



TECHNICAL GUIDE

2019 CANADA CUP & BC CUP XCO

Whistler, BC

Presented by:
Whistler Blackcomb

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

BC Cup XCO | Elite, Master, Senior Amateur, U19 Expert, U17 Expert, U15, U13

June 22, 2019

Version 3.0 (May 4, 2019)



Table of Contents

I. GENERAL INFORMATION	3
Event Overview	3
Participation and Sanctioning	3
Cycling Canada, Cycling BC Staff / Officials	4
Venue Race Staff	4
II. EVENT INFORMATION.....	4
Date	4
Registration	4
Onsite Registration and Plate Pick-up.....	5
Registration Fees.....	5
Waivers.....	5
Licenses	5
Event Schedule	6
Start Location	6
Course Description	6
Course and Site Maps.....	7
Categories, Licenses and other info	8
Race Numbers and Timing	9
Results	9
Awards/Podiums	9
Prize Money.....	9
Staging and Start Protocol.....	10
Warm-Up/Pre-Riding the Course	10
Equipment	10
Mandatory Protective Equipment:	11
Inclement Weather	11
Pits.....	11
Parking.....	11
Additional Information.....	11
III. CHAMPIONSHIPS INFORMATION.....	12
British Columbia BC Cup XCO Rules	12
BC Cup Categories	12
Eligibility	12
Specific Technical Requirements.....	13
BC Cup Jersey and Podiums	13
Canada Cup Points.....	13
Doping Control	13
IV. AMENITIES, SAFETY, ETC.....	14
Race Services and Amenities.....	14
First Aid and Medical.....	14
Lodging and Other Services.....	14

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 Cup. 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 Cup events held on June 22, 2019.

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 2019 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 2019 Canada Cup events shall apply equally to these events. The 2019 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	Cory Ostertag	BC
Cycling Canada Representative	Josh Peacock	ON
Chief Commissaire	Geordie Ma	AB
Asst. Chief Commissaire	Wally James	BC
Secretary	Claire Bonin	BC
Commissaire Panel Member	Gary Leung	BC
Commissaire Panel Member	Sue Duxburry	BC
Commissaire Panel Member	John Evanochko	BC

Race Staff

Company	Name	Position	E-Mail
Whistler Blackcomb	Sebastien Fremont	Race Director	sfremont@vailresorts.com
	Kelvin Scott	Race Coordinator	kdscott@vailresorts.com

II. EVENT INFORMATION

Date

June 22, 2019

Registration

Online Registration here: <https://ccnbikes.com/#!/events/2019-whistler-canada-cup-bc-championships-xco>

Registration Opens: May 1, 2019
Registration Closes: June 20, 2019 at 8:00am

- Registration for championship categories requires the presentation of a valid UCI or BC race license.
- Single Event Licenses will be available at registration for categories not part of the Canada Cup.
- Pre-register to avoid disappointment, no race day 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 podium will be based on the combined category result
- BC Ride and Single event license holder can race in the challenge classes only.

Onsite Registration and Plate Pick-up

June 21, 2019 | Plate Pick-up and Onsite Registration

10:00am – 1:00pm & 3:00pm – 5:00pm at Advanced Sales Centre, Basement of the Carleton Lodge

June 22, 2019 | 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 20, 2019)

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

On Site Registration (June 21, 2019) **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 20, 2019 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 20, 2019		
All day	Course marking in progress	
Friday June 21, 2019		
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
5.30pm	Rider's Meeting	Blackcomb Excalibur Base II
Saturday June 22, 2019		
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: 4.0 km

