



Presents  
2020 Western Track Challenge



Sanctioned by



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## 2 Welcome Remarks

Thank you for your interest in participating in the 2020 Western Track Challenge. The Burnaby Velodrome Club is proud to host what has become a showcase event for young cycling talent in Western Canada. Through the support of Cycling BC and Cycling Canada we are able to welcome competitors, their families, friends and our community to the Burnaby Velodrome located on the ancestral and unceded homelands of the [hən̓q̓əmi̓ñəm̓](#) and [Skwxwú7mesh](#) speaking peoples.

The goal of the Burnaby Velodrome Club is to offer a world-class cycling community experience to our members and visitors. We are a not-for-profit society offering clients from Vancouver, and the rest of BC, Canada and the USA access to a one of a kind year-round 200m indoor track cycling programming.

Over the last 20 years, the Burnaby Velodrome has been a key to the successful growth and development of Cycling Canada's track cycling program on the world scene. Participants in The Burnaby Velodrome Club programs have, and continue to, achieve success at the national and international level track cycling.

Enjoy your weekend.

Sincerely,

Hans Loeffelholz

President  
Burnaby Velodrome Club



### 3 General information

#### 3.1 Event Overview

Friday January 17, 2020 to Sunday January 19, 2020

The Western Track Challenge was established in 2017 as a collaboration between the Burnaby Velodrome Club, Cycling BC and Cycling Canada. This Nationally sanctioned event is a platform for U19, and U17 racers to challenge their fitness and hone in on that competitive spirit in preparation for the Junior Nationals. The event also serves as a regional Championship for Western Canada and attracts racers from the Pacific North West.

#### 3.2 Venue

Burnaby Velodrome Club  
 Harry Jerome Sports Center  
 7564 Barnet Highway  
 Burnaby, BC V5A 1E7

#### 3.3 Race Staff

Position	Name	Contact
Chief Organizer	Hans Loeffelholz	info@burnabyvelodrome.ca
Course Director	David Miller	info@burnabyvelodrome.ca
Race Services Director	Cory Ostertag	cory@cyclingbc.net
Volunteer Coordinator	Hans Loeffelholz	info@burnabyvelodrome.ca
Marketing Director		
Etc.		

#### 3.4 Officials Committee

Position	Name	Contact
Technical Delegate	Cory Ostertag (Cycling BC)	cory@cyclingbc.net
Chief Commissaire	Michael Pinkoski(AB)	
Secretary	Steve Head(ON)	
Finish Judge		
Member		
Member		
Timing	Racetiming.ca <a href="mailto:doug@racetiming.ca">doug@racetiming.ca</a>	



### 3.5 Race Headquarters, Awards, Podium location, Media

- The Race Headquarters will be in the velodrome infield.
- Awards ceremonies will take place in the velodrome infield.
- All media are asked to check in at the race headquarters or with the chief organizer.

### 3.6 Useful Links

Race Website	<a href="https://www.burnabyvelodrome.ca/racing/western-track-challenge">https://www.burnabyvelodrome.ca/racing/western-track-challenge</a>
Registration	<a href="http://www.burnabyvelodrome.ca/racing/western-track-challenge">www.burnabyvelodrome.ca/racing/western-track-challenge</a>
UCI Track Regulations	<a href="https://www.uci.org/docs/default-source/rules-and-regulations/3-pis-e_english.pdf?sfvrsn=da11c58e_22">https://www.uci.org/docs/default-source/rules-and-regulations/3-pis-e_english.pdf?sfvrsn=da11c58e_22</a>
Cycling Canada Regulations	<a href="https://www.cyclingcanada.ca/wp-content/uploads/2019/06/Companion-Guide-2019_ENG-v3.pdf">https://www.cyclingcanada.ca/wp-content/uploads/2019/06/Companion-Guide-2019_ENG-v3.pdf</a>
Cycling BC	<a href="http://Cyclingbc.net">Cyclingbc.net</a>



