



## TECHNICAL GUIDE | GUIDE TECHNIQUE

### **2019 COUPE CANADA CUP**

**Canmore Nordic Centre, Canmore, AB**

**Canada Cup XCO #6 | June 29-30, 2019**

UCI C2 & UCI Junior Series

*Presented by:*

Cycling Canada, Alberta Bicycle Association, and the Alberta Nationals Mountain Bike Race Association



The Canmore Canada Cup consists of four races: (1) a Canada Cup XCO Race (including UCI Junior Series), (2) an Alberta Cup XCO Race, (3) an Alberta Cup XCO Short Track Race and (4) an Enduro Race. This event is hosted in partnership between Cycling Canada, the Alberta Bicycle Association, and the Alberta Nationals Mountain Bike Race Association. In addition, the Rundle Mountain Cycling Club (RMCC) will be hosting a Youth Trailblazers Race; details for this race can be found on the RMCC website. The races are taking place at the Canmore Nordic Centre which has purpose-built mountain bike trails and facilities designed to host racing events. It is highly recommended that racers pre-ride the course prior to race day.

The Canada Cup series is designed to provide competitive opportunities to the next generation of cyclists, transitioning from provincial race series to international competitions.

**Event Organizers**

<b>Organizing Association</b>	Alberta Nationals Mountain Bike Race Association		
<b>Website/Site Web:</b>	<a href="http://www.cyclingcanada.ca/sport/mountain-bike/events/type-of-event/canada-cup/canmore-canada-cup-xco/">http://www.cyclingcanada.ca/sport/mountain-bike/events/type-of-event/canada-cup/canmore-canada-cup-xco/</a>		
<b>Event Chief</b>	Ron Sadesky	403-609-0677	rsadesky@mcelhanney.com
<b>Course Director</b>	Dwayne Brown	403-650-5201	Dwayne_Brown@transalta.com
<b>Communications Director</b>	Andrea Quinlan	403-688-5111	mymonsters@mac.com
<b>Volunteer Coordinator Director</b>	Meghan Bryant	N/A	ambryant@telus.net
<b>Logistics Director</b>	Gieta Stein	403-609-1515	gietasteingart@gmail.com

**Event Officials**

<b>Role</b>	<b>Nom/Name</b>	<b>Prov</b>
<b>Technical Delegate</b>	Carl Barton	AB
<b>Chief Commissaire</b>	Loyal Ma	AB
<b>Asst. Chief Commissaire</b>	Robert Armstrong	AB
<b>Secretary</b>	Felix Lee	AB
<b>Starter</b>	Vitaly Rudenko	AB
<b>Finish Judge</b>	Steve Sleep	BC
<b>Member (PSO)</b>	Helen Bain	AB

## Points & Prizing

Canada Cup Series points will be awarded as outlined in the table below.

Canada Cup Points Table

Elite				Junior		U17	
PLACE	200 POINT SCALE	PLACE	200 POINT SCALE	PLACE	100 POINT SCALE	PLACE	100 POINT SCALE
1	200	41	35	1	100	1	100
2	175	42	34	2	85	2	85
3	155	43	33	3	70	3	70
4	140	44	32	4	60	4	60
5	130	45	31	5	50	5	50
6	120	46	30	6	45	6	45
7	115	47	29	7	40	7	40
8	110	48	28	8	37	8	37
9	105	49	27	9	34	9	34
10	100	50	26	10	32	10	32
11	95	51	25	11	30	11	30
12	90	52	24	12	29	12	29
13	85	53	23	13	28	13	28
14	80	54	22	14	27	14	27
15	75	55	21	15	26	15	26
16	71	56	20	16	25	16	25
17	69	57	19	17	24	17	24
18	66	58	18	18	23	18	23
19	64	59	17	19	22	19	22
20	62	60	16	20	21	20	21
21	60	61	15	21	20	21	20
22	58	62	14	22	19	22	19
23	56	63	13	23	18	23	18
24	54	64	12	24	17	24	17
25	52	65	11	25	16	25	16
26	50	66	10	26	15	26	15
27	49	67	9	27	14	27	14
28	48	68	8	28	13	28	13
29	47	69	7	29	12	29	12
30	46	70	6	30	11	30	11
31	45	71	5	31	10	31	10
32	44	72	4	32	9	32	9
33	43	73	3	33	8	33	8
34	42	74	2	34	7	34	7
35	41	75	1	35	6	35	6
36	40			36	5	36	5
37	39			37	4	37	4
38	38			38	3	38	3
39	37			39	2	39	2
40	36			40	1	40	1

UCI points and prize money will be awarded to Elite and Junior Men & Women as outlined in the [current UCI regulations](#) and [UCI Financial Obligations](#). See the below table outlining UCI points and minimum prize money for all UCI categories:



