

MIDWEEK

Youth Cup

AUGUST 12th, 2017

Technical Guide
July 2017
Version 1.1

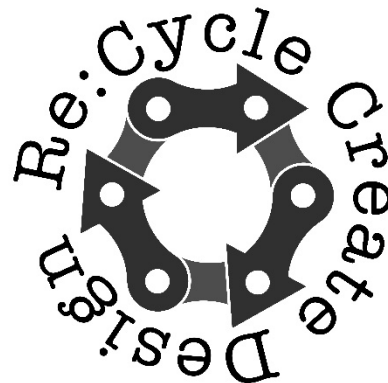


Road
Development

This race has been brought to you by the following clubs and sponsors. Please support those who support cycling:



Medals Hand-crafted by:



Make your race km's count and sign up for [Mississauga Bike Challenge](#)! The City of Mississauga will plant a tree for every 150 kilometers cycled and logged into the challenge to thank participants for cycling and contributing towards the community goal.



GENERAL INFORMATION

Course: The course is a 1.0 km flat loop on the Police training track at The Garry W Morden Centre.

GPS Coordinates: Garry W Morden Centre., 7535 Ninth Line, Mississauga, ON L5N 7C3

Events: The day will be a combination of Road Race and a Sprint Challenge.

Parking: Parking is available in the main parking lot at the front of the main building Please see course map.

Pre-Riding: There will be **no pre-riding** as the course is on private property.

Warming Up: Warm ups can only be done on trainers and rollers.

Questions: Please read the tech guide thoroughly and direct any questions to: info@midweekclub.ca

REGISTRATION INFORMATION

- Pre-registration available online at ccnbikes.com
- Registration is \$32.50 plus CCN fees
- All Youth Cup participants must be OCA citizen permit holders or UCI Licence. For more information: <http://www.ontariocycling.org/membership/types-of-membership/>
- Riders may participate in as little or as many events as they wish
- Registration closes on August 9th at 11:59 PM
- Midweek Youth cup is pre-registration only

Registration and sign in is located at training track entrance gate. Sign in opens at 8:15 AM

Number Placement

Number plate shall be placed on the handlebars facing forward using the provided zip-ties. It shall be as flat as possible to ensure proper reading of the number; bowed out positions are not acceptable.

SCHEDULES/CATEGORY

Road Race

Category	Start Time	Distance	Laps
Registration	8:15 AM -9:30 AM		
E	9:00 AM	10 KM	10
D	9:30 AM	20 KM	20
C	10:20 AM	25 KM	25
B	11:10 AM	30 KM	30
A	12:00 PM	35 KM	35

