTERS MAP



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2.1 - GENERAL INFORMATION

- The 2016 Canadian Road Championships will take place at the date and time scheduled.
- There will be no extension of the 2016 Canadian Road Championships due to unforeseen delays or prolonged stoppages.
- Entry fees are non-refundable.
- Drug Test Facility for CCES Anti-doping Inspector to be announced at each venue.
- Medical problems should be reported to the Chief commissaire.

Organizer: Doug Corner 613-762-4332

2.2 - ELIGIBILITY:

- Eligibility to race:
 - To be able to participate, in all categories, (including UCI categories), you must be either a Canadian citizen, permanent resident, landed immigrants or an individual with refugee status. Proof of citizenship status may be required (passport, permanent resident card, landed immigrant status or refugee status papers).
- Eligibility to compete for the Canadian Champion title/podium/UCI points:
 - Only the participants eligible to race (see above) who have a CAN UCI code will have access to the Canadian champion title, Canadian championships podium positions, UCI points and Canadian championships medals.
- Prize money (where applicable) will be based on order of finish at the 2016 Canadian Road Championships, regardless of citizenship or nationality.
- Should a rider without a CAN UCI code 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 2016 Canadian Road Championships of eligible riders with a CAN UCI code will follow.
- All athletes must be in possession of a valid UCI/CC international license.
- Domestic licenses from Canada or other countries are not permitted.
- All participants must be licensed to compete in the appropriate discipline.
- All participants must be prepared to present their license upon demand at the event.
- No one day event licenses will be sold.
- License must be presented during race package pick-up.
- No registrations will be accepted on the day of the event, including the criterium.
- All competitors MUST enter their event class as shown on their license.
- The classes are 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:
 - completed online registration
 - waiver(s) signed (if required)
 - payment transacted
 - rider's license validated by the designated commissaire



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2.3.1 - SPECIFIC TECHNICAL RULES

- The event(s) will be run under CC/UCI rules.
- UCI scale of penalties shall apply.
- The 2016 Canadian Road Championships shall be governed by Cycling Canada.
- Categories with fewer than 5 starters can be cancelled or can be merged with another age category at the discretion of the Technical Delegate or Chief Commissaire.
- Equipment regulations will be enforced for ALL categories. There will be NO exceptions. **(Disc brakes are NOT allowed)**
- A Canadian Championship title shall be awarded only in those categories where at least 5 starters are entered.
- Approved helmets are mandatory for training and competition, including time trials.
- UCI points will be allocated as per table below:

Categories Categories	CLMI / ITT		Course sur route / Road race	
	1re place / 1st place	Profondeur / Depth	1re place / 1st place	Profondeur / Depth
Elite Men & U23 Hommes & U23	30	10	70	10
Elite Women / Femmes	3	3	10	5

2.3.2 - CANADIAN ROAD CHAMPIONSHIPS CATEGORIES

The distinct titles for all Canadian Road Championships categories are:

Événement / Event	Catégories / Categories
Contre-la-montre individuel Individual time trial	Junior Women/F Junior Men/H U23 W/F* - Elite W/F (combined race, 2 podiums*) U23 M/H - Elite M/H (combined race, 2 podiums) B (Tandem M/H – Tandem W/F) H1,H2,H3,H4 M/H - W/F T1,T2 M/H - W/F C1,C2,C3,C4,C5 M/H - W/F *Podium mais pas de titre de champion U23 F/ Podium but no championship title awarded for U23 W
Course sur route Road race	Junior Women/F Junior Men/H U23 W/F* - Elite W/F (combined, 2 podiums*) U23 M/H - Elite M/H (combined, 2 podiums) B (Tandem M/H – Tandem W/F) H1,H2,H3,H4 M/H - W/F T1,T2 M/H - W/F C1,C2,C3,C4,C5 M/H - W/F *Podium mais pas de titre de champion U23 F/ Podium but no championship title awarded for U23 W
Challenge Critérium Canadien Canadian Criterium Challenge	Junior Women/F Junior Men/H U23 W/F + Elite W/F (combined, one podium) U23 M/H – Elite M/H (combined, one podium)



2.4.1 - MEDALS AND JERSEYS

- Medals will be awarded to all categories in the following manner:
 - Gold, Silver & Bronze: when there is a minimum of four (4) riders who started in a designated category.
 - Gold & Silver: when there are only three (3) riders who started in a designated category.
 - Gold: when there are only two (2) riders who started in a designated category.
- A Canadian Champion jersey will only be awarded to Canadian Title categories. (Providing the category meets the minimum requirement of five (5) starters)
- In the combined U23 and elite men's race. The winner of the race will win the Elite Canadian Champion jersey.
- The first U23 across the line will win the U23 Canadian Champions jersey. If the overall race winner is a U23 he will win both the Elite and U23 jerseys.
- No jersey & Canadian Champion title is awarded for the U23 women's category, but medals are given.

2.4.2 PODIUM

- 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 (including prize money).
- Riders who cannot attend the awards 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 cycling apparel to the award ceremony. Failure to do so will result in a fine and loss of award (including prize money).
- Riders cannot wear or bring hats, eyewear, water bottle, bikes, headbands, etc on the podium. Doing so will result in a fine and loss of award (including prize money).

2.5 - COMMISSAIRES

Chef: Steve Head (ON)
Member: Louise Lalonde (QC)
Member: Michel Bourgault (QC)
Member: Anne Cobban (ON)
Member: Ed Sitarski (ON)
Member: Sylvain Blais (QC)
Moto 1: Brad Day (ON)
Moto 2: Pierre Gagné (QC)
Timing: RSS Timing
Announcer: Randy Ferguson

2.6.1 - RIDER'S PACKAGE PICKUP INFORMATION

- The riders must pick up their race package at the Race Headquarters (please refer to the detailed schedule for location on each day).
- All participants must hold a valid UCI / CC international licence. Domestic licences are not accepted.
- Licence must be presented during race kit pick-up and validated by a commissaire

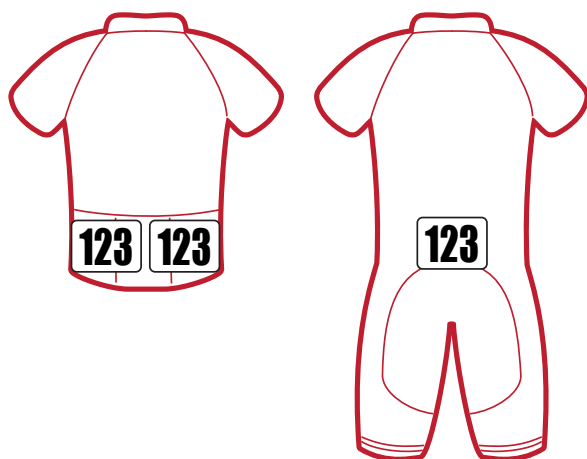


2.6.2 - NUMBER PLACEMENT

- For the road race and criterium, 2 numbers must be worn on the right and left pockets without overlapping the seams. For the time trial, only one bib number has to be worn.

(see images below).

- Trimming or folding of bib numbers or number plates will result in a fine.
- Install your number plate under the seat so it can be seen by the photo finish from your right (see image below).
- The number plate is not required for the time trial, but is required for the road race and criterium.



