

CANADIAN CYCLOCROSS CHAMPIONSHIPS 2017

TECHNICAL GUIDE

ORGANISEZ BY:
CLUB CYCLISTE DE SHERBROOKE

OCTOBER 27-28-29
PARC JACQUES-CARTIER, SHERBROOKE, QC

CRÉDIT PHOTO : PAULIMAGE.COM



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1. GENERAL INFORMATION

1.1. EVENT OVERVIEW

October 27 2017: Corporate Relay Race

October 28 2017: Canadian Cyclocross Championships

October 29 2017: Maglia Rosa Quebec Cup

Sherbrooke CX and Cycling Canada, as well as the Fédération des sports cyclistes and all of our partners and sponsors are proud to present the Canadian Cyclocross Championships and the cyclocross Quebec cup final. The event is a three day cyclocross celebration. On the evening of October 27th, a corporate relay race reserved for companies will take place. It will be followed by the Canadian Cyclocross Championships on October 28th, which is the main event. Finally, the final round of the Québec Cup series will take place on October 29th. This Technical Guide covers both the Canadian Championships and the Québec Cup final.

1.2. VENUE

Race office

Pavillon Armand-Nadeau,
Promenades du Lac des nations
220 rue Marchant
Sherbrooke (Québec) J1J 3V2

Stephane Vallières : vallieres.stephane@videotron.ca

Michel Hamel : michel.hamel6@videotron.ca

Site web : www.sherbrookecx.com

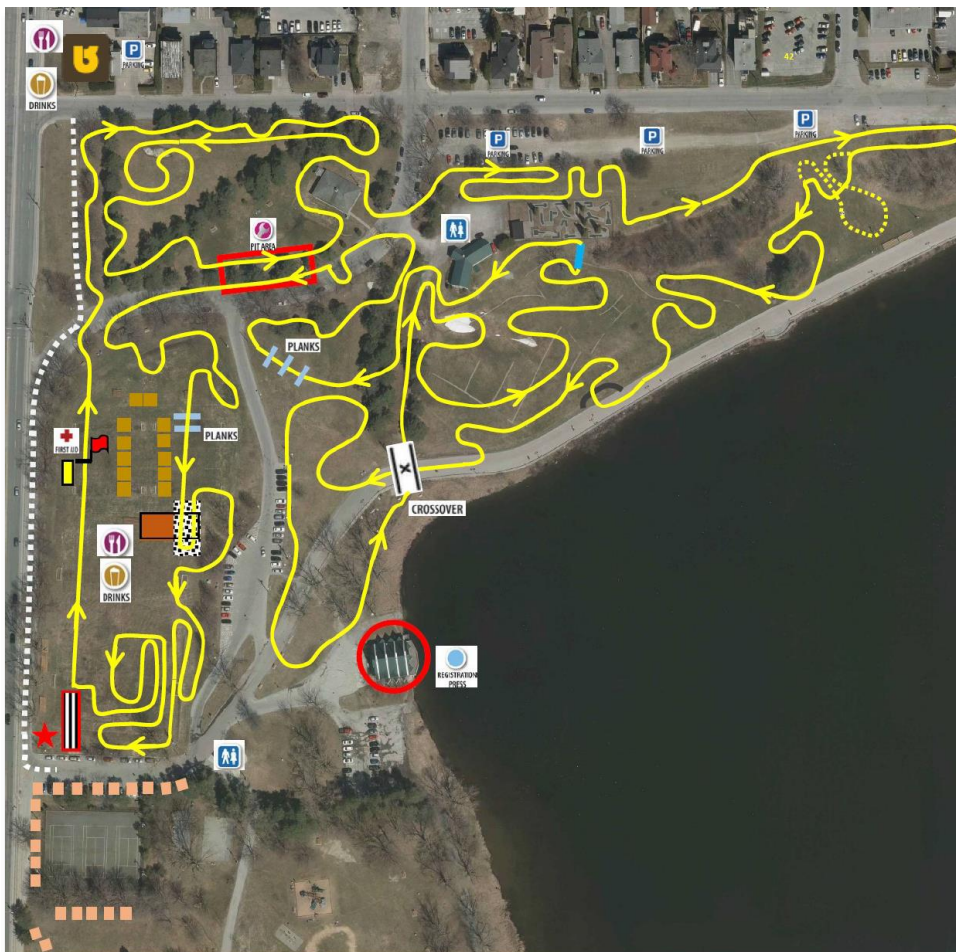
Facebook : <https://www.facebook.com/SherbrookeCX>