Super Sprint Challenge

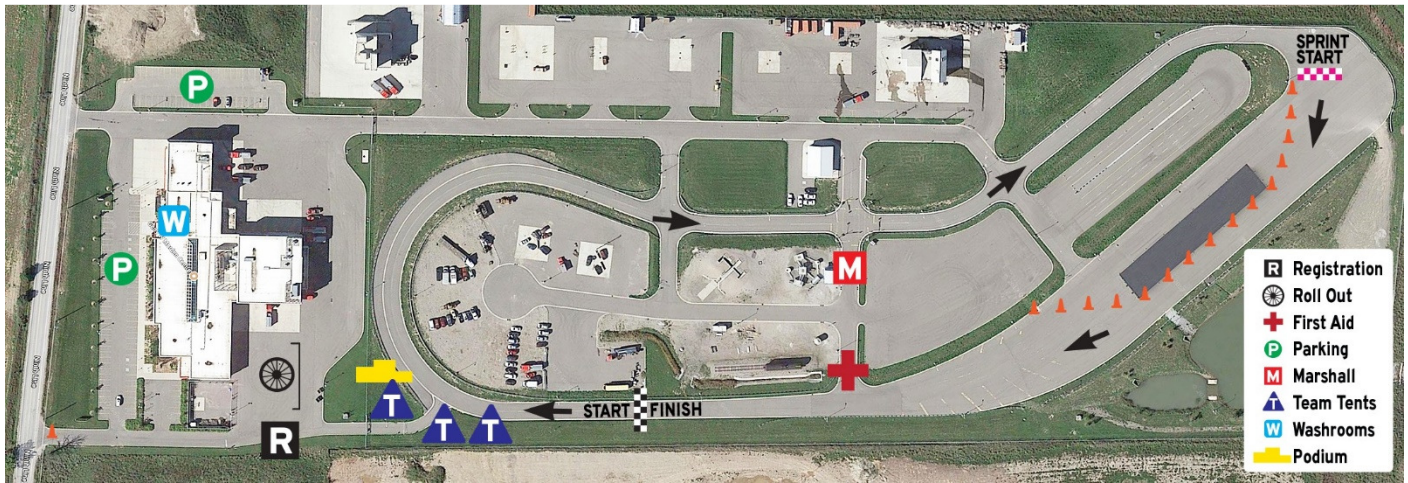
1:30PM – 3:30PM all categories

Commissaire Panel

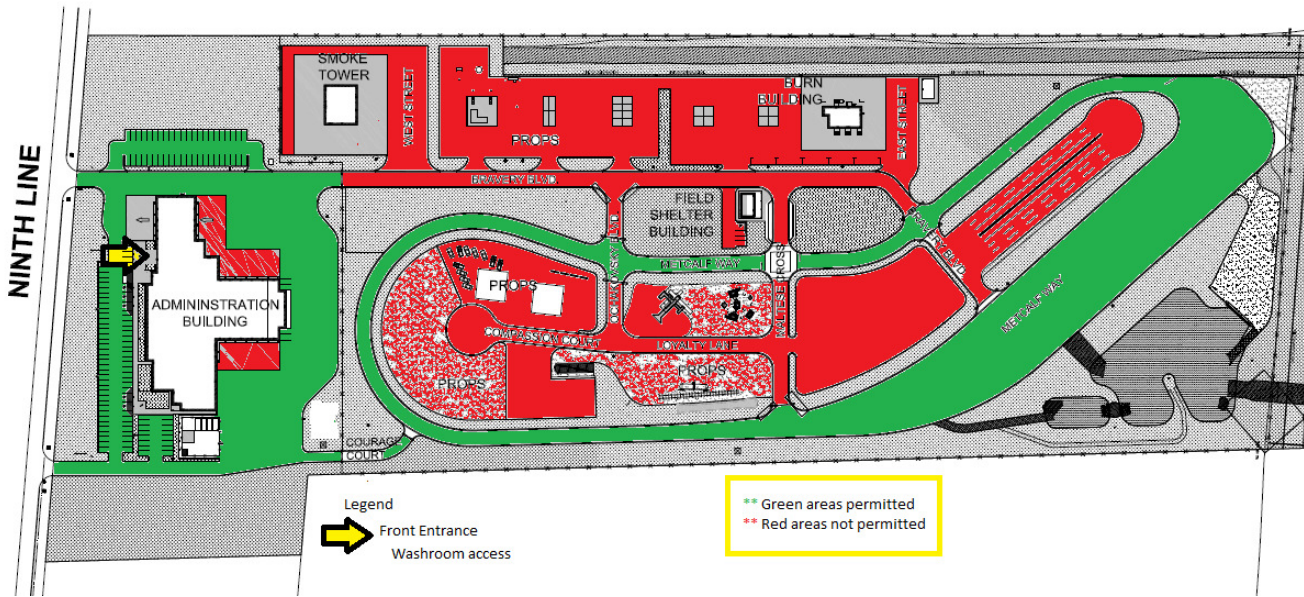
Chief: Ben Hill – Forest City Velodrome

Finish Line Judge: Chantal Thompson – Midweek Cycling Club

Course Map



ACCESS TO THE INFIELD AREA AND FIRE BUILDINGS IS NOT PERMITTED!



The Garry W Morden Centre is a training facility for Fire, Police and Military. All racers participants and parents are only allowed on the Green areas of the map below. No one is permitted in the infield or the areas to the north with the burn building, props, and smoke tower. No cars are to enter or be parked inside of the gated compound.

EQUIPMENT

The wearing of an approved helmet is mandatory for all participants and family members. However, aero helmets are not permitted. Cycling gloves are strongly recommended. Participants are encouraged to ride on a road racing bicycle however other suitable bicycles may be utilized. No bar ends, aero bars, disc brakes, disc/tri-spoke wheels, or other "aero" equipment permitted. All equipment must be in good repair, have adequate tires and operating brakes.

