

# 2024 COMPANION GUIDE



**ALL RIDE. MANY RACE. WE WIN!**

## **THE NATIONAL / ELITE NATIONAL / INTERNATIONAL COMMISSAIRE AN EXPERT SERVING CYCLING**

A National / Elite National / UCI International Commissaire ensures that international cycling races are held in the best possible conditions. They fulfill the role of CC / UCI ambassador for races being held under its auspices.

A Commissaire ensures the smooth running of cycling races in ethical and sporting terms by ensuring that National / UCI rules are uniformly applied before, during and after the race.

Since some of the aspects of their function go beyond the framework of the rules, National / Elite National / International Commissaires must be able to command respect in any situation. They must also be capable of playing the role of mediator between all those involved in cycling.

**Commissaires are at the centre of the sporting action during cycling competitions across all disciplines; commissaires provide an essential service to the cycling community.**



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## PRELIMINARY PROVISIONS

The UCI Regulations will be considered as the reference for all regulations governing the specified disciplines of bicycle racing.

The present UCI Regulations and Cycling Canada (CC hereafter) Companion Guide shall be applicable to all types of specified cycling races.

Where necessary the UCI Regulations have been revised to accommodate various National Regulations pertinent to Canada. These amendments appear in this CC Companion Guide. The National Regulations are preceded by the letter (N) in italics.

It should be noted that the UCI Regulations are dynamic reference documents and a particular section may be updated at any time during the year. We therefore recommend that people refer to relevant sections on a regular basis through the UCI website. All preceding regulations will be considered invalid as of the date of the updated regulation.

Nevertheless, National Federations may, in their National Regulations applicable to races on their own National Calendar, rule on any provisions herein marked by the letter (N). Where no such National Regulations exist, organizers of races registered on the National Calendar shall strive to respect the provisions in question to the greatest extent possible and in accordance with the circumstances.

A specific provision of the UCI Regulations and the CC Companion Guide shall constitute an exception to any general provision with which it would be incompatible.

Participation in a cycling race, in whatever capacity, shall imply acceptance of all provisions of UCI Regulations and the National amendments contained in the CC Companion Guide.

The UCI / CC cannot be held responsible for any infringements of the law committed in connection with cycling, even if the Regulations be invoked to justify such infringements.

The CC Officials Committee may be consulted where there are difficulties in applying the UCI Regulations or National amendments.

In the event of a discrepancy between the English version and the French version of the CC Companion Guide, the English version shall prevail except in the province of Quebec where the French version shall prevail.

To facilitate reading, the UCI Regulations and the CC Companion Guide shall include the use of the masculine for the feminine and singular for plural.



## **ACKNOWLEDGEMENTS:**

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Vallérie Trottier – ENC Track & National Road Commissaire



# PART I: GENERAL ORGANIZATION OF CYCLING AS A SPORT

**1.0.000 N)** For national and provincial races, for purposes of regulations and conversion rates, concerning fines in the regulations, one Swiss Franc shall equal one Canadian Dollar.

## CHAPTER 1 LICENSE HOLDERS

### §1 LICENSES

#### Categories of License Holders

**1.1.010 N)** Individuals representing riders as a Manager, and requesting this designation on their license, ~~may~~ **should** have followed and passed an introductory Level Commissaire's course within Canada.

**1.1.020 N)** A foreign rider visiting Canada who would like to race must submit his license and a letter of permission from his National Federation upon registering for the competition. (A Rider from the United States does not require a letter of permission.)

A foreign rider residing in Canada for more than 2 months is authorized to wear the colours of the club or trade team that he chooses and, in so doing, is authorized to participate in all competitions of this club or trade team. The Provincial Federation issues this authorization.

In Canada, licenses are issued by the province where the rider has his principal residence.

#### Form of License

**1.1.024 N)** An electronic license is acceptable within Canada.

### §2 CATEGORIES OF RIDERS

**1.1.034bis N)** This regulation shall apply equally to competitions on the National Calendar.

**1.1.036 N)** Category Youth Men Age: Under 13, Under 15 years, Under 17 years according to the year of birth. In Canada, Masters Men categories will be starting at 35 years of age.

**1.1.037 N)** Category Youth Women Age: Under 13, Under 15 years, Under 17 years according to the year of birth. In Canada, Masters Women categories will be starting at 35 years of age.



**N) Table of road categories:**

Categories	Age as of 31 December of the year of the competition
U13	10-12
U15	13-14
U17	15-16

It is possible for a rider to race in a category other than his own. The rider must have a letter of permission from his Provincial Association and show it at registration. All upgrading must be approved by the Provincial Association for provincial races and approved by Cycling Canada for national sanctioned competitions.

\*In Quebec it is not possible for a rider from another province to race in a different age category unless he has a letter from CC or the upgrade has been approved by Quebec Federation because of rules in the Régie de la Sécurité des Sports.

**N)** Note article **1.1.035** and **1.1.037** for BMX and Para-cycling.

#### **§4 COMMISSAIRES**

**1.1.064 N)** A commissaire can continue to be active as a Provincial or National Commissaire over 70 years old at the discretion of the PSO or Cycling Canada's Official Committee (CCOC hereafter) respectively.

**1.1.065 N)** As well, a commissaire shall be subject to CC discipline when designated by the CC, according to CC's Code of Conduct and CC's Complaints & Discipline Policy.

#### **Mission**

**1.1.074 N)** Other than as provided in these regulations, all commissaires who are at least National Commissaires in the respective discipline, shall wear the current national official uniform to recognized national or international competitions. The commissaires may wear special uniforms provided by organizers of the competition provided this has been approved in advance by the CCOC through the national office. This amendment does not apply to UCI International Commissaires who have been appointed to international competitions.

**1.1.074bis N)** In addition, the UCI logo and CC officials logos may not appear on any provincial commissaire uniform.

**1.1.087 N)** The CCOC may appoint a Technical Delegate to any cycling competition on the National Calendar. The role of the Technical Delegate is defined in the respective Parts of the Regulations for each discipline.



## CHAPTER 2 RACES

### SECTION 1 ADMINISTRATIVE PROVISIONS

#### §1 CALENDAR

**1.2.006 N)** The same regulations apply for races run over the territory of several provinces.

**1.2.012 N)** Each race taking place in Canada must adhere to one of the following definitions:

Local/Regional/Provincial race:

- Approved by the province where the competition takes place

National race:

- Approved by CC's Events Committee
- Open to provincial teams, national teams and a maximum of four foreign national teams as well as:
  - Canadian trade teams / clubs
  - Affiliated UCI licensed riders
  - Invitations to foreign federations must go through the CC office.

North American race:

- Approved by CC and other National Federation if required
- Approved by the province where the competition takes place
- open to all North American UCI license holders
- Foreign riders residing in Canada for a prolonged length of time must obtain the permission of the CC.

#### §7 CANADIAN CHAMPIONSHIPS

**1.2.028 N)** This competition is open to Canadian citizens, permanent residents and landed immigrants as well as individuals with refugee status in all categories including UCI categories. Proof of citizenship status may be required (passport, permanent resident card, landed immigrant status or refugee status papers).

- ~~Only Canadian citizens will have access to the national title, National Championships podium positions, UCI points and National Championships medals.~~
- Only Canadian citizens eligible to race who have Canadian as their UCI nationality will have access to the Canadian Champion title, podium, medal, and UCI points.
- Prize money (where applicable) will be based on order of finish at the National 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 National Championships results of eligible Canadian citizens will follow.

- Proof of residence may be required (this includes driver's license, permanent resident card).
- All athletes must be in possession of a valid UCI/CC international license.
- All participants must be prepared to present their license upon demand at the competition.
- All participants must be licensed to compete in the appropriate discipline.
- Domestic licenses from other countries or within Canada are not permitted.
- No one day event licenses will be sold.
- Licenses must be presented during license control.
- There will be no registration on race day.
- All competitors **MUST** enter their event class as shown on their license and in accordance with UCI regulations.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled;
  - Completed the application form
  - Signed the waiver
  - Payment has been transacted
  - Rider's license has been validated by the designated commissaire.

### **Provincial Championships**

The Provincial Championships are the responsibility of the organizing province. Provinces must organize their championships according to the distances and regulations adopted for the National Championships.

## **SECTION 2 ORGANIZATION OF RACES**

### **§4 PROGRAM-TECHNICAL GUIDE**

**1.2.044 N)** For competitions not on the International Calendar, \$100.00 to \$1000.00.

### **§5 INVITATION - ENROLMENT**

**1.2.049 N)** The organizer must prepare a registration form to be completed by the team, the club, or the riders who wish to participate in his event. The organizer sets the rules for registration and the registration fee. These may be subject to further restrictions by CC or PSO, depending on the level of sanction.



