



TECHNICAL GUIDE

2018 CANADA CUP & BC CHAMPIONSHIPS

Whistler, BC

Presented by:
Whistler Blackcomb

Canada Cup XCO | UCI C2 Elite and Junior U19 Expert; CC U17 Expert

BC Championships XCO | Elite, Master, U19 Expert, U17 Expert, U15, U13

June 23, 2018

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I. GENERAL INFORMATION

***For the most recent and up-to-date information, please check visit <https://www.whistlerblackcomb.com/explore-the-resort/activities-and-events/whistler-mountain-bike-park/plan-your-ride/events.aspx>

Event Overview

Cycling BC, and Whistler Blackcomb are proud to present the Canada Cup and BC Championships. These races will be held in Whistler, British Columbia.

This Technical Guide covers the relevant rules and procedures for the Canada Cup XC and BC Championship events held on June 23, 2018.

In case of a divergence between the information found within this Technical Guide and information concerning these events found anywhere else (e.g. the internet), this Technical Guide shall be considered correct.

The 2018 Mountain Bike Canada Cup Series Rules also form an integral part of this document; they should be consulted together with this Technical Guide. The procedures within that document applicable to all 2018 Canada Cup events shall apply equally to these events. The 2018 Canada Cup Series Rules are available on [Cycling Canada's Website](#).

Participation and Sanctioning

By registering for this event, racers agree to follow and be bound by the rules and procedures outlined in the Technical Guide, and also agree to follow the rules of the International Cycling Union (UCI), Cycling Canada, and Cycling British Columbia. Likewise, the policies, rules and procedures of the Whistler Mountain Bike Park apply when participating on Whistler Blackcomb property.

The Canada Cup XC and Canada Cup DH events are sanctioned by both Cycling Canada and the International Cycling Union. The rules of the UCI shall apply.

Cycling Canada, Cycling BC Staff / Officials

Position	Name	Province
Cycling BC Representative	Arlaine Mozell	BC
Cycling Canada Representative	Josh Peacock	ON
Chief Commissaire	Dorothy Pacheco	USA
Asst. Chief Commissaire	Jim Bratrud	BC
Commissaire	Gary Leung	BC
Commissaire	Steve Sleep	BC
Secretary	Claire Bonin	BC
Starter	Jason Howard	BC

Venue Race Staff

Company	Name	Position	E-Mail
Whistler Blackcomb	Sebastien Fremont	Race Director	sfremont@vailresorts.com
	Colleen Ikona Reach	Race Secretary	cmikona@vailresorts.com

II. EVENT INFORMATION

Date

June 23, 2018

Registration

Online Registration here: <https://ccnbikes.com/#!/events/2018-whistler-canada-cup-bc-championships-xco>

Registration Opens: May 1, 2018
Registration Closes: June 21, 2018 at 8:00am

- Registration for championship categories requires the presentation of a valid BC or UCI race license.
- Single Event Licenses will be available at registration for non-championship categories.
- Pre-register to avoid disappointment, no day-of registration will be available.
- If there are less than 3 riders in a class, one or more categories may be combined. If 1 or more categories are combined, points are allocated to each rider based on how they would place in their regular category. However, the "Award of the Day" will be awarded based on the outcome of that particular day.
- BC Ride and Single event license holder can race in the Open class only.

Onsite Registration and Plate Pick-up

June 22, 2018 | Plate Pick-up and Onsite Registration

10:00am – 1:00pm & 4:00pm – 6:00pm at Advanced Sales Centre, Basement of the Carleton Lodge

June 23, 2018 | Plate Pick-up - * NO Day-of Registration

8:00am – 11:00am at [Blackcomb Excalibur Base II](#)

* Rider's must pick up their plate minimum **30 minutes prior to the start** of their category's race.

Registration Fees

Pre-Registration (Prior to June 21, 2018)

Elite Categories - \$60 Master, Senior and Junior Categories - \$50

On Site Registration (June 22, 2018) **there will be NO Day-of Registration available*

Elite Categories - \$70 Master, Senior and Junior Categories - \$60

Refund Policy

Refund (subject to an administrative fee) available if cancellation request received by June 22, 2018 1:00pm PST. No refunds after this time, even in the case of injury or mechanical problems.

Waivers

- Cycling BC waivers and Whistler Blackcomb Bike Park Waivers must be signed.
- For riders under 19 years of age, a parent or legal guardian must sign on their behalf.