The championships will take place in the Jacques Cartier Park, where many events and festivals take place. It is located on the shores of the Lac des Nations and its Boardwalk, which circles the Lac des Nations.

Located a few steps from downtown, the Lac des Nations boardwalk is the green heart of Sherbrooke! It is above all an urban multipurpose path where people walk, bike or rollerblade. The path is surrounded by beautiful greenery and has rest areas and water fountains. Nearby, visitors can discover our local products at the Marché

de la Gare, which is home to several specialized gourmet merchants. A few steps from the Marché you'll find the Tourist Information Office.

1.3. SITE MAP



LÉGENDE

- ★..... DÉPART/ START
- CHAPITEAU/ BIG TOP
- KIOSQUES COMMANDITAIRES (16)/ SPONSORS TENTS
- TENTES D'ÉQUIPES (20)/ TEAM TENTS
- TRAPPE DE SABLE/ SAND TRAP



1.4. REGISTRATION AND NUMBER PICKUP

- Pre-registration for Canadian Cyclocross Championships and the cyclocross Quebec Cup final are available at <https://www.bikereg.com/sherbrooke-championnats-canadiens-de-cyclocrosscanadian-cyclocross-championships>.
- Online registration opens on June 1st and closes on October 26 at 5 :00pm EST.

Catégorie/Category	Départ/Start	Prix/Fee
Défi Entreprise Vendredi / Corporate Fun race Friday		
Course à Relais par Équipe de 4 / Team Relay Race Group of 4	6 :30 PM	CDN\$200
Championnats Canadiens samedi / Saturday Canadian Championships		
Maître/Master 30-39 W/F & 40+ W/F	8 :00 AM	CDN\$70
Maître/Master 50-59 M/H & 60+ M/H	8 :00 AM	CDN\$70
Maître/Master 40-49 M/H	9 :00 AM	CDN\$70
Maître/Master 30-39 M/H	10 :00 AM	CDN\$70
U17 M/H & W/F (Course Challenge/Challenge Race)	11 :00 AM	CDN\$50
U15, U13 M/H & W/F	11 :00 AM	CDN\$50
Junior M/H	12 :15 PM	CDN\$80
U23 M/H	12 :15 PM	CDN\$80
Femme/Women (17-22)	1 :20 PM	CDN\$80
Elite (23+) W/F	1 :20 PM	CDN\$80
Elite M/H	2 :20 PM	CDN\$80

SPORT Canadian Challenge Course / Race M/H & W/F	3 :30 PM	CDN\$70
Sherbrooke Maglia Rosa Finale Dimanche / Sherbrooke Maglia Rosa Final Sunday		
Bibitte Mixte	11 :30 AM	CDN\$5
Atome mixte	9 :20 AM	CDN\$10
Pee-Wee Mixte	9 :20 AM	CDN\$10
Minim H/M (U15)	9 :55 AM	CDN\$15
Minime F/W (U15)	9 :55AM	CDN\$15
Cadet H/M (U17)	12 :20 PM	CDN\$15
Cadet F/W (U17)	12 :20 PM	CDN15\$
Senior Sport H/M	10 :40 AM	CDN\$15
Senior Sport F/W	9 :55 AM	CDN\$15
Junior H/M (U19)	1 :30 PM	CDN\$25
Senior Elite H/M	2 :45 PM	CDN\$25
Senior Elite F/W	12 :20 PM	CDN\$25
Maître/Master 30+ F/W	12 :20 PM	CDN\$25
Maître/Master 30-39 H/M	2 :45 PM	CDN\$25
Maître/Master 40-49 H/M	1 :30 PM	CDN\$25
Maître/Master 50+ H/M	1 :30 PM	CDN\$25
Tente d'équipe / Club Row		
Tente d'équie / Club Row (10X20, deux jours/two days) * See event details		CDN\$50

- Registration requires the presentation of a valid CC/UCI license to be considered final.
- See section 2.4 for more details about Canadian cyclocross championships registration and number pickup.
- See section 3.4 for more details about Cyclocross Quebec cup final registration and number pickup.