## **General Provisions**

**1.2.051 N)** The CC Events Committee oversees this function in Canada.

**1.2.052 N)** Riders licensed by USA Cycling holding an international license do not require written authorization.

## **§9 PRIZES**

**1.2.069 N)** Or posted at the registration site if a technical guide does not exist.

**1.2.070 N)** For competitions on the National and Provincial Calendars these shall be set by CC or PSO respectively.

**1.2.072 N)** For national level competitions, the prizes should be given to the winners on the day of the race, but no later than 90 days as per UCI Regulation.

The CC Events Committee has the right to veto the type of prizes offered in the cycling race and may suspend or retire the race if the organizer refuses to exclude the prizes which have not received the Committee's agreement.

## **§10 TRAVEL AND SUBSISTENCE EXPENSES**

**1.2.076 N)** For national competitions, any agreed allowance shall be paid at the latest at the end of the competition.

## **SECTION 3 RACE PROCEDURES**

### **§4 TEAM MANAGERS' MEETING**

**1.2.087 N)** At national competitions, in all disciplines, this meeting is mandatory when scheduled in the event technical guide or event schedule. If a Technical Delegate has been appointed, then this meeting must take place in the presence of the Technical Delegate.

### **§7 FINISH**

#### **Finish Line**

**1.2.101 N)** For competitions not on the International Calendar, a banner may also be used for any finish or for the passing of any intermediate point for a classification as well as at the top of mountain passes during road races.

**1.2.102 N)** At national Road, ~~Triek~~ and BMX level competitions, a photo-finish is obligatory, an electronic timing strip is not mandatory.



## Time Keeping

**1.2.104 N)** In Canada, the license of the timekeeper does not exist. The commissaire license is designed to also fill this function.

## SECTION 4 SUPERVISION OF RACES

### §2 COMMISSAIRES PANEL

**N)** Commissaires will be assigned according to the CC Commissaire Assignment policies. The CC Officials Committee appoints all members of the Commissaires Panel for nationally sanctioned competitions and international races unless appointed by the UCI. Where applicable, the Officials Committee may, at its discretion, delegate the appointment of some of the members of the Commissaires Panel to the relevant and competent Provincial body.

**N)** A bilingual commissaire must be present at National Championships. All instructions to riders before and during a race, as well as at the Team Managers' meeting, must be given in both official languages if requested.

**1.2.116 N)** For national level competitions, the number and status of commissaires to be appointed shall be determined by the CCOC.

### Expenses

**1.2.125 N)** The amounts and modes of payment for commissaires assigned by the CCOC can be found in honorarium and expenses policy.

## CHAPTER 3 EQUIPMENT

For all National, Provincial and Local Road and Track events, the following maximum rollout distances shall apply:

Road and Track Cycling Events:

YOUTH CATEGORY GEAR RESTRICTIONS			
CATEGORY	ROAD RACING	TRACK RACING	GEARING SUGGESTION
U17	No Gear Limit	7.12 M rollout	50*15
U15	6.71 M rollout	6.71 M rollout	50*16 / 38*12
U13	6.2 M rollout	6.2 M rollout	46*16 / 38*13

If a rider has received a dispensation to compete against riders of an older category, then the rider shall be permitted to utilize the gearing applicable to that older category.

### TRACK CYCLING - EQUIPMENT

- Disc wheels will not be allowed for youth categories (U17/U15/U13) (maximum rim depth 40mm)



- Carbon wheels will not be allowed for youth categories (U17/U15/13)

#### **ROAD CYCLING - EQUIPMENT**

- For the Canadian Road Championships, in the U17 categories the same bike frame must be used in the road and TT events.
- Disc wheels will not be allowed for the U17 category.

### **SECTION 3 RIDERS APPAREL**

#### **§1 GENERAL PROVISIONS**

**1.3.030 N)** For competitions not on the UCI calendar, rain capes' design should be transparent or be similar to the jersey by use of one of the principal team colours. The team's name may be displayed on it.

#### **§3 REGIONAL AND CLUB TEAMS**

**1.3.047 N)** In stage races on the national calendar, where there are classifications per team, composite teams are permitted, but the riders must have in hand release forms from their clubs for the race in question. All of the riders must wear identical jerseys for the duration of the race.

### **SECTION 4 IDENTIFICATION OF RIDERS**

**1.3.080 N)** It is mandatory for a rider to inform a commissaire that he has dropped out of the race. Fines or penalties may apply.

# PART II: ROAD RACES

## CHAPTER 2 GENERAL PROVISIONS

### §1 PARTICIPATION

**2.2.002 N)** The maximum number of riders starting a road race on the national or a provincial calendar is set at 176 riders. There is no minimum.

**2.2.003 N)** In national and provincial level races where there is no team classification, individual riders may be permitted to enter an event depending on the rules of the event.

### §2 ORGANISATION

**2.2.015 N)** If an organiser wishes to use unpaved roads in a national or provincial event, CC or the relevant PSO, respectively, must be informed and the requirements of this regulations shall apply equally, with either CC or the relevant PSO have the authority to refuse to register the event on the calendar and/or refuse the inclusion of an unpaved section.

**2.2.022bis N)** A measuring jig, compliant with UCI specification, must be provided by the organiser for all competitions on the National Calendar that include a time trial. The President of the Commissaires' Panel will verify its compliance with the UCI specifications.

### §3 RACE PROCEDURES

**2.2.024 N)** This regulation applies to all categories on the National and Provincial Calendar.

**2.2.028bis N)** For competitions on the national calendar, the race director or his representative able to take decisions may take a position next to the president of the commissaires' panel in the car driving immediately behind the peloton.

**2.2.029 N)** For national races where a Technical Delegate has been appointed, this same provision shall apply.

**2.2.032 N)** Team vehicles are subject to the approval of the President of the Commissaire Panel. To be able to follow the race, the size and shape of the vehicle must be safe and must not create any danger for the race. Vans, and generally all vehicles whose bodies exceed the following dimensions: width 1.80 m.; length 5 m.; height 1.66 m (not including roof bars), are not allowed to follow the race.

**2.2.035 N)** In all races, all persons in a race convoy who are vehicle drivers have to be license holders. In all races, all persons in a race convoy who are vehicle drivers must have previously

obtained a certificate attesting their completion of the Caravan Driver Training with CC or with the UCI.

## **§7 TECHNICAL DELEGATE**

**2.2.090 N)** The Technical Delegate evaluates the conformity of the organisation of national competitions, where applicable, with the regulations and the terms of reference for organisers. The Technical Delegate may attend competitions in order to carry out this task. In this case, the organiser shall provide the Technical Delegate with a pass allowing free access to the competition as well as an accreditation plate for the Technical Delegate's vehicle granting entry to reserved parking at the race start and finish as well as permission to drive on the event route.

**2.2.091 N)** For national competitions, where applicable, the Technical Delegate draws up a detailed evaluation report of the event, taking into account the terms of reference for organisers. The organiser receives a copy of this report.

**2.2.092 N)** For national competitions, where applicable, the Technical Delegate may also conduct a prior inspection of the event route, paying particular attention to safety issues, the danger points indicated by the organiser and arrangements relating to the terms of reference for organisers. If such an inspection is to be conducted, the Technical Delegate contacts the organiser and draws up a report for the attention of the CC administration which then takes appropriate decisions as necessary.

## **CHAPTER 3 ONE-DAY ROAD RACES**

### **Method**

**2.3.001 N)** In Canada by teams and individuals.

### **Following Vehicles**

**2.3.016 N)** For national competitions, composite teams may supply their own vehicles or use the neutral service.

### **Official Award Ceremony**

**2.3.046 N)** Riders must take part in the official award ceremony based on the various classifications established by the organizer. For competitions on the National Calendar, the official ceremony will take place in the following order:

- The three first riders of the race;
- The other winners of the various other optional classifications;
- Any others as determined by the organiser.



## CHAPTER 4 INDIVIDUAL TIME-TRIAL RACES

### Starting Order

**2.4.009 N)** In Canadian Championships, the starting order is determined by the CC or by the Commissaires Panel. The top 5 winners of the National Championships of the preceding year start last in the reverse order of their classification.

## CHAPTER 6 STAGE RACES

### Method

**2.6.001 N)** Can also include Criterium.

### Drop Out

**2.6.026 N)** A rider dropping out of a race may not compete in another race for the duration of the competition that he abandoned. For races below the international level, the rider faces a suspension of 15 days and a fine of C\$100.00 to C\$200.00.