Licenses

- Racers must hold either UCI, Provincial Race, Provincial Ride or 1 day licenses. Please refer to the Category Charts in your discipline to see what Category you are eligible for with the license you have.
- One-day event license fees are as follows:
 - \$10.00 – Junior/Senior/Masters categories
 - \$5.00 – U17/U15/U13 & Youth Categories

Event Schedule

Thursday June 21, 2018		
All day	Course marking in progress	
Friday June 22, 2018		
10:00am – 1:00pm 4:00pm – 6:00pm	Plate Pick-Up & Onsite Registration	Advanced Sales Centre Desk The Basement of the Carleton Lodge 4280 Mountain Square Whistler, BC, V0N1B4
1:00pm - dark	Open XC training no marshals	Public may be on course
Saturday June 23, 2018		
8:00am – 11:00am*	Plate Pick-Up – No Registration	Blackcomb Excalibur Base II
9:00am – 10:00am	Training all categories	Closed Course
10:30am – 11:30pm	U13, U15, U17 Sport and U19 Sport	1 minute gap for each age/gender
11:45pm – 1:00pm	Masters, Seniors and U17 Expert	1 minute gap for each age/gender
1:15pm – 3:15pm	Junior Expert and Elite	1 minute gap for each age/gender
4:00pm	Awards	Blackcomb Excalibur Base II start/finish area

* Rider's must pick up their plate minimum **30 minutes prior to the start** of their category's race.

Start Location

[Blackcomb Excalibur Base II](#)

Course Description

Length: 3.9 km

Climbing: Approximately 239 m / lap

- Start loop – above Base II, up towards Tube Park, left heading towards the Stable, staying on the road passed the Water Ramps connecting to this loop
- Down Magic zone via existing trails (combination of open and in the trees)
- Up Merlin's ski run connecting to the Upper Tree island , climbing until you come to Home Run
- Left on Home Run to the Orange gate
- Left onto Instant Gratification
- Upon your exit of IG, you climb the access road until to get to Roam
- Down Roam in the Loam
- Connect to Home Run, left on the ATV access road bringing you to top of Magic Chair
- Base past base 2 which completed the loop.