UCI C2 Elite M/H & W/F			UCI Junior Series M/H & W/F		
PLACE	UCI POINTS	MIN. UCI PRIZE PURSE	PLACE	UCI POINTS	MIN. UCI PRIZE PURSE
1	30	\$382.15	1	90	\$122.29
2	20	\$305.72	2	70	\$99.36
3	15	\$229.29	3	60	\$76.43
4	12	\$191.08	4	50	\$45.86
5	10	\$152.86	5	40	\$38.22
6	8	\$137.57	6	35	-
7	6	\$122.29	7	30	-
8	4	\$107.00	8	27	-
9	2	\$91.72	9	24	-
10	1	\$76.43	10	22	-
			11	20	-
			12	18	-
			13	16	-
			14	14	-
			15	12	-
			16	10	-
			17	9	-
			18	8	-
			19	7	-
			20	6	-
			21	5	-
			22	4	-
			23	3	-
			24	2	-
			25	1	-

## Registration, Licencing, and Fees

Online Registration (Canada Cup XCO, Alberta Cup XCO, Short Track, Enduro)	Link: <a href="https://www.zone4.ca">https://www.zone4.ca</a>
Online Registration (Trailblazers)	Link: <a href="http://www.rundlemountaincyclingclub.com/events/races">http://www.rundlemountaincyclingclub.com/events/races</a>

### Canada Cup XCO Race

**All riders competing in Canada Cup categories must have a valid UCI license. All participants attending from out-of-country must possess a valid UCI license from their country of residence.** Holders of UCI international licenses that do not bear a photograph will be required to present an approved and valid government photo ID in addition to their UCI license. There will be no “One-Day” Licence or “Alberta-Citizen” licenses issued for Canada Cup categories.

### Alberta 4-Stage Enduro Race, Alberta Short Track, and Alberta Cup XCO Race

All riders competing in the Enduro Race and/or the Alberta Cup XCO Race must have either a valid UCI license, a valid “Alberta-Citizen” License (available to residents of Alberta only), or an Alberta “One-Day” license (available to Alberta and out-of-province racers). Please note that a rider may compete with an Alberta-issued One-Day License in no more than two events per calendar year, irrespective of cycling sport. Any citizen-licensed and day-licensed individuals will not be eligible for upgrade points or series points unless they buy a UCI/CCA license. “One-day” event licenses are available through on-line registration and are \$10.

### Registration Deadlines:

Race	Pre-Registration Deadline (On-Line)	On-Site Registration Deadline
XCO Canada Cup	Wednesday, June 26, 23h59 MST	<b>Not Available (See note 1)</b>
XCO Alberta Cup	Wednesday, June 26, 23h59 MST	Friday, June 28, at 17h00 MST (See note 2)
XCO ABA Short Track	Wednesday, June 26, 23h59 MST	Saturday, June 29, at 17h00 MST (See note 2)
Enduro Alberta Cup	Wednesday, June 26, 23h59 MST	Saturday, June 29, at 17h00 MST (See note 2)
Trailblazers	See RMCC Website	See RMCC Website

Registration Fees :

All ages as of December 31 of the current Racing Year.

Categories	Pre-Registration Fee XCO	On-Site Registration Fee XCO	Pre-Registration Fee Short Track	On-Site Registration Fee Short Track
<b>CANADA CUP</b>				
Cadet (U17) Expert	\$50	Not Available (See Note 1)	\$30	\$40 (cash only)
Junior (U19) Expert	\$50	Not Available (See Note 1)	\$30	\$40 (cash only)
Elite	\$60	Not Available (See Note 1)	\$30	\$40 (cash only)
<b>ALBERTA CUP CATEGORIES/CATÉGORIES (XCO and Short Track)</b>				
U13	\$45	\$65 (cash only)	\$30	\$40 (cash only)
U15	\$45	\$65 (cash only)	\$30	\$40 (cash only)
U17	\$45	\$65 (cash only)	\$30	\$40 (cash only)
Novice (17+)	\$55	\$75 (cash only)	\$30	\$40 (cash only)
Sport (17+)	\$55	\$75 (cash only)	\$30	\$40 (cash only)
Expert (17+)	\$55	\$75 (cash only)	\$30	\$40 (cash only)
U19 Citizen	\$45	\$65 (cash only)	\$30	\$40 (cash only)
19+ Citizen	\$55	\$75 (cash only)	\$30	\$40 (cash only)
<b>ENDURO CATEGORIES/CATÉGORIES</b>				
U15 (See Note 4)	\$50 (See Note 3 and 4)	\$70(cash only)		
U21	\$50 (See Note 3)	\$70 (cash only)		
U35 (21 – 34) Women	\$50 (See Note 3)	\$70 (cash only)		
U40 (21 – 39) Men	\$50 (See Note 3)	\$70 (cash only)		
Master (40+Men and 35+ Women)	\$50 (See Note 3)	\$70 (cash only)		
Open	\$50 (See Note 3)	\$70 (cash only)		

**Notes:**

**Note 1:** There will be no day-of registrations for Cadet Expert, Junior Expert and Elite (Canada Cup) XCO categories.

**Note 2:** Please note that late (on-site) XCO registration fees can be paid in cash only; a \$20 late fee will be charged. A \$10 late fee will be charged for the short track.