GEARING

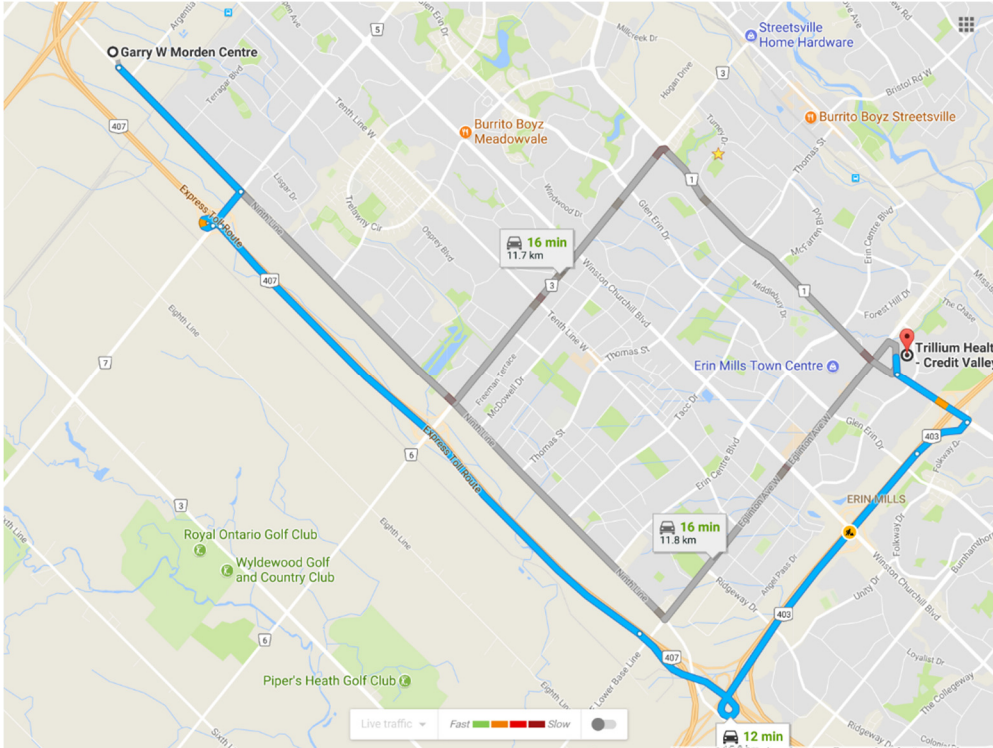
Under the new Youth Road Series format for 2017, each event will be run with ability based categories. That means that every rider, regardless of their age will have to meet the Cadet gear restriction at a minimum which is **7.12 meters**.

Course Safety

First Aid will be located onsite

Directions to nearest Hospital

Credit Valley Hospital -2200 Eglinton Ave W, Mississauga, ON L5M 2N1



1. Head southeast on Ninth Line toward Argentia Rd
2. Turn right onto Derry Rd W/Halton Regional Rd 7 (signs for ON-407 Express Toll Rte)
3. Use the right lane to take the ON-407 W/Express Toll Route W ramp to Hamilton
4. Merge onto Express Toll Route/ON-407 W
5. Use the right 2 lanes to take exit 24 to merge onto ON-403 E
6. Use the right 2 lanes to take the Regional Road 1/Erin Mills Parkway exit
7. Use the left 2 lanes to turn left onto Erin Mills Pkwy/Peel Regional Rd 1 N
8. Drive to Credit Valley Hospital on right

GENERAL EVENT RULES AND REGULATIONS

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CCA & OCA rules are available on-line at:
www.ontariocycling.org/commissaires/commissaires-rules/
- The penalty scale of the OCA rule book will be applicable.
- Registration closes 30 minutes before the start of each race.
- All riders must sign on at registration.
- U.S riders must present a UCI licence in order to enter this event. USAC Domestic Licences are not allowed in Canada
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.
- An OCA representative will be present at the race to assist with rider licensing issues.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- There will not be any team vehicles or coach/parent ride-a longs permitted on the course.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the right side of the road with the flow of traffic.
- Awards will be presented according to the published schedule. Top-3 finishers in the Road Race only are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.
- Race is on rented private property and will be held completely on private, closed roads. Marshalls will be stationed at corners.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Any unreported DNF may result in a severe penalty.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a severe penalty

SPECIFIC COURSE RULES

CRITERIUM

- The course will run Clock-Wise
- As this is a criterium race, riders will be given free laps for mishaps (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there is 5 km left in the race from the perspective of the race leader. No more free laps will be given after this point.
- There is no outside feeding allowed in this race
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there is less than 5 km left in the race from the perspective of the race leader, the overtaking riders will be sprinted separately from the field. Instructions on this process will be given by the Commissaires at the start line before the race.
- There will be an Overall Podium ceremony and one for top three Females in each category

Super Sprint Challenge

- Appoximintly 400 Meter course
- Heats of 6-8 riders, depending on number participants
- Seeding will be done from road Race results
- The finish line will be the same as Criterium
- Racer will start with both feet in pedals and volunteer holding
- Top 2 riders from each heat will move on
- Please inform the Commissaires if you drop out, or if you will not be participating.
- There will be Podiums but no medals for this event