## CHAPTER 7 CRITERIUM

### Distances

**2.7.016 N)** From 800 to 3000 metres.

**2.7.017 N)** For security reasons, riders who are lapped are asked to leave the race. In order to calculate their time for stage races, the President of the Commissaire Panel will decide, prior to the race, how this is to be done. He will explain the method which is to be used to calculate this time during the Team Managers' meeting before the race.

### Method with Intermediate Sprints

**2.7.021 N)** In the case where the College of Commissaires decides to adopt another regulation concerning passing, it must be announced before the start to all of the riders and in both official languages if requested.

**2.7.022 N)** The rider must return to the race behind the same group he was a part of. No free lap in the last 5 km or 5 laps, unless otherwise communicated in the event Technical Guide at the discretion of the President of the Commissaire Panel and Technical Delegate.

## CHAPTER 12 RACE INCIDENTS AND SPECIFIC INFRINGEMENTS BY ORGANISERS

### General provisions

**2.12.001 N)** For national level competitions, sanctions given by the commissaires shall be noted in the communique of the commissaires' panel and will be sent to CC. For provincial level





competitions, these will be sent to the relevant PSO.

**2.12.003 N)** For national level competitions, warnings shall be noted in the communique of the commissaires' panel and will be sent to CC. For provincial level competitions, these will be sent to the relevant PSO.

**2.12.006 N)** For races on the national and provincial calendars, the fines will be those stipulated in column 3. There is no deduction in UCI ranking points.

**2.12.008 N)** For nationally sanctioned competitions, the infringements are sanctioned by CC.



# PART III: TRACK RACES

## CHAPTER I ORGANIZATION

### Race Programme

**3.1.001 N)** The program and format for events for the National Championships shall be established in collaboration with the CC Events Committee and in accordance with the UCI Regulations.

## CHAPTER 2 TRACK RACES

### §1 GENERAL OBSERVATIONS

#### Riders' Numbers

~~**3.2.009 N)** Riders shall bear two number panels, save in the following specialties where they may wear just one: the KM Time Trial, the 500m Time Trial, the Individual Pursuit, the Team Pursuit and the Team Sprint.~~

### §3 SPRINT

**3.2.031 N)** Alternative formats may be permissible if approved by the President of the Commissaire Panel.

### §4 INDIVIDUAL PURSUIT

**3.2.065 N)** Not required for races on the national and provincial calendars.

**3.2.067 N)** Not required for races on the national and provincial calendars.

**3.2.069 N)** If there is no starting block, the rider will be held by a designated commissaire. If there is only one starting block in events with riders on both straights, all riders must be held in the same manner for all starts during each phase of the competition.

### §5 TEAM PURSUIT

**3.2.092 N)** If there is no starting block, riders will be held by a designated commissaire.

### §6 KILOMETRE AND 500 METRE TIME TRIAL

**3.2.102 N)** Also applicable to Canadian National Championships.



**3.2.110 N)** If there is no starting block, the rider will be held by a designated commissaire.

## §8 KEIRIN

**3.2.135 N)** Alternative formats may be permissible if approved by the President of the Commissaire Panel.

## §9 TEAM SPRINT

**3.2.151 N)** Or held by a designated commissaire.

## CHAPTER 5 WORLD RECORDS

**N)** and Canadian records.

To establish a National Track record the following conditions should be followed:

- The track has been homologated;
- Minimum of one (1) National Commissaire should be assigned at the competition
- A reputable timing company to provide electronic timing;
- Canadian Records are available in every recognized Canadian Championships categories;
- The Electronic timing slip shall be signed by the National Commissaire with the National Track Record Form and must be sent to Cycling Canada to officialize the performance;
- Be held in a start block for standing start events;
- All times must be achieved in UCI or CC sanctioned competitions.
- **Only Canadian citizens eligible to race who have Canadian as their UCI nationality will be able to establish a Canadian National Track record.**

### General Comments

**3.5.003 N)** Only CC may recognize and confirm a Canadian record.

**Recommended Event** and distance for each category at provincial and national competitions\*:

<b>RECOMMENDED TRACK EVENTS AND DISTANCES FOR YOUTH RACING</b>				
<b>CATEGORY EVENT</b>	<b>U17 M</b>	<b>U17 W</b>	<b>U15 M</b>	<b>U15 W</b>
500 m/kilo TT	Y 500M	Y 500M	Y 500M	Y 500M
Keirin	N	N	N	N



Sprint	Y	Y	N	N
Team Sprint	Y	Y	N	N
Individual Pursuit	Y 2KM	Y 2KM	Y 2KM	Y 2KM
Madison	Y TBD	Y TBD	N	N
Team Pursuit	Y 3km (team of 4)	Y 3km (team of 4)	N	N
Omnium	Optional	Optional	N	N
Points Race	Y 15KM	Y 12.5KM	Y 7.5KM	Y 7.5KM
Scratch Race	Y 7.5KM	Y 5KM	Y 5KM	Y 5KM

Y = Yes (event recommended for this category) N= No (event not recommended for this category)  
Optional (not a priority for this category)

*NOTE: The UCI has announced [regulation amendments for track races effective as of 01.01.2025](#).  
Cycling Canada will enforce these regulations for sanctioned events as of 01.01.2025.*

## §6 VELODROMES TRACK GEOMETRY

### Length

**3.6.068 N)** For National Championships, a 200-meter track may be used.

# PART IV: MOUNTAIN BIKE RACES

## CHAPTER 1 GENERAL RULES

**4.1.001 N)** Multi-hours events Individual and Team.

### § 2 AGE CATEGORIES AND PARTICIPATION

**4.1.002 N)** Age categories recognized for men and women are:

10-12 yrs: U13/Under 13

13-14 yrs: U15/ Under 15

15-16 yrs: U17/Under 17

17-18 yrs: U19/Junior

19-22 yrs: U23/Espoirs

19+yrs: Senior/Elite

Age categories recognized for masters are:

35-44 yrs: Master A Women

35-44 yrs: Master A Men

45-54 yrs: Master B Women

45-54 yrs: Master B Men

55-64 yrs: Master C Women

55-64 yrs: Master C Men

65+ yrs: Master D Women

65+ yrs: Master D Men

**N)** A rider may be recognized in four different subcategories within the same sport, one for cross-country, one for downhill, one for 4X, and one for enduro. The license must reflect all subcategories.

#### **Masters**

**4.1.009 N)** For provincial competitions, the masters license holder riders will need the Provincial Association's approval to race in the elite category. The approval must be validated by the CC for national competitions. For events registered on the UCI calendar, masters riders are not permitted to enter an Elite event.

### § 4. TECHNICAL DELEGATE

**4.1.012 N)** Where applicable, the Technical Delegate for national competitions will be appointed by the CC and will arrive prior to registration and remain for the duration of the competition.



**N)** The Technical Delegate must be on site prior to the first official training session and carry out an inspection of the venue and courses in conjunction with the President of the Commissaire Panel and the organizer. He shall coordinate the technical preparations for the competition and shall ensure that the recommendations made in the inspection report are implemented. The definitive version of the course and any changes shall be the responsibility of the Technical Delegate. The Technical Delegate shall attend the Team Managers' meetings.

## § 6 EVENT PROCEDURE

### Conduct of riders

**4.1.035 N)** The competitor is responsible for following the official course and completing the proper number of laps and bears the sole responsibility of any error on course.

**4.1.039 N)** No screws or other homemade method of studded/spiked tire will be permitted. Studded tires are permitted for use on fatbikes in cross country style competitions under the following conditions:

- Stud may have a maximum of 3mm prominence from the tire tread;
- Must be in the form of a pre-studded factory fatbike tire, or incorporate aftermarket studs designed specifically for bicycle use.