**Note 3:** Entry fee for the Enduro Race includes a post-race BBQ and beverage at the Canmore Brewing Company.

**Note 4:** All Enduro riders under 13 years of age (age as of December 31, 2019) will need to race accompanied by a responsible adult or a coach and be in visual site of the adult at all times. The adult accompanying the child will need to carry bear spray.

## UCI Junior Series Race Categories

### UCI Junior Series Category

Please see the below entry criteria for the UCI Junior Series event, as mandated by the UCI. The full UCI Junior Series Criteria can be found [here](#).

<b>Canadian-Licensed riders</b>	Riders who possess a license issued in Canada will need to meet the following criteria: <ul style="list-style-type: none"><li>– Must hold a UCI Junior License, with the “Expert” ability designation</li></ul>
<b>Non-Canadian Licensed riders</b>	Riders licensed outside of Canada will need to meet the following criteria, as mandated by the UCI: <ul style="list-style-type: none"><li>– Must hold a UCI Junior License</li><li>– Must have at least 20 UCI points in the latest UCI XCO individual junior ranking, or;</li><li>– Must have been entered by their National Federation (maximum of 5 supplementary riders per category)</li><li>– Riders belonging to a UCI elite MTB team or a UCI MTB team</li></ul> Supplementary rider entry form (to be submitted by riders' National Federation) can be found <a href="#">here</a>

## Event Rules

[UCI Regulations](#) and [Cycling Canada \(CC\) specific regulations](#) will be enforced for all categories.

[Alberta Bicycle Association \(ABA\) specific regulations](#) will be enforced for all categories competing the the ABA-sanctioned events.

**All adults participating in the Alberta Bicycle Association Sanctioned Races (Alberta Cup XCO, Alberta Cup Short Track, and Enduro Race) will be required to carry approved bearspray. This is a Canmore Nordic Centre requirement.**

## Complete Weekend Schedule

Friday   Vendredi – 28/06/2019	
Period	Description
09h00 – 12h00	Course inspection

12h00 – 19h00	<p>Race/Registration Office open</p> <p><b>On-Site Registration</b>          -All Alberta Cup XCO Categories          -Alberta Cup Short Track          -All Enduro Categories</p> <p><b>Package Pick up</b>          -All Canada Cup XCO Categories          -All Alberta Cup XCO Categories          -All Enduro Categories</p>
12h00 – 19h00	<p><b>XCO Course open for training</b>          Bike plate mandatory</p>
19h00 – 20h00	<p><b>XCO Coaches/Manager's meeting</b>          - All categories – Canada Cup          - Cadet (U17) Expert W/F &amp; M/H          - Junior (U19) Expert W/F &amp; M/H          - Elite W/F &amp; M/H</p>

**Saturday | Samedi – 29/06/2019**

Period	Description
07h00 – 17h00	<p>Race/Registration Office open</p> <p><b>On-Site Registration</b>          - AB Cup XCO          - Sunday Enduro Cup          - Alberta Cup Short Track</p> <p><b>Package Pick up</b>          - AB Cup XCO, Canada Cup XCO          - Sunday Enduro Cup          - Alberta Cup Short Track</p>
08h30	<p>Race Start #1 - XCO</p> <ul style="list-style-type: none"> <li>- U13 M/H</li> <li>- U13 W/F</li> <li>- U15 M/H</li> <li>- U15 W/F</li> </ul>
9h45	<p>Race Start #2 - XCO</p> <ul style="list-style-type: none"> <li>- U17 Sport M/H</li> <li>- U17 Sport W/F</li> <li>- 19+ Citizen M/H</li> <li>- 19+ Citizen W/F</li> <li>- Novice (17+) M/H</li> <li>- Novice (17+) W/F</li> <li>- Sport (17+) M/H</li> <li>- Sport (17+) W/F</li> </ul>
11h30	<p>Race Start #3 - XCO</p> <ul style="list-style-type: none"> <li>- U17 Expert (Cadet) M/H Canada Cup Category</li> <li>- Expert (17+) M/H</li> <li>- U17 Expert (Cadet) W/F Canada Cup Category</li> <li>- Expert (17+) W/F</li> </ul>
11h45	<p>Awards Ceremonies (Start #1 and #2)</p>



13h30	Race Start #4 – XCO	- Elite W/F Canada Cup Category - Junior W/F Canada Cup Category
15h30	Race Start #5 – XCO	- Elite M/H Canada Cup Category - Junior M/H Canada Cup Category
17h30	Awards Ceremonies (Start #3, 4, and #5)	

