
TECHNICAL GUIDE



**BURNABY
VELODROME
CLUB**



WESTERN TRACK CHALLENGE

January 18-20, 2019 | Burnaby, BC

Overview

Organizer	Burnaby Velodrome Club
Events	<ul style="list-style-type: none"> • Individual Pursuit • Keirin • Kilo/500m • Marymoor Crawl/Longest Lap • Madison • Omnium <ul style="list-style-type: none"> ○ Scratch Race ○ Tempo ○ Elimination ○ Points Race • Points Race • Scratch Race • Snowball • Sprint • Team Pursuit • Team Sprint
Venue	Burnaby Velodrome Club Harry Jerome Sports Center 7564 Barnet Highway Burnaby, BC V5A 1E7 Canada
Venue access	Infield: limited to riders and accompanying staff Spectators: Free admissions to all sessions.
Dates	Competition: Friday January 18 th to Sunday January 20 th 2019
Entry Fees	Fees are for all events inclusive: U15 – Ability Based: \$25 U17 & U19/U23: \$40 (1-2events), \$60 (3 events), \$80 (4 events) Elite & Masters: \$50 (1-2 events), \$75 (3 events), \$100 (4 events)
Registration	Registration Link

1. General Information

- The Western Challenge is a **National Calendar** track event.
- The event will be held in accordance with UCI and Cycling Canada regulations. It is the responsibility of the rider to know the rules.
- The Western Challenge will take place on the date and time as scheduled. There will be no extension of the event past Sunday January 20th due to unforeseen delays or prolonged stoppages. The racing format may also be modified at the discretion of the Chief Commissaire.
- Equipment regulations, as per UCI rules and the Cycling Canada Companion Guide, will be enforced for all categories.
- Approved helmets will be mandatory for training and racing.

2. Officials

Position	Assigned by	Name
Chief commissaire	Cycling Canada	Michael Pinkoski
Secretary	Cycling Canada	Andrew Paradowski
Member	Cycling BC	Bruce Tonkin
Member	Cycling BC	Sherry Barnes
Member	Cycling BC	Heidi Ujfalusi
Timing	Racetiming.ca	

3. Eligibility

- A licence must be presented to compete in the appropriate discipline
- Cycling BC Provincial Race Licenses or UCI Licenses (Canadian or abroad) are required
- All competitors must enter their event class as shown on their license.
 - Master MB/C: 40+*
 - Master MA: 30-39*
 - Master MW: 30+
 - Elite M (19+) TK Category 1/2/3
 - Elite W 23+
 - U19 Men
 - U19/U23 Women
 - U17
 - U15 (see ability-based Racing)

**In certain instances, riders in these categories may be given permission to race Elite 1/2/3*

- Classes are defined as per UCI rules based on the year of birth.
- The race organizer reserves the right to combine categories for events at their sole discretion.
- No registrations will be accepted on the day of the event.
- Athletes will not be considered registered for an event until the following administrative requirements have been completed:
 - Online registration
 - Payment

- Waiver has been signed (if required)
- UCI Licence has been validated by the designated commissaires
- Through the confirmation process event(s) entered have been verified

4. Youth Ability-Based Racing

In 2019, Cycling BC will employ an ability-based category model for youth racing in order to challenge athletes and allow them to race peers by ability in similar stages of athlete development. This model has been proven to engage young athletes, build capacity within youth cycling and build community among youth cyclists. The 2019 Western Track Challenge will feature an ability-based racing program for U15 youth during the afternoon of Saturday, January 19.

- Applies to riders U15 and younger
- Boys and girls race together, but results are separated
- U17 riders can request to race down into ability based
- For the best race experience, coaches/parents should register racers in one of the following categories that best describes the racers ability level:

A - can ride up to or above 40kph avg

- Skills mastered or refined from level B as well as - tight pack condition riding, using the track to improve position, acceleration through dropping down banking, riding at the rail out of the saddle, contact with other riders, reacting to crashes, sustain 30 minute Max. effort, assess track and opponents and choose strategy.

B - can ride 35-40kph avg

- Skills mastered or refined from level C as well as - previous track pack riding experience, other group riding, in and out of saddle acceleration, riding at the rail in the saddle, understand/execute tactics. Sustain 20-minute Max. effort.

C - can ride 30-35kph avg- coached race for beginner racers

- Skills mastered, refined or consolidating - entering the track with consideration of other riders' speed and position on the track, shoulder checking to look up and down the track, calling out "stick", group track riding at other tracks, riding a paceline, changing speeds to adapt to changing conditions, modulate speed, standing sprint, refined agility.

5. Upgrades

- Masters racers may request permission to race in the Elite category.
- Riders wishing to compete in a category other than what is on their license are required to receive written permission by Cycling BC. An approved category change will apply to all events of the Western Track Challenge therefore a rider can not compete in 1 category for an event and choose to compete in a different category for another event. I.e. different categories for spring and endurance events.
- Category change requests can be sent to membership@cyclingbc.net. We will NOT be able to accommodate upgrade requests made onsite.
- Athletes aged 14 years old (born in 2005) wishing to compete in the U17 event race must receive a temporary upgrade letter from Cycling BC. In order to be considered for an upgrade, the athlete must submit the following to Cycling BC no less than 3 weeks prior to the event:

- a letter of recommendation written by that athlete's NCCP certified coach
- a list of results obtained in road events sanctioned by a provincial or national sport organization during the 2018 or 2019 season
- Non-BC residents should submit a photocopy of their UCI license

Upgrade request can be sent to membership@cyclingbc.net. We will NOT be able to accommodate upgrade requests made onsite.