## CHAPTER 2 CROSS COUNTRY EVENTS

### § 1 RACE CHARACTERISTICS

**4.2.001 N)** XCO race duration for C1, C2 and C3 events including Canada Cup competitions.

	HORS CLASS, CLASS 1 EVENTS		CLASS 2 EVENTS		CLASS 3 EVENTS	
	Race time	Lap	Race time	Lap	Race time	Lap
<b>MEN U17</b>	0:45-1:00	3.5km - 6km	0:45-1:00	4km - 10km	0:45-1:00	No restriction, and any race
<b>WOMEN U17</b>	0:45-1:00		0:45-1:00			
<b>MEN JUNIORS</b>	1:00 - 1:15		1:00 - 1:15			
<b>WOMEN JUNIORS</b>	1:00 - 1:15		1:00 - 1:15			
<b>MEN U23</b>	1:15 - 1:30		N/A			
<b>WOMEN U23</b>	1:15 - 1:30		N/A			
<b>MEN ELITE</b>	1:20 - 1:40		1:30 - 2:00			
<b>WOMEN ELITE</b>	1:20 - 1:40		1:30 - 2:00			
				No restriction		



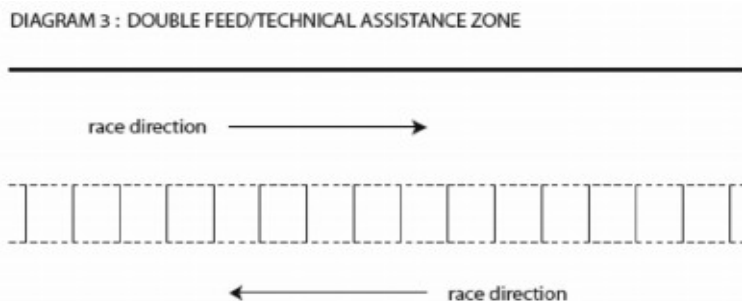
CATEGORY	ABILITY CLASS	GENDER CATEGORY	XC EVENT DURATION - MIN	XC EVENT DURATION - MAX
U15/UNDER 15 (11-14)	N/A	Women	0h 30	0h 55
U15/UNDER 15 (11-14)	N/A	Men	0h 30	0h 55
U17/UNDER 17 (15-16)	Expert	Men	0h 45	1h 15
U17/UNDER 17 (15-16)		Women	0h 45	1h 00
JUNIOR & U17 (15-18)	Beg/Sport Women	Beg/Sport Women	0h 45	1h 00
JUNIOR (17-18)	Beg/Sport Men	Beg/Sport Men	0h 45	1h 15
SENIOR (19+)	Expert Women	Expert Women	1h 00	1h 30
SENIOR (19+)	Beg/Sport Women	Beg/Sport Women	1h 00	1h 15
SENIOR (19+)	Expert Men	Expert Men	1h 00	1h 30
SENIOR (19+)	Beg/Sport Men	Beg/Sport Men	1h 00	1h 30
MASTER (ALL)	Beg/Sport Women	Beg/Sport Women	1h 00	1h 30
MASTER (ALL)	Beg/Sport Men	Beg/Sport Men	1h 00	1h 30
MASTER (ALL)	Expert Women	Expert Women	1h 15	1h 30
MASTER (ALL)	Expert Men	Expert Men	1h 15	1h 30

### § 3 COURSE MARKING

**4.2.027 N)** The use of chicken wire is prohibited. Similar mesh products need to be approved by the President of the Commissaire Panel.

### §5 FEEDING & § 6 TECHNICAL ASSISTANCE

**4.2.035 N)**



To clarify the UCI Regulations concerning feed / technical assistance zones.

If possible, a double feed / technical assistance zone such as that above is preferred; if not, then two feed / technical assistance zones are needed for XCO competitions. In the case of the diagram above, technical assistance is done at the same place as feeding. In that case, riders



must pull in to the box and stop riding. Also:

- Riders **can** receive feed and water in the technical area as long as they are **stopped** (one foot down).
- The dotted areas should be chalked out or identifiable. Feeders must remain behind the first line and step into the feeding area only upon arrival of their riders.
- The passing lane is in case the riders do not want a feed, they simply ride on through.
- Signs should be used to indicate the start and end of each feed / tech zone

## § 7 SECURITY

### First Aid (Minimum Requirements)

**4.2.052 N)** At least one ambulance and one basic first aid post are required during all race times. An ambulance on standby with an average response time within 10 minutes from local emergency dispatch may be sufficient if approved in advance by the Technical Delegate and President of the Commissaire Panel.

For each event, at least one (1) doctor or one (1) paramedic and at least six (6) people qualified to perform first aid under the laws of the province must be present at the venue during all race times.

## CHAPTER 9 CANADA CUP

### §1 GENERAL

#### MTB Canada Cup Classifications and Regulations

Please refer to the Canada Cup specific series regulations document.





# PART V: CYCLO-CROSS

## CHAPTER I CYCLO-CROSS RACE REGULATIONS

### Participation

**5.1.001 N)** The use of a mountain bike will be allowed in some cyclo-cross competitions, and in some cases, for specified categories only. The CC Officials Committee will determine from time-to-time which categories will be open to MTB. For the National U17, Junior, U23 and Elite Men and National U17, Junior, U23 and Elite Women categories, MTB bikes will not be permitted.

### Technical Delegate

**5.1.006 N)** At National Championships, a Technical Delegate is appointed by the CC. Without prejudice to the responsibility of the organizer, the Technical Delegate shall supervise the preparation of the technical aspects of the competition and shall serve as a link with CC headquarters in this respect.

**5.1.007 N)** If a competition is promoted at a new venue, the Technical Delegate must carry out an inspection well in advance to take the necessary measurements. The inspection will include the course, the distance, determine the double pit area, installations and the security. He will meet the organizer and prepare an inspection report without delay for submission to CC. He must be on site prior to the first official training session and carry out an inspection of the venue and courses in conjunction with the organizer. He shall coordinate the technical preparations for the competition and shall ensure that the recommendations made in the inspection report are implemented. The definitive version of the course and any changes, if this is the case, shall be the responsibility of the Technical Delegate. The Technical Delegate shall attend the Team Managers' meetings.

### Pit Areas

**5.1.028 N)** Organizers wishing to use two single pits for the National Championships shall make this request to the Technical Delegate at the time of course approval, together with maps and motivation. The Technical Delegate shall make the final decision as to whether this shall be permitted at each specific event.



# PART VI: BMX RACING

## §1 CATEGORIES AND PARTICIPATION

### 6.1.002 Age of Participants

**N)** For National competitions below National Championships, a rider must be at least 5 years of age on December 31st of the current year.

### 6.1.004 Categories

**N)** For classes at the Canadian Championship competitions, please refer to the Technical Guide.

**N)** For classes at the Canada Cup Series, please refer to the BMX Canada Cup specific regulations.

## §2 COMPETITION SPECIALTIES

### 6.1.029 Staging and Gate Positions

**N)** Where scrambled motos are used, scrambled lane assignments will be used in the motos as generated by appointed race event software.

### 6.1.039 Scoring Systems

**d. N)** At CC sanctioned competitions, BMX National Championships and UCI sanctioned competitions below the World Cup level, the race organization will supply a photo-finish system as described by the UCI Regulations, with the exception of a second “front on” position camera; this second camera is not required. The organization will supply an equipment operator who will be at the disposal of the Finish Line Commissaire during all periods of competition. The film for any particular race will only be reviewed in the event of a protest over the actual finish order. The Finish Line Commissaire’s interpretation of the photo finish film is final and is not open for further protest. Relegations of position due to interference in the final straight are not subject to video review; all such decisions are imposed at the discretion of the Commissaires Panel.

### 6.1.050 Track Flags

**N)** In addition to the flags (as per UCI Regulations), radio communication may be used. A minimum of 8 multi-channel radios with earpieces should be provided to the Commissaires Panel so that they may effectively perform their duties.



## §3 INFRINGEMENT, PENALTIES AND PROTEST

### 6.1.061 How to Protest

**N)** In National Calendar competitions, a rider without a Team Manager can protest directly to the Secretary in the event of a protest over the actual finish order in a moto. The Secretary will bring forward to the Finish Line Commissaire and/or President of the Commissaire Panel. As mentioned above, the decision of the Finish Judge shall be final.

## §4 THE BICYCLE, CLOTHING & EQUIPMENT

**6.1.079 N)** If, for whatever reason, riders 12 and under race in a combined class, the use of clipless pedals must respect the rule about the rider's age division.

## §7 INTERNATIONAL NUMBER SYSTEM

### 6.1.094 Assignment of International Race Numbers

Riders wishing to compete in a UCI sanctioned international BMX competition must display an international race number on their plate in accordance with the rules below. Clarification: Elite riders who do not have a UCI career number must use a number that does not conflict with any career number used by any other elite rider. As per UCI Regulations, no rider, other than an Elite rider with a UCI career number (including challenge categories), may print a number on their jersey. Junior riders must use a number that does not conflict with any career number used by any Elite rider. CC maintains a list of such available plate numbers obtained from the UCI. Riders not abiding by these regulations shall not be allowed to start, if noticed before the race in question, or shall be relegated if noticed after the fact.

**N)** Rules applicable to riders in the Challenge classes are as follows:

- For CC sanctioned competitions (Canada Cup), riders supply their own number plates which must conform to the colour coding described in the UCI Regulations;
- For the Canadian Championships, riders are supplied with a number plate conforming to the regulations. This number plate must be used and may not be modified.

