



## **CYCLING CANADA**

### **2020 Junior Track Program and World Championships Selection Policy**

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## **INTRODUCTION**

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Cycling Canada is expanding on its junior track programming to spend more time working with riders to enhance their development. The intent is to ensure these athletes have the skills and preparation to better perform at the Junior Track World Championships, and then seamlessly move into Cycling Canada's Development programs on their path to becoming podium contenders for Paris 2024 and beyond. As such, while the pinnacle event of the Junior Program is the World Championships, the focus of this event is creating a positive development experience as opposed to placing an emphasis on performance.

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## **2020 JUNIOR PROGRAM**

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### **ENDURANCE - TEAMS FOCUS**

Cycling Canada's major focus at all levels is on Olympic events and specifically in the endurance discipline – the Team Pursuit. In order to advance through the National team pipeline, athletes require specific abilities to compete in the Team Pursuit. Having fundamental Team Pursuit skills is paramount as currently to race at a Major Games, all bunch race athletes need to be a contributing member of the Team Pursuit line-up. As the Junior National program is the first-time athletes integrate with the National team, Cycling Canada wants to ensure that team events skills are being acquired at an early age through the Advancement Camps and racing projects, such as the Junior World Championships.

### **SPRINT – INDIVIDUAL FOCUS**

Conversely, in the sprint discipline, the program focus is on individual events. Given the depth of sprinting in Canada and the nature of the Team Sprint event, Cycling Canada is focusing on general sprint skills that are transferrable to the team event if the right combination of athletes arises. As such, the focus will be more on the physiological and tactical characteristics needed to excel in the sprint and the keirin at the Elite International level.

### **SCHEDULING**

Cycling Canada recognizes that one of the real challenges with junior athletes is the conflict between athletic constraints and academic requirements. We have built out the junior programming with this in mind and endeavour to help athletes learn to balance both aspects early on in their student-athlete careers. Consequently, we hope that providing these dates well ahead of time will allow the athletes and their coaches to maximize these learning opportunities without compromising academic excellence.

### **ADVANCEMENT CAMPS**

The 2020 Junior Track Program will mimic the 2019 program with the hosting 4 one-week-long Advancement Camps in conjunction with existing races to help riders and coaches develop the skills necessary to enter into the National team stream. The camps will be open to the Junior Advancement Pool that is comprised of U17 and U19 athletes and their coaches based on performances at the 2019 Junior National Championships.

Athletes named to the Junior Advancement Pool will be invited to attend all 4 camps. A camp syllabus will be provided to all athletes and coaches one month prior to each camp. Athletes and coaches will be asked to accept their position in the camp and register 3 weeks prior to its start. All vacant camp spots will be open to be filled through PSO coach nomination with the goal to have two full Team Pursuit



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teams of each gender and up to 8 sprint athletes of each gender. Attendance to these camps is optional and will not directly affect a rider's eligibility for the Junior World Championships.

Coach participation in these camps is paramount. The goal is to develop relationships not only between potential podium contenders and National Coaches, but to also create a learning environment for the best junior coaches in Canada. The milieu will allow for knowledge transfer between coaches and provide a forum of best practices to help elevate cycling coaching in Canada.

Cycling Canada will try to facilitate host housing for all camp participants in an attempt to reduce costs.

If insufficient Junior Advancement Pool athletes register for a camp, Cycling Canada may choose to cancel the camp.