2.7 - START LISTS

Time trial, Road Race, Criterium

- Time Trial start order will be determined by the commissaires and technical delegate using the TT results of the 2015 Canadian Road Championships and UCI points.
- Time trial, road race and criterium start lists including times and names of all riders will be posted on the event website: www.cyclingcanada.ca/sport/para-cycling/events/type-of-event/canadian-championships/2016-global-relay-canadian-road-championships-eliteparajr/

2.8 - ANTI-DOPING & MEDICAL EXEMPTIONS - THERAPEUTIC USE EXEMPTION (TUE)

- Location of the drug testing facility will be indicated at the finish area of each race and will be communicated at the managers meeting.
- Athletes participating at the 2016 Canadian Championships events requiring the use of a medication 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 athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, www.cces.ca/medical-exemptions



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- Athlete's in the UCI RTP must apply to the UCI for TUEs. Any other anti-doping information can be found at www.cces.ca/athletezone

2.9 CRITERIUM PRIZES

- Prize list will be posted at the start area one hour before the start of the first criterium race, on June 29.

2.10 - PROVINCIAL TEAMS

- Each province can send only one (1) provincial team per race.
- Each athlete on the team must wear the provincial team jersey to be recognized as a provincial team.
- If two or more provinces combine their athletes to form a single team (ex; team Atlantic), all athletes on the team must wear the same jersey that clearly identifies the team, and no provincial team from those provinces will be accepted.

2.11- SPECIFIC INFORMATION FOR ALL RACES

2.11.1- ROAD RACE

Saturday, June 25, 2016 8am-7pm

Paracyclists, Junior Men, Junior Women, U23/Elite W

Sunday, June 26, 2016 1pm-6:30pm

U23/Elite M

Location:

151 Tunney's Pasture Driveway, Ottawa, ON K1Y 1G9

- The road race will be on a 10 km circuit centred around the Tunney's Pasture campus.
- Only the Junior Women, Junior Men, U23/Elite W and U23/Elite M races will be allowed caravan vehicle support and only the following teams are allowed to have a team car (one car per team):
 - Provincial team (Équipe du Québec, Team Alberta, Cycling BC, etc.), only for the riders riding under the provincial team and wearing the provincial team jersey
 - UCI teams/USAC Domestic Elite Teams/Cycling Canada Trade Teams, only for the riders riding for these teams and wearing the jersey
 - A rider who's team isn't present but who would otherwise qualify for caravan support under these rules can be supported by another team. The rider and the team have to declare it at the managers' meeting (no exception).
- Only UCI licensed individuals will be permitted to follow the riders in the race caravan.
- Reminder: holders of a Canadian UCI license have to complete the Cycling Canada caravan driver course (online) to be allowed to drive in the caravan.
- Neutral support will be provided for all categories. More information will be provided at the managers' meeting.
- Rider's category determines numbers of laps.



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- The feed zone is located within Tunney's Pasture on Columbine Driveway between Tunney's Pasture Driveway (@ km 8.4 of circuit) and Frederick Banting Driveway (@ km 8.8 of circuit)
- Littering on the course will not be tolerated, and sanctions will be applied on the first offense
- The circuit is closed to traffic, with the race protected by an escort. There is the possibility of traffic (vehicular, cyclist, pedestrian, animal) at all times; riders are cautioned to be alert.
- Riders sign-in is mandatory and will begin 60 minutes before the start of each category in the staging area and will close 10 minutes before the posted start time.
- No free laps
- Time cut is 8% of winner's time
- Riders about to be lapped will be pulled from the course.
- As soon as possible after the end of the race, unofficial results will be posted on the bulletin boards at the finish area for 30 minutes.
- On confirmation of the final results, they will be posted on the bulletin boards at the finish area and on the Championships website. One (1) hour after official posting, there will be no more results modifications.

2.11.2- TIME TRIAL Tuesday, June 28, 2016

Location:
Gatineau Park Welcome Area - P3

Category	Distance
• B (Tandem M/H – Tandem W/F):	12km
• H1,H2,H3,H4 M/H - W/F:	12km
• T1,T2 M/H - W/F:	12km
• C1,C2,C3,C4,C5 M/H - W/F:	12km
• Junior Women/F:	16km
• Junior Men/H:	26km
• U23 W/F* - Elite W/F (combined race, 2 podiums*):	26km
• U23 M/H - Elite M/H (combined race, 2 podiums):	36km

- The first rider will depart at scheduled time. Start interval will be 30 seconds or 1 minute depending on category.
- Distances vary depending on category.
- Competitors must present their bikes for measurement at least 10 minutes before their start. Please plan ahead so you have enough time to make any needed modifications. You will not be allowed to bring the bicycle outside the start area after it has been approved.
- Warm up on the roadways located adjacent to the course – **no warm up on the course is allowed.**
- Traffic will be controlled on the race circuit. However, course will be open to some traffic on occasion.
- Be careful, some local traffic/cyclists may be on the course.
- Only the U23 Men, Elite Men and Elite Women category are



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- allowed a vehicle support in the ITT and only for the riders riding for a provincial team, (ex. Team Alberta), UCI team, USAC Domestic Elite team or CC Trade team.
- A maximum of two vehicles per team (for eligible teams) will be allowed on the course.
- Only UCI licensed individuals (coaches / managers / mechanics / commissaires / staff) will be permitted to follow the riders.
- No rider confirmation/race package pick-up on the day of the time trial; it has to be done at the latest on Monday, June 27th.
- Please refer to the detailed schedule for race package pick-up time.

2.11.3 - CANADIAN CRITERIUM CHALLENGE

Wednesday, June 29, 2016

Location:

71 Rue Principale, Gatineau, QC J9H 3L6

Categories

Junior Men

Junior Women

U23 M-Elite M

U23 W-Elite W

- 1.4 km/loop; see course map for race start times and distances.
- The Canadian Criterium Challenge event is a DOMESTIC event; it is not recognized as a distinct title by the UCI.
- Riders sign-in is mandatory and will begin 60 minutes before the start of each category in the staging area and will close 10 minutes before the posted start time.
- Riders who suffer a recognized mishap during the race will be awarded a free lap upon confirmation of the commissaire located in the neutral service pit. Riders must report to this area for service. No rider will be permitted to reenter the race with less than 5 laps to go.
- There is no feed zone.
- Traffic will be controlled on the race course.
- Riders about to be lapped will be pulled from the race by the commissaire and listed as DNF.
- As soon as possible after the end of the race, unofficial results will be posted on the bulletin boards at the finish area for 30 minutes.
- On confirmation of the final results, they will be posted on the bulletin boards at the finish area, at the race permanence and on the Championships website.



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3 SCHEDULE

3.1 - REGISTRATION AND PRICING

- Registration will close on June 20th at 11:59pm ET.
- Prices go up starting 7 days before the registration closes (June 13th), at noon ET.

- **Online registration only:**

<https://ccnbikes.com/#!/series/canadian-road-championships>

- Registration fee are non-refundable.
- No registration will be accepted after the deadline, no exceptions.
- A rider who is registered and on the official start list will be fined 50\$ should he/she not appear on the startline or delay the start of the event.

FEES:

U23/Elite

Initial pricing:

\$65 Road Race, \$55 Time Trial, \$50 Criterium (\$170 total)

From June 13th (noon) to end of registration:

\$85 Road Race, \$75 Time Trial, \$70 Criterium (\$230 total)

Juniors

Initial pricing:

\$60 Road Race, \$50 Time Trial, \$50 Criterium (\$160 total)

From June 13th (noon) to end of registration:

\$80 Road Race, \$70 Time Trial, \$70 Criterium (\$220 total)

Paracyclists

Initial pricing:

\$55 Road Race, \$55 Time Trial (\$110 total)

From June 13th (noon) to end of registration:

\$75 Road Race, \$75 Time Trial (\$150 total)

3.3 OVERALL EVENT SCHEDULE

FRIDAY JUNE 24TH 2016

Road Course Inspection

by organizers & Cycling Canada 13:00 – 17:00

Riders Confirmation & Race Package pick-up 16:30 - 21:00

Location: Carleton University, Leeds House Building, Room LE 124 MPR.