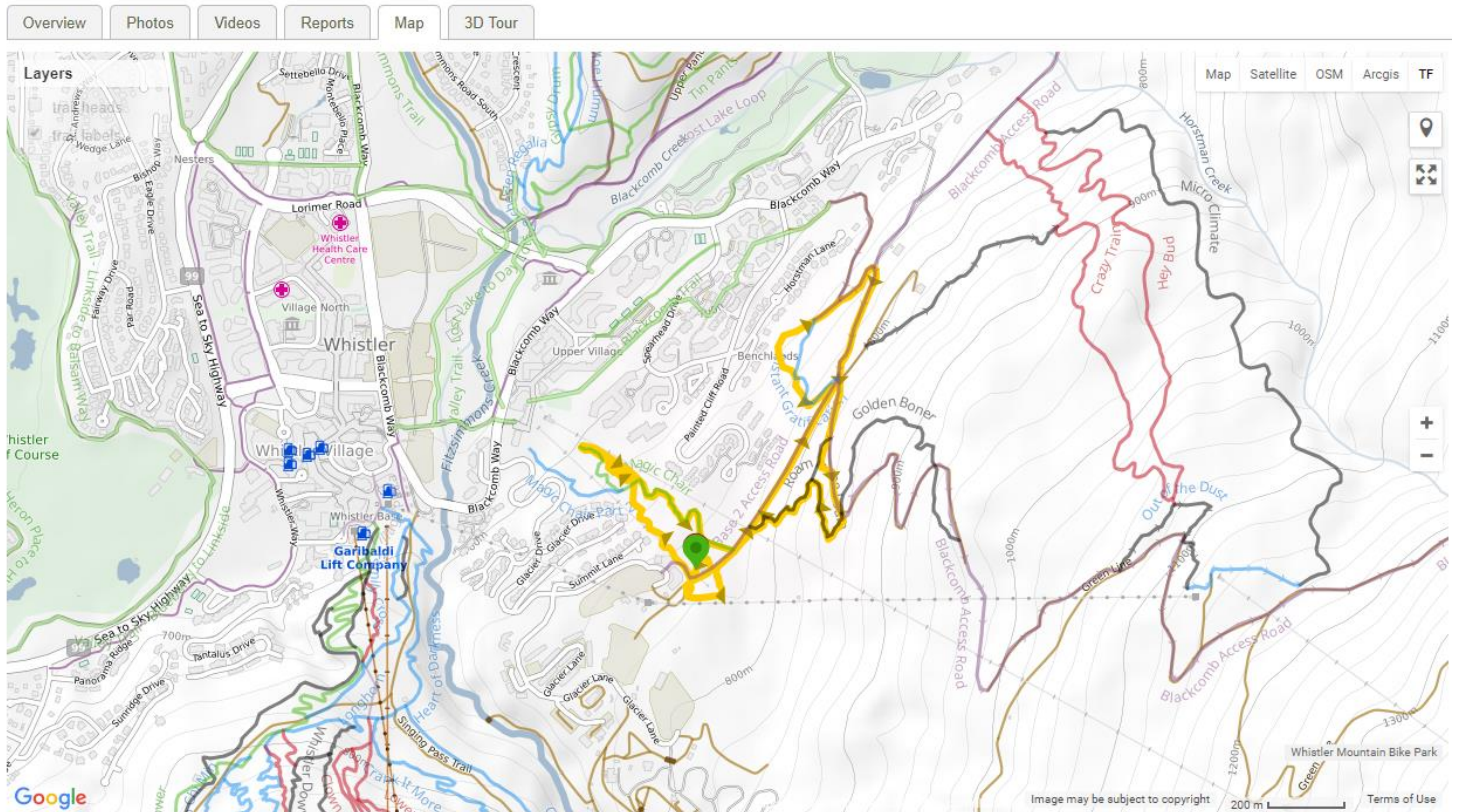
CyclingCANADA Cyclisme



Course and Site Maps

<https://www.trailforks.com/route/whistler-canada-cup-summer-2018/>

Map of Whistler Canada Cup Summer 2018 / route near Whistler, bc



Categories, Licenses and other info

See below the full category listing. All categories refer to the rider's age as of December 31, 2018.

Category	Distance	Eligible for BC Championship	Prize Money?	License Type
CANADA CUP CATEGORIES				
Elite Men	90 min	X	X	Elite (EME)
Elite Women	90 min	X	X	Elite (XWE)
U17 Expert Men	75 min	X		Expert (XMU17.E)
U17 Expert Female	75 min	X		Expert (XMU17.E)
U19 Expert Men	75 min	X		Expert (XMJ.E)
U19 Expert Women	75 min	X		Expert (XWJ.E)
CHALLENGE CATEGORIES				
U13 Men	30 min	Expert Ability Only		(XMU13.E) / Single Event
U13 Women	30 min	Expert Ability Only		(XMU13.E) / Single Event
U15 Men	45 min	Expert Ability Only		(XMU15.E) / Single Event
U15 Women	45 min	Expert Ability Only		(XMU15.E) / Single Event
U17 Men Sport	60 min			Sport (XWU17.S) / Single Event
U17 Women Sport	60 min			Sport (XWU17.S) / Single Event
U19 Sport Men	60 min			Sport(XMJ.S) / Novice(XMJ.N) / Single Event
U19 Sport Women	60 min			Sport(XWJ.S) / Novice(XWJ.N)
Senior Men (19-29)	75 min			Sport(XME.S) / Novice(XWE.N) / Single Event
Senior Women (19-29)	75 min			Sport(XWE.S) / Novice(XWE.N) / Single Event
Master Men (30-39)	75 min	XMMA Only		Master(XMMA)
Master Women (30-39)	75 min	XWMA Only		Master(XWMA)
Master Men (40-49)	75 min	XMMB Only		Master(XMMB)
Master Women (40+)	75 min	XWMB Only		Master(XWMB)
Master Men (50+)	60 min	XMMC Only		Master(XMMC)

Race Numbers and Timing

- Race numbers and timing chips will be distributed at sign-in/ plate pick up
- Race will be timed using RFID technology.
 - Chips will be located on the back of the race plate.
 - Plates MUST be mounted on the handle bars.
 - Do not bend or cut the plate as it could interfere with the chip's functionality.
- Numbers must not be folded or modified and must clearly show all advertising.
- Numbers must be completely visible at all times during the race.

Results

- Results will be posted near the start/finish shortly following the race
- Official results will be posted within 24hours on <https://www.whistlerblackcomb.com/explore-the-resort/activities-and-events/whistler-mountain-bike-park/plan-your-ride/events.aspx>
- Please allow 30 minutes for times to be posted after the last racer has finished.
- There will be a 15 minute window to allow for claims.