1.5. RACE STAFF

POSITION	NAME
Co-president of the event	Michel Hamel / Stéphane Vallières
Registration coordinator	Stéphane Vallières
Finance director	Stéphane Vallières
Race director (course, equipment)	Michel Hamel
Equipment coordinator	Michel Hamel
Promotion & Marketing	Phil Riopel (SportBrand Canada)
Sponsorship coordinator	Pierre Olivier Boily
Volunteer coordinator	Stéphane Vallières
Media coordinator	Pierre Olivier Boily

1.6. OFFICIALS (QC and CCC)

Organizers	Stéphane Vallières et Michel Hamel	October 23 to 29	vallieres.stephane@videotron.ca michel.hamel6@videotron.ca
Technical delegate	Josh Peacock (ON)	October 27-28	Josh.peacock@cyclingcanada.ca
Chief commissaire	Scott Doel (ON)	October 27-28	scottdoel@gmail.com
Secretary	Josée Bédard (QC)	October 27-28	josee.bedard9@me.com
Finish Judge	Brad Day (ON)	October 28	
Member	Réjean Giguère (QC)	October 28	
Member	Steve Head (ON)	October 28	
Member (PSO)	Christian Côté (QC)	October 29	
Member (PSO)	Louise Villeneuve(QC)	October 29	

1.7. INCLEMENT WEATHER

- Race held rain, snow, or shine
- NO refunds
- In the event of unsafe weather (e.g., lightning) on race day, race officials may delay or cancel racing

1.8. RACE HEADQUARTERS, AWARDS, PODIUM LOCATION, MEDIA

Race office will be located at :

Race office

Pavillon Armand-Nadeau,
Promenades du Lac des nations
220 rue Marchant
Sherbrooke (Québec) J1J 3V2

At this location, you will find registration desk, results, washrooms and showers.

The Awards/Podium location will be under the canopy.

Results will be posted following each event at the Podium/Awards Location and at Registration in pavillon Armand Nadeau.

Media work space: A separate room in the pavillon Armand Nadeau will be set aside for working media. Wireless internet will be available

1.9. USEFUL LINKS

www.sherbrookecx.com
www.facebook.com/SherbrookeCX/
www.cyclismecanada.ca/

2. CANADIAN CYCLOCROSS CHAMPIONSHIPS – October 28, 2017

2.1. Date, rules and racing format

- The Canadian Championships shall be governed by the Cycling Canada. The event(s) will be run under Cycling Canada/UCI regulations. [www.uci.ch]
- All riders must know the regulations.
- The Canadian Championships will take place on date and time as scheduled.
- There will be no extension of the Championships past Sunday October 29th, 2017, due to unforeseen delays or prolonged stoppages. In case of stoppages, priority will be given to “championship” classes.
- Racing format may also be modified at the discretion of the chief commissaire in response to prolonged stoppages.

2.2. Eligibility

- All athletes must be in possession of a valid UCI/Cycling Canada international license.
- All participants must be prepared to present their license upon demand at the event.
- All participants must be licensed to compete in the appropriate discipline.
- Domestic licenses from other countries or within Canada are not permitted for Championship Categories.
- No one-day event licenses will be sold for the Championship Categories
- License must be presented during race package pickup.
- To be able to participate and race in all categories, including UCI categories, riders must be either a Canadian citizen (including dual citizenships), permanent resident, landed immigrant or an individual with refugee status. Proof of citizenship or residence may be required (passport, permanent resident card, landed immigrant status or refugee status papers).
- Eligibility to compete for the Canadian champion title/podium/points/medals: Only Canadian Citizens will have access to the Canadian Champion title, Canadian Championships podium positions, UCI points and Canadian Championship medals
- Non-Canadians are eligible to participate in the Open Race (Sport categories)
- Prize money (where applicable) will be based on order of finish at the Canadian Championships, regardless of citizenship or nationality. Should a non-citizen (permanent resident, landed immigrant or individual with refugee status) place amongst the top three overall finishers in the race category, a