### 3.7 Race Schedule

Date	Competition Time	Events
Thursday January 16, 2020	12:00pm – 3:00pm	Open Training
Friday January 17, 2020	9:00am – 10:50am	Facility open and Open Training
	8:45 am 10:00am	Rider’s Confirmation/Package Pick-up Managers Meeting <b>Location:</b> Velodrome upstairs boardroom
	Session 1 Racing starts at <b>11:00am</b>	<ul style="list-style-type: none"> <li>• Individual Pursuit</li> <li>• Kilo/500m</li> <li>• Ceremonies</li> </ul>
	Session 2 Racing starts at <b>5:00pm</b>	<ul style="list-style-type: none"> <li>• Keirin Qualifying – Elite men/Women</li> <li>• Scratch Race – U17, U19, Masters</li> <li>• Points Race - U17, U19, Masters</li> <li>• Keirin Semi Finals – if needed</li> <li>• Madison Scratch– Elite men/Women*</li> <li>• Keirin Final</li> <li>• Madison Points – Elite men/Women</li> <li>• Ceremonies</li> </ul>
Saturday January 18, 2020	8:00am – 8:50am	Open Training – Package Pick up
	Session 1 Racing starts at <b>9:00am</b>	<ul style="list-style-type: none"> <li>• Sprint – Qualification – 8 qualify</li> <li>• Sprint – Quarter finals</li> <li>• Omnium I - Scratch</li> <li>• Sprint – Semi Final</li> <li>• Omnium II - Tempo</li> </ul>
	Youth Ability-based session Racing starts at approximately <b>2:00pm</b>	<ul style="list-style-type: none"> <li>• Scratch Race</li> <li>• Win and Out</li> <li>• Points Race</li> <li>• Ceremonies</li> </ul>
	Session 2 Race starts at 4:30pm	<ul style="list-style-type: none"> <li>• National (Provincial) Hour Record Attempt – To be confirmed</li> </ul>



	<p>Session 3 Racing starts at <b>6:00pm</b></p>	<ul style="list-style-type: none"> <li>• Omnium III - Elimination</li> <li>• Sprint – Finals</li> <li>• Omnium IV - Points</li> <li>• Ceremonies</li> </ul>
<p>Sunday January 19, 2020</p>	<p>8:00am – 9:20am</p>	<p>Open Training</p>
	<p>Session 1 Racing starts <b>9:30am</b></p>	<ul style="list-style-type: none"> <li>• Team Sprint</li> <li>• Team Pursuit</li> <li>• Keirin – First Round U17, U19, Master,</li> <li>• Keirin – repechage if needed</li> <li>• Snowball - Elite</li> <li>• Keirin – Finals U17, U19, Master,</li> <li>• Madison U19 Madison</li> <li>• Marymoor Crawl/Longest Lap - Open</li> <li>• Ceremonies</li> </ul>

## 4 Event Specific Information

### 4.1 Rules & Racing format

All events

- 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
  - If there are more than 21 riders registered in a category for one of these races, there will be a qualification round same race, but shorter distance. An even number of riders will advance from each group – approximately 10 to qualify from each qualifier.



- 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 Endurance 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.
  - Teams must be submitted to the registration area no later than 5:00 PM Saturday January 18, 2020.
- Marymoor crawl/Longest Lap
  - A one lap scratch race where:
    - Riders start in the infield 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



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- 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
- Madison
  - Teams may be constructed to put on the most competitive race.
  - Team submissions should be done no later than Friday at 5:00 PM
  - Points are awarded as follows for the Madison scratch race placing
    - 20, 14, 10, 6, 4, 2, 1
  - Points gained in the Madison Points race apply directly to the overall.
  - The team with the greatest total combined points from the two races is the Madison Champion team.

## 4.2 Eligibility and License information

- All athletes must be in possession of a valid UCI international license or a Cycling BC provincial race license
- Domestic licenses from other countries or provinces within Canada are not permitted
- 1 day event licenses will be available for the following categories:  
U15/Youth Ability Based Racing.

## 4.3 Categories

- All competitors must enter their event class as shown on their license.
  - Master MC: 55+\*
  - Master MA/B: 35-54\*
  - Master MW: 35+\*
  - Elite M (19+) TK Category 1/2/3



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- 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 TK1/2/3

#### 4.4 Youth Ability Based Racing

In 2020, Cycling BC will continue to 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 18, 2020.

- 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.



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### 4.5 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 sprint and endurance events.
- Category change requests can be sent to [cory@cyclingbc.net](mailto:cory@cyclingbc.net). We will NOT be able to accommodate upgrade requests made onsite.
- Athletes aged 14 years old (born in 2006) 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 track 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 [cory@cyclingbc.net](mailto:cory@cyclingbc.net). We will NOT be able to accommodate upgrade requests made onsite.