Managers' Meeting: 18:00 – 19:00

Location: Carleton University, Leeds House Building, Room LE 124 MPR.

*Note that Carleton accommodation check-in starts at 15:00



SATURDAY JUNE 25TH 2016 – ROAD RACES

Race Package Pickup at Tunney's Pasture 07:00 - 08:00
(race location - see maps)

Junior Men: 120km 08:00 - 11:00
Para: 11:15 - 13:15

Tricycle M/W 20km
H1-H4 W + H1-H4 M 20km
H3-H4 M 30km
C1-C3 W 30km
C4-C5 W + C1-C3 M 50km
C4-C5 M 60km

Para T: Women 60km, Men 70km 13:30 - 15:30

Junior Women: 80km 13:35 - 15:45

U23/Elite Women: 110km 16:00 - 19:15

Podium ceremonies 15 minutes after finish of each race

SUNDAY JUNE 26TH 2016 – ROAD RACES

Race Package Pickup at Tunney's Pasture 11:00-12:00
(race location - see maps)

Kid's Races 11:00 - 12:00

U23/Elite M: 180km 13:00 - 17:30

Podium ceremonies 15 minutes after finish

MONDAY JUNE 27TH 2016

Time Trial Course Inspection
by organizers & Cycling Canada 13:00 – 16:00
Race package pick-up 16:00 – 17:00
Carleton University, Leeds House Building, Room LE 124
MPR.

TUESDAY JUNE 28TH 2016 – INDIVIDUAL TIME TRIAL

Time Trial Gatineau Park 08:00-15:00

Preliminary schedule:

Para riders 08:00

Junior Women 09:15

Junior Men 10:22

Elite Women 11:12

Elite Men 13:12

WEDNESDAY JUNE 29TH 2016 – CRITERIUM

Criterium Course Inspection
by organizers & Cycling Canada 9:00 - 11:00

Race package pick-up on site at crit course (for riders doing the criterium only) up to 60 minutes prior to event

Junior Women: 30 mins + 3 laps start 11:30

Junior Men: 45 mins + 3 laps start 12:30

Medal Presentations start 13:15

Corporate Relay: 4 person team - 10km start 15:00

Elite Women: 1 hour + 3 laps start 18:00

Elite Men / U23: 1 hour + 3 laps start 19:30

Medal Presentations start 20:45

Celebration Street closed until 24:00



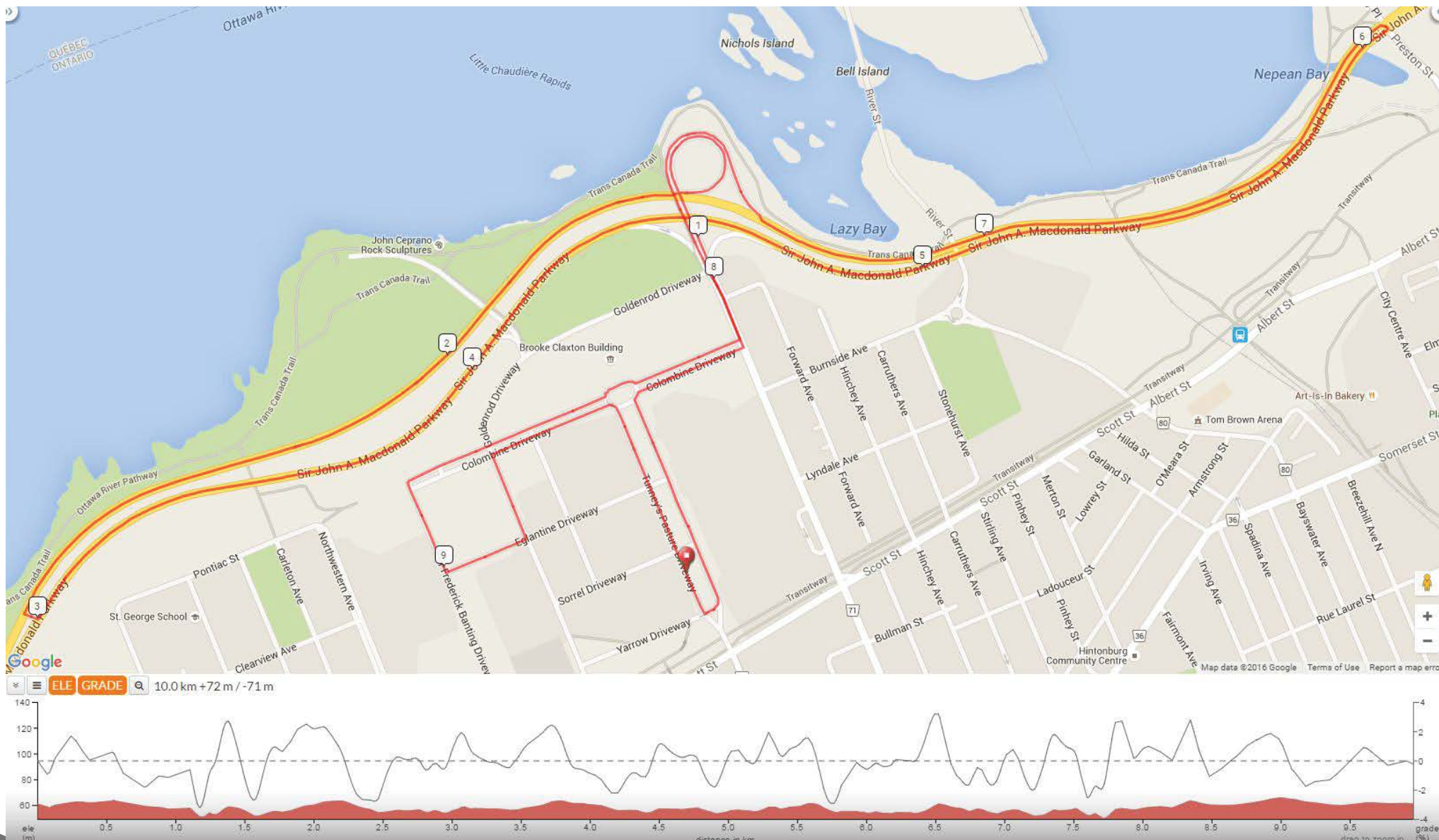
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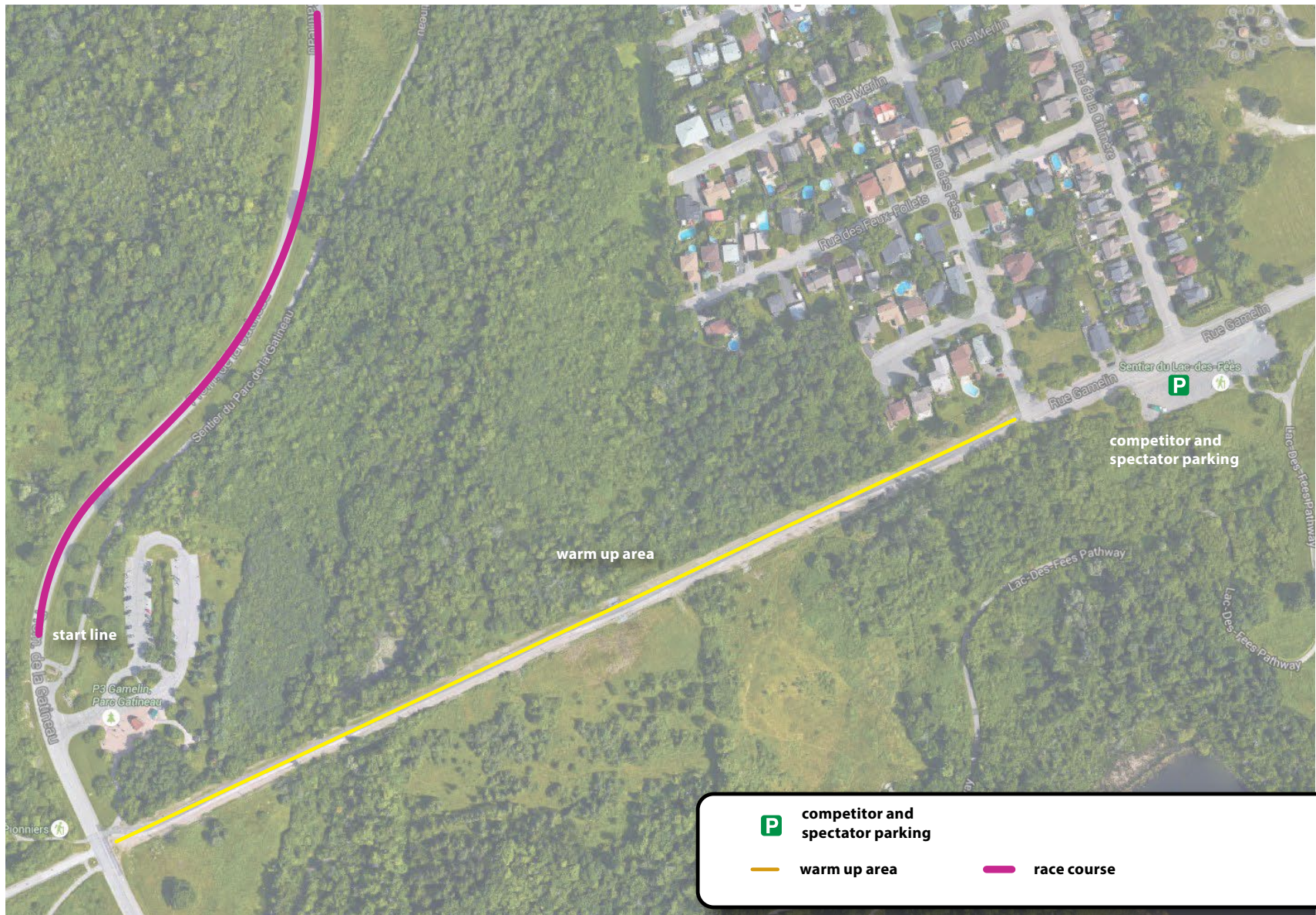
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4.1 ROAD COURSE