podium presentation will take place based on order of finish of the race and a second podium presentation based on the Canadian Championships results of eligible Canadian citizens will follow.

- Proof of residence may be required (this includes driver's license, permanent resident card).

2.3. Categories

THE FOLLOWING CATEGORIES ARE OFFICIAL CANADIAN CHAMPIONSHIP CATEGORIES :

- Men/Hommes Junior (17-18)
 - Men/Hommes U23 (19-22)
 - Women/Femmes Youth (17-22)
 - Elite (23+) Men/Hommes
 - Elite (23+) Women/Femmes
 - Maître/Master 30-39 Women/Femmes
 - Maître/Master 40+ Women/Femmes
 - Maître/Master 30-39 Men/Hommes
 - Maître/Master 40-49 Men/Hommes
 - Maître/Master 50-59 Men/Hommes
 - Maître/Master 60+ Men/Hommes
- Note: The categories are defined as per UCI rules based on year of birth. Your racing age for the Championship is the age you would be on Dec. 31, 2018.
 - Categories with fewer than 5 starters may be merged with another age or ability category at the discretion of the Technical Delegate or Chief Commissaire for the start, but will receive awards separately.
 - A minimum of 5 riders will form a valid class needed to validate a Canadian Championship title.
 - All competitors MUST enter their event class as shown on their license.
 - The categories are defined as per UCI rules based on year of birth.
 - Any inquiries about upgrades should be directed to Mathieu Boucher at Mathieu.boucher@cyclingcanada.ca

2.4. Registration and number pickup

- No registrations will be accepted on the day of the event.
- There will be no day licences for the Canadian Championships

- See section 1.4 – Pre-registration for Canadian Cyclocross Championships and the cyclocross Quebec Cup final are available at <https://www.bikereg.com/sherbrooke-championnats-canadiens-de-cyclocrosscanadian-cyclocross-championships>
- Online registration opens on June 1st Online Registration closes on October 26 at 5 :00 PM.
- Entry fees are nonrefundable.
- All competitors MUST enter their event class as shown on their license.
- The race office will be open for package pickup from 12:00pm – 7:00pm on Friday October 27th and 7:00am – 3:30pm on Saturday October 28th
- Number pickup will close 60 minutes prior to the start of the race.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled :
 - complete the application form,
 - sign the waiver,
 - payment has been transacted,
 - rider’s license has been validated by the designated commissaire.
- Registration requires the presentation of a valid CC/UCI license to be considered final.
- The Team Manager’s Meeting will take place at 19:30 on Friday October 27th at the Armand Nadeau Pavillion (Race office)

2.5. Pit passes and mechanic protocol

- Pit passes will be issued at registration for riders entered in the Elite races.
- Each rider has a right to two (2) assistants. No other personnel will be allowed in the pit zone area.
- No pit passes are required for the non-elite categories.

2.6. Race schedule

2.6.1. CANADIAN CHAMPIONSHIPS / Saturday, October 28

HEURES	COMPÉTITION
8 :00 AM	Maitre/Master 30-39 W/F & 40+ W/F
8 :00 AM	Maitre/Master 50-59 M/H 60+ M/H
9 :00 AM	Maitre/Master 40-49 M/H
10 :00 AM	Maitre/Master 30-39 M/H
11:00 AM	U17 M/H & W/F (Course Challenge/Challenge Race)