Start	End	Syllabus Provided	Registration Deadline	Location	Camp Highlights
Oct. 21	Oct. 26	Sept. 23	Sept. 27	Milton ON	<ul style="list-style-type: none"><li>• 10 hours of Track time</li><li>• Introduction to Competition NCCP Courses:<ul style="list-style-type: none"><li>◦ <a href="#">Training Basics</a></li><li>◦ <a href="#">Track Skills &amp; Tactics</a></li><li>◦ <a href="#">Training to Race</a></li></ul></li><li>• <a href="#">NCIM race night the final Saturday night</a></li></ul>
Dec. 16	Dec. 21	Nov. 18	Nov. 22	Milton ON	<ul style="list-style-type: none"><li>• 10 hours of Track time</li><li>• 2x Coach seminars</li><li>• <a href="#">NCIM race night the final Saturday night</a></li></ul>
Feb. 10	Feb. 15	Jan. 13	Jan. 17	Burnaby BC	<ul style="list-style-type: none"><li>• 10 hours of Track time</li><li>• 2x Coach seminars</li><li>• <a href="#">BVC Friday night racing</a></li></ul>
March 9	March 14	Feb. 10	Feb. 14	Milton ON	<ul style="list-style-type: none"><li>• 10 hours of Track time</li><li>• 2x Coach seminars</li><li>• <a href="#">NCIM race night the final Saturday night</a></li></ul>

### COMPETITION

The culmination of the 2020 Junior Track Race Program will be the Junior World Championships, held Aug. 19-23 in Cairo, Egypt. This event will be used to normalize excellence in the track competition environment, paving the way for international podium success. For endurance riders, the team event focus allows more athletes to be exposed to this racing level in a meaningful way.

It has been identified that our junior athletes need additional competitive racing opportunities in order to gain valuable race craft. We will be collaborating with PSOs to develop a list of appropriate high-level events, while encouraging athletes to make use of existing race opportunities. In 2019, USA Cycling held a five-race Junior National Track Cup Series. The series consisted of four races held at four velodromes across the country (Houston, Colorado Springs, Seattle and Trexlertown) between March and June and culminated in their National Championships. We hope that USA Cycling continues this endeavour in 2020 and it is our goal to disseminate the information regarding these races as soon as it becomes available. Additionally, we will aim to help with logistics around the events in order to facilitate more Canadian participation.



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In addition to the National Championships, Cycling Canada is facilitating two additional race opportunities as put on by the provinces:

- Western Challenge - Burnaby – January or February 2020 – dates TBD
- Eastern Challenge - Milton – January or February 2020 – dates TBD

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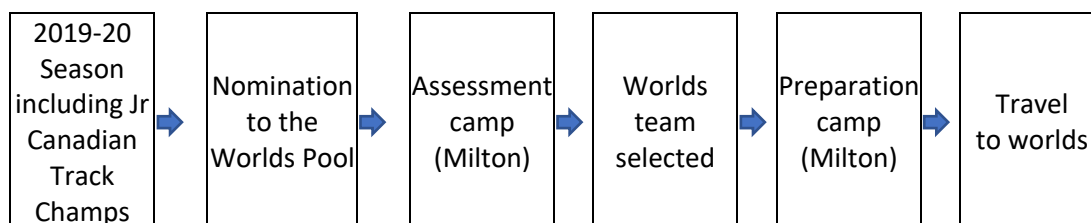
### JUNIOR WORLDS SELECTION PROCESS (SPRINT)

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All sprint athletes who make the Junior Sprint Time Standard<sup>1</sup> at a recognized competition between September 2019 and April 2020 (inclusive of the Junior National Championships), up to a maximum of six men and four women will automatically be named to the Junior Worlds Pool and invited to the April 6-9 Assessment Camp immediately following the Junior Track Championships. If an athlete is to meet the Time Standard in a competition outside of Canada, it is recommended that the athlete contact Jenny Trew at [jenny.trew@cyclingcanada.ca](mailto:jenny.trew@cyclingcanada.ca) with the results. The purpose of the Assessment Camp is to work with the sprint athletes and their coaches and further assess the athletes' ability to perform at the World Championships.

In the event that more than four women or six men make the Sprint Time Standards, the top performers at the National Championships and their coaches will be invited to the Assessment Camp.