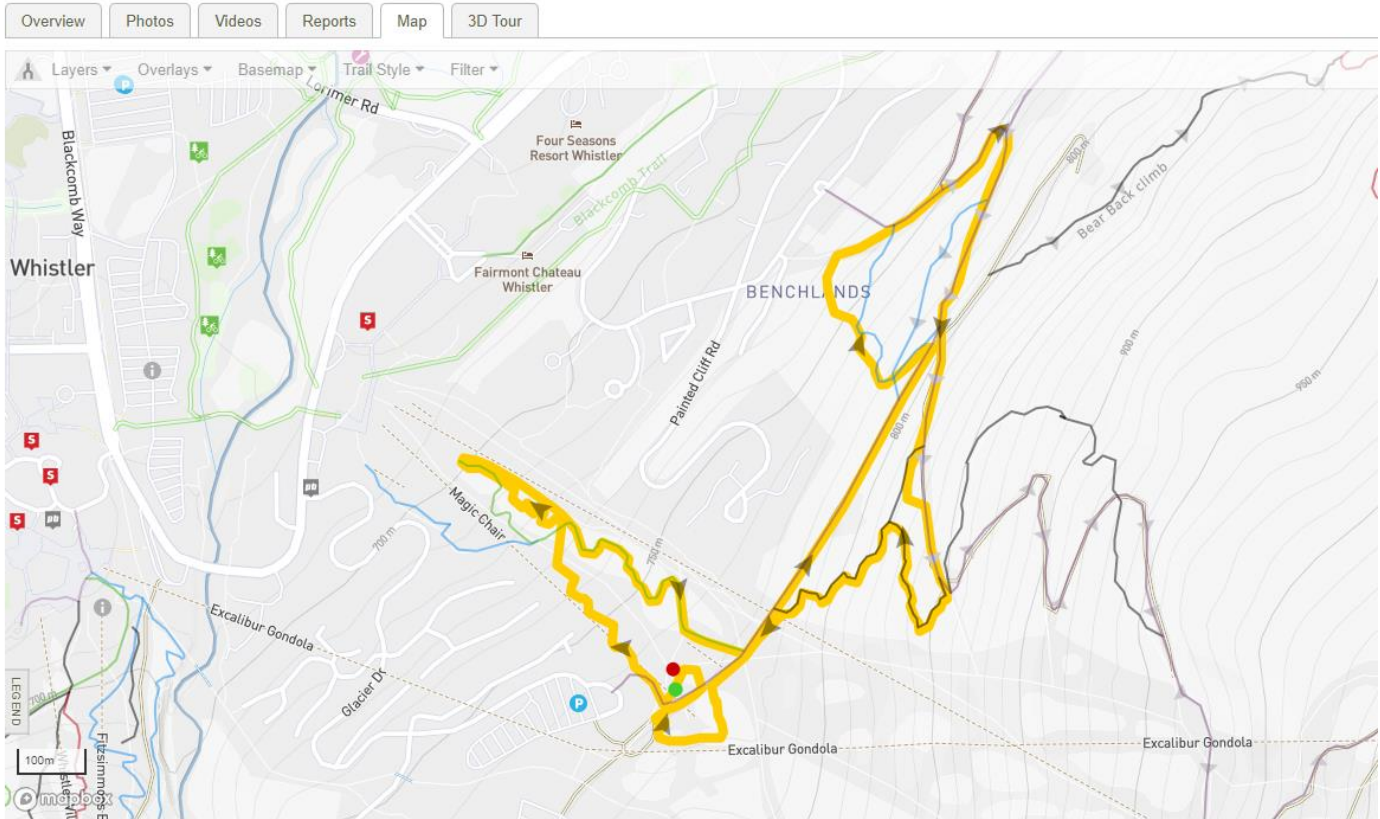
Climbing: Approximately 239 m / lap

- 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.

Course and Site Maps

<https://www.trailforks.com/route/whistler-canada-cup-xco-2019/>

Map of Whistler Canada Cup XCO 2019 / 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, 2019.