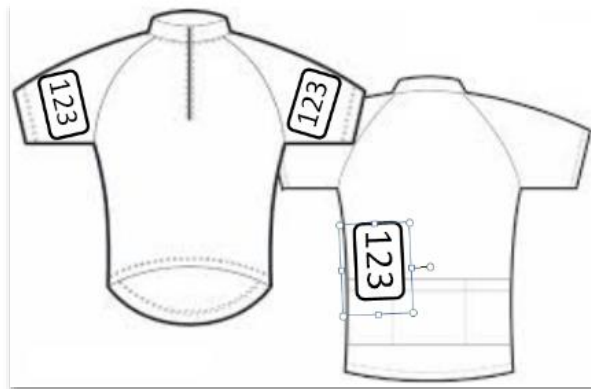
11 :00 AM	U15, U13 M/H & W/F
12 :15 PM	Junior M/H
12 :15 PM	U23 M/H
1 :20 PM	Femme/Women (17-22)
1 :20 PM	Elite 23+ Women
2 :20 PM	Elite M/H
3 :30 PM	SPORT Canadien Challenge Course/Race M/H & W/F

2.6.2. COUPE QUÉBEC « Maglia Rosa » / Sunday, October 29

HEURES	COMPÉTITION
8 :30 AM À 9 :15 AM	Parcours ouvert pour l'entraînement
9 : 20 AM	Pee-Wee mixte, Atome mixte, Durée : 20 minutes
9 : 55 AM	Minime H/M (U15), Minime F/W (U15), Senior Sport F/W Durée : 30 min
10 :40 AM	Senior Sport H/M Durée : 30 minutes
11 :30 PM À 12 :20 PM	Parcours ouvert pour l'entraînement Bibitte mixte (parcours alternatif obligatoire, sans résultats) Durée : 10 minutes
12 :20 PM	Senior Elite F/W, Maitre/Master 30+F/W, Cadet F/W et H/M (U17) Durée : 40 minutes
1 :30 PM	Junior H, Maitre/master 40-49 H, Maître/master 50 et + H Durée : 45 minutes
2 :45 PM	Senior Elite H/M et Maître/Master 30-39 H/M Durée : 60 minutes

2.7. Race numbers and timing chips

- Race numbers and timing chips will be distributed at registration.
- Numbers must not be folded or modified and must clearly show all advertising.
- Numbers must be completely visible at all times during the race.
- Number placement: 1 body number left side lower back, 2 shoulder numbers facing forward as per the following diagram.
- Chip placement will be on your fork



2.8. 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 2017 Canadian Championships 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>

2.9. Course map – subject to change



2.10. Warm-ups/ pre-riding the course

- The course will be open for preriding starting on Friday October 27th from 1:00 PM to 5:00 PM.
- Please do not pre-ride prior to this day/time.
- On race day the course shall be open for warm up during the designated course inspection times, noted in the schedule.
- Warming up on the course while a race is in progress, or at any other unauthorized time, is strictly prohibited and will result in disqualification.
- Please respect the other racers by not warming up immediately behind the last place rider in the ongoing race.
- Helmets must be worn **AT ALL TIMES** when riding the course & failure to comply will result in disqualification.

2.11. Start order

2.11.1. UCI U23, Elite & Junior categories – women and men

- UCI rule 5.1.043: The start order for UCI races will be determined by the order of latest published UCI cyclocross point classification from the highest to lowest, as posted on the UCI website (www.uci.ch)
- Riders with zero (0) UCI points will be ranked by the previous years Canadian Championship results, then by random draw

2.11.2. All other categories

- For all other categories, the first 8 spots will be based on the results from the 2016 Canadian Cyclocross Championship. After that, the start order will be determined by random draw.
- When multiple categories are starting at the same time, riders from each field will be staged together and separated from other categories by a few feet.
- Categories will be sent separately from the Start Grid in waves

2.12. Lapped riders

- Any rider whose time being 80% slower of that of the race leader's first lap will be pulled out of the race, at the decision of the president of the commissaires' panel after discussion with the Organizer, and in the zone provided for this purpose (80% zone)
- In the event that a rider is lapped by the leader, the lapped rider must complete the lap during which they were lapped and leave the course via an exit just prior to the finish line or in the 80% zone as described in article 5.1.052, if that rule applies.
- Their results will be listed in the order in which they were at the time they were pulled out of the race, plus the number of laps that had not been completed.