6. Gear Restriction

- U19 (Juniors): unrestricted
- U17: 7.12m rollout (gearing suggestion: 50x15)
- U15: 6.71m rollout (gearing suggestion: 50x16 / 38x12)
- If categories are combined, riders racing up will be permitted to use the gearing applicable to the higher category.
- Disc wheels will not be allowed for U15 & U17 (maximum rim depth 40mm).
- Carbon wheels will not be allowed for U15 & U17.
- Commissaires may check gears before or after each heat or race.

7. Specific Event Regulations

- Sprint
 - The qualification for the Sprint tournament will be a flying 200m TT.
 - 8 to qualify.
 - Only the final will be a best of three.
- Keirin
 - Progression of the Keirin tournament will be based on the number of riders registered.
- Individual Pursuit and Time Trial
 - One ride only (final).
- Scratch, Points, Snowball and Omnium (Scratch, Tempo, Elimination, Points)
 - If there are more than 20 riders registered in a category for one of these races, there will be a qualification round same race, but shorter distance.
 - For the Omnium the qualification will be a points race.
 - Riders must ride all events in the omnium.
 - The race organizer reserves the right to combine categories at their sole discretion.
- Sprint Omnium (TT, Sprints, Keirin)
 - Points are awarded for each placing in the same manner as the Omnium
 - 40, 38, 36 ...
 - In the event of a tie the rider placing highest in the Sprint tournament will prevail
 - Riders do not have to compete in each event to qualify for the Sprint Omnium
- Team Sprint & Team Pursuit
 - One ride only (final).

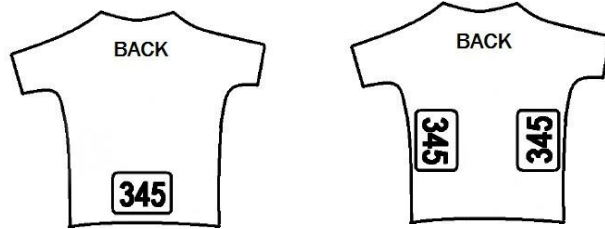
- In the event that riders are without teams, composite teams are highly encouraged.
- Marymoor crawl/Longest Lap
 - A one lap scratch race where:
 - Riders start in the in field between corner three and four,
 - All riders ride onto the track home straight together and must not cross the start line until the bell or whistle has sounded.
 - Riders are disqualified if they do any of the following before the bell or whistle has sounded:
 - Touch another rider
 - Touch the rail/wall with bike or body part
 - Ride onto the cote d'azur
 - Put a foot down
 - Ride backwards
 - Cross the start line
 - The first rider to complete one lap after the bell / whistle has sounded is the winner
- Snowball
 - Starting on the first lap.
 - Points are awarded to the first person across the finish line on each lap in the following sequence:
 - Lap 1 = 1 pt
 - Lap 2 = 2 pts
 - Lap 3 = 3 pts...
 - Lap 10 = 10 pts etc
 - Riders lapping the field do not gain any points.
 - Riders getting lapped will lose 20 points, and can rejoin at the back of the pack and then begin to contest sprints again.
 - The rider with the most points at the end of the event is the winner

8. Number Placement & Clothing

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

Numbers must be worn on the lower back in the following manner:



Riders are required to wear clothing that corresponds with the team/club indicated on their license. Failure to wear appropriate clothing may result in fines. Independent riders must wear neutral clothing, without sponsors.

9. Medals & Ceremonies

Medals

- Medals will be awarded in each individual/team event in the following manner:
 - Gold, silver and bronze when there is a minimum of four (4) entries who start in a designated category (one team = one entry).
 - Gold and silver when there are only three (3) entries who start in a designated category.
 - Gold when there are only two (2) entries who start in a designated category.
- For U17, U19 Men & U19/U23 Women medal events
 - IP, TT, Sprint, Keirin, Omnium .
- For Elite Men/Women, MMA, MMB/C, MW
 - Medals will be awarded for the following two events:
 - Omnium (Scratch, Tempo, Elimination, and Points)
 - Sprints Omnium (Kilo/500, Sprints, Keirin)

Ceremonies

- Ceremonies will be held at the end of each session on each day as applicable. If time is restricted, all ceremonies will be held on Sunday.
- 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.
- Riders must wear their cycling kit to the award ceremony. Failure to do so will result in a fine and loss of award.
- Riders cannot wear or bring hats, water bottles, etc. on the podium. Doing so will result in a fine and loss of award.

10. Anti-doping

- CCES may conduct doping control. 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 event 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.