## §9 COMPETITION OFFICIALS

### ANNEX 6 Finish Line Commissaire

**6. N)** In absence of a photo-finish camera, there shall be one qualified UCI or National Finish Line Commissaire assisted by four or more Finish Line scoring personnel (whenever possible, the scoring personnel shall be Provincial or higher level Commissaires). In the case that there is a photo-finish camera, there shall be a qualified UCI or National Finish Line Commissaire assisted by at least one member of the Finish Line scoring personnel (whenever possible, the scoring personnel shall be Provincial or higher level Commissaire). The decision on the finish order by the Finish Line Commissaire mentioned above shall be final in the event of a protest concerning the finish order.



**N)** Please see specific Canadian National Championships and CC National Series event rules/guidelines.

**BMX APPENDIX 1 and 2**

For international competitions please refer to the UCI Regulations.

**N)** For rules applying to Canadian National Championships and National Series competitions, please refer to the specific competition rules.



# PART VIBIS: BMX FREESTYLE

## §3 CALENDAR AND ORGANIZATION OF BMX FREESTYLE EVENTS

### **6bis.3.008 The organizer shall setup adequate medical service**

**N)** For National competitions there should be a paramedic and/or people qualified to perform first aid onsite on standby during all official training and race times. An ambulance on standby is recommended.

**6bis.3.009 N)** For National competitions, it is strongly recommended that a doctor is on site to provide riders with medical care. If no doctor is on site, a certified first responder must be on site.

**6bis.3.010 N)** An ambulance must be available on site of the competition if the average response time is greater than 10 minutes from local emergency dispatch.

## §8 COMPETITION OFFICIALS

### **6bis.8.007 Appointment**

**N)** The role of commissaire for national competitions will be appointed by CC. Commissaires will have the designation of at least Elite National Commissaire in another cycling discipline. Judges appointed to national competitions must either be recommended by the UCI or approved by the sanctioning body.



# PART XII: DISCIPLINE AND PROCEDURES

## CHAPTER 3 DISCIPLINARY MEASURES

### §4 FINE

#### Time limits

**12.3.008 N)** Fines invoiced by CC or the PSO must be paid within two months of the dispatch of the invoice to the individual concerned. If the total amount due is not paid within 60 calendar days of the due date, the offending party shall be automatically suspended until the full amount is paid. If the offending party is suspended for another reason, the suspension for non-payment shall be added to the duration of the other suspension.

#### Collection of fines

**12.3.010 N)** Fines imposed for race incidents relating to the provincial calendars of the various disciplines shall be collected by the PSO of the event organiser.

#### Suspension

**12.3.013 N)** This regulation applies equally to a suspension given by a PSO. CC must be informed when a suspension is given to a license holder.



# **PART XVI: PARA-CYCLING**

## **CHAPTER 2 AGE CATEGORIES**

**16.2.001 N)** The riders of the Youth category may be regrouped with the other rider categories if the number does not make it possible to hold a distinctive race.

## **CHAPTER 3 ELIGIBILITY FOR IPC COMPETITIONS**

### **Athletes**

**16.3.002 N)** For the provincial competitions, a rider can take the start with a CC license or a provincial license. At the Canadian Championships, all riders must hold a valid CC license.

## **CHAPTER 7 ROAD RACES**

All Road Race courses must be completely closed to other traffic.

### **Road Race Circuits**

**16.7.003 N)** The minimum length of a circuit for a Road event shall be one (1) km (criterium and road race).



# APPENDIX 1 – COMMISSAIRES

## CYCLING CANADA OFFICIALS COMMITTEE (CCOC)

The CCOC will review all technical regulations and technical standards for competition; ensure the application of these regulations and standards at all competitions; compile a record of officials; prepare and administer instructional and refresher courses for all officials; accredit officials for international upgrading.

## PROVINCIAL AUTHORITY RESPONSIBLE FOR COMMISSAIRES

The competent authority of the Provincial Association responsible for commissaires will provide feedback on the implementation of rule changes; coordinate and implement Provincial Commissaires Courses; complete remaining Commissaire Assignments for national competitions which occur in their provinces; recommend officials for national and international upgrading to the Officials Committee; recommend rule changes to the Officials Committee; ensure the licensing of Provincial Level Commissaires.

## COURSE CONDUCTOR

~~Only National Level Commissaires or higher would be authorized to deliver that have attended and passed the Course Conductor Course are authorized to deliver Commissaire Courses.~~

NOTE: The course conductor pathway is currently under review.





## APPENDIX 2 – NATIONAL TRACK RECORDS

Updated January 24, 2024

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
<b>Elite women – femmes élite</b>				
Flying 200m – 200m lancé	10.154*	Sept. 4, 2019	Kelsey Mitchell AB	Pan Am Championships, Cochabamba BOL
Time trial – contre-la-montre (500m)	33.260	Sept. 7, 2019	Lauriane Genest QC	Pan Am Championships, Cochabamba BOL
Individual pursuit (3 km) Poursuite individuelle	3:20.257	Sept. 7, 2019	Georgia Simmerling BC	Pan Am Championships, Cochabamba BOL
Team Sprint (750 m) Vitesse par équipes	47.348	Aug. 3, 2023	Lauriane Genest QC Kelsey Mitchell AB Sarah Orban AB	UCI World Championships, Glasgow GBR
Team Pursuit (4 km) Poursuite par équipes	4:09.249	Aug. 3, 2021	Allison Beveridge AB Ariane Bonhomme QC Annie Foreman-Mackey ON Georgia Simmerling BC	Olympic Games, Tokyo JPN
<b>Elite men – hommes élite</b>				
Flying 200m – 200m lancé	9.453	Sept. 6, 2019	Joel Archambault QC	Pan Am Championships, Aguascalientes MEX
Time trial – contre-la-montre (1 km)	58.951	Sept. 8, 2019	Vincent de Haître ON	Pan Am Championships, Cochabamba BOL
Individual pursuit (4 km) Poursuite individuelle	4:09.802	June 17, 2023	Chris Ernst ON	Pan Am Championships, San Juan ARG
Team Sprint (750 m) Vitesse par équipes	43.398	April 21, 2023	James Hedgcock ON Tyler Rorke ON Nick Wammes ON	UCI Track Nations Cup, Milton CAN
Team Pursuit (4 km) poursuite par équipes	3:46.324	Aug. 4, 2021	Vincent de Haître AB Michael Foley ON Derek Gee ON Jay Lamoureux BC	Olympic Games, Tokyo JPN
<b>Junior women – femmes junior</b>				
Flying 200m – 200m lancé	11.501	Aug. 15, 2019	Madison Dempster ON	UCI Junior World Championships, Frankfurt (Oder) GER
Time trial – contre-la-montre (500m)	35.951	Aug. 17, 2019	Madison Dempster ON	UCI Junior World Championships, Frankfurt (Oder) GER
Individual pursuit (2 km) Poursuite individuelle	2:22.240	March 31, 2023	Nora Linton ON	Canadian Track Championships, Bromont QC
Team Sprint (750 m) Vitesse par équipes	54.924	Nov. 14, 2021	Emy Savard QC Justine Thomas QC Pelee Primeau QC	Canadian Track Championships, Milton ON
Team Pursuit (4 km) Poursuite par équipes	4:31.926	Aug. 15, 2019	Ngaire Barraclough AB Sarah Van Dam BC Lily Plante QC Adele Desgagnes QC	UCI Junior World Championships, Frankfurt (Oder) GER
<b>Junior men – hommes junior</b>				
Flying 200m – 200m lancé	9.738***	Oct. 7, 2016	Stefan Ritter AB	Pan Am Championships, Aguascalientes MEX



Time trial – contre-la-montre (1 km)	1:00.578**	Oct. 6, 2016	Stefan Ritter AB	Pan Am Championships, Aguascalientes MEX
Individual pursuit (3 km) Poursuite individuelle	3:09.682***	Oct. 14, 2022	Carson Mattern	UCI Elite World Championships, St-Quentin-en-Yvelines FRA
Team Sprint (750 m) Vitesse par équipes	46.280	Aug. 14, 2019	James Hedgcock ON Riley Pickrell BC Andrew Scott ON	UCI Junior World Championships, Frankfurt (Oder) GER
Team Pursuit (4 km) Poursuite par équipes	4:01.553	Aug. 23, 2023	Charles Bergeron ON Justin Roy QC Ethan Powell ON Albert Taylor ON	UCI Junior World Championships, Cali COL
<i>NOTE : Team sprint records are for 250m tracks only – Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m</i>				
* World record / Record du monde				
** Pan-American record / Record panaméricain				
*** Junior world record / Record du monde junior				