2.13. Equipment

- Equipment regulations, as per UCI Rules, to be enforced for ALL categories. There will be NO exceptions.
- Bicycle helmets are required to be worn by riders on the course at ALL times.

2.13.1. Championship races

- UCI equipment rules apply
- Cyclocross and/or road bikes with drop bars, only
- Tires no wider than 33 mm

2.13.2. Challenge/open race

- Cyclocross, mountain, hybrid, and road style bikes are allowed.
- Tandems, unicycles, recumbents, tricycles, etc. are not allowed.
- Flat bars are allowed, but bar ends must be removed.

2.13.3. Other equipment regulations

- Riders are required to wear club or team jerseys corresponding to their license.
- Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- The use of glass containers is strictly prohibited

2.14. Medals, jersey and prizes

- Awards Ceremonies for all races will be held after the final race of the day.
- All podium finishers are expected to be in attendance.

2.14.1. MEDALS WILL BE AWARDED TO ALL CATEGORIES IN THE FOLLOWING MANNER

- Gold, Silver & Bronze: when there are a minimum of four (4) entries who start in a designated category.
- Gold & Silver: when there are only three (3) entries who start in a designated category.
- Gold: when there are only two (2) entries who start in a designated category.
- A Canadian Champion jersey will only be awarded to Canadian Championships Title category (providing the category meets the minimum requirement of five (5) starters)

Note: Should the minimum requirement not be met in any title category, the winner will have the option to purchase a Canadian Champion's Jersey, but only if there were a minimum of two (2) finishers in that category.

IMPORTANT

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). 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 plane to catch" will not be accepted.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so will result in a fine and loss of award (including prize money).

PRIZE MONEY IS AS FOLLOW

- Elite, U23, Junior Races: \$500 (3 deep)
- Masters Races: TBD
- Challenge Races: TBD
- Prize money will be paid on site at the podium once results are final.

2.15. Results

- Full results will be available at racetiming.ca immediately after the finish.
- Results will also be posted on the results board by the podium and at the Race Office following each race.
- There will be electronic chip timing with photofinish provided by Racetiming.ca.
- Chips to be placed on your fork will be supplied at registration.
- If you require a second chip for a pit bike please ask at registration.
- Each rider will receive an information sheet with detailed instructions on how to mount the timing chip to the fork of your bike.
- Please return the timing chip after the race.

2.16. UCI points

- Based on UCI national classification, UCI points will be allocated for the following categories and events.

Place	Elite M/H & W/F	U23 M/H & W/F (17-22 Women)	Junior M/H
1 st	100	60	30
2 nd	60	40	20
3 rd	40	30	15
4 th	30	25	12
5 th	25	20	10
6 th	20	15	8
7 th	15	10	6
8 th	10	5	4
9 th	5	3	2
10 th	3	-	1

2.17. Race services and amenities

2.17.1. Team Tent area, washrooms and showers

- Showers will be available to racers located in the pavillon Armand Nadeau.
- Team Tent area is available by the parking area. See course map, above. See website for fees and to reserve a space.
- Washrooms with running water are available at several locations throughout the site.

2.17.2. Pit and bike washing area

- One large two (2) sided UCI legal pit is located on the course close near the start grid. See course map for details.
- The Pit Area is for the exchange of race bikes and wheels during the course of a rider's event.
- On either side of the Pit Area is the exchange lane, which is for riders' entry and exit only. Do not stand in the exchange lanes during a race. Between exchange lanes is the median for storage of bikes, wheels, and riders' assistants.
- Only riders and riders' mechanics/assistants may be present inside the Pit Area during the race.
- Gasoline powered pressure washers will be located at the pits for mechanics and assistants tending to racers on course.
- Use of pressure washers by unauthorized personnel at unauthorized times will result in disqualification.