Sunday   Dimanche – 30/06/2019		
Period	Description	
9h00 – 14h00	Race/Registration Office open  <b>On-Site Registration</b> - Sunday Enduro  <b>Package Pick up Only</b> - All Enduro Categories	
8h00	Race Start #1 – Short Track (15 min)	U17 (M/F) (See Note 1)
8h30	Race Start #2 – Short Track (25 min)	Open Women (not including Elite & Junior – See Note 2)
9h15	Race Start #3 – Short Track (25 min)	Open Men (not including Elite & Junior – See Note 2)
10h00	Race Start #4 – Short Track (30 min)	Elite, Junior (F)
10h50	Race Start #5 – Short Track (30 min)	Elite, Junior (M)
11h45	Short Track Race Awards Ceremonies	
12h00	Trailblazers Race (RMCC)	- All Categories
14h00	Enduro Race	- All Categories
17h00	Enduro Race Closes	
19h00	Enduro Awards Ceremonies (Canmore Brewing Company)	

**Note 1** – U17 category to include U13 and U15. Male and female categories will be combined, similar to XCO.

**Note 2** – Riders possessing a UCI Junior or Elite license must race In Starts 4 and 5 and not in the Open category.

## Start Area/Rider Call-ups XCO:

The start line for the elite cross-country is located within the venue. All categories will be staged approximately fifteen minutes prior to start time. Staging will be based on newest available UCI ranking and then by the Canada Cup Ranking.

### Rider Call-up

#### U17 Expert

1. Top 16 of the 2019 Canada Cup ranking
2. Random order

#### Junior Expert

The start order is determined as follows:

1. As per the most recently published UCI XCO juniors individual ranking of the current season
2. Unclassified riders by rotation:

The start order of the riders within the team must be confirmed by the teams during the rider's confirmation. Current Canada Cup rank may be used as a determining factor by Team Managers when deciding rider start order within their team. The start order among the teams is determined as follows:

- First, national teams whose order is determined by the nations' classification of the concerned category from the most recent world championships.
- Second, unclassified national teams whose order is determined by drawing lots.
- Third, UCI Elite Mountain Bike teams whose order is determined by the most recent team ranking.
- Last, UCI Mountain Bike teams whose order is determined by the most recent team ranking.

The teams (in the order as mentioned above) are taken in turn with the teams' first riders starting in sequence, then the teams' second riders etc.

3. All riders on the 2019 Canada Cup ranking
4. Random order

#### Elite Women & Elite Men

1. All riders on the current UCI ranking
2. All riders on the 2019 Canada Cup ranking
3. Random order

## Elite Athlete/Team Managers Meeting:

**When:** Friday, June 28 @ 19h00

**Where:** Canmore Brewing Company

## Race Start Times

Laps and Race Distances to be confirmed by the UCI Chief Commissaire during course inspection on June 28. Details to be provided during the Team/Rider Meeting on June 28.

Saturday June 29		Start
XCO First Start		
U15 Youth M/H and W/F (2 laps)		08h30
U13 Youth M/H and W/F (1 laps)		08h32
XCO Second Start		
Sport Men M/H		9h45
Sport Women W/F		9h47
U17 Youth Sport Men M/H, Novice Men, Citizen Men		9h49
U17 Youth Sport Women W/F, Novice Women, Citizen Women		9h51
XCO Third Start		
<b>U17 Expert Men</b>		11h30
Expert Men		11h32
<b>U17 Expert Women</b>		11h34
Expert Women		11h36
XCO Fourth Start		
<b>Elite W/F</b>		13h 30
<b>Junior (U19) Expert W/F</b>		13h 32
XCO Fourth Start		
<b>Elite M/H</b>		15h 30
<b>Junior (U19) Expert M/H</b>		15h 32

Sunday June 30		Start
Short Track (To be Determined once Registration Finalized)		
Mass Starts (5 Starts)		8h00 to10h50
Trailblazers Race		
Starts Determined by RMCC		12h00
Enduro Race		
Mass Start		14h00

## Venue Information



The Canmore Nordic Centre

1988 Olympic Way

Canmore Alberta

<https://www.albertaparks.ca/parks/kananaskis/canmore-nordic-centre-pp/>

The Canmore Nordic Centre Provincial Park offers a variety of recreational activities including cross country skiing, biking, hiking, disk golf and orienteering. Host site of the 1988 Olympic Winter Games Nordic events, the Canmore Nordic Centre continues to host regional, national and international events year-round.