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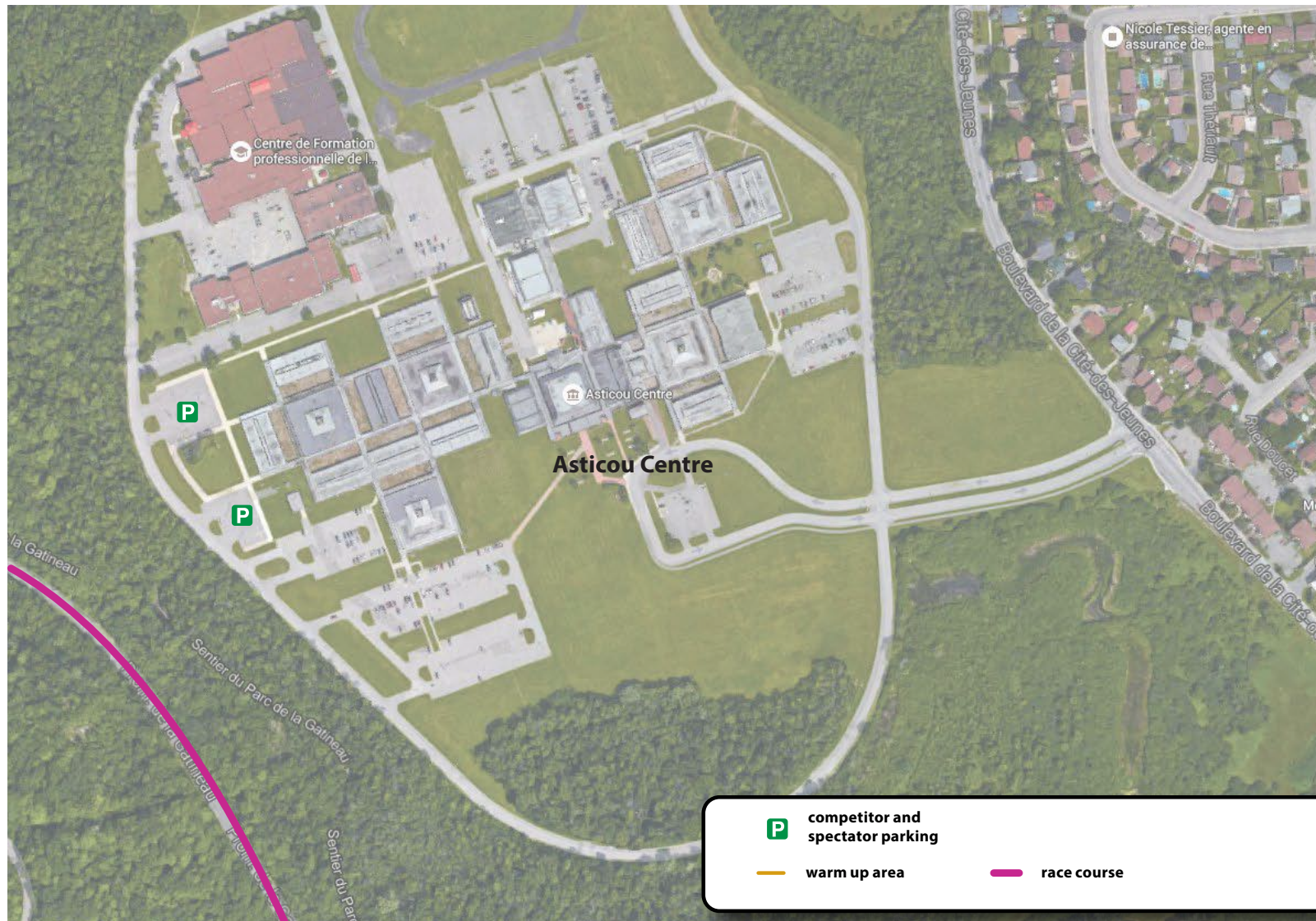
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4.2.1 TT PARKING AND WARM UP AREA DETAILS