- Please remove your equipment out of the pit area immediately following your race.
- A general bike wash area will be located in the Racer Services area near the team tents. See course map for location.

2.17.3. Parking

- There is ample free parking available on site. (See map page 5)

2.17.4. First aid and medical

- A team of trained medical staff will be in place during the event, with primary location at the start/finish line.
- Medic/First Aid Supervisor is Ambulance St. Jean
- The area is served by 911 service
- The nearest hospital with full emergency/trauma capabilities is CHUS Hôtel-Dieu :

580, rue Bowen Sud
Sherbrooke, QC.
Phone: (819) 346-1110

2.17.5. Security and policing

- On-site venue security will be in place for the duration of the event
- Security staff have mobile capabilities and emergency first aid training
- Municipal police will be briefed on the event and can provide assistance if required (nearest police station 3.2km away).

2.17.6. Lodging and restaurants

- The Delta Sherbrooke Hotel is the Official Hotel of the event. Reservations can be made online at: www.sherbrookecx.com
- The Sherbrooke region is renown for its quality and diversity of dining options.
- Participants will have access to more than 200 restaurants within a 10km radius of the race site.

2.17.7. Directions from airport

The majority of domestic flights for the area arrive at either the Pierre Elliot Trudeau International Airport in Montréal (1h45 drive to Sherbrooke), or the Québec City Jean-Lesage International Airport (2h30 drive to Sherbrooke).

The “Aéronavette” shuttle company offers direct transportation between Montreal’s Pierre Elliot Trudeau International Airport and Sherbrooke. This service runs 24hrs a day, 7 days a week, 365 days a year. Furthermore, trailers are available on request for transporting sports equipment. Reservations can be made using the following link: www.aeronavette.ca.

3. CYCLOCROSS QUEBEC CUP FINAL - October 29, 2017

3.1. Date and rules

- The Cyclocross Quebec cup final will take place on October 29, 2017.
- FQSC rules will apply to this event.
- <https://fqsc.net/reglements>

3.2. Eligibility

- All participants must be prepared to present their license upon demand at the event
- There will be day-of licences available for this event

3.3. Categories

- All competitors MUST enter their event class as shown on their license.
- Categories are defined as per FQSC rules based on year of birth. See FQSC – Guide des sports cyclistes - chapitre 3 - Cyclocross for more details : <https://fqsc.net/reglements>

3.4. Registration and number pickup

- See section 1.4 – Pre-registration for cyclocross Quebec cup final are available at <https://www.bikereg.com/sherbrooke-championnats-canadiens-de-cyclocrosscanadian-cyclocross-championships>
- Online registration opens on June 1st and closes on October 26 at 5 :00 PM.
- Registrations will be accepted on the day of the event for the Cyclocross Quebec cup final.

3.5. Pit passes and mechanic protocol

- No pit passes are required

3.6. Race schedule and fees

- See table on section 2.6.

3.7. Race numbers

- Numbers must be completely visible at all times during the race.
- Number placement: a diagram will be available

3.8. Course map – subject to change

- See section 2. 9.

3.9. Warm-ups/ pre-riding the course

- See section 2.10

3.10. Lapped riders

- Voir section 2.12

3.11. Equipment

- Bicycle helmets are required to be worn by riders on the course at ALL times

- See FQSC rules : <https://fqsc.net/reglements>

3.12. Medals, jersey and prizes

- Awards Ceremonies will be held after all races
- All podium finishers are expected to be in attendance

3.13. Results

- Results will be posted on the results board near the podium and at the Race Office following each race

3.14. Race services and amenities

3.14.1. Team Tent area, washrooms and showers

- See section 2.17.2

3.14.2. Pit and bike washing area

- See site map section 3.8.

3.14.3. Parking

- See section 2.17.3

3.14.4. First aid and medical

- See section 2.17.4

3.14.5. Security and policing

- See section 2.17.5

3.14.6. Lodging and restaurants

- See section 2.17.6

3.14.7. Directions from airport

- See section 2.17.7.