



2022 BC Provincial Track Championships

August 19 to 21, 2022

Sanctioned by Cycling BC

Presented by Greater Victoria Velodrome Association

AT WEST SHORE VELODROME

Technical Guide

DRAFT



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2022 BC Track Championships – August 19 to 21

Cycling BC and the Greater Victoria Velodrome Association (GVVA) is pleased to welcome you to the 2022 BC Track Championships.

Please read through the following important information related to this event. The information provided is to help you understand some of the race protocols and rules. As this is a Cycling BC sanctioned event, it is important that all riders, parents and coaches are aware of all the rules for track racing. This many include information from Cycling BC, Cycling Canada and the UCI.

If you have any questions, or need clarification on any of the items in this document, please do not hesitate to contact John Errington or Brad Head.

Event Contact Information

Event Web Page: <https://gvva.bc.ca/product/bc-track-championships-aug-19-21-2022/>

Event Website Enquiries: Brad Head bradhead@gvva.bc.ca

Race Director: TBD

Registration Enquiries: Brad Head info@gvva.bc.ca

Cycling BC Membership: <https://cyclingbc.net/membership/registration/>

Registration and Schedule

[Register online](#). Follow the link on the Event web page. You must register online by **4pm PDT on Thursday August 18th, 2022**. Registration sign-on and number pickup occurs on Friday and Saturday before racing starts. You must present your valid BC, CC, UCI race license. Sign-on will close 30 minutes before racing starts.

Fees

See website <https://gvva.bc.ca/product/bc-track-championships-aug-19-21-2022/>

Youth Ability Categories (U15/U13):

- Everything - \$30. (Not provincial championships)

Youth U19/U17:

- Endurance Omnium, Individual Pursuit, Team Pursuit, Time Trial - \$35

- Match Sprints, Keirin, Time Trial, Team Sprint, Flying 200m - \$35
- Team Pursuit, Time Trial, Individual Pursuit - \$30
- Everything - \$45

Elite/Master:

- Endurance Omnium, Individual Pursuit, Team Pursuit, Time Trial - \$45
- Match Sprints, Keirin, Time Trial, Team Sprint, Flying 200m - \$45
- Team Pursuit, Time Trial, Individual Pursuit - \$35
- Everything - \$60

All non-championship races are included in the pricings.

Registration Requirements

Athletes are not considered registered for an event until all administrative requirements have been fulfilled:

- Completed the registration form online,
- Signed or digitally accepted the waiver,
- Payment has been completed (online)
- Rider's license has been validated by the designated Commissaire.

Schedule

- Friday August 19th – 4:00pm Registration Opens / Track Open for warm up
- Friday August 19th – 5:30pm Racing Starts
- Saturday August 20th – 9:00am Registration Opens for One Hour / Track Open for warm up
- Saturday August 20th – 10:30am Racing Starts
- Sunday August 21th – 8:00am Track Open for warm up
- Sunday August 21th – 9:00am Racing Starts

Please Refer to the *Technical Guide*, available by visiting a link on the main event web page.

Officials Committee

Technical Delegate: Cycling BC Thomas D'Arcy thomas@cyclingbc.net

Chief Commissaire: Michael Pinkoski (AB)

Timer: Bruce Falk

Starter: John Errington

Secretary: TBD

Member: Heidi Ujfalusi

Member: Kim Allen

Member: Gary Leung

Member (Commissaire in Training): Amy Errington

Announcer: TBD

Championship Information

- Entry Fees are non-refundable.
- Medical problems should be reported to a Commissaire or Cycling BC technical delegate.
- Athletes participating in 2022 Championship events requiring the use of a medication included in the UCI Prohibited List may need to have a Temporary Use Exemption (TUE) prior to participating in the event.
- As a Cycling BC sanctioned event, all events will be run under Cycling BC/Cycling Canada/UCI rules. There will be no day-of license for this event.
- In bunch races, categories with a small number of starters may be combined with another age category at the discretion of the Chief Commissaire for the start, but will receive awards separately.
- A Provincial Championship title shall be awarded in the championship events and only where there are at least 4 starters entered in each category. A medal shall only be awarded to those that have finished ahead of at least one other rider.
- Approved helmets are mandatory for training, competition and anytime you are on a bike.
- BC Championship Jerseys are only awarded to the specific 'Jersey' events as stated in this guide below. Winners in championships events that are not awarded a jersey are awarded a medal.

