



**BURNABY
VELODROME
CLUB**

Bare Bones Race Weekend

November 7 - 9, 2025

Burnaby, British Columbia

Technical Guide (v1.3)

[Published on: October 29, 2025](#)

Overview

Organizer	Burnaby Velodrome Club
Contact Information	info@burnabyvelodrome.ca
Venue	Harry Jerome Sports Centre 7564 Barnet Hwy Burnaby, BC V5A 1E7 - View Map
Dates	November 7-9, 2025
Categories	• Women • Masters (50+) • C Open • B Open • A Open
Entry Fees	Friday: \$50 Saturday: \$60 Sunday: \$40 * <u>Mandatory license requirements</u> <i>Cycling BC membership or equivalent</i> <i>Single day license available</i> <i>BVC membership required</i> * Free for BVC Members with Annual Track Pass
Licensing & Medical Coverage	Please see respective section below
Registration	https://ccnbikes.com/#!/events/bvc-barebones-2025-11-07 Pre-Registration ONLY

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
- 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
- "A Open" category sprinters are permitted to race as B endurance racers, with prior permission from the Race Director, by emailing info@burnabyvelodrome.ca
- Riders may only ride in one sprint tournament category unless otherwise stated in this technical guide.
- Riders dominating the category may be upgraded at the Race Directors discretion.
- There are no commissaires at Bare Bones – fair play is required. Race Director has the full ability and discretion to relegate any rider
- All riders must complete [Burnaby Velodrome Club Code of Conduct](#)
- Riders without the necessary license and insurance will not be allowed to race, no exceptions.

Licensing & Medical Coverage

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

All riders are required to hold a valid license issued by their federation. Please read the following:

- Participants must either hold an active Cycling BC membership in good standing, or
- BC Residents without a membership can visit cyclingbc.net/single-event and buy a Single-Event License.
- Non-BC residents may participate in this event by completing the following:
 - If you hold a UCI Race license from another Canadian province or territory, you must sign at cyclingbc.net/waiver and present the confirmation email at the time of package pickup.
 - If you have a Provincial Race license from another Canadian province or territory, a recreational license, or no license at all, you will need to purchase a Single-Event License at cyclingbc.net/single-event and present the confirmation email at package pickup.
 - If you have a UCI Race license from America, you need to sign cyclingbc.net/waiver and present the confirmation email at package pickup, along with your UCI Race License from USA Cycling (which includes Sports Accident Coverage when competing abroad).
 - If you have a USA Domestic license, you will need to purchase a Single-Event License at cyclingbc.net/single-event and present the confirmation email at package pickup. Please note, Cycling BC Sports Accident coverage is not available to non-BC residents. Participation may be limited to specific categories based on the sanctioning level.
 - If you have a UCI Race license from another country, you need to sign cyclingbc.net/waiver and present the confirmation email at package pickup, along with your UCI Race License from

your home nation and a letter from the federation that indicates you are permitted to compete abroad.

Registration

- Pre-Registration will close at 11:59PM on Wednesday November 5, 2025.
- There is no day of registration.
- Registration fees are non-refundable once registration is closed.
- Race numbers pickup, license/insurance check & rider confirmation will be done on site, infield.

Number Placement

- Riders must wear one (1) number in all events.
- Numbers must be worn on the lower back and towards the left.



Classification and Rider Placement

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

Parking is generally available at the velodrome. No parking pass needed. Please do not park in the spots reserved for Harry Jerome Staff. Athletes and their families are asked to not park in staff or handicap parking during all sessions. Additional parking can be found across Barnet Highway near the concrete yard (formerly Kask Brothers Cement).

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

Results

Results will be posted in the track in-field upon completion of each event and after race officials have finalized it. If possible, we will try to make it available digitally. Watch out for more information in the track in-field on the day of the races.

Schedule

Date	Start	End	Event Description
Friday November 7 2025 Session 1	1600	1800	Open Track
	1600	1800	Number Pick Up/License Check & Late Registration
	1745	1800	Riders Meeting – Event Opening
	1800	1:00	Keirin Ride 1 As necessary 6 to qualify • Women • Masters (50+) • C Open • B Open • A Open
		1:00	Elimination to Win and Out • Women: 25 Laps to Win and Out • Masters (50+): 15 Laps to Win and Out • C Open: 15 Laps to Win and Out • B Open: 25 Laps to Win and Out • A Open: 35 Laps to Win and Out
		0:30	Keirin Minor Final (7-12) • Women • Masters (50+) • C Open • B Open • A Open
		1:00	Scratch/split points race • Women : 40 Laps • Masters (50+): 40 Laps • C Open: 30 Laps • B Open: 50 Laps • A Open : 60 Laps
		0:30	Keirin Final (1-6) • Women • Masters (50+) • C Open • B Open • A Open

Date	Start	End	Event Description
Saturday November 8, 2025 Session 2	0815	0915	Open Track
	0815	0900	Number Pick Up/License Check & Late Registration
	0920	0930	Rider Meeting
	0930	1:00	200m TT – 8 to qualify • Women • Masters (50+) • C Open • B Open • A Open
		1:20	Scratch Race – Omnium • Masters (50+): 25 Laps • Women: 50 Laps • C Open: 30 Laps • B Open: 50 Laps • A Open: 60 Laps
		0:30	Sprint – ¼ final (1 ride) • Women • Masters (50+) • C Open • B Open • A Open
		1:00	Tempo Race – Omnium • Masters (50+): 20 Laps • Women: 40 Laps • C Open: 20 Laps • B Open: 40 Laps • A Open: 50 Laps
			Sprint – Semi final (1 ride) • Women • Masters (50+) • C Open • B Open • A Open
			Marymoor Crawl/Longest Lap

Saturday November 8, 2025	Start	End	Event Description
	1500	1620	Open Track
Session 3	1620	1630	Rider's Meeting
	1630	1:00	Sprint - Final best of 3 rides (ride 1) 3-4 Ride followed by 1-2 Ride for each group • Women • Masters (50+) • C Open • B Open • A Open
		1:00	Elimination Race - Omnium • Masters (50+) • Women • C Open • B Open • A Open
		0:20	Sprint - Final (ride 2) 3-4 Ride followed by 1-2 Ride for each group • Women • Masters (50+) • C Open • B Open • A Open
			Sprint - Final (ride 3 - as necessary) 3-4 Ride followed by 1-2 Ride for each group • Women • Masters (50+) • C Open • B Open • A Open

		1:30	Points Race – Omnium • Masters (50+): 3 x 10 Laps • Women: 6 x 10 Laps • C Open: 3 x 10 Laps • B Open: 6 x 10 Laps • A Open: 8 x 10 Laps
			Team Sprint

	Start	End	Event Description
Sunday November 9, 2025 Session 4	1000	1500	Skills Clinics <i>Sprint & Endurance</i>

Updates

- Oct 26, 2025 - Published tech guide (v1.0)
- Oct 29, 2025 -
 - v1.2 Removed Youth and Novice categories from page 2 of tech guide, since we aren't having those as separate categories
 - v1.3 Updated CCN registration link