



**BURNABY  
VELODROME  
CLUB**

## **Bare Bones 2**

March 20 - 22, 2020

Burnaby, British Columbia

Technical Guide

# Overview

Organizer	Burnaby Velodrome Club
Contact Information	<a href="mailto:info@burnabyvelodrome.ca">info@burnabyvelodrome.ca</a>
Venue	Harry Jerome Sports Centre 7564 Barnet Hwy Burnaby, BC V5A 1E7 - <a href="#">View Map</a>
Dates	March 20 - 22, 2020
Categories	<ul style="list-style-type: none"> <li>● Youth</li> <li>● Novice</li> <li>● Women</li> <li>● Masters (50+)</li> <li>● C Open</li> <li>● B Open</li> <li>● A Open</li> </ul>
Entry Fees	<p><b>Pre-Registration</b> Friday: \$20 (Novice: \$15) Saturday: \$50 (Novice: \$40) Sunday: \$15 *</p> <p><b>Day of Registration</b> Friday: \$30 (Novice: \$25) Saturday: \$75 (Novice: \$60) Sunday: \$15 *</p> <p><b>Youth Ability-Based Racing</b> Saturday: \$25</p> <p><i>BVC Membership Required</i></p> <p>* Free for BVC Members with Annual Track Pass</p>
Licensing & Medical Coverage	Please see respective section below
Registration	<a href="#">Click Here for Online Registration</a>

## General Information

- Race Director reserves the right to combine categories in order to make competitive field sizes.
- Masters (50+) can race in their own category, as well as additional categories (C or B) with prior permission from the Race Director, by emailing [info@burnabyvelodrome.ca](mailto:info@burnabyvelodrome.ca)
- Women can race in their own category, as well as additional categories (C, B or A) with prior permission from the Race Director, by emailing [info@burnabyvelodrome.ca](mailto:info@burnabyvelodrome.ca)
- "A Open" category sprinters are permitted to race as B endurance racers, with prior permission from the Race Director, by emailing [info@burnabyvelodrome.ca](mailto:info@burnabyvelodrome.ca)
- Riders may only ride in one sprint tournament category unless otherwise stated in this technical guide.
- Riders dominating the category are eligible to upgrade at the Race Directors discretion.
- There are no commissaires at Bare Bones – sports(wo)manship is required, engage in fair play
- [Burnaby Velodrome Club Code of Conduct](#) must be acknowledged by all participants.
- Riders without the necessary license and insurance will not be allowed to race, no exceptions.

## Licensing & Medical Coverage

All riders are required to hold a valid license issued by their federation (eg: Cycling BC, USAC, UCI), with the exception of Novice & Youth Ability Categories

All riders must have BC MSP, or out of province health insurance, or out of country medical coverage.

## Registration

- Pre-Registration will close at 11:59PM on Thursday March 19, 2020.
- Day of registration will be available only during the posted times in the schedule below.
- Registration fees are non-refundable once registration is closed.
- Race numbers pickup, license/insurance check & rider confirmation will be done on site, infield.
- We encourage pre-registration to save money and avoid any delays on race day.

## Number Placement

- Riders must wear one (1) number in all events.
- Numbers must be worn on the lower back and towards the left.
- Please your BVC race numbers issued from a recent BVC event.



# Youth Ability-Based Racing

Bare Bones Memorial will feature an ability-based racing program for U15 youth during the afternoon of Saturday, March 21, 2020.

- Applies to riders U15 and younger
- Boys and girls race together, but the 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.

## Medical

- First aid will be on-site for all sessions.
- The closest hospital is located 9.6km from the velodrome:
  - Burnaby General Hospital  
3935 Kincaid St.  
Burnaby, BC  
V5G 2X6 - [Map](#)

## 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. Please carpool or ride to the event to ensure adequate parking and of course minimize your impact on the environment.

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

# Schedule

Date	Start	End	Event Description
Friday March 20, 2020  Session 1	1400	1800	Open Track
	1500	1800	Number Pick Up/License Check & Late Registration
	1815	1825	Riders Meeting – Event Opening
	1830	1:00	<b>Keirin Qualifier</b> As necessary 6 to qualify <ul style="list-style-type: none"> <li>• Women</li> <li>• Masters (50+)</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
		1:00	<b>Scratch/Split Points Race</b> <ul style="list-style-type: none"> <li>• Novice: 2 x 10 Laps</li> <li>• Masters (50+): 2 x 15 Laps</li> <li>• Women: 2 x 20 Laps</li> <li>• C Open: 2 x 15 Laps</li> <li>• B Open: 2 x 20 Laps</li> <li>• A Open: 2 x 30 Laps</li> </ul>
		0:30	<b>Keirin Final</b> <ul style="list-style-type: none"> <li>• Women</li> <li>• Masters (50+)</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
	1:00	<b>Snowball Race</b> <ul style="list-style-type: none"> <li>• Novice: 10 Laps</li> <li>• Masters (50+): 15 Laps</li> <li>• Women: 25 Laps</li> <li>• C Open: 15 Laps</li> <li>• B Open: 25 Laps</li> <li>• A Open: 35 Laps</li> </ul>	
	0:30	<b>Italian Pursuit</b> <ul style="list-style-type: none"> <li>• 5 riders per team</li> <li>• Must contain 2 from the following categories:               <ul style="list-style-type: none"> <li>○ Women, U19, Master (50+)</li> </ul> </li> </ul> Sign up sheet will be available at registration.	

