



TECHNICAL GUIDE

2022 CANADA CUP

Canmore Nordic Centre, Canmore, AB

Canada Cup XCO #2 | June 16 - 19, 2022

UCI C1 XCO, UCI C3 XCC, & UCI Junior Series

Presented by:

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



Introduction

The Canmore Canada Cup consists of four races:

1. UCI XCC C3 Race – Thursday Evening, June 16, 2022
2. AB Cup XCC Race – Friday Evening June 17, 2022
3. UCI XCO C1 Junior Series Race – Saturday, June 18, 2022
4. AB Cup XCO Race – Sunday, June 19, 2022

This event is hosted in partnership between Cycling Canada, the Alberta Bicycle Association, and the Alberta Nationals Mountain Bike Race Association. 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

Organizing Association	Alberta Nationals Mountain Bike Race Association		
Website/Site Web:	https://www.racecanmore.com/		
Event Chief	Ron Sadesky	403-609-0677	ronsadesky@gmail.com
Course Director	Ron Sadesky	403-609-0677	ronsadesky@gmail.com
Communications Director			
Volunteer Coordinator Director	Gieta Steingart	403-609-1515	gietasteingart@gmail.com
Logistics Director	Gieta Steingart	403-609-1515	gietasteingart@gmail.com

Event Officials

Role	Nom/Name	Prov
PCP (UCI)	Mylene Lefebvre	BC
Asst. Chief Commissaire (Nat)	Geordie Ma	AB
Secretary (Nat)	Robert Armstrong	AB
Starter (Nat)	Wally James	BC
Finish Judge (PSO)	Helen Bain	AB
Member (Nat)	Vitaly Rudenko	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. The top 5 in each category will be recognized on the podium at each awards ceremony.



UCI C1 XCO Elite M/H & W/F			UCI Junior Series XCO M/H & W/F		
PLACE	UCI POINTS	PRIZE PURSE	PLACE	UCI POINTS	PRIZE PURSE
1	60	\$846.78	1	90	\$183.47
2	40	\$705.65	2	70	\$141.13
3	30	\$564.52	3	60	\$112.90
4	25	\$423.39	4	50	\$91.73
5	20	\$352.82	5	40	\$77.62
6	18	\$282.26	6	35	\$63.51
7	16	\$211.69	7	30	\$56.45
8	14	\$176.41	8	27	\$42.34
9	12	\$141.13	9	24	\$35.28
10	10	\$70.56	10	22	\$28.23
11	8	-	11	20	-
12	6	-	12	18	-
13	4	-	13	16	-
14	2	-	14	14	-
15	1	-	15	12	-
			16	10	-
			17	9	-
			18	8	-
			19	7	-
			20	6	-
			21	5	-
			22	4	-
			23	3	-
			24	2	-
			25	1	-

UCI C3 XCC Elite M/H & W/F			UCI Junior & U17 XCC M/H & W/F			
PLACE	UCI POINTS	PRIZE PURSE	PLACE	UCI POINTS	PRIZE PURSE (Junior)	PRIZE PURSE (U17)
1	10	\$282.26	1	-	\$91.73	\$70.56
2	6	\$211.69	2	-	\$70.56	\$42.34
3	4	\$141.13	3	-	\$42.34	\$35.28
4	2	\$105.85	4	-	\$35.28	\$28.23
5	1	\$70.56	5	-	\$28.23	\$21.17

Registration, Licencing, and Fees

Online Registration (Canada Cup XCO, XCC)	Link: https://zone4.ca/register.asp?id=28861
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Zone 4 also allows for live results at the same link as above. Friends and family can watch the race unfold in real time.

Canada Cup XCC & 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 issued for Canada Cup categories.

Alberta Cup XCC & XCO Race

All riders competing in the Alberta Cup categories must either have a valid UCI license or purchase a day license for the race. A maximum of 3 “day licenses” can be purchased by a racer in the year. After the 3rd day license, a full UCI license is required. A day license can be purchased for an additional \$10 per race.