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
<b>Para-cycling Time trial – Contre-la-montre en paracyclisme</b>				
WC1 (500m)	--			
WC2 (500m)	53.761	Oct. 12, 2015	Michelle Salt AB	Canadian Track Championships, Milton CAN
WC3 (500m)	39.984	Nov. 23, 2023	Mel Pemble BC	Para Pan Am Games, Santiago CHI
WC4 (500m)	35.223**	Jan. 31, 2020	Kate O'Brien AB	Track World Championships, Milton CAN
WC5 (500m)	44.954	Aug. 10, 2015	Nicole Clermont QC	Para Pan Am Games, Milton CAN
WB (1 km)	1.13.372	Nov. 16, 2011	Robbi Weldon ON Lyne Bessette QC	Para Pan Am Games, Guadalajara MEX
MC1 (1 km)	1.20.429	Sept. 10, 2016	Ross Wilson AB	Paralympic Games, Rio de Janeiro, BRA
MC2 (1 km)	1.12.444	Aug. 7, 2023	Tarek Dahab QC	Track World Championships, Glasgow GBR
MC3 (1 km)	1:10.852	Nov. 23, 2023	Alexandre Hayward NB	Para Pan Am Games, Santiago CHI
MC4 (1 km)	1.13.048	Nov. 15, 2011	Éric Bourgault QC	Para Pan Am Games, Guadalajara, MEX
MC5 (1 km)	1.17.592	Sept. 9, 2008	Mark Breton QC	Paralympic Games, Beijing, CHN
MB (1 km)	1.05.172	March 19, 2016	Daniel Chalifour QC Jean-Michel Lachance QC	Track World Championships, Montichiari, ITA
<b>Para-cycling Individual pursuit – Poursuite individuelle en paracyclisme</b>				
WC1 (3 km)	--			
WC2 (3 km)	5:23.635	Oct. 11, 2015	Michelle Salt AB	Canadian Track Championships, Milton CAN
WC3 (3 km)	4:10.103	Nov. 24, 2023	Mel Pemble BC	Para Pan Am Games, Santiago CHI
WC4 (3 km)	3:46.931	Nov. 24, 2023	Keely Shaw SK	Para Pan Am Games, Santiago CHI
WC5 (3 km)	4:08.557	Sept. 8, 2016	Nicole Clermont QC	Paralympic Games, Rio de Janeiro BRA
WB (3 km)	3:40.601	Nov. 15, 2011	Robbi Weldon ON Lyne Bessette QC	Para Pan Am Games, Guadalajara MEX
MC1 (3 km)	3:49.450***	Nov. 8, 2019	Ross Wilson AB	UCI Track World Cup, Glasgow GBR
MC2 (3 km)	3:40.581	Jan. 30, 2020	Tristen Chernove BC	Track World Championships, Milton CAN
MC3 (3 km)	3:26.642	Nov. 24, 2023	Alexandre Hayward NB	Para Pan Am Games, Santiago CHI
MC4 (4 km)	5:09.260	Nov. 6, 2009	Éric Bourgault QC	Track World Championships, Manchester GBR
MC5 (4 km)	5:12.364	Sept. 8, 2008	Mark Breton QC	Paralympic Games, Beijing CHN
MB (4 km)	4:17.718	March 18, 2016	Daniel Chalifour QC	Track World Championships, Montichiari ITA



			Jean-Michel Lachance QC	
<b>Para-cycling Flying 200m – 200m lancé en paracyclisme</b>				
WC3	12.666**	Oct. 20, 2022	Mel Pemble BC	Track World Championships, St-Quentin-en-Yvelines FRA
WC4	11.519**	Jan. 31, 2020	Kate O'Brien AB	Track World Championships, Milton CAN
MC1	13.114	Jan. 31, 2020	Ross Wilson AB	Track World Championships, Milton CAN
MC2	12.141	Jan. 31, 2020	Tristen Chernove BC	Track World Championships, Milton CAN
WB	12.704	Feb. 12, 2012	Robbi Weldon ON Lyne Bessette QC	Track World Championships, Los Angeles USA
MB	10.857	Nov. 8, 2009	Daniel Chalifour QC Luc Dionne QC	Track World Championships, Manchester GBR
<b>Team Sprint – Vitesse par équipes</b>				
M/H (750m)*	56.183	Sept. 10, 2008	Éric Bourgault QC Mark Breton QC Jean Quévillon QC	Paralympic Games, Beijing CHN
<i>* Team sprint records are for 250m tracks only – Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m</i>				
<i>** World Record – Record mondial</i>				
<i>*** Past World – Record mondial historique</i>				

Distance	Result Résultat	Date	Athlete and province Athlète et province	Event and Location Évènement et lieu
<b>U17 women – femmes U17</b>				
Flying 200m – 200m lancé	12.059	April 14, 2018	Madison Dempster ON	Canadian Track Championships, Milton ON
Time trial – contre-la-montre (500m)	37.140	April 15, 2018	Madison Dempster ON	Canadian Track Championships, Milton ON
Individual pursuit (2 km) Poursuite individuelle	2:31:640	April 8, 2022	Nora Linton ON	Canadian Track Championships, Milton ON
Team Sprint (750 m) Vitesse par équipes *	56.821	April 10, 2022	Geza Rodgers BC Kimberly Chen, BC Isla Rendle, BC	Canadian Track Championships, Milton ON
Team Pursuit (3 km) Poursuite par équipes	3:45.432	Oct. 10, 2015	Naomi Desousa ON Kassandra Kriarakis ON Ruby West ON Ali Van Zendoorn ON	Canadian Track Championships, Milton ON
<b>U17 men – hommes U17</b>				
Flying 200m – 200m lancé	11.073	April 13, 2019	Dylan Bibic ON	Canadian Track Championships, Milton ON
Time trial – contre-la-montre (500m)	33.229	April 1, 2017	Riley Pickrell BC	Canadian Track Championships, Milton ON
Individual pursuit (2 km) Poursuite individuelle	2:13.579	March 1, 2019	Dylan Bibic ON	Ontario Track Championships, Milton ON
Team Sprint (750m) Vitesse par équipes *	48.828	April 15, 2018	Dylan Bibic ON Andrew Scott ON Tyler Rorke ON	Canadian Track Championships, Milton ON
Team Pursuit (3 km) Poursuite par équipes	3:22.395	April 2, 2017	Dylan Bibic ON Giuseppe Carone ON Axel Froner ON James Hedgcock ON	Canadian Track Championships, Milton ON
<i>* Team sprint records are for 250m tracks only. Les records de la vitesse par équipes sont valides uniquement pour les pistes de 250m.</i>				



<b>Non-competition records- records hors compétition</b>				
<b>Category</b> <b>Catégorie</b>	<b>Result</b> <b>Résultat</b>	<b>Date</b>	<b>Athlete and province</b> <b>Athlète et province</b>	<b>Location</b> <b>Lieu</b>
<b>Hour record – Record de l’heure</b>				
• W/F Open	42.547 km	Aug. 25, 2022	Angela Goran ON	Aguascalientes MEX
• M/H Open	51.304 km	Oct. 23, 2020	Lionel Sanders ON	Milton ON
<b>Non-standard distances – distances non-standard</b>				
• W/F 1 km	1:14.990	Aug. 1982	Sylvia Burka ON	Olympic velodrome, Montreal QC
<i>To organize a track cycling record attempt, contact Cycling Canada – Pour organiser une tentative de record sur piste, contactez Cyclisme Canada</i>				