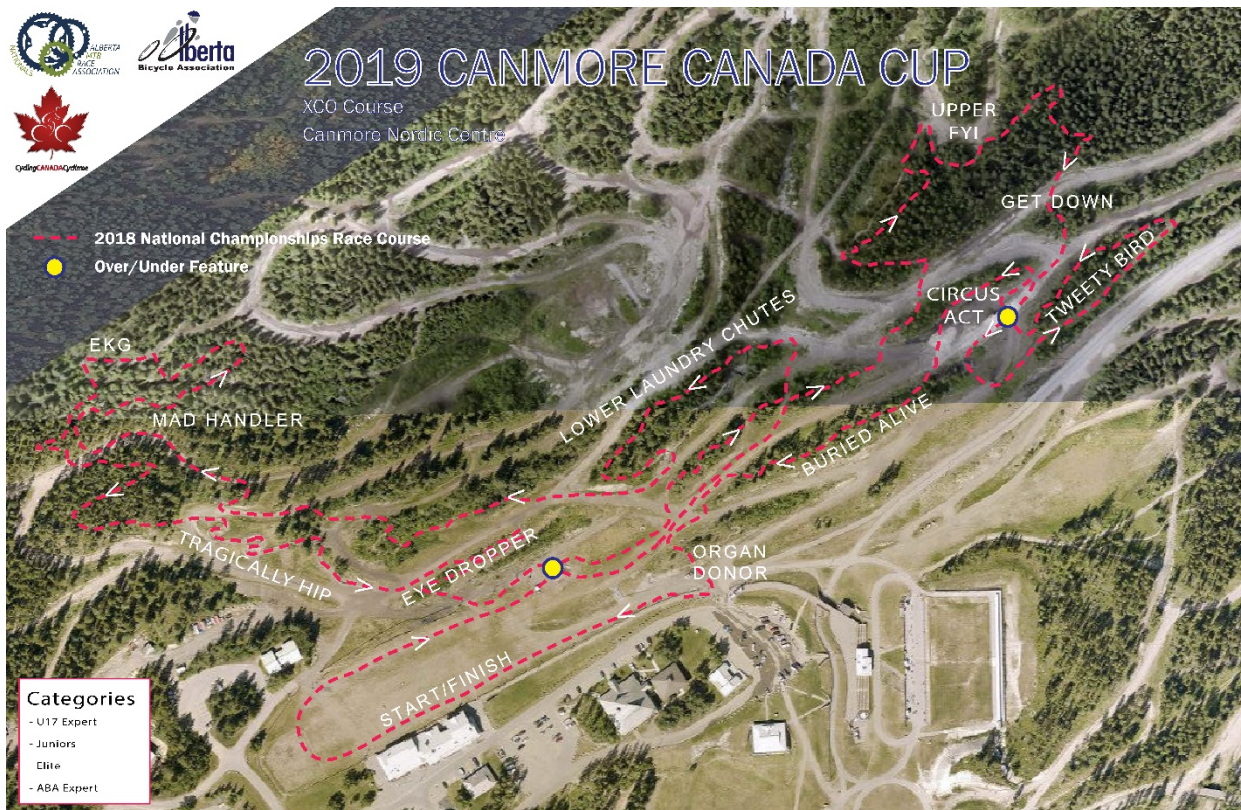
The Canmore Nordic Centre is located in an area that is home to many species of wildlife including bears. **When recreating in bear country, your best strategy to avoid an encounter with a bear is to make lots of noise, stay in groups and be alert for signs of bears. In the rare case of an aggressive confrontation, bear spray is your best defense.**

**All adults participating in the Alberta Bicycle Association Sanctioned Races (Alberta Cup XCO, Alberta Cup Short Track, and Enduro Race) will be required to carry approved bearspray. This is a Canmore Nordic Centre requirement.**

The Canmore Nordic Centre is located within a 90-minute drive of Calgary's International Airport and is just a five-minute drive from Canmore.