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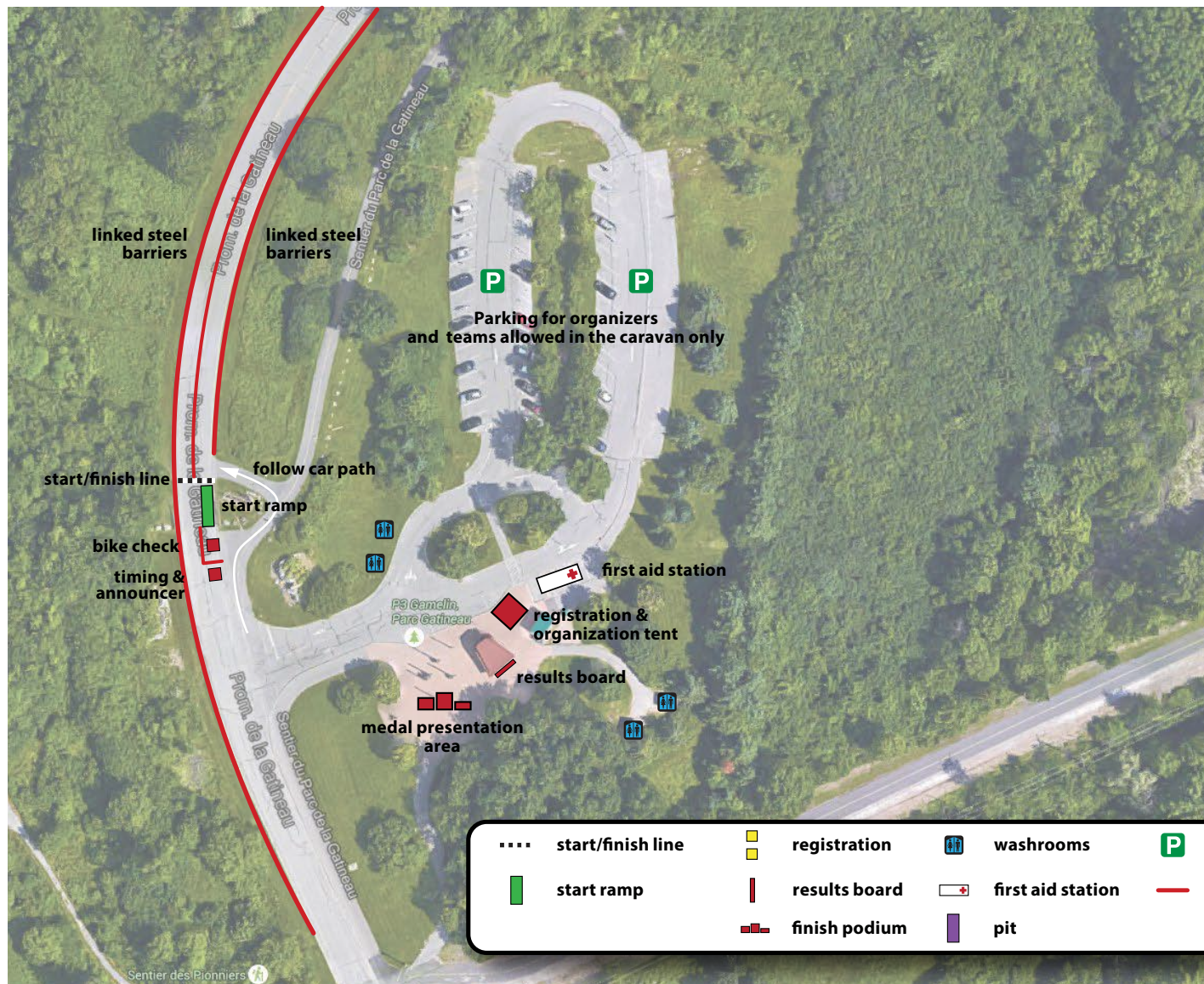


4.2.2 TT PARKING AREA DETAILS

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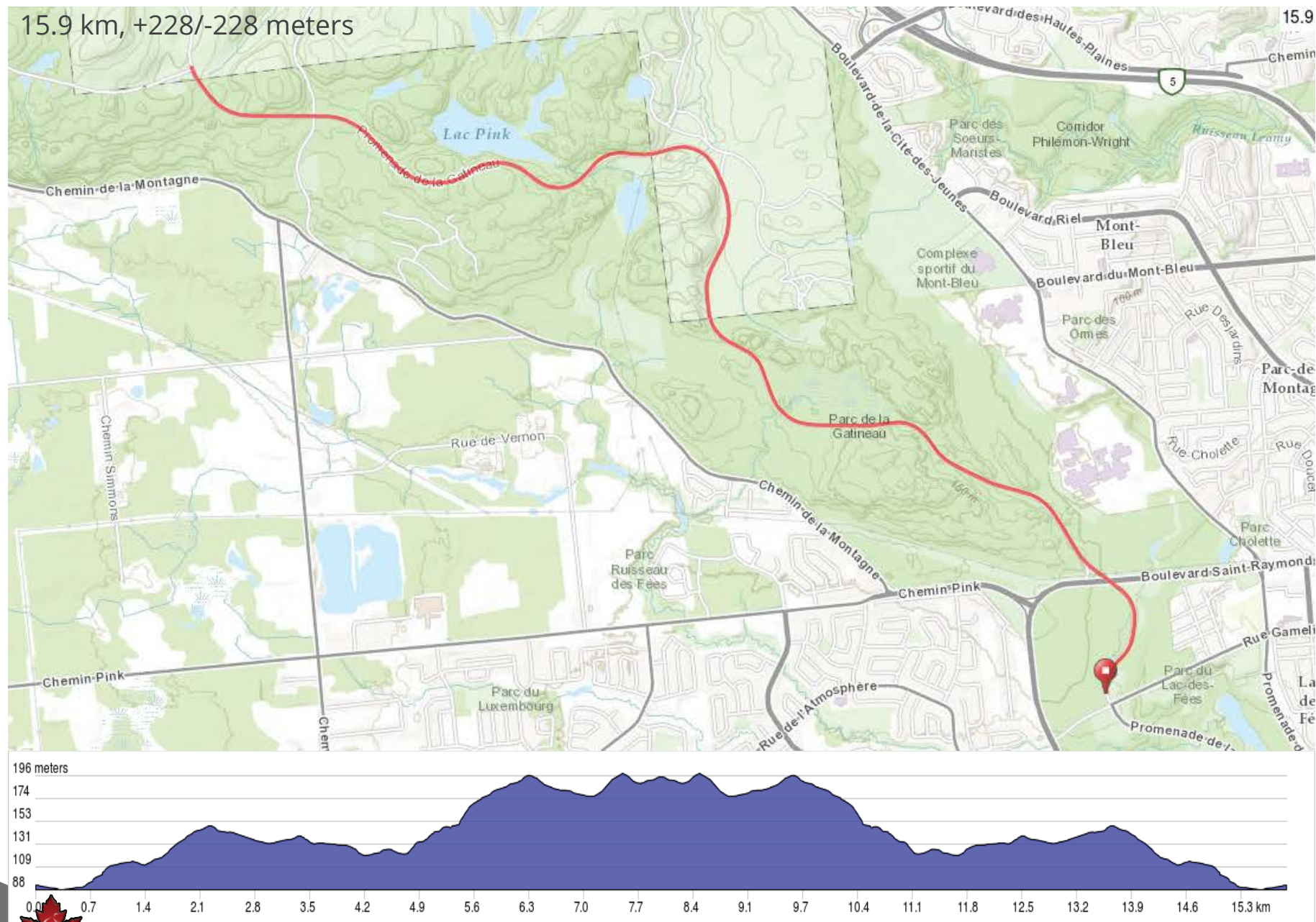