<b>Masters Flying 200m – 200m lancé Maîtres</b>				
• W/F 35-44	11.649	Oct. 18, 2019	Rachel McKinnon BC	UCI Masters World Championships Manchester GBR
• W/F 45-54	13.720	Jan. 6, 2024	Denise Magnini ON	Canadian Track Championships, Milton ON
• W/F 55-64				
• W/F 65+				
• M/H 35-44	10.527	Jan. 6, 2024	Guy McClintock BC	Canadian Track Championships, Milton ON
• M/H 45-54	11.327	Sept. 2, 2022	Frank Kovacs AB	Canadian Track Championships, Milton ON
• M/H 55-64	11.226	Jan. 6, 2024	Frank Kovacs AB	Canadian Track Championships, Milton ON
• M/H 65+	12.515	Jan. 6, 2024	Ken Germaine AB	Canadian Track Championships, Milton ON
<b>Masters Time trial – contre-la-montre Maîtres</b>				
• W/F 35-44 (500m)	36.911	Oct. 16, 2019	Rachel McKinnon BC	UCI Masters World Championships Manchester GBR
• W/F 45-54 (500m)	44.233	Sept. 26, 2019	Nancy Schmeler ON	Canadian Track Championships, Milton ON
• W/F 55-64 (500m)	46.047	Jan. 5, 2024	Gail Wozny AB	Canadian Track Championships, Milton ON
• W/F 65+ (500m)	43.512	Oct. 9, 2018	Renate Walton BC	UCI Masters World Championships, Los Angeles USA
• M/H 35-44 (1km)	1:04.874	Sept 26, 2019	Fabien Lamaze ON	Canadian Track Championships, Milton ON
• M/H 45-54 (750m)	51.710	Sept. 3, 2022	Frank Kovacs AB	Canadian Track Championships, Milton ON
• M/H 55-64 (500m)	35.121	Jan. 5, 2024	Thomas Schelesny BC	Canadian Track Championships, Milton ON
• M/H 65+ (500m)	38.458	Jan. 5, 2024	Ken Germaine AB	Canadian Track Championships, Milton ON
<b>Masters Individual pursuit – Poursuite individuelle Maîtres</b>				
• W/F 35-44 (2km)	2:35.552	Sept. 28, 2019	Charlotte Roberge QC	Canadian Track Championships, Milton ON
• W/F 45-54 (2km)	2:43.417	Jan. 6, 2024	Paolina Allan ON	Canadian Track Championships, Milton ON
• W/F 55-64 (2km)	2:55.458	Jan. 6, 2024	Gail Wozny AB	Canadian Track Championships, Milton ON
• W/F 65+ (2km)	2:59.027	Sept. 24, 2022	Renate Walton BC	UCI Masters World Championships, Los Angeles USA
• M/H 35-44 (3km)	3:32.922	Sept. 28, 2019	Willy Gonzalez AB	Canadian Track Championships, Milton ON
• M/H 45-54 (3km)	3:30.952	Jan. 6, 2024	Tim Hadfield ON	Canadian Track Championships, Milton ON
• M/H 55-64 (2km)	2:24.749	Jan. 6, 2023	Uli Mayer BC	Canadian Track Championships, Milton ON
• M/H 65+ (2km)	2:33.025	Jan. 6, 2024	Ralph Schatzmair ON	Canadian Track Championships, Milton ON
<b>Masters Team Pursuit – Poursuite par équipes Maîtres</b>				
• W/F (2 km)	2:48.007	Sept. 29, 2017	Bryn Currie ON Jane Emans ON Chantal Thompson ON	Canadian Track Championships, Milton ON
• W/F (4 km)	5:22.236	Jan. 7, 2023	Lisa Ulrich ON Amy Maher ON Elaine Soucy ON Amy White ON	Canadian Track Championships, Milton ON
• M/H (3 km)	3:32.174	Sept. 29, 2017	Garnett Abbey ON Scott Buschlen ON	Canadian Track Championships, Milton ON



			Richard Froner ON William Trischuk ON	
• M/H (4 km)	4:40.055	Jan. 5, 2024	Roland Fletcher ON Jacques Cormier ON Robert Meneguzzi ON Scott Elliott ON	Canadian Track Championships, Milton ON
<b>Masters Team Sprint – Vitesse par équipes Maîtres</b>				
• W/F (750m)	58.381	Jan. 6, 2024	Denise Magnini ON Amy Maher ON Rosa Phillip ON	Canadian Track Championships, Milton ON
• M/H (750m)	49.041	Sept. 30, 2017	Brent Baerg AB Frank Kovacs AB Cameron MacLeod AB	Canadian Track Championships, Milton ON
<b>Masters Hour Record – Record de l’heure Maîtres</b>				
• W/F 35-39	42.425* km	Sept. 23, 2017	Jane Emans ON	Milton ON
• W/F 40-44	42.547 km	Aug. 25, 2022	Angela Goran ON	Aguscalientes MEX
• W/F 45-49	38.156* km	Sept. 23, 2017	Jody Levine ON	Milton ON
• W/F 50-54	40.366 km	Sept. 23, 2017	Bryn Currie ON	Milton ON
• M/H 30-34	45.325 km	Sept. 23, 2017	Dave Hainish ON	Milton ON
• M/H 35-39	43.630 km	Dec. 9, 2023	Dave Hainish ON	Milton ON
• M/H 40-44	48.587* km	Sept. 23, 2017	Ed Veal ON	Milton ON
• M/H 50-54	48.393 km	Sept. 25, 2018	Mike Nash ON	Aguscalientes MEX
• M/H 65-69	43.735 km	Nov. 30, 2023	Sylvan Adams	Bromont, QC
• M/H 70-74	40.573 km	Dec. 9, 2023	Peter Leiss ON	Milton ON
• M/H 75-79	35.728* km	Oct. 20, 2012	Giuseppi Marinoni	Montichiari ITA
• M/H 80-84	39.004* km	Sept. 23, 2017	Giuseppi Marinoni	Milton ON
* World Record/Record du monde				
<p><i>Masters records must be set in the appropriate age category in UCI or Cycling Canada sanctioned competition with electronic timing. To submit a result, please send the official results sheet signed by the commissaire to <a href="mailto:track@cyclingcanada.ca">track@cyclingcanada.ca</a>.</i></p> <p><i>Les records de maîtres doivent être atteints dans la catégorie d’âge rélevante lors d’une compétition sanctionnée par l’UCI ou Cyclisme Canada avec chronométrage électronique. Pour soumettre un résultat, veuillez envoyer la feuille de résultat officielle signé par le commissaire à : <a href="mailto:track@cyclingcanada.ca">track@cyclingcanada.ca</a>.</i></p>				



## APPENDIX 3 – 2023 CANADIAN CHAMPIONS

2023 ROAD CHAMPIONS			
Medalists Titled			
Individual Time Trial	Athlete	Prov	Time
Junior Women (19.4km)	Nora Linton	ON	27:05.0
Junior Men (29.1km)	Matthew Ney	BC	36:33.3
U23 Women (29.2km)	Ngairé Barraclough	BC	39:49.5
Elite Women (29.2km)	Paula Findlay	AB	38:26.1
U23 Men (38.4km)	Michael Leonard	ON	44:33.7
Elite Men (38.4km)	Derek Gee	ON	44:14.0
Master Women 35-44 (18.6km)	Nancy Gillan	QC	28:23.0
Master Women 44-54 (18.6km)	Paolina Allan	ON	28:37.0
Master Women 55-64 (18.6km)	Nathalie Champagne	QC	30:08.0
Master Women 65+ (18.6km)	Anna Tykoliz	ON	40:18.0
Master Men 35-44 (18.6km)	Zack Morris	ON	24:54.0
Master Men 45-54 (18.6km)	Mark Sherboneau	ON	24:20.0
Master Men 55-64 (18.6km)	Bruce Blrd	ON	25:31.0
Master Men 65+ (18.6km)	Sylvan Adams	QC	27:25.0
Road Race	Athlete	Prov	Time
Junior Women	Alexandra Volstad	AB	2:02:13
Junior Men	Ethan Powell	ON	3:05:31
Elite Women	Alison Jackson	BC	3:31:25
Elite Men	Nickolas Zubowsky	QC	4:52:11
U23 Women	Sarah Van Dam	BC	3:31:26
U23 Men	Philippe Jacob	QC	4:52:29
Master Women 35-44 (71.1km)	Jodi Wendland	ON	2:02:48
Master Women 45-54 (71.1km)	Caroline Montminy	QC	2:02:51
Master Women 55-64 (71.1km)	Nathalie Champagne	QC	2:02:47
Master Women 65+ (71.1km)	Anna Tykoliz	ON	2:55:56
Master Men 35-44 (118.5km)	Maxime Forget	QC	2:49:28
Master Men 45-54 (118.5km)	Nicolas Proulx	QC	2:56:15
Master Men 55-64 (94.8km)	Eric Provost	QC	2:22:38
Master Men 65+ (71.1km)	Sylvan Adams	QC	2:00:56
criterium Challenge	Athlete	Prov	Time
Junior Women	Nora Linton	ON	41:52
Junior Men	Patrick Harris	ON	56:51

Elite Women	Holly Simonson	BC	1:11:14
Elite Men	Alexander Cowan	AB	1:10:59
Master Women 35-44	Pauline Diaz	QC	0:40:17
Master Women 45-54	Josée Rossignol	QC	0:38:56
Master Women 55-64	Dawn Heinemeyer	AB	0:42:55
Master Women 65+	Anna Tykoliz	ON	0:58:14
Master Men 35-44	Samuel Blanchette	QC	0:49:00
Master Men 45-54	Patrick Tremblay	QC	0:47:47
Master Men 55-64	Eric Provost	QC	0:50:26
Master Men 65+	Sylvan Adams	QC	0:54:46