### 4.6 Sign on or Registration and package pickup

Online Registration Link	<a href="#">Click Here</a>
Registration Close	January 16 <sup>th</sup> , 2020 – 11:59pm PST

- Registration is open.
- Registration will close at 11:59pm PST on January 16<sup>th</sup>, 2020. No exceptions.
- There will be no day-of registrations accepted.
- Registration fees are non-refundable. No exceptions.
- Race numbers must be picked up at least 30 minutes prior to your first event.
  - Friday January 17<sup>th</sup>, 2020,
    - **Time:** 8:30 am - 10:00 am, **Location:** Velodrome upstairs boardroom
    - **Time:** After 10:00 am, **Location:** Velodrome infield Secretary’s desk
  - Team Managers meeting: Friday, January 17<sup>th</sup>, 2020
    - **Time:** 10:00am, **Location:** Velodrome upstairs boardroom.



### 4.7 Fees

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

### 4.8 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 in rider area.

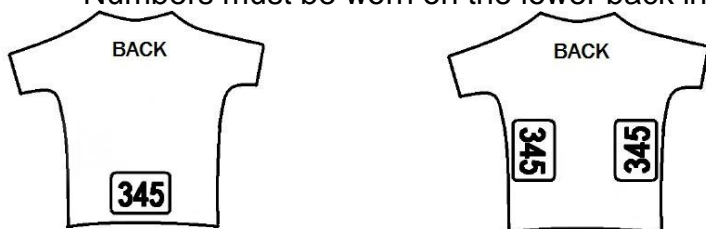
All riders, managers, coaches, mechanics and spectators are under the supervision of the officials and race organizer, under the regulations of Cycling Canada. Inappropriate conduct may result in removal from the infield and/or facility for that session. Particularly egregious behaviour will result in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

### 4.9 Race numbers and timing information

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.



## 4.10 Doping Control

- All races are conducted under UCI Antidoping regulations.
- It is the rider's and team manager's responsibility to know the rules.
- Drug Test Facility for CCES Antidoping Inspector to be announced at each venue.
- Athletes who are selected for testing will be met at the finish line by a chaperone. \*Note to all athletes who DNF you must report to the finish line. – Medical problems should be reported to a commissaire.
- Athletes participating at the Western Track Challenge 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, <http://cces.ca/tueforms>

## 4.11 Equipment

- Approved helmets are required while riding a bike at all times.
- Riders are required to wear club or team jerseys corresponding to their license
- UCI equipment regulations will be enforced. A jig will be onsite for measuring bike setup.
- 

### 4.11.1 Gear Restrictions

- 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.

## 4.12 Podium Protocol

- Ceremonies for all Western Track Challenge events will occur at the end of each session on each day as applicable.
- Podiums for Youth racing program will occur immediately after racing session.
- 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.



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- Riders must wear their cycling kit to the award ceremony. Failure to do so will result in a fine and loss of award.

### 4.13 Results

- Racetiming.ca operates using a paperless system. Live results are available at [racetiming.ca](http://racetiming.ca) and displayed on central monitor.

### 4.14 Race Services and Amenities

#### 4.14.1 Team area, washroom and showers

- Team pits will not be allocated, Pits are available on a first come first serve basis.
- Washroom and shower facilities are available onsite.
- An information desk will be set near the secretaries table near the finish straightaway. 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](http://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. The facility is locked after the event.
- BVC will is not responsible for the security of personal items left at the velodrome.

#### 4.14.2 Parking

Riders and families are encouraged to carpool to this event. It is possible to park at the velodrome. No parking pass needed. Athletes and their families are not permitted to park in staff parking during all sessions.

#### 4.14.3 Admission

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!

#### 4.14.4 First aid and 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:



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

#### 4.14.5 Security and policing

- Call 9-1-1

#### 4.14.6 Lodging and restaurants

Fortius Sport and Health  
[3713 Kensington Ave.](#)  
Burnaby, BC  
V5B 0A7  
(604)292-2500  
\*\*\*Cycling BC Members  
receive 25% off  
accommodations

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

#### 4.14.7 Travel directions

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

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

### 4.15 Questions?

Please contact the event organizer at [info@burnabyvelodrome.ca](mailto:info@burnabyvelodrome.ca)



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