Registration Deadlines:

Race	Pre-Registration Deadline (On-Line)	On-Site Registration Deadline
Canada Cup XCC	Wednesday, June 15, 23h59 MST	Thursday, June 16, 15h00 MST
Alberta Cup XCC	Wednesday, June 15, 23h59 MST	Friday, June 17, 15h00 MST
Canada Cup XCO	Thursday, June 16, 23h59 MST	Not Available
Alberta Cup XCO	Thursday, June 16, 23h59 MST	Saturday, June 18, 15h00 MST

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 XCC	On-Site Registration Fee Short Track	Pre-Registration for both XCO & XCC
CANADA CUP					
Cadet (U17) Expert	\$70	Not Available	\$70	\$80 (cash only)	\$130
Junior (U19) Expert	\$70	Not Available	\$70	\$80 (cash only)	\$130
Elite	\$80	Not Available	\$80	\$100 (cash only)	\$150

Notes:

1. Anyone racing the Thursday night Canada Cup XCC will not be eligible to race in the Friday Alberta Cup XCC.
2. For Canada Cup Races, the U23 category is included in Elite.

Categories	Pre-Registration Fee XCO	On-Site Registration Fee XCO	Pre-Registration Fee XCC	On-Site Registration Fee Short Track	Pre-Registration for both XCO & XCC
ALBERTA CUP CATEGORIES/CATÉGORIES					
U11/U13	\$25	\$30 (cash only)	\$25	\$30 (cash only)	\$40
U15	\$30	\$40 (cash only)	\$30	\$40 (cash only)	\$50
U17 (Novice and Expert)	\$40	\$50 (cash only)	\$40	\$50 (cash only)	\$70
Novice (Age 17+)	\$50	\$60 (cash only)	\$50	\$60 (cash only)	\$90
Sport (Age 17+)	\$50	\$60 (cash only)	\$50	\$60 (cash only)	\$90
Expert (Age 17+)	\$60	\$70 (cash only)			
Elite (Age 18+)	\$60	\$70 (cash only)			

Note Regarding Alberta Cup Categories:

1. The Alberta Bicycle Association uses criteria, based on ability for registration at races, rather than based on age categories. The following provides some guidance in determining the appropriate category for registration. In all categories, except Expert and Elite, the racer may or may not have a UCI License. If a day license is required, an additional \$10 will be charged on top of the registration fee for each race signed up for (\$10 for either XCC or XCO and \$20 for both XCC and XCO).

AB Cup Category	Category Description	Min. Optimum Winning Time	Max. Optimum Winning Time
Men			
U11/U13	All riders between 9 and 12 years old (mixed gender)	0h15m	0h20m
U15	All riders between 13 and 14 years old (mixed Gender)	0h25m	0h30m
U17	U17 Sport (U17 Expert race with Sport Men)	0h35m	0h40m
Novice	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	0h45m	1h00m
Sport	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport	1h00m	1h15m
Expert	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	1h15m	1h30m
Elite	Elite	1h30m	1h45m

AB Cup Category	Category Description	Min. Optimum Winning Time	Max. Optimum Winning Time
Women			
U11/U13	All riders between 9 and 12 years old (mixed gender)	0h15m	0h20m
U15	All riders between 13 and 14 years old (mixed Gender)	0h25m	0h30m
U17	U17 Sport, U17 Expert (U17 Expert race with Sport Men)	0h35m	0h40m
Novice	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	0h45m	1h00m
Expert	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	1h15m	1h30m
Elite	Elite	1h30m	1h45m

Optimum Winning Times – deviations plus or minus 15 minutes are allowed.

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](#).

Canadian-Licensed riders	Riders who possess a license issued in Canada will need to meet the following criteria: <ul style="list-style-type: none">– Must hold a UCI Junior License, with the “Expert” ability designation
Non-Canadian Licensed riders	Riders licensed outside of Canada will need to meet the following criteria, as mandated by the UCI: <ul style="list-style-type: none">– Must hold a UCI Junior License– Must have at least 10 UCI points (for riders in Europe) or 1 UCI point (for riders outside of Europe) in the latest UCI XCO individual junior ranking, or;– Must have been entered by their National Federation (maximum of 5 supplementary riders per category)– Riders belonging to a UCI elite MTB team or a UCI MTB team

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 ABA-sanctioned events.