Awards/Podiums

- There will be awards ceremonies for each race. All podium finishers are expected to be in attendance. More details on Podiums/Championships in section III.
 - Awards will be held at the finish like shortly following last racer finishing.
 - There will be up to 2 podiums ceremonies held for Elite, U19 Expert and U17 Expert Categories
 - 1 will be for the Canada Cup Finish
 - 1 will be for BC Championships (only Residents of Canada are eligible for this podium)

Prize Money

Rank	Men Elite (EUR) minimum	Men Elite (CAD) actual	Women Elite (EUR) minimum	Women Elite (CAD) actual
1st	250	\$375.85	250	\$375.85
2nd	200	\$300.68	200	\$300.68
3rd	150	\$225.51	150	\$225.51
4th	125	\$187.92	125	\$187.92
5th	100	\$150.34	100	\$150.34
6th	90	\$135.31	90	\$135.31
7th	80	\$120.27	80	\$120.27
8th	70	\$105.24	70	\$105.24
9th	60	\$90.20	60	\$90.20
10th	50	\$75.17	50	\$75.17

Prize Money in Canadian Dollars, converted from Euros using the 2018 UCI Exchange Rate

Staging and Start Protocol

- All categories will be staged approximately fifteen minutes prior to start time. Staging will be based on newest available UCI ranking, then Canada Cup Ranking then random order.

U17 Expert

1. All riders on the current Canada Cup ranking
2. Random order by plate numbers distributed

Junior (UCI)

1. All riders on the current UCI ranking
2. All riders on the current Canada Cup ranking
3. Random order by plate numbers distributed

U23/Elite W & U23/Elite M

1. All riders on the current UCI ranking
2. All riders on the current Canada Cup ranking
3. Random order by plate numbers distributed

- For all Challenge Categories, staging will be determined by the top 8 of the 2017 final BC Championship standings.
- When multiple categories are starting at the same time, riders from each field will be staged together and separated from other categories by a few feet. Categories will be sent separately from the start grid in waves.

Warm-Up/Pre-Riding the Course

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

Equipment

- Cycling BC / UCI rules apply. It is the responsibility of all riders to know these rules.
- Riders are required to wear club or team jerseys corresponding to their license.
- Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- The use of glass containers is strictly prohibited.
- Bicycle helmets are required to be worn by riders on or off the course at ALL times when riding a bike.

Mandatory Protective Equipment:

- All Ages
 - XC helmet

Inclement Weather

- Race held rain, snow, or shine
- In the event of unsafe weather (e.g., lightning) on race day, race officials may delay or cancel racing

Pits

- For the XC there will be limited Pit Space near the start/finish area.
- Tents must be 10'x10' and all 4 legs must be weighted down. Vehicles will not be able to remain near the pits.

Parking

Free Parking is located in Lot #6 at Base II (end of Glacier Road)

Additional Information

- Additional information can be found at:
 - Cycling BC: <http://cyclingbc.net>
 - Whistler Blackcomb: <https://www.whistlerblackcomb.com/explore-the-resort/activities-and-events/whistler-mountain-bike-park/plan-your-ride/events.aspx>
 - Event Page: <https://www.facebook.com/events/174779406559815/>
 - Whistler Blackcomb Events Facebook: <https://www.facebook.com/wbmtnevents/>

III. CHAMPIONSHIPS INFORMATION

British Columbia XC Championship Rules

- The BC Championships will take place on date and time as scheduled.
- There will be no extension of the Championships past Saturday, June 23, 2018, due to unforeseen delays or prolonged stoppages. In case of stoppages, priority will be given to "championships" class. Racing format may also be modified at the discretion of the President of the Commissaires Panel in response to prolonged stoppages.
- Medical problems should be reported to a commissaire.
- Athletes participating at the 2018 BC Championships events requiring the use of a medication included on the Prohibited List must have a TUE prior to participating in the event. This applies to all categories of athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, www.cces.ca/en/tuewizard
- The event will be run under Cycling BC/Cycling Canada/UCI rules.
- All Elite Championship racers must have a valid UCI license.
- All BC Championship category racers must hold a valid UCI license.
- Categories with fewer than 4 starters may be merged with another age or ability category at the discretion of the Chief Commissaires for the start, but will receive awards separately.
- Equipment regulations to be enforced for ALL championship categories. There will be NO exceptions.
- A Provincial Championship title may be awarded only in those categories where at least 4 starters are entered.
- Approved helmets are mandatory for training, competition and anytime you are on a bike.

Championship Categories

Please refer to the Category Charts under *Race Details*. Championship Categories are outlined there. (See page 7)

License requirements championship categories:

- U13, U15 and Master Men and Women: UCI or Provincial Race license. UCI license holders must have Master listed on their license to register in the Master category.
- Elite Men, Women and U17 expert and Junior Expert U19 must have a UCI license with the Cross-Country Elite-Elite or U23-Elite category (Prov Cat XME, XMU23, XWE, XWU23) to race in this category. Elite/U23-Expert, Sport, and Novice Men and Women (Prov. Cat. XME.E, XME.S, XME.N, XWE.E, XWE.S, XWE.N, XMU23.E, XMU23.S, XMU23.N, XWU23.E, XWU23.S, XWU23.N) must race in the Senior Men/Women categories.