Licensing Requirements and Championship Eligibility

The BC Track Championships races are open to all Elite, Master, Junior and Youth riders who hold a UCI track or road license, Cycling BC Provincial License, or a race license from their respective Provincial or State cycling governing body.



One-day licenses are not available (with the exception of U15 and U13 athletes who will participate in the Ability Category races).

All riders must have the training and the skills to compete on the West Shore Velodrome. This may include a Learn to Race course conducted by the GVVA or the Burnaby Velodrome Club. *Riders without the appropriate skills and experience will not be permitted to participate in bunch races.*

To be eligible to win a BC Championship, the rider must be a resident of BC and hold a Cycling BC Provincial or a UCI race license.

If the winner of the race is not eligible to be the BC Champion, there will be 2 podiums for the race. The first one will recognize the top three finishing positions in the race. The second podium will recognize the top three BC residents and Cycling BC license holders.

Participant Etiquette

All riders, coaches and parents of riders are to conduct themselves in a responsible, respectable manner on and off the race course.

The use of foul language, violent outbursts, throwing of bikes and equipment is not acceptable. Disqualification from the event and further disciplinary measures will be applied to those who conduct themselves in such manners.

Race Category Structure

All riders are required to race in their designated race age category according to their license. This age is determined by the rider's age as of December 31, 2022. A rider must hold a Master license to compete in the Master category by age. Masters license holder riders will need the Provincial Association's approval to race in the elite category. Here is the corresponding category for the rider's age:

Age Category	Age at December 31, 2022	Birth Years
U13	11, 12	2011, 2010
U15	13, 14	2009, 2008
U17	15, 16	2007, 2006
U19	17, 18	2005, 2004

Elite	19+	2003 or earlier
Master A	35 to 44	1987 to 1978
Master B	45 to 54	1977 to 1968
Master C	55 to 64	1967 to 1958
Master D	65+	1957 and earlier.

Categories may be combined for racing at the discretion of the Chief Commissaire, Cycling BC and event organizers. If age categories are combined, results, podiums and prizing may be awarded to the individual age categories, but not guaranteed, especially if minimum riders by age are not met.

Riders who are U13 and U15 and possibly U17 will be placed in ability classes for bunch races.

BC Championship Medals and Jerseys

There will be a BC Championship jersey presented to the winner of each age category in the selected BC Championship “jersey” events, provided they meet the residency requirements, above. Medals will be presented to second (silver) and third place (bronze).

Medals will be awarded to all categories in the following manner:

- Gold, Silver and Bronze: when there is a minimum of four (4) riders who started in a designated category.
- Gold, Silver: when there are only three (3) riders who started in a designated category.
- Gold: when there are only two (2) riders who started in a designated category.

A BC Championship jersey will only be awarded to BC Title Championship categories, provided the category meets the minimum requirement of four (4) riders who started in a designated category for a title championship event.

BC Championship events awarding a provincial **title championship jersey** are:

- Omnium
- Keirin
- Match Sprint
- Individual Pursuit
- Time Trial (500m and 1000m)

BC Championship Events **awarding medals** (no jersey) to the podium are:

- Team Sprint
- Team Pursuit

Attendance at the Podium

All athletes who have placed on the podium must attend the award ceremonies.

- Riders who cannot attend the awards ceremony must advise the Chief Commissaire or the Technical Delegate with a valid reason. Reasons such as “I have a ferry to catch” will not be accepted.
- As per UCI rule 9.1.046, Riders must wear cycling apparel to the award ceremony.
- Riders on the podium shall be bare-headed and without a hat, helmet, headband, or sunglasses, until they leave the official ceremony enclosure. Characteristics of the West Shore Velodrome

Track:

- Track Surface: concrete, outdoor.
- Track Length: 333.3m
- Maximum inclination: 28 degrees (turns)
- Minimum inclination: 10 degrees (straights)

Address:

1767 Island Highway
Victoria, BC Canada
V9B 1J1

Website: <https://www.gvva.bc.ca>

Track Records <https://www.gvva.bc.ca/trackrecords/>

Championship Event Information

Match Sprint (Jersey and Medals)

The flying 200m time trial will be used for seeding purposes. The riders start on the back straight and complete 2.5 laps of the track. Your time is taken on the last 200 meters.