4.2.3 TT START-FINISH AREA

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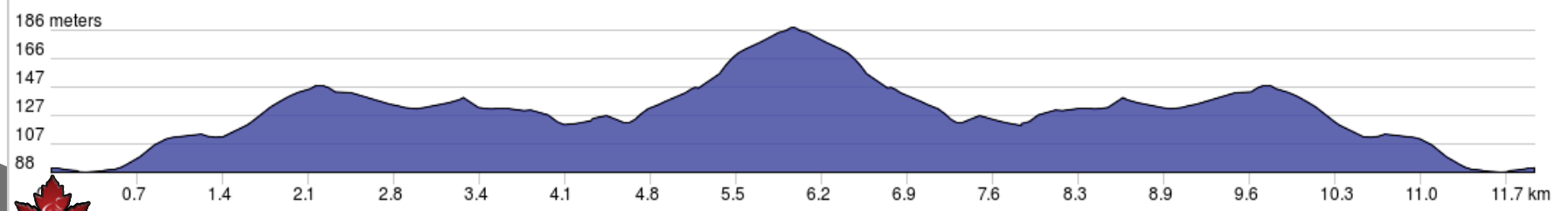
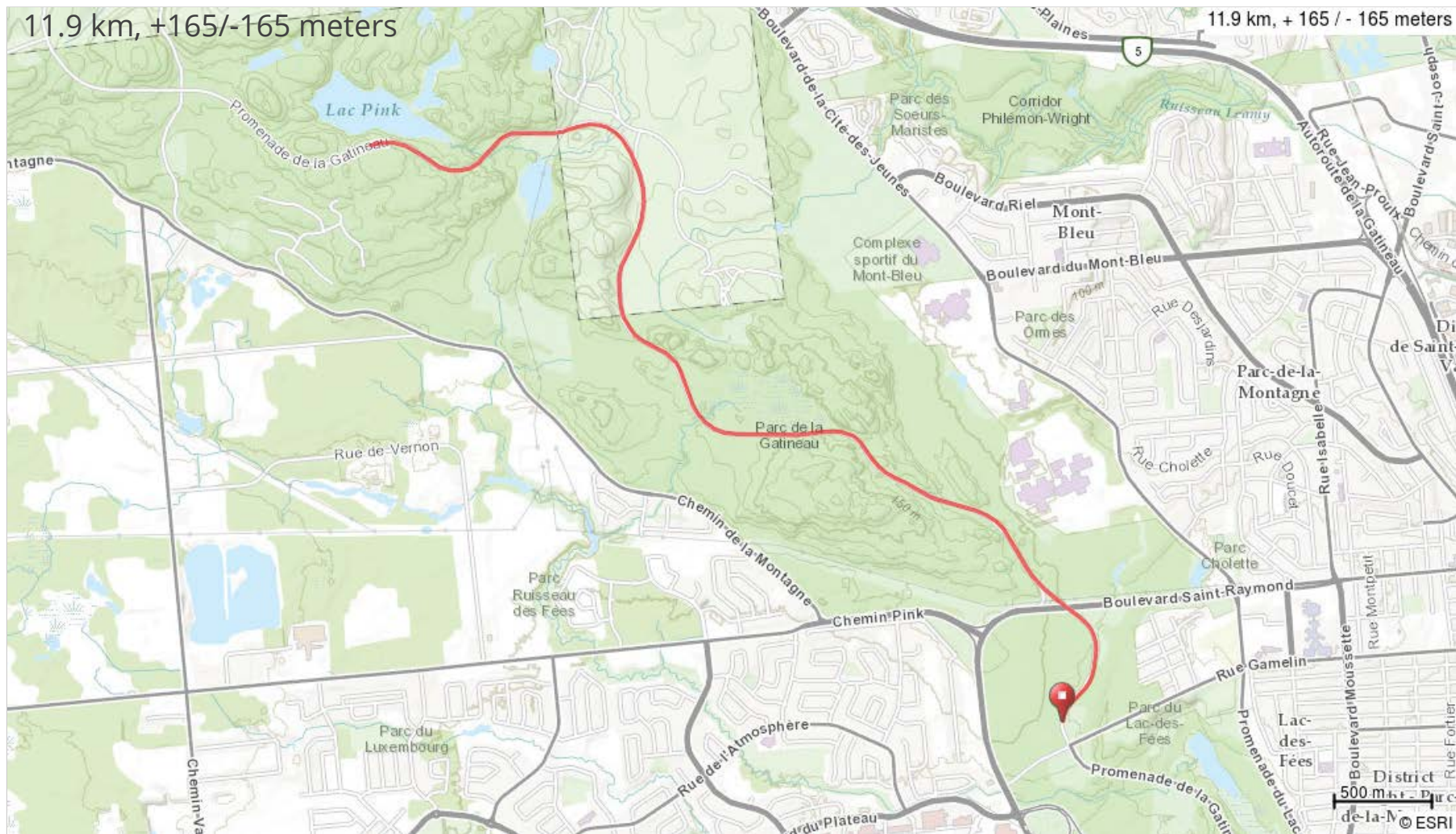


4.2.5 16KM JUNIOR WOMEN TT COURSE OVERVIEW

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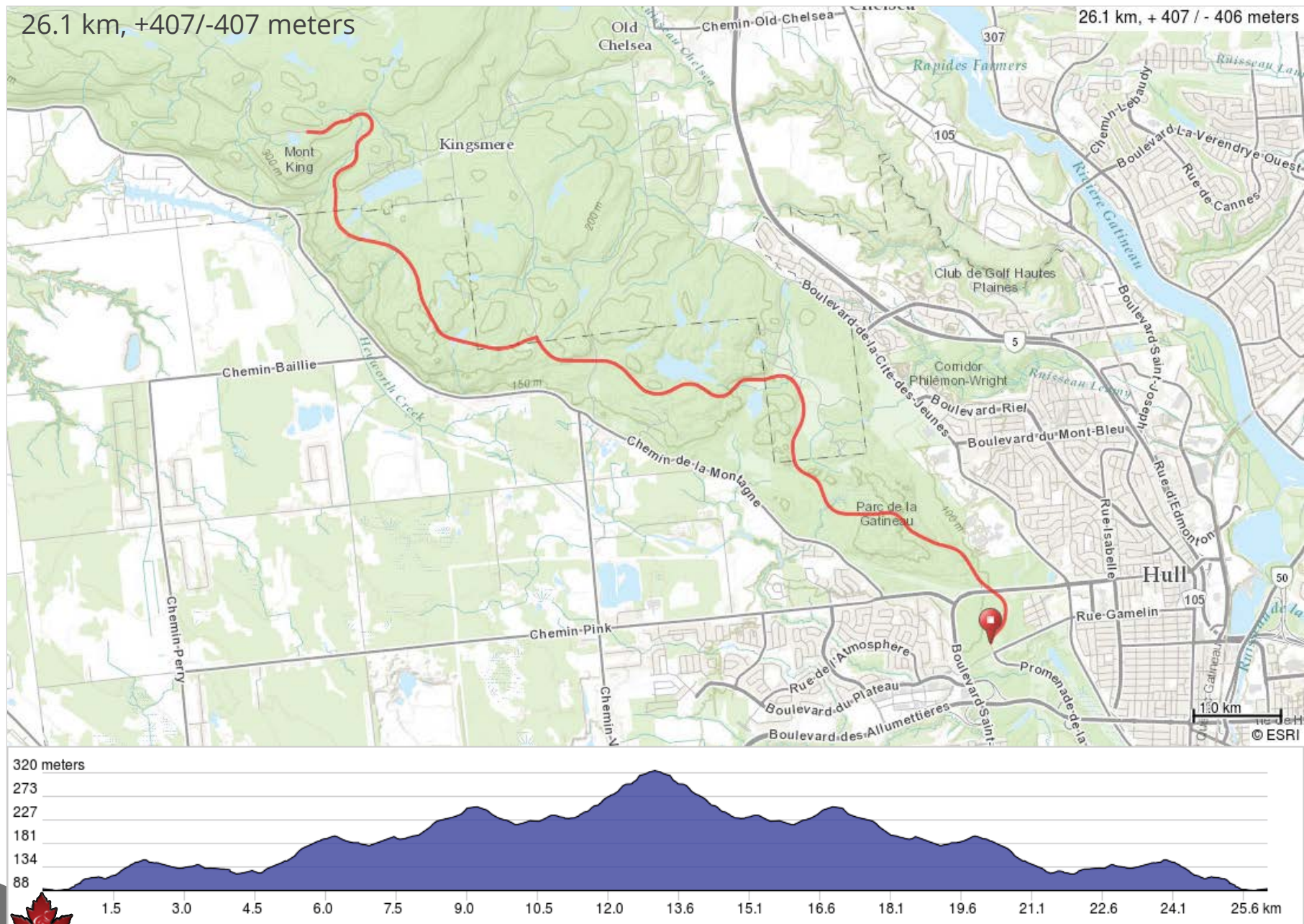