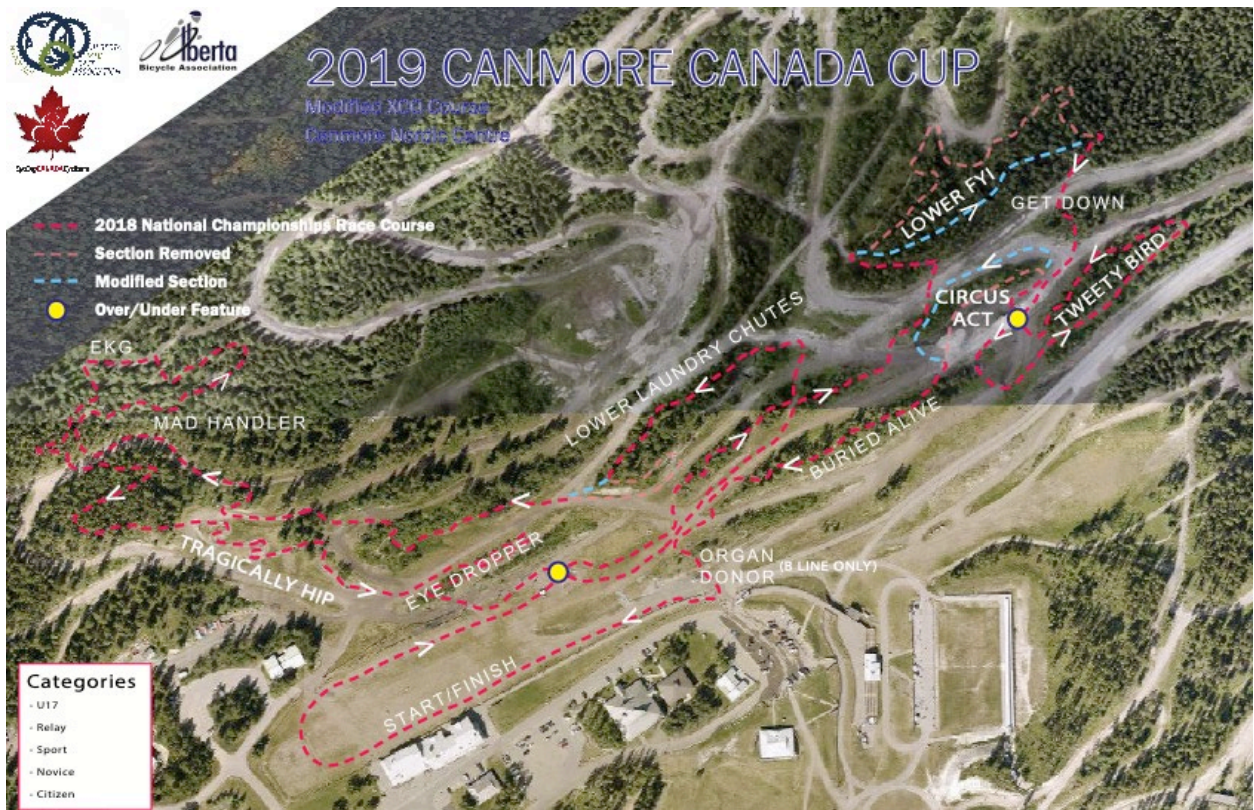
**UCI Canmore Canada Cup XCO Course: Elite, Junior Expert, U17 Expert and 17+ Expert Categories**



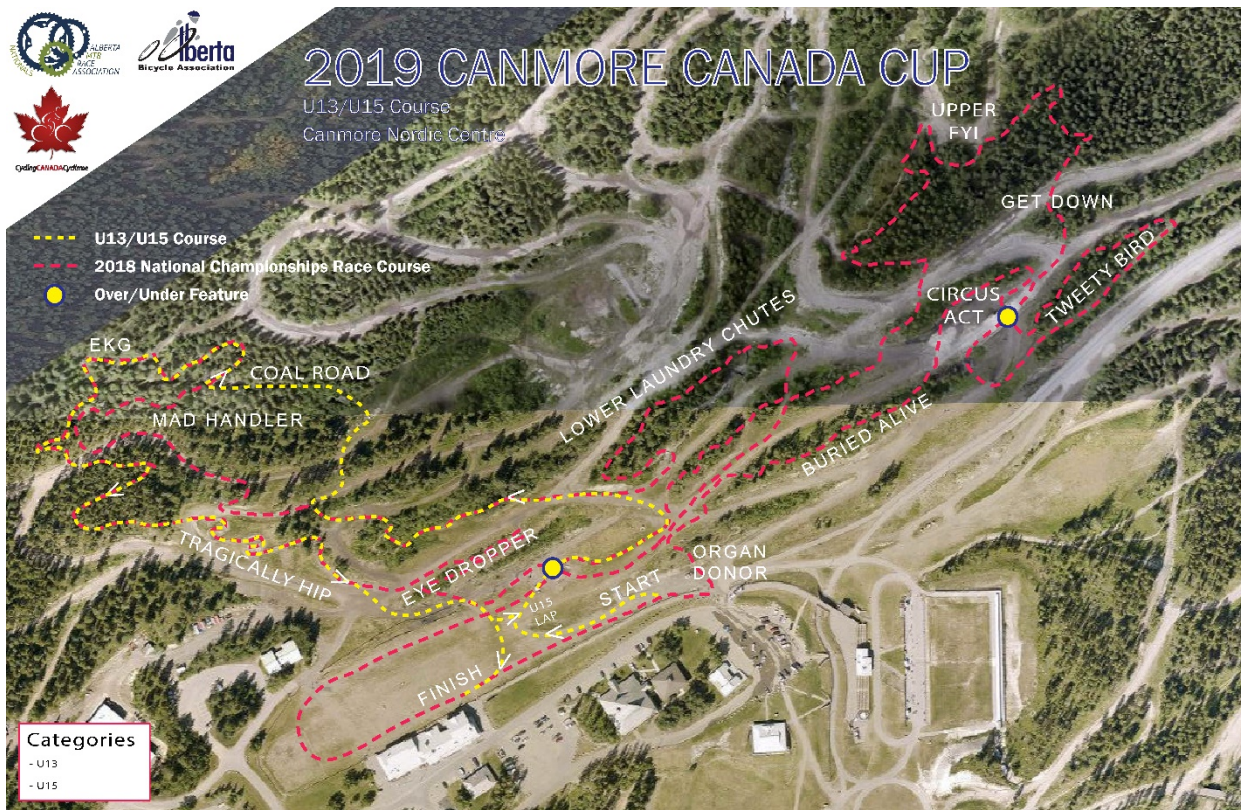
**UCI Canmore Canada Cup XCO Start Loop: Elite and Junior Expert Only**