11. Registration & Fees

Registration

Online Registration Link	Click Here
Registration Close	January 16 th , 2019 – 11:59pm PST

- Registration is open.
- Registration will close at 11:59pm PST on January 16th, 2019. No exceptions.
- There will be no day-of registrations accepted.
- Registration fees are non-refundable. No exceptions.
- Race numbers must be picked up Friday January 18th, 2019,
 - **Time:** 8:30 am - 10:00 am, **Location:** Velodrome upstairs boardroom
 - **Time:** After 10:00 am, **Location:** Velodrome in field secretary's desk
- Team Managers meeting: Friday, January 18th, 2019
 - **Time:** 10:00am, **Location:** Velodrome upstairs boardroom.

Fees

U15 Men & Women	\$25
U17 & U19 Men/Women	\$40 (1-2events), \$60 (3 events), \$80 (4 events)
Elite & Masters Men/Women	\$50 (1-2events), \$75 (3 events), \$100 (4 events)

12. Schedule

(Preliminary – Subject to Change)

	Competition Time	Events
Thursday January 17, 2019	9:00am – 1:00pm	Open Training
Friday January 18, 2019	8:00am – 10:50am	Open Training
	8:30am 10:00am	Rider's Confirmation/Package Pick-up Managers Meeting Location: Velodrome upstairs boardroom
	Session 1 Racing starts at 11:00am	<ul style="list-style-type: none"> • Individual Pursuit • Kilo/500m
	Session 2 Racing starts at 5:00pm	<ul style="list-style-type: none"> • Scratch Race • Points Race
Saturday January 19, 2019	8:00am – 8:50am	Open Training
	Session 1 Racing starts at 9:00am	<ul style="list-style-type: none"> • Sprint – Qualification – 8 qualify • Sprint – Quarter finals • Omnium I - Scratch • Sprint – Semi Final • Omnium II - Tempo
	Youth Ability-based session Racing starts at approximately 1:00pm	<ul style="list-style-type: none"> • Scratch Race • Win and Out • Points Race • Ceremonies
	Session 2 Racing starts at 6:00pm	<ul style="list-style-type: none"> • Omnium III - Elimination • Sprint – Finals • Omnium IV - Points • Marymoor Crawl/Longest Lap • Ceremonies
Sunday January 20, 2019	8:00am – 9:50am	Open Training
	Session 1 Racing starts 10:00am	<ul style="list-style-type: none"> • Team Sprint • Team Pursuit • Keirin – First Round • Keirin – repechage if needed • Snowball • Keirin – Finals • Madison • Ceremonies

13. Accreditation

Accreditation will not be required for this event. However, only athletes and team staff are allowed in the rider pits. If you are not an athlete, team staff or event staff and you have no reason to be on the infield, you will be asked to leave.

14. 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 delegations or independent athletes will share a common space. Pits will be clearly identified.
- An information desk will be set near the top of the stairs to the in field. If you have any questions or concerns, please talk to the volunteers at the info desk.
 - Schedule, results and start lists will be available online.
 - Paper copies of start lists will not be provided. Results will be posted in the infield monitor. All start lists and results are available at racetiming.ca
- Wi-Fi: there is free public wi-fi in the velodrome.
- Equipment on the infield: equipment can be left on the infield overnight. However, please note that there will not be a security agent present during the night.
- BVC will is not responsible for the security of personal items left at the velodrome.

All riders, managers, coaches, mechanics and spectators are under the supervision of the officials and race organizer, under the regulations of Cycling Canada. Inappropriate conduct may result in removal from the infield and/or facility for that session. Particularly egregious behaviour will result in a ban and/or disqualification from the competition.

15. Medical

- First aid will be on-site for all sessions.
 - Located in the dedicated medical team pit. The medical team will treat athletes, staff, officials and volunteers.
 - The closest hospital is located 9.6km from the velodrome:

Burnaby General Hospital
[3935 Kincaid St.](#)
Burnaby, BC
V5G 2X6

16. Accommodations

Fortius Sport and Health
[3713 Kensington Ave.](#)
Burnaby, BC
V5B 0A7
(604)292-2500

Accent Inns Burnaby
[3777 Henning Dr.](#)
Burnaby, BC
V5C 6N5
(604)473-5000

The Simon Hotel
[8888 University Dr.](#)
Burnaby, BC
V5A 1S6
(778)782-4503

17. Parking & Admission

It is possible to park at the velodrome. No parking pass needed. Athletes and their families are asked to please refrain from parking in staff parking during all sessions. Additional parking can be found across Barnet Highway near the concrete yard (formerly Kask Brothers Cement).

Admission to the Western Challenge is free all sessions. Invite your friends and family to come to the Burnaby Velodrome to cheer on you and your friends!

18. Media

For media requests, please contact the race organizer at events@burnabyvelodrome.ca.

19. Burnaby Velodrome Club

Burnaby Velodrome Club
Harry Jerome Sports Center
[7564 Barnet Highway](#)
Burnaby, BC V5A 1E7
Canada

Driving directions from Vancouver International Airport:
[CLICK HERE](#)

20. Questions?

Please contact the Event Organizer at events@burnabyvelodrome.ca