4.2.6 12KM PARA TT COURSE

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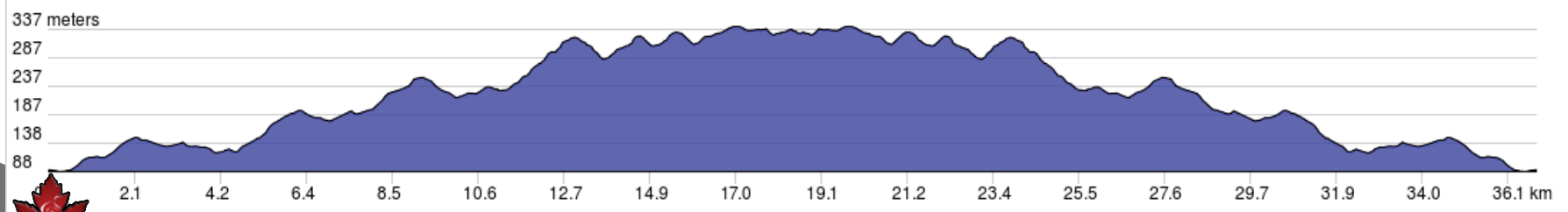
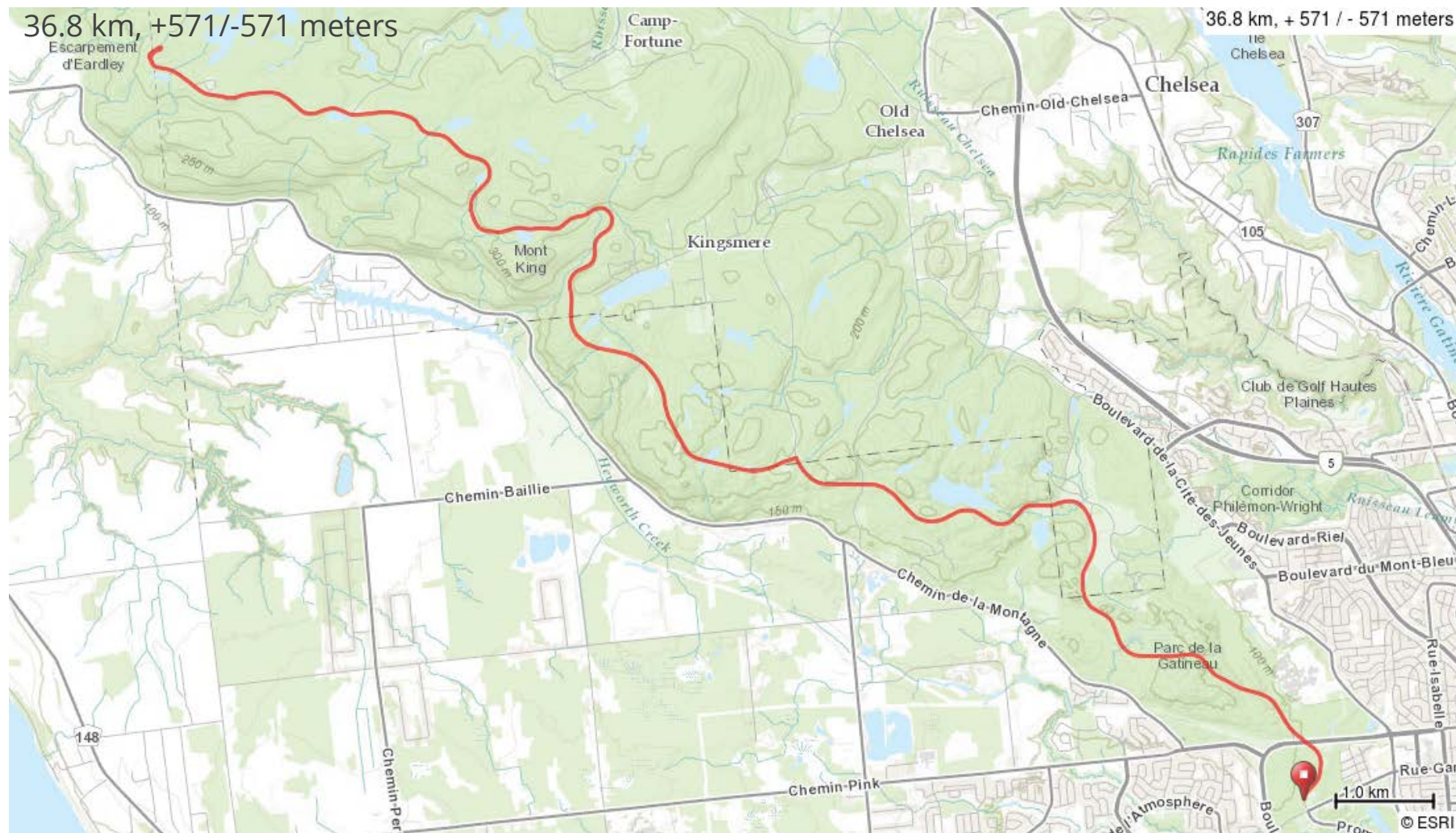


4.2.7 26KM ELITE WOMEN AND JUNIOR MEN TT COURSE

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4.2.8 36KM ELITE MEN TT COURSE