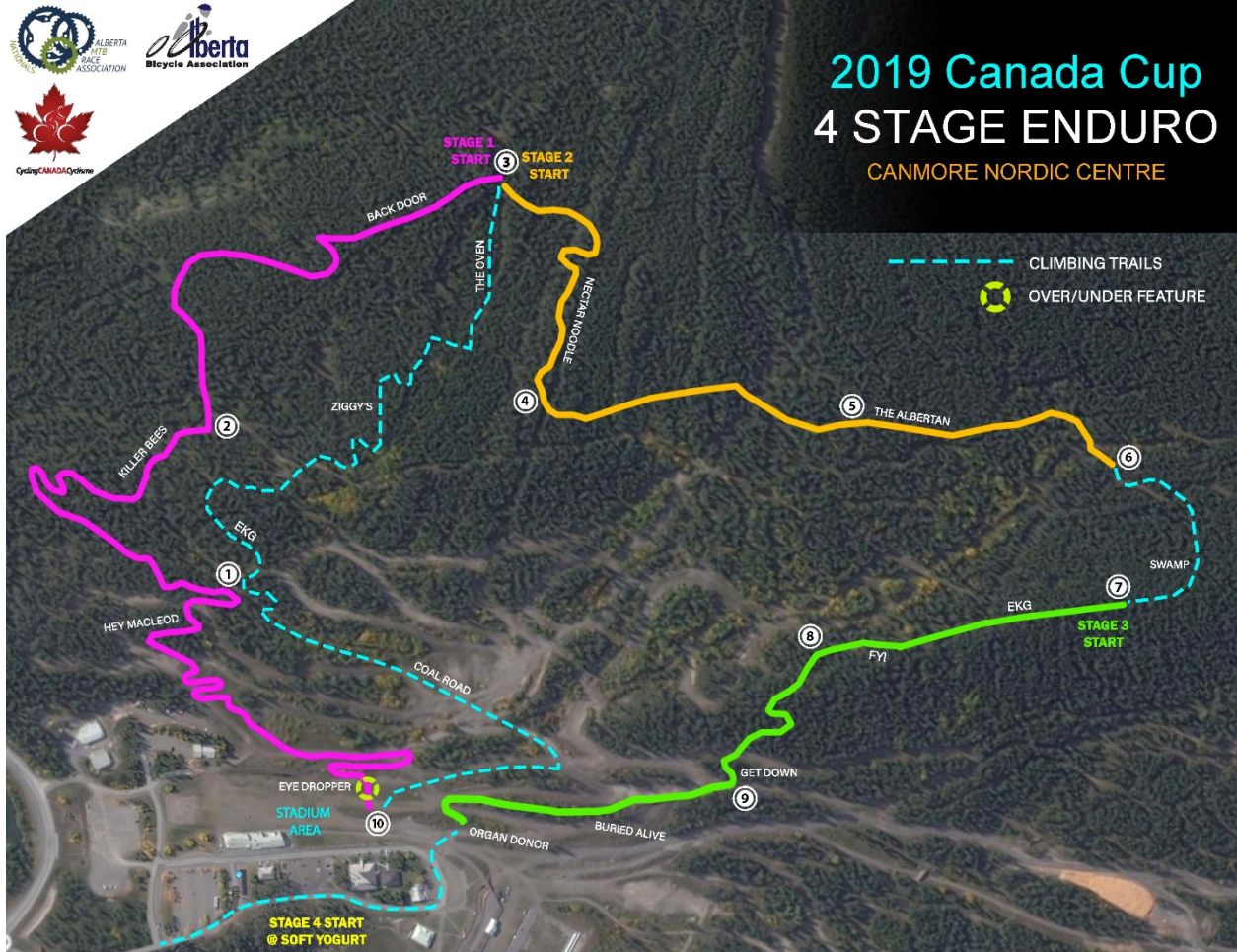
**UCI Canmore Canada Cup XCO Course: 17+ Sport, 17+ Novice, 17+ Citizen and U17 Category**