Complete Event Schedule

Tuesday & Wednesday – June 14 & 15, 2022

Period	Description
Tues PM & Wed all day	XCO and XCC Courses marked with arrows for informal riding

Thursday – June 16, 2022

Period	Description	
09h00 – 12h00	Course inspection	
12h00 – 17h00	Race/Registration Office open – On-Site Registration -XCC – all categories -XCO – all categories	
12h00 – 16h30	XCC Course Open for Official Training	
15h00 – 16h00	XCC & XCO Coaches Meeting (Bill Warren Training Centre – See Map on Page 11)	
17h00	Race Start #1 XCC – ABA (No UCI Points)	Junior & U17 Expert (Female)
17h45	Race Start #2 XCC – ABA (No UCI Points)	Junior & U17 Expert (Male)
18h30	Race Start #3 XCC – Canada Cup	Elite (Female)
19h15	Race Start #4 XCC – Canada Cup	Elite (Male)
19h45	XCC Awards Ceremony (Top 5 in each category)	

Friday – June 17, 2022

Period	Description	
12h00 – 17h00	Race/Registration Office open – On-Site Registration -XCC – AB Cup categories -XCO – all categories	
9h00 – 16h00	XCO Courses Open for Official Training	
16h00 – 17h30	XCC Course Open for Official Training	
18h00	Race Start #1 XCC – ABA (No UCI Points)	U17 Sport, U15, U13/11 (Male & Female)
18h45	Race Start #2 XCC – ABA (No UCI Points)	U17 & 19+ Expert, Sport & Novice (Male & Female)
19h15	XCC Awards Ceremony (Top 3 in each category)	

Saturday – June 18, 2022

Period	Description	
09h00 – 15h00	Race/Registration Office open – On Site Registration -All XCO Categories	
10h00	Race Start #1 – XCO – Canada Cup	- Junior (Female) - U17 Expert (Cadet) (Female)
11h30	Race Start #2 – XCO – Canada Cup	- Junior (Male) - U17 Expert (Cadet) (Male)
13h00	Race Start #4 – XCO – Canada Cup	- Elite (Female)
15h00	Race Start #5 – XCO – Canada Cup	- Elite (Male)
17h00	Awards Ceremonies (All Starts) – Top 5 in each category	

Sunday – June 19, 2022

Period	Description	
09h00 – 15h00	Race/Registration Office open – On Site Registration -All XCO Categories	
09h00	Race Start #1 – XCO – Alberta Cup	- U17 Sport (Male & Female) - U15 (Male and Female) - U11/U13 (Male and Female) – ½ Lap only
10h30	Race Start #2 – XCO – Alberta Cup	- U17 Expert (Male) - Sport (Male) - U17 Expert (Female) - Novice (Male) - Novice (Female)
10h45	Awards Ceremonies (Start #1) – Top 3 in each category	
12h00	Race Start #3 – Trailblazers	- Kids
12h15	Awards Ceremonies (Start #2) – Top 3 in each category	
13h00	Race Start #4 – XCO	- Elite & Expert (Male & Female)
15h00	Awards Ceremonies (Start #4) – Top 3 in each category	

Notes:

1. Laps and Race Distances to be confirmed by the UCI Chief Commissaire during course inspection on June 16. Details to be provided during the Team/Rider Meeting on June 16.
2. The starting order for each race will be in chronological order as listed above. For the XCC all starts will occur at the same time. For the XCO, depending on registration numbers, some categories may be combined. Otherwise, there will be a 2 minute gap between starts for the XCO.
3. Total registration numbers may affect the format and times for XCC races. High numbers may result in increasing the course length, separating combined starts and adjusting a start time to a slightly later start, or other strategies.