On the basis of flying 200 times, start lists will be posted for the keirin and sprint tournament in a designated area near the track as well as on the GVVA website. <https://www.gvva.bc.ca>

Top 8 riders in each category will go into the sprint tournament. Riders placing 9th and above will have one match sprint against the rider whose flying 200 time is closest to theirs. All riders will get at least one match sprint. All riders doing the flying 200 will be entered into the keirin heats unless he/she informs us otherwise. Only the final (gold/silver, bronze/4th) will be best of three.

The match sprint will be two laps of the track and will be organized in accordance with UCI Regulations.

Keirin (Jersey and Medals)

The Keirin is a 4-lap race, the motorcycle leads the field for the first two laps then the field sprints for the final two laps.

At the start, riders must drop behind the lead motorcycle in the same order as their drawn position on the track. The riders must remain in this position for the first lap and must remain behind of the front of the motorcycle until the completion of the first two laps.

Individual Pursuit (Jersey and Medals)

The race will consist of a single final, with no qualifying heats. See table below for distances.

Starts will be from a gate. When possible, there will be two riders on the track competing, one starting and finishing on the back straight, the other starting and finishing on the front straight.

If you catch the other rider during your race, you must finish the full distance to receive a time. If you do catch the other rider you must either pass the other rider, stay above them well outside of the pole lane or well behind the rider. You cannot draft the other rider. You also cannot re-pass a rider once you have been passed or you will be immediately disqualified.

Time Trial (Jersey and Medals)

The time trial is one ride. See table below for distances.

Starts will be from a gate. When possible, there will be two riders on the track competing.

In the unlikely event that you catch the other rider, you must finish the full distance to receive a time. If you do catch the other rider you must either pass the other rider, stay above them well outside of the pole lane or well behind the rider. You cannot draft the other rider. You also cannot re-pass a rider once you have been passed.

Omnium (Jersey and Medals)

The omnium consists of four mass start events: scratch, tempo, elimination and points race, and there are no longer timed events at all in the discipline. The omnium takes place over one day, Saturday August 20th.

Distances for each category are shown in the table below.

The omnium points are tallied for the first three events (scratch, tempo, elimination) based on placings: 40 point to first place, 38 to second, 36 to third, and so on. The final event, the Points Race, the points acquired in that race are added to the Omnium scoring, including loss of points for lapped riders and double points for the final sprint. Refer to the UCI web site for further details.

Scratch Race

The scratch race is the first race of the Omnium.

A rider caught up by the main peloton must immediately leave the track and their ranking will be determined by the number of riders remaining on the track at this moment

Tempo Race

The tempo race is the second event of the Omnium. For a tempo race, the final placings are determined according to accumulated points won by riders during the sprints and by taking laps.

The following rules apply:

After the first four laps of the race have been competed, a bell will be rung to indicate the start of the sprint laps. A single point is awarded to the first rider in each sprint. Any rider gaining a lap on the field is awarded 20 points. Any rider losing a lap is deducted 20 points.

For the omnium, points only mater in determining the finish order.

Elimination

The elimination race is the third event of the Omnium. After one neutral lap the race starts and on each of the following laps the last rider crossing the finish line is eliminated and must leave the track. This continues until all but one of the riders have been eliminated.

Points Race

The points race is the final event of the Omnium. The following the following rules apply:

Sprints will be every 2 km or 6 laps. The points awarded for each sprint will be 5, 3, 2, and 1. In the case of the final sprint points will be 10, 6, 4, and 2. 20 points will be awarded for lapping the field and 20 points will be deducted if you are lapped by the field. The winner is the racer with the most points at the end of the race. In the event of a tie, on points, the racer who places the highest in the last sprint will be awarded the higher placing. Points awarded (or lost) are directly applied to the omnium totals.

Team Sprint (Medals only)

The Team Sprint is a race with two opposing teams, each of whose riders shall lead for one lap. The event is generally run over three laps of a track by teams of three riders, however, the distances will be reduced to 1.5 laps for U17 M and W, and Ability groups A, B and C. Composite teams encouraged. The rider that was in second position shall lead the following lap and then shall drop out in the same manner. The third rider shall end the last lap alone.

At the completion of his or her lap, the leading edge of the leading rider's front wheel must cross the pursuit line ahead of the leading edge of the front wheel of the following rider. Thereafter, the leading rider must draw aside immediately and ride above the sprinter's line no later than within 15 meters after the pursuit line. Pushing between members of the same team is strictly forbidden. If there is doubt that the above requirements have been met, a review of available information is to be made. If confirmed, the team shall be relegated.

Team Pursuit (Medals only)

Teams will consist of 4 riders for women and men. See schedule for race distances.