Category	Distance	Eligible for BC Cup	Prize Money	License Type
<i>CANADA CUP CATEGORIES</i>				
Elite Men	1:20-1:40	X	X	UCI: Elite (XME)
Elite Women	1:20-1:40	X	X	UCI: Elite (XWE)
Junior U19 Expert Men	1:00-1:15	X	X	UCI: Expert (XMJ.E)
Junior U19 Expert Women	1:00-1:15	X	X	UCI: Expert (XWJ.E)
U17 Expert Men	0:45-1:15	X		UCI: Expert (XMU17.E)
U17 Expert Female	0:45-1:15	X		UCI: Expert (XWU17.E)
<i>CHALLENGE CATEGORIES</i>				
U13 Men	0:20-0:30	X		UCI or BC Race: (XMU13) / Single Event / BC Ride
U13 Women	0:20-0:30	X		UCI or BC Race: (XMU13) / Single Event / BC Ride
U15 Men	0:30-0:55	X		UCI or BC Race: (XMU15) / Single Event / BC Ride
U15 Women	0:30-0:55	X		UCI or BC Race: (XMU15) / Single Event / BC Ride
U17 Men Sport	0:45-1:15			UCI or BC Race: Sport (XWU17.S) / Single Event/BC Ride
U17 Women Sport	0:45-1:00			UCI or BC Race: Sport (XWU17.S) / Single Event/BC Ride
U19 Men Sport	0:45-1:15			UCI or BC Race: Sport(XMJ.S) / Single Event / BC Ride
U19 Women Sport	0:45-1:15			UCI or BC Race: Sport(XWJ.S) / Single Event / BC Ride
Senior Men (19-29)	1:00-1:30	XWE.S / XWE.E Only		UCI or BC Race: Sport(XME.S) / XWE.E / Single Event / BC Ride
Senior Women (19-29)	1:00-1:30	XWE.S / XWE.E Only		S UCI or BC Race: Sport(XWE.S) / Novice(XWE.N) / XWE.E / Single Event / BC Ride
Master Men (30-39)	1:15-1:30	XMMA Only		UCI or BC Race: Master(XMMA) / Single Event / BC Ride
Master Women (30-39)	1:15-1:30	XWMA Only		UCI or BC Race: Master(XWMA) /Single Event/BC Ride
Master Men (40-49)	1:00-1:30	XMMB Only		UCI or BC Race: Master(XMMB) /Single Event/BC Ride
Master Women (40+)	1:00-1:30	XWMB Only		UCI or BC Race: Master(XWMB) /Single Event/BC Ride
Master Men (50+)	1:00-1:30	XMMC Only		UCI or BC Race: Master(XMMC) /Single Event/BC Ride

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 PodiumsBC Cup in section III.
 - Awards will be held at the finish line shortly following the conclusions of the final race.

Prize Money

Rank	Men and Women Elite		Men and Women Junior (U19)	
	(EUR) minimum	(CAD) actual	(EUR) minimum	(CAD) actual
1st	250	\$382.15	80	\$122.29
2nd	200	\$305.72	65	\$99.36
3rd	150	\$229.29	50	\$76.43
4th	125	\$191.08	30	\$45.86
5th	100	\$152.86	25	\$38.22
6th	90	\$137.57	-	-
7th	80	\$122.29	-	-
8th	70	\$107.00	-	-
9th	60	\$91.72	-	-
10th	50	\$76.43	-	-

Prize Money in Canadian Dollars, converted from Euros using the 2019 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 based on newest available BC Cup Ranking then random order.
- 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. Cup Information

BC Cup Categories

- Elite Men
- Elite Women
- Junior (17-18) Men
- Junior (17-18) Women
- Senior (Sport/Expert) Amateur Men
- Senior (Sport/Expert) Amateur Women
- U17 (15-16) Men
- U17 (15-16) Women
- U15 (13-14) Men
- U15 (13-14) Women
- U13 (11-12) Men
- U13 (11-12) Women
- Master 30-39 Men
- Master 30-39 Women
- Master 40-49 Men
- Master 40-49 Women
- Master 50+ Men
- Master 50+ Women

License requirements BC Cup 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

- License requirements for BC Cup categories are as listed above.
- 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 holders will be eligible for the BC Cup.
- 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 event is the rider's age as of on Dec. 31, 2019.
- 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 UCI / CC / Cycling BC rules.
- The BC Cup shall be governed by Cycling BC.

BC Cup Jersey and Podiums

A BC Cup overall winners jersey will only be awarded to BC Cup categories, providing the category meets the minimum requirement of four starters

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 Cup winners will follow immediately after

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