Start Area/Rider Call-ups XCC & XCO:

The start line for the XCC and XCO races 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. All riders on the current 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 current Canada Cup ranking
4. Random order

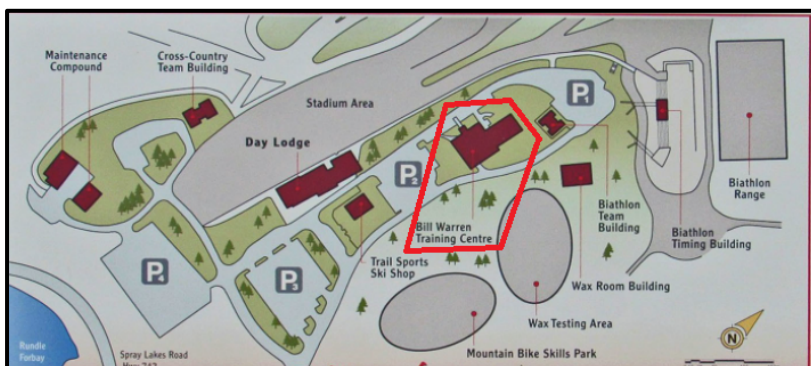
Elite Women & Elite Men

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

Elite Athlete/Team Managers Meeting:

When: Thursday, June 16 @ 15h00

Where: Bill Warren Training Centre,
Canmore Nordic Centre



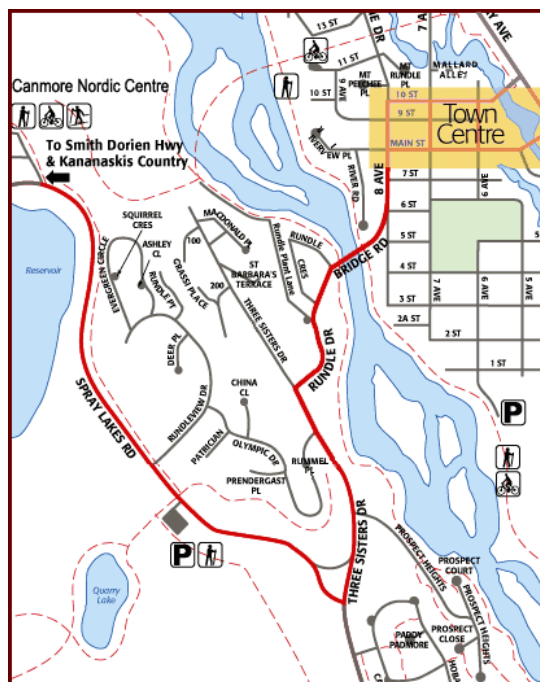
Venue Information



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.**

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.

Kananaskis Conservation Passes

Alberta Environment and Parks have instituted a new parking pass requirement for the Canmore Nordic Centre. Participants, volunteers, sponsors and staff for all events **must** purchase the KCPass **ONLINE** and not in person for all events at the following link:

https://www.alberta.ca/kananaskis-conservation-pass.aspx?utm_source=google&utm_medium=sem&utm_campaign=AEP&utm_term=KCP&utm_content=v1&gclid=Cj0KCQjwu70IBhCsARIsALxCUaN3aMqdJk9pXTDYmU6fqujkeS-CU4kHOAK0HjPh6J9nvJZyPHsY8SQaAk0YEALw_wcB

Enforcement is done on a daily basis and it is quite certain that a ticket will be received for any vehicle that has not purchased the pass.

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



UCI Canmore Canada Cup XCO Start Loop: Elite, Junior and U17 Expert



Canmore Alberta Cup XCO Course: U13, U15, U17, Novice, Sport, Expert, Elite Categories (No Start Loop)



XCC Short Track Course – SUBJECT TO CHANGE



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:

Ron Sadesky

Email: ronsadesky@gmail.com

Phone: 403 609 0677

Interviews & Official Spokespersons

The PR team encourages each cycling team to be open to granting interviews with 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

Local Accommodations:

- Rocky Mountain Ski Lodge or Pocaterra Inn and Waterslides. Phone 1-800-563-8764. Discount is 15%.
- Lamphouse or Basecamp Resorts – <https://www.basecampresorts.com> Promo code is BIKE. Discount is 15%.
- Days Inn Canmore – Ph. 1-855-219-4707. Discount is 15%



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 Gieta Steingart (gietasteingart@gmail.com; 403 609 1515) to reserve your team's space. There is no charge for this space, but prizing donations are greatly appreciated.

Transportation from Airport

Receive a **20% discount** on the Banff Airporter's shuttle service between the Calgary Airport and Canmore Coast Hotel. Click [Banff Airporter](#) Proceed through the reservation and type - **canadacup** - in the Promo Code section on the final payment page to receive the discount.

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