The final Worlds team, including alternates, will be named after that camp, and the selected athletes will then have a final preparation phase in Milton starting mid-July. Between naming the team in mid-April and the start of the Preparation Camp, athletes will be responsible to maintain communication with the National Coach to confirm continued preparation for the Junior World Championships.



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### JUNIOR WORLDS SELECTION PROCESS (ENDURANCE)

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All endurance athletes who make the Junior Endurance Time Standard<sup>1</sup> at a recognized competition between September 2019 and April 2020 (inclusive of the Junior National Championships), up to a maximum of eight men and eight women will automatically be named to the Junior Worlds Pool and invited to the April 6-9 Assessment Camp immediately following the Junior Track Championships. If an athlete is to meet the Time Standard in a competition outside of Canada, it is recommended that the athlete contact Jenny Trew at [jenny.trew@cyclingcanada.ca](mailto:jenny.trew@cyclingcanada.ca) with the results. The purpose of the Assessment Camp is to work on the Team Pursuit and assess the viability of entering a team at the World Championships (aiming for a top-8 performance)<sup>2</sup>.

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<sup>1</sup> See Appendix 1 for Junior Time Standards

<sup>2</sup> See Appendix 1 for Top-8 projection necessary to send a Team Pursuit based on 102% of the average 4<sup>th</sup> place time for the Junior World Championships (2012 (M), 2013, 2015, 2016, 2017, 2018 & 2019)

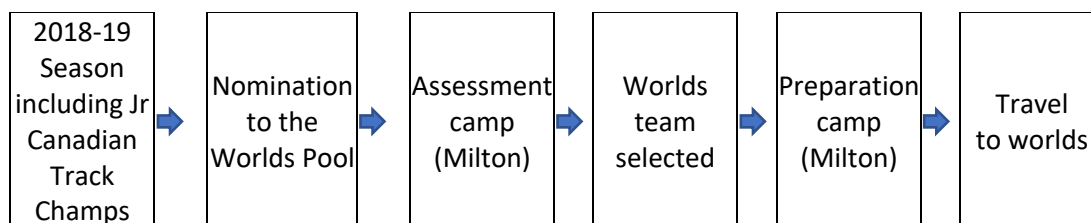


## CYCLING CANADA 2019 JUNIOR TRACK PROGRAM AND WORLD CHAMPIONSHIPS CRITERIA

In the event that more than eight athletes make the pursuit standard of either gender, the top 8 fastest athletes at the Junior National Championships in the Individual Pursuit (who have attained the time standard) will be nominated to the Junior Worlds Pool.

In the event that fewer than eight athletes make the Pursuit Standard, the National Coaches reserve the right to nominate athletes finishing within 103% of Junior Track Time Standards AND finishing on the podium in an individual bunch event at the Canadian Championships; or athletes having an exceptional performance at the Canadian Championships or another recognized event, to the Junior Worlds Pool.

The final Worlds Team, including alternates, will be named after that camp, and the selected athletes will then have a final preparation phase in Milton starting mid-July – contingent on a Team Pursuit team being named. Between naming the team in mid-April and the start of the preparation camp, athletes will be responsible to maintain communication with the National Coach to confirm continued preparation for the Junior World Championships.



Both groups will then travel to Egypt for the World Championships.

To make the most of the development opportunities in this program, athletes who have not been selected to the Worlds may be invited to participate in preparation camps.

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### JUNIOR TRACK WORLDS POOL SELECTION CRITERIA

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Athletes will be named to the Worlds Pool, based on achieving the following criteria between September 2018 and April 2019:

- Tier one: athletes meeting the Cycling Canada Junior Track Time Standards<sup>3</sup>
- Tier two: endurance athletes finishing within 103% of Junior Track Time Standards AND finishing on the podium in an individual bunch event at the Canadian Junior National Championships; or sprint and endurance athletes nominated by a National Coach based on an exceptional performance at the Canadian Championships or another recognized event.

