

## Cycling

- 1. Age Categories:** Men and Women:      55 to 59      70 to 74      85 to 89  
   60 to 64      75 to 79      90+  
   65 to 69      80 to 84

- 2. Events:** In all age categories, licensed and unlicensed cyclists (there is no distinction).

All races will begin at 10:30 a.m.

- (a) Day 1 – Thursday - Time Trial – Distance: 16 Kilometres, flat course, Start and Finish at the same place
- (b) Day 2 – Friday - Road Race – Distances: Men 55-69: 60 Kilometres (approx.); Women 55-69 and Men 70-79: 50 Kilometres (approx.); Women 70 and over, and Men 80 and over: 40 Kilometres (approx.)
- (c) Day 3 – Saturday - Hill Climb – Distance: 2 to 3 Kilometres; Grade 6% to 9%.  
(Note: Distances may vary slightly to suit local conditions.)

**3. Participation:**

- (a) There shall be a Novice category in each age group and event. There is no limitation on the number of Novices per Zone. A Participant may be a Novice only their first year of participating.
- (b) There is no limit to the number of Participants within each age category and the total from each Zone.

**4. Competition:**

- (a) Cycling B.C. Rules shall apply.
- (b) Cyclists are required to wear approved helmets.
- (c) Cyclists should check with their local bike shop regarding all aspects of the mechanical functioning and safety features of their bicycles.
- (d) Identification numbers must comprise of four (4) digits – the first two indicating the age group, e.g., 60 for the 60-64 age group. Identification numbers are to be worn on the back and must be visible.
- (e) The Host Society shall obtain an official sanction for this meet from Cycling B.C.

**5. Medals:**

- (a) Gold, Silver and Bronze medals will be awarded to the top three finishers in each race in each age category, male and female.
- (b) Medal presentations should, if possible, take place at each Cycling venue after each event on each of the three (3) days of competition.

**6. Zone Playoffs:**

- (a) Zone playoffs are not necessary, as each Zone may send an unlimited number of cyclists.