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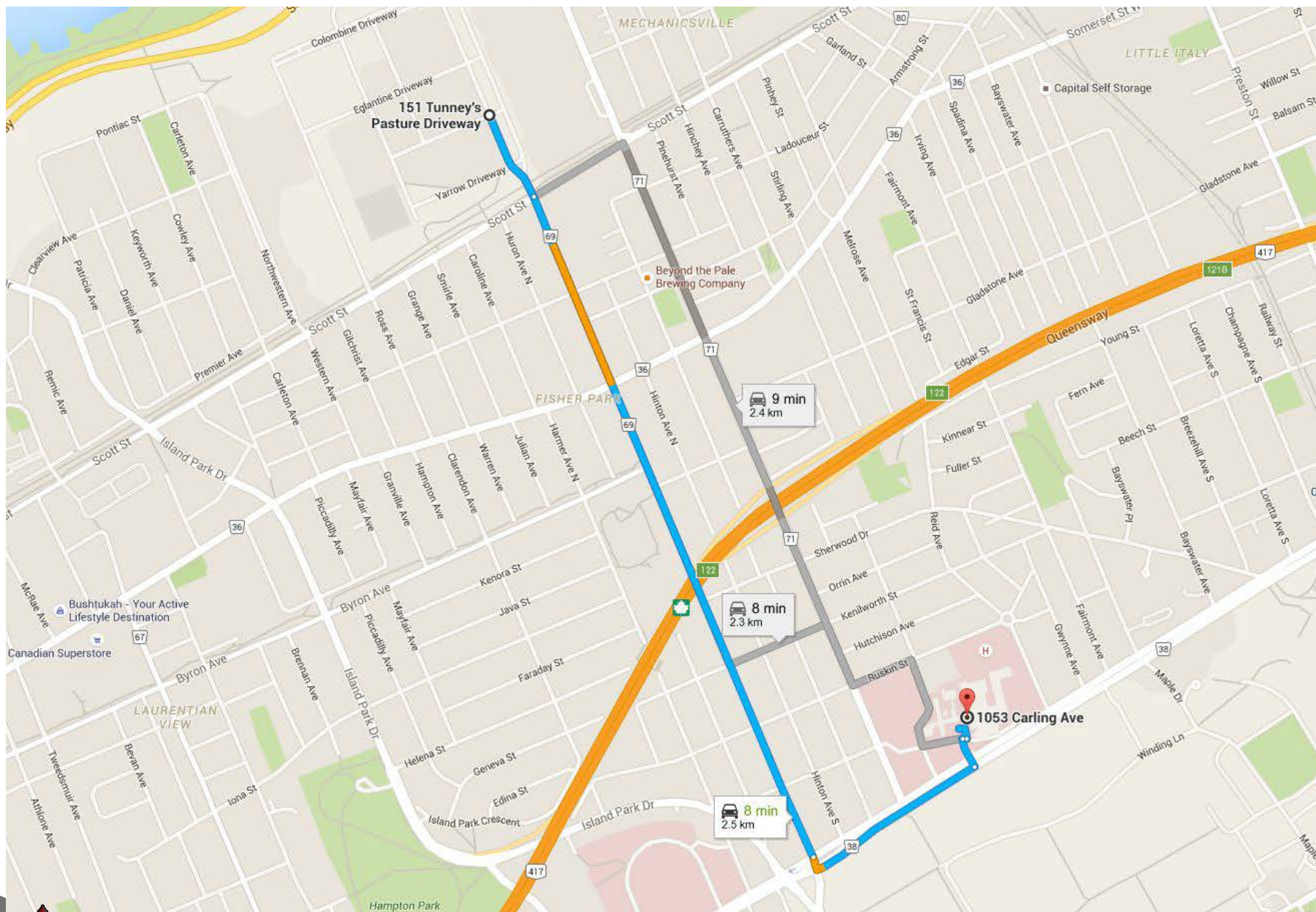
- | | | | |
|---|--------------------|---|--|
| | start/finish line |  | Team pit area |
|  | start/finish stage |  | Expo (food vendors, beer, coffee, merchants) |
|  | pit |  | washrooms |
|  | registration |  | first aid station |
|  | results board |  | parking |
|  | finish podium |  | linked steel barriers |



4.3 CRITERIUM COURSE

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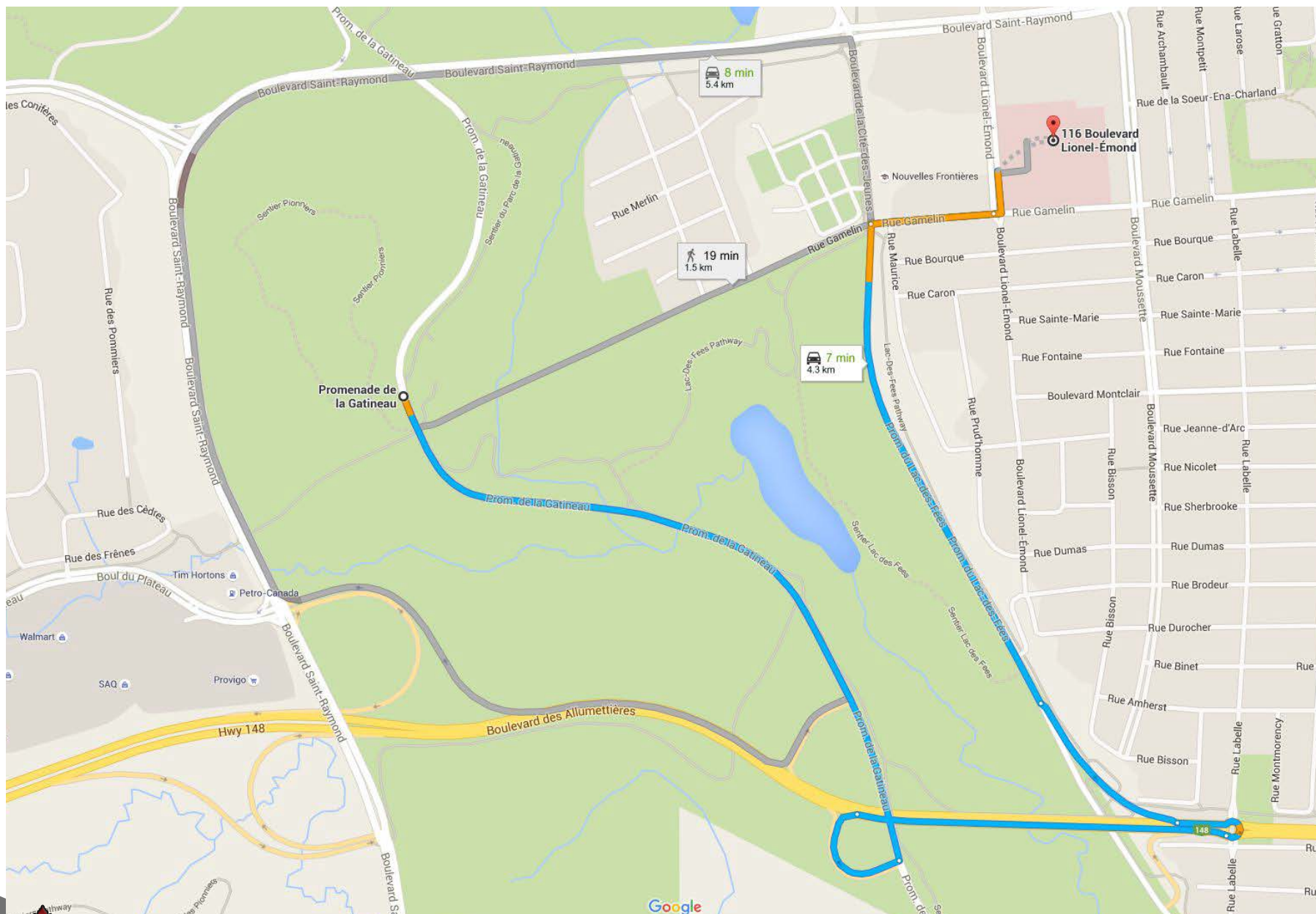
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5.2 ROAD RACE TO THE OTTAWA HOSPITAL-CIVIC CAMPUS

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5.3 TT COURSE HOPITAL DE HULL

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