Eligibility

- The Elite Championships are open to BC residents who hold a valid Cycling Canada/UCI license. Only Canadian citizens will have access to the Provincial title and Provincial Championship podium positions and medals.
- License requirements for championship categories are as listed above.
- The Master BC XC Championships are open to BC residents who hold a valid Cycling BC, or Cycling Canada/UCI license. Only Canadian citizens will have access to the Provincial title and Provincial Championship podium positions and jerseys.
- Prize money (where applicable) will be based on order of finish at the Provincial Championships, regardless of citizenship or nationality.
- Should a non-citizen (permanent resident, landed immigrant or individual with refugee status) place amongst the top three overall finishers in the race category, a podium presentation will take place based on order of finish of the race and a second podium presentation based on the Provincial Championships results of eligible BC citizens will follow.
- Proof of residence may be required (this includes driver's license, permanent resident card).
- All participants must be licensed to compete in the appropriate discipline.
- All participants must be prepared to present their license upon demand at the event.
- Domestic licenses from other countries or within Canada are not permitted.
- No one-day event licenses will be sold for the championship categories.
- License must be presented during race package pick-up.
- All competitors MUST enter their event class as shown on their license. If your UCI category is Elite, you cannot race as a Master. If your category is Master, you cannot race as an Elite.
- The categories are defined as per UCI rules based on year of birth. Racing age for the Championship is the rider's age as of on Dec. 31, 2018.
- There are no age or category upgrades permitted at these BC Championship races.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled:
 - Complete the application form.
 - Sign the waiver.
 - Payment has been transacted.
 - Riders license has been validated by the designated commissaire.

Specific Technical Requirements

- The event will be run under Cycling BC / CC /UCI rules.
- The BC Championships shall be governed by Cycling BC.
- A minimum of 4 starters will form a valid class needed to validate a BC Championship title.

BC Championship Jersey and Podiums

A Provincial Champion jersey will only be awarded to Provincial Championships title categories, providing the category meets the minimum requirement of four starters

Note: Should the minimum requirement not be met in any title category, the winner will have the option to purchase a Provincial Champion's Jersey, but only if there were a minimum of two finishers in that category.

A Canada Cup Podium will also be held. Only the Elite and U17 Expert, U19 Junior Expert Categories will have Canada Cup Podiums.

Important

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the Chief Commissaire Panel and the Technical Delegate with a valid reason. Reasons such as, "I have a ferry to catch" will not be accepted.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so will result in a fine and loss of award (including prize money).
- Podium presentation for top 5 from the Elite/Junior Expert; top 3 all other categories. Presentation for Canada Cup overall and BC Championships winners will follow immediately after

Canada Cup Points

Canada Cup Series points will be awarded as outlined in the table below. Only Elite and U17, U19 Junior Expert are eligible to receive Canada Cup Points.

Canada Cup Points Table

Elite				Junior	
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			39	2
40	36			40	1

UCI points will be awarded to U23/Elite Men & Women as outlined in the current UCI regulations.

Doping Control



Cycling Canada's RaceClean program aims to address and recognize the importance of fair play, clean sport, and the obligation racers have to compete within the rules. It is our hope that all Canadian athletes respect the rules which include not using prohibited substances or practices. For more information on Cycling Canada's Race Clean program, including athlete/coach resources, click [here](#).

As this event is fully sanctioned through Cycling Canada and the UCI, all participants in possession of a UCI license are subject to doping control under the UCI's rules and guidelines. It is the riders' and team managers' responsibility to understand these rules. The doping control station at the venue will be clearly marked. Athletes who are selected for testing will be met at the finish line by a chaperone. All athletes who DNF must report to the finish line.

IV. AMENITIES, SAFETY, ETC.

Race Services and Amenities

- There will be limited Pit Space near the start/finish area.
- Tents must be 10'x10' and all 4 legs must be weighted down. Vehicles will not be able to remain near the pits.
- Washrooms are available on the site.

First Aid and Medical

- Whistler Bike Park Patrol who are trained, dedicated medical staff will be in place during the event.
- Emergency Dispatch for Whistler Bike Park Patrol:

604-935-5555

- Patrol will be stationed at the start/finish
- The area is served by 911 service
- The nearest hospital with full emergency/trauma capabilities is: Whistler Health Care Centre
 - **Address:** 4380 Lorimer Rd, Whistler, BC V0N 1B4
 - **Phone:** (604) 932-4911

Lodging and Other Services

Please contact our reservations centre for assistance – 1800 766 0449