**Please note:** Athletes meeting selection criteria in both Sprint and Endurance events will be asked to state a preferred stream by the close of the Canadian Track Championships (April 5, 2020) in order to assess potential team events composition.

The Pool will be limited to six to eight (6-8) riders for endurance and four (4) women and to six (6) men for sprint.

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<sup>3</sup> See Appendix 1 for Junior Time Standards



## CYCLING CANADA 2019 JUNIOR TRACK PROGRAM AND WORLD CHAMPIONSHIPS CRITERIA

Cycling Canada has made the commitment to not materially change the Junior Track Worlds Selection process for the next season (2021), unless there are significant changes to the international calendar beyond Cycling Canada's control.

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### JUNIOR TRACK WORLDS TEAM SELECTION CRITERIA

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**Eligibility:** The Junior World Championships are open to athletes who will be 17 or 18 years old as of Dec. 31, 2020 (born in 2002 or 2003). All athletes must also be in compliance with Section 5 of the Cycling Canada General Selection Policy.

Selection to the Worlds Team will be made primarily from among Tier 1 athletes, with the team being completed by athletes from Tier 2 if they show potential to perform at the World Championships.

First priority of selection on the endurance side will be on the Team Pursuit, with athletes for individual events selected from among members of teams once the athletes have arrived for the Preparation Camp in Milton. Sprint athletes will be selected based on their ability to compete in the individual disciplines. Selection will be made using performance data from the Canadian Championships and other relevant data (i.e. high calibre track races or road races where applicable). If Canada is unable to enter a competitive team in a given category, then one or more athletes may be selected to compete in individual events only.

The maximum size of the Team will be as follows:

Category	Women	Men
Endurance	5	5
Sprint	2	3

In no case can Canada start more athletes at the Junior Track World Championships than allowed by the UCI rules, as follows:

Event	Women	Men
Sprint	2	2
Individual Pursuit	2	2
Team Pursuit	4	4
Km TT	-	2
500 TT	2	-
Points Race	1	1
Keirin	2	2
Team Sprint	2	3
Scratch Race	1	1
Omnium	1	1
Madison	2	2

Qualification to Tier 1 does not automatically guarantee an athlete's selection to the Worlds Team. The decision to fill a quota spot will be made by the National Coach based on the athletes' anticipated ability to achieve competitive results (for example, top-8 in Olympic events).



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Team Selection will be based on the observations by the National Coach, taking into consideration the factors listed in Clause 10 of the General Selection Criteria published on the Cycling Canada website. These include:

- Individual performances and/or results in international competition of the rider in the 12-month period prior to the selection to pool or team;
- The rider's technical ability;
- The rider's tactical ability;
- The rider's physical ability / fitness;
- The rider's suitability for the course / venue / environmental conditions of the Event in consideration;
- The rider's attitude, composure and behavior in high-pressure competitive environments;
- The results of any of the rider's sport science tests conducted by CC, including biomechanical and physiological;
- The rider's consistency and reliability in competition;
- The ability of the rider to contribute to a team result;
- The rider's attendance, performance, attitude and conduct in training whilst a member of national team program (DTE, training camp or competition);
- The rider's level of communication with CC, including sharing training programs and reports with the relevant National Coach.

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### **JUNIOR TRACK WORLDS PREPARATION PROGRAM**

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#### **Sprint:**

- Worlds Pool named after individual events are completed at the Canadian Junior Track Championships in Milton, ON, April 5, 2020
- Worlds Team named after Assessment Camp in Milton, ON, April 6-9, 2020
- Preparation camp in Milton ON from late-July 2020 (exact date TBD) until departure to Worlds
- Both camps are mandatory for World championship participation

#### **Endurance:**

- Worlds Pool named after individual events are completed at the Canadian Junior Track Championships in Milton, ON, April 5, 2020
- Worlds Team named after Assessment Camp in Milton, ON, April 6-9, 2020
- Preparation camp in Milton ON from late-July 2020 (exact date TBD but will be post Tour de l'Abitibi) until departure to Worlds; in the event that we don't have Team Pursuit, the preparation camp will be Aug. 7, 2020, until departure to Worlds
- Both camps are mandatory for World championship participation

In both streams, Cycling Canada will aim to balance the needs of each individual athlete's preparation with the requirements of the team events in consultation with their personal coach. We recognize that while we aim to build a robust system, we must also be agile when dealing with individual needs. All athletes will be expected to stay in Cycling Canada housing during the Preparation Camp.