Date	Start	End	Event Description
Saturday March 21, 2020  Session 2	0815	0915	Open Track
	0815	0900	Number Pick Up/License Check & Late Registration
	0920	0930	Rider Meeting
	0930	1:00	<b>200m TT - 8 to qualify</b> <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
		1:40	<b>Sprint - 1<sup>st</sup> round (one ride)</b> <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
		1:20	<b>Scratch Race - Omnium</b> <ul style="list-style-type: none"> <li>• Novice: 25 Laps</li> <li>• Masters (50+): 25 Laps</li> <li>• Women: 50 Laps</li> <li>• C Open: 30 Laps</li> <li>• B Open: 50 Laps</li> <li>• A Open: 60f Laps</li> </ul>
		0:30	<b>Sprint - Semi Final (one ride)</b> <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
	1:00	<b>Tempo Race - Omnium</b> <ul style="list-style-type: none"> <li>• Novice: 20 Laps</li> <li>• Masters (50+): 20 Laps</li> <li>• Women: 40 Laps</li> <li>• C Open: 20 Laps</li> <li>• B Open: 40 Laps</li> <li>• A Open: 50 Laps</li> </ul>	

	Start	End	Event Description
Saturday March 21, 2020  Session 3	1400	1430	<b>Open Tack for Youth</b>
	1445	1545	<b>Youth Ability Races</b> <ul style="list-style-type: none"> <li>● Scratch Race</li> <li>● Split Scratch Points</li> <li>● Win and out</li> </ul>

	Start	End	Event Description
Saturday March 21, 2020  Session 4	1545	1620	Open Track
	1630	0:30	<b>Team Sprint (Open)</b> <ul style="list-style-type: none"> <li>● Women</li> <li>● Men</li> </ul>
		0:35	<b>Sprint (5-8)</b> <ul style="list-style-type: none"> <li>● Masters (50+)</li> <li>● Women</li> <li>● C Open</li> <li>● B Open</li> <li>● A Open</li> </ul>
		1:00	<b>Sprint - Final (ride 1)</b> 3-4 Ride followed by 1-2 Ride for each group <ul style="list-style-type: none"> <li>● Masters (50+)</li> <li>● Women</li> <li>● C Open</li> <li>● B Open</li> <li>● A Open</li> </ul>
		1:00	<b>Sprint - Final (ride 2)</b> 3-4 Ride followed by 1-2 Ride for each group <ul style="list-style-type: none"> <li>● Masters (50+)</li> <li>● Women</li> <li>● C Open</li> <li>● B Open</li> <li>● A Open</li> </ul>
		1:00	<b>Elimination Race - Omnium</b> <ul style="list-style-type: none"> <li>● Novice</li> <li>● Masters (50+)</li> <li>● Women</li> <li>● C Open</li> <li>● B Open</li> <li>● A Open</li> </ul>



	0:20	<b>Sprint - Final (ride 3 - as necessary)</b> 3-4 Ride followed by 1-2 Ride for each group <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
	0:30	<b>2 Lap Chariot Qualifier (if needed)</b> <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
	0:30	<b>2 Lap Chariot Final</b> <ul style="list-style-type: none"> <li>• Masters (50+)</li> <li>• Women</li> <li>• C Open</li> <li>• B Open</li> <li>• A Open</li> </ul>
	1:30	<b>Points Race - Omnium</b> <ul style="list-style-type: none"> <li>• Masters (50+): 3 x 10 Laps</li> <li>• Novice: 3 x 10 Laps</li> <li>• Women: 6 x 10 Laps</li> <li>• C Open: 3 x 10 Laps</li> <li>• B Open: 6 x 10 Laps</li> <li>• A Open: 8 x 10 Laps</li> </ul>
	0:15	<b>Marymoor Crawl/Longest Lap</b> <ul style="list-style-type: none"> <li>• Open</li> </ul>

	Start	End	Event Description
Sunday March 22, 2020  Session 5	0930	1300	<b>IP, TT, TP</b> <i>Sprint &amp; Endurance Gate work - opportunity to practice</i>
	1300	1400	<b>Tare down</b>
	1400	1600	<b>Group Ride</b> Member led group training ride

# Race Information

## **Keirin**

7 laps total. 3.5 behind the moto. moto pulls off on the back side.

## **Scratch/Split Points Race**

Intermediate sprint at halfway and the final. Points awarded 5,3,2,1. Rider with the most points after the final sprint is the winner. Finishing order will break a tie.

## **Snowball**

Points awarded to the first rider across the line each lap. Points increase by 1 each lap. Therefore 1 point for the first lap and 25 points for the last lap of a 25 lap race.

## **Italian Pursuit**

Teams of 5 riders per team. Must contain 2 from the following categories:

- Women, U19, Master (50+)

## **Sprint**

Flying 200m starts from the back stretch corner 2, cross the line with 3 to go.

## **Team Sprint**

2 riders 2 laps for women, 3 riders and 3 laps for men

## **2 Lap Chariot Qualifier**

4-7 riders on the line 2 laps group sprint.

## **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!