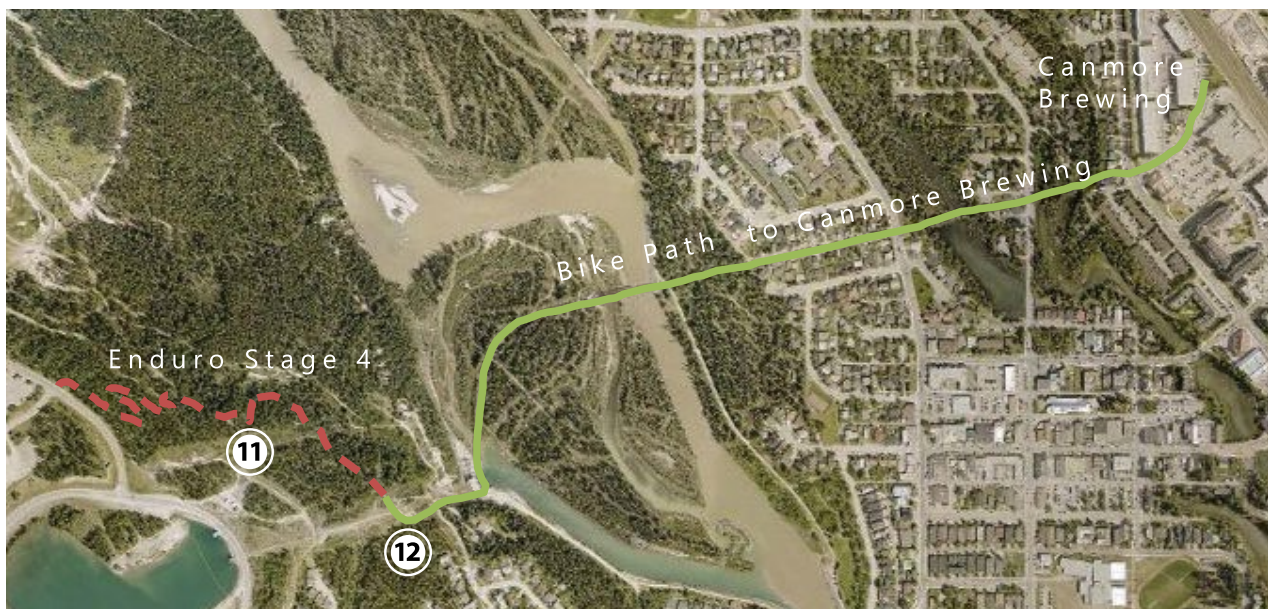
**UCI Canmore Canada Cup XCO Course: U15 and U13 Categories**



**Canmore Alberta Cup Enduro Race Course Stages 1, 2, and 3**



**Canmore Alberta Cup Enduro Race Course Stage 4 and Route to Canmore Brewing Company**



Canmore Alberta Cup Short Track Course



# 2019 CANMORE CANADA CUP

Short Track Course  
Canmore Nordic Centre

Short Track Course (All Categories)

Over/Under Feature





## Media

The Canmore Canada Cup at the Canmore Nordic Centre is proud to serve media representatives with a dedicated Communications director. This individual promotes the event, host venues, sponsors and teams to all media outlets, from local to provincial. The Communications director will help facilitate interviews and coordinate photo opportunities between media representatives and the professional athletes, as well as event organizers and sponsors.

### PR Media Contact:

Andrea Quinlan

Email: [mymonsters@mac.com](mailto:mymonsters@mac.com)

Phone: 403-688-5111

### Interviews & Official Spokespersons

The PR team encourages each cycling team to be open to granting interviews with all types of media at a convenient time. Additionally, the press team can assist in arranging interviews with cyclists and teams during the race, if time permits.

### Photographers and Videographers

All photographers and videographers hired by the event must wear a media credential to avoid confusion with on-site staff. All photographers and videographers must sign in prior to the event in the Volunteer Race Office. Approved photo credentials may be picked up via contact with the PR Media director in the Volunteer Race Office.

## Accommodation

Accommodation options are listed below and on the [Cycling Canada event webpage](#).

### Local Accommodations:

- Rocky Mountain Ski Lodge – Use PROMO CODE ‘CACUP19’ – on our website [canmoreskilodge.com](http://canmoreskilodge.com). Phone 403-760-7587
- Coast Hotel – 403-678-3625 (discount offered)
- Holiday Inn – 403-609-4422 (discount offered)
- Super 8 – 403-609-9999 (discount offered)
- Lamphouse or Basecamp Resorts – 1-855-219-4707 (discount offered is sign-up on-line for promotion)

## Team Information

All teams will have access to space, located in the middle of the stadium, to set up tents for a team area. Please contact Alysa Amirault ([jjpflip12@gmail.com](mailto:jjpflip12@gmail.com); 403-609-1329) to reserve your team’s space. There is no charge for this space, but prizing donations are greatly appreciated.

## Anti-Doping



Cycling Canada's RaceClean program aims to address and recognize the importance of fair play, clean sport, and the obligation racers have to compete within the rules. It is our hope that all Canadian athletes respect the rules which include not using prohibited substances or practices. For more information on Cycling Canada's Race Clean program, including athlete/coach resources, click [here](#).

As this event is fully sanctioned through Cycling Canada and the UCI, all participants in possession of a UCI license are subject to doping control under the UCI's rules and guidelines. It is the riders' and team managers' responsibility to understand these rules. The doping control station at the venue will be clearly marked. Athletes who are selected for testing will be met at the finish line by a chaperone. All athletes who DNF must report to the finish line.

## Event Partners



Cycling**CANADA**Cyclisme