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AND WORLD CHAMPIONSHIPS CRITERIA**

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**JUNIOR TRACK WORLDS CALENDAR**

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Start	End	Event	Location
April 3	April 5	Canadian Junior Track Championships	Milton ON
April 5		World Championships Pool named	
April 6	April 9	Worlds Assessment Camp	Milton ON
April 17		Athletes named to Worlds Team	
Late July TBD	TBD	Preparation camp	Milton ON
Aug 19	Aug 23	UCI Junior Track World Championships	Cairo, EGY

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**FUNDING**

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This is a partially funded project. Cycling Canada is providing the staff for the junior program and a limited budget for programming costs. Athletes will be required to make a financial contribution to the camps and for the World Championships. This amount will be communicated to the athletes prior to or around the registration/selection date.





## APPENDIX 1

### JUNIOR TIME STANDARDS

#### Sprint

Event	Women	Men
	Standard	Standard
Flying 200m	11.603	10.410
500m or 1000m TT	36.231	1:04.810
Team Sprint Starter (250m)	20.071	18.525

#### Endurance

Event	Women (2km)		Men (3km)	
	Standard	103% <sup>4</sup>	Standard	103% <sup>8</sup>
Pursuit	2:30.738	2:35.260	3:25.720	3:31.892

#### Team Pursuit

Event	Women	Men
Team Sprint <sup>8</sup>	36.632	47.003
Team Pursuit (4km) <sup>5</sup>	4:46.050	4:14.664

*\*The Team Pursuit & Team Sprint standards are the goal time to determine the viability of sending a National team to the World Championships*

#### NOTES FOR APPENDIX 1:

- The Junior Endurance Standard corresponds to 104% of the average fourth-place times from the 2012, 2013, 2015, 2016, 2017 and 2018 junior world championships (2014 was held on a non-standard 333m track; 2016 & 2018 were held on a non-standard 200m track so the Team Sprint times were not used)

Date	Event	Location
Aug. 14-18, 2019	Junior Track World Championships	Frankfurt (Oder) GER
Aug. 15-19, 2018	Junior Track World Championships	Aigle SUI
Aug. 23-27, 2017	Junior Track World Championships	Montichiari ITA
July 20-24, 2016	Junior Track World Championships	Aigle SUI
Aug. 9-23, 2015	Junior Track World Championships	Astana KAZ
Aug. 7-11, 2013	Junior Track World Championships	Glasgow GBR
Aug. 22-26, 2012	Junior Track World Championships	Invercargill NZL

- For Team Sprint, Team Pursuit and Individual Pursuit, times are taken from the qualifying round only
- Standards must be met below 1,000 m altitude
- Electronic timing must be used, and times must be approved by either a national commissaire or a Cycling Canada national track coach
- Times must be submitted with ambient temperature, humidity and air pressure as measured using a calibrated, recognized device (eg. Kestrel) at trackside during the session in which the time was set
- All times will be environmentally corrected to 24C, 50% humidity and 1013 kPa
- CC reserves the right to not accept times where insufficient data has been submitted

<sup>4</sup> 103% of Junior Standard to qualify for bunch races with podium performance at the Canadian Championships

<sup>5</sup> 102% of average 4<sup>th</sup> place finishing team's time for Junior World Championships 2012 (men), 2013, 2015, 2016, 2017 & 2018