The event is one race – finals, i.e. no qualifying heats.

The team's time is taken on the third rider finishing. The fourth rider is not required to finish.

The first rider on the team will start from a gate. The other riders will be hand held. If you catch the other team during your heat, you must finish the full distance to receive a time. If you do catch the other team you must either pass the other team, stay above them well outside of the pole lane or well behind the caught team. You cannot draft the other team. You also cannot re-pass a team once you have been passed.

Rules and Regulations

It is the responsibility of the riders to know the rules, as defined by the UCI. Refer to <https://www.uci.org/regulations/3MyLDDrwJCJJ0BGGOFzOat#part-iii-track-races> for details.

Equipment and Bike Checks

All bikes must conform to the UCI rules. Officials will be on hand to check bikes for compliance.

Junior and Youth Requirements and Restrictions

- U19 categories will not be subject to bike and equipment restrictions.

- U17 riders are restricted to gears with a maximum of 7.12 meters of development (roll-out), or a 90-inch gear. U17 riders are restricted to wheels that are low-profile, non-carbon (may not exceed 40mm depth). U17 riders may use clip-on aero bars for Time Trial races.
- U15 riders are restricted to the use of a 6.71 meters roll-out or 86-inch gear maximum. Wheels must be low-profile, non-carbon (may not exceed 40mm). U15 riders may not use clip-on aero bars for TT races.
- U13 riders are restricted to a 6.2 meter roll-out or 84-inch gear. Wheels must be low-profile, non-carbon (may not exceed 40mm). U15 riders may not use clip-on aero bars for TT races.

Race Distances by Category

Category	Scratch	Tempo	Points Race	Individual Pursuit	Time Trial
U13 Boys				1 km	333 m
U13 Girls				1 km	333 m
U15 Girls				1 km	500 m
U15 Boys				2 km	500 m
Ability Class C	10 laps	10 laps	12 laps		
Ability Class B	10 laps	10 laps	12 laps		
Ability Class A	15 laps	15 laps	18 laps		
U17 Women	15 laps (5 km)	15 laps	36 laps (6 km)	2 km	500 m
U17 Men	15 laps (5 km)	15 laps	36 laps (6 km)	2 km	500 m
U19 Women	20 laps (6.33 km)	20 laps	60 laps (20 km)	2 km	500 m
U19 Men	20 laps (6.33 km)	20 laps	60 laps (20 km)	3 km	1000 m
Elite Women	20 laps (6.33 km)	20 laps	60 laps (20 km)	3 km	500 m
Elite Men	30 laps (10 km)	30 laps	72 laps (24 km)	4 km	1000 m
Master Women 30+	15 laps (5 km)	20 laps	60 laps (20 km)	2 km	500 m
Master Men A 35-44	30 laps (10 km)	30 laps	72 laps (24 km)	3 km	1000 m

Category	Scratch	Tempo	Points Race	Individual Pursuit	Time Trial
Master Men B 45-54	20 laps (6.33 km)	20 laps	60 laps (20 km)	3 km	500 m
Master Men C and D 55+	15 laps (5 km)	15 laps	36 laps (20 km)	2 km	500 m

Distances are subject to change, and categories may be combined.

Doping Control

- All races are conducted under UCI anti-doping regulations
- It is the riders and team manager's responsibility to know the rules.

Open Track Times

- Warming up on the track while a race is in progress, or at any other unauthorized time, is strictly prohibited.
- Helmets must ALWAYS be worn when riding the track. Failure to comply will result in disqualification.
- Please exit the track when asked to do so.
- Open Track will close 15 minutes prior to racing start.

Race Services, Amenities and Safety/First Aid

Race Services

- Team Tent area is available along the grass area on the south east side of the track. First-come, first served basis.
- Washrooms are available on site.
- Potable Water is available on site.

Parking

- There is ample free parking. Please do not park in reserved parking areas.

First Aid and Medical

- Trained, First Aid Attendants will be at the event.
- The area is served by 911 emergency service.
- The nearest hospital with full emergency/trauma capabilities is **Victoria General Hospital, 1 Hospital Way, Victoria, BC**



Accommodation

Some of the GVVA members have offered to host (billet) athletes coming in from out of town. To express interest in this form of accommodation, please inquire by email to info@gvva.bc.ca. Availability is limited.

The nearest hotel is the Holiday Inn at 318 Wale Road, Colwood, BC. 1-250-385-7829.

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