## 2023 CYCLO-CROSS CHAMPIONS

### Medalists Titled

	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>
U17 Women	Lydia Stack-Michasiw	SK	42:21.23
U17 Men	Ethan Wood	BC	36:38.09
Junior Women	Rafaelle Carrier	QC	37:49.40
Junior Men	Jayden McMullen	ON	36:22.15
U23 Women	Isabella Holmgren	ON	46:09.19
U23 Men	Ian Ackert	ON	52:45.89
Elite Women	Ava Holmgren	ON	46:04.00
Elite Men	Evan Russell	BC	57:21.48
Master Women 35-44	Pepper Harlton	AB	38:53.04
Master Women 45-54	Cristin Schlossberger	BC	39:36.36
Master Women 55-64	Gail O'reilly	AB	44:30.57
Master Women 65+	Patricia Konantz`	QC	39:50.05
Master Men 35-44	Raphael Lalumiere	BC	46:17.70
Master Men 45-54	Bob Welbourn	BC	47:08.72
Master Men 55-64	Lorenzo Caterini	NS	38:02.72
Master Men 65+	Colin Funk	BC	41:28.27

## 2023 TRACK CHAMPIONS

### Medalists Titled

<b>Sprint</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Oscar Wong	BC
U17 Women	Isla Rendle	BC
Junior Men	Cole Dempster	ON
Junior Women	Kimberly Chen	BC



Elite Men	James Hedgcock	ON
Elite Women	Lauriane Genest	QC
Master Men A	Brent Baerg	AB
Master Men B	Hans Loeffelholz	BC
Master Men C	Frank Kovacs	AB
Master Women	Rosa Phillip	ON
<b>Keirin</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Ben Morin	AB
U17 Women	Eve Buczkowski	ON
Junior Men	Cole Dempster	ON
Junior Women	Anika Brants	ON
Elite Men	James Hedgcock	ON
Elite Women	Kelsey Mitchell	AB
Master Men A	Guy McIntock	BC
Master Men B	Steve McKee	ON
Master Men C	Keith Bruneau	BC
Master Women	Rosa Phillip	ON
<b>Time Trial</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Charlie Walsh	ON
U17 Women	Eve Buczkowski	ON
Junior Men	Cole Dempster	ON
Junior Women	Nora Linton	ON
Elite Men	James Hedgcock	ON
Elite Women	Kelsey Mitchell	AB
Master Men A	Brent Baerg	AB
Master Men B	Hans Loeffelholz	BC
Master Men C	Frank Kovacs	AB
Master Women A	Rosa Phillip	ON
Master Women B	Amy Maher	ON
Master Women C	Wendy Malloch	ON
<b>Team Sprint</b>	<b>Athletes</b>	<b>Prov</b>
U17 Men	Ronan Mantle Jake Mclean Charlie Walsh	ON
U17 Women	Eve Buczkowski Alexandra Fangeat Lilli Salonen-Berscht	ON





Junior Men	Cole Dempster Hudson Lubbers Ethan Powell	ON
Junior Women	Kimberly Chen Anabelle Thomas Alexandra Volstad	ON
Elite Men	Nick Wammes James Hedgcock Tyler Rorke	ON
Elite Women	Jackie Boyle Sarah Orban Emy Savard	QC
Master Men	Brent Baerg Jeff Moir Frank Kovacs	AB
Master Women	Amy Maher Lisa Ulrich Elaine Soucy	ON
<b>Individual Pursuit</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Antoine Bergeron	ON
U17 Women	Alexandra Fangeat	ON
Junior Men (3000m)	Charles Bergeron	ON
Junior Women (2000m)	Nora Linton	ON
Elite Men (4000m)	Michael Foley	ON
Elite Women (3000m)	Ariane Bonhomme	QC
Master Men A	Willy Gonzalez	AB
Master Men B	Tim Hadfield	ON
Master Men C	Uli Mayer	BC
Master Women A	Rosa Phillip	ON
Master Women B	Amy Maher	ON
Master Women C	Wendy Malloch	ON
<b>Team Pursuit</b>	<b>Athletes</b>	<b>Prov</b>
U17 Men	Antoine Bergeron Brody Mann Ronan Mantle Jake Mclean	ON



U17 Women	Eve Buczkowski Alexandra Fangeat Lilli Salonen-Berscht	ON
Junior Men	Ashlin Barry Charles Bergeron Ethan Powell Albert Taylor	ON
Junior Women	Vanessa Montrichard Nora Linton Taylor Tompkins Anika Brants	ON
Elite Men	Sean Richardson Amiel Flett-Brown Carson Mattern Daniel Fraser-Maraun	ON
Elite Women	Maggie Coles-Lyster Devaney Collier Erin Attwell Annie Scott	ON
Master Men	David Hainish Tim Hadfield William Trischuk Scott Buschlen	ON
Master Women	Amy White Amy Maher Lisa Ulrich Elaine Soucy	ON
<b>Omnium</b>	<b>Athlete</b>	<b>Prov</b>
Elite Men	Dylan Bibic	ON
Elite Women	Ariane Bonhomme	QC
<b>Scratch Race</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Brody Mann	ON
U17 Women	Eve Buczkowski	ON
Junior Men	Nora Linton	ON
Junior Women	Charles Bergeron	ON
Elite Men	Dylan Bibic	ON
Elite Women	Ariane Bonhomme	QC
Master Men A	Willy Gonzalez	AB



Master Men B	Tim Hadfield	ON
Master Men C	Uli Mayer	BC
Master Women A	Rosa Phillip	ON
Master Women B	Amy Maher	ON
<b>Elimination Race</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Antoine Bergeron	ON
U17 Women	Alexandra Fangeat	ON
Junior Men	Ashlin Barry	ON
Junior Women	Nora Linton	ON
<b>Points Race</b>	<b>Athlete</b>	<b>Prov</b>
U17 Men	Jake Mclean	ON
U17 Women	Alexandra Fangeat	ON
Junior Men	Carson Mattern	ON
Junior Women	Charles Bergeron	ON
Master Men A	Willy Gonzalez	AB
Master Men B	Tim Hadfield	ON
Master Men C	Uli Mayer	BC
Master Women A	Rosa Phillip	ON
Master Women B	Amy Maher	ON
<b>Madison</b>	<b>Athlete</b>	<b>Prov</b>
U17 Women	Alexandra Fangeat/Eve Buczkowski	ON
U17 Men	Rigby Monty/Oscar Wong	BC
Junior Men	Hudson Lubbers/Ashlin Barry	ON
Junior Women	Nora Linton/Anika Brants	ON
Elite Men	Dylan Bibic/Mathias Guillemette	ON
Elite Women	Ariane Bonhomme/Lily Plante	QC
<b>Keirin</b>	<b>Athlete</b>	<b>Prov</b>
Elite Men	James Hedgcock	ON
Elite Women	Lauriane Genest	QC
Master Men A	Jérémie Fontanaud	QC
Master Men B	Hans Loeffelholz	BC
Master Men C	Frank Kovacs	AB
Master Women	Rosa Phillip	ON

## 2023 PARA-CYCLING TRACK CHAMPIONS



<b>Medalists Titled</b>			
<b>Individual Time Trial</b>	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>
Para C2 Men	Tarek Dahab	QC	1:15.109
Para C3 Men	Alexandre Hayward	NB	1:15.329
Para C4 Men	Lachlan Hotchkiss	ON	1:17.991
Para C3 Women	Mel Pemble	BC	40.731
Para C4 Women	Kate O'Brien	AB	38.744
<b>Individual Pursuit</b>	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>
Para B Women	Amanda Provan/Evelyne Gagnon	ON	4:00.806
Para C2 Men	Tarek Dahab	QC	3:55.607
Para C3 Men	Alexandre Hayward	NB	3:31.616
Para C4 Men	Lachlan Hotchkiss	ON	5:28.860
Para C3 Women	Mel Pemble	BC	4:15.775
Para C4 Women	Keely Shaw	SK	3:50.984

## 2023 PARA-CYCLING ROAD CHAMPIONS

<b>Medalists Titled</b>			
<b>Individual Time Trial</b>	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>
Women T1-2	Shelley Gautier	ON	32:01.1
Men T1-2	Louis-Albert Corriveau-Jolin	QC	33:40.3
Men H1-2/Women H1-2	Martin Duif	ON	37:17.1
Men H3-5/Women H3-5	Charles Moreau	QC	27:57.0
Men C1-5	Michael Sametz	AB	25:08.3
Women C1-5	Jessica Law	BC	32:38.7
Men B Tandem	Lowell Taylor	AB	34:25.3
Women B Tandem	Carla Shibley	AB	41:31.7
<b>Road Race</b>	<b>Athlete</b>	<b>Prov</b>	<b>Time</b>
Women T1	Shelley Gautier	ON	1:01:16
Men T1-2	Nathan Clement	BC	1:06:27
Men H1-2/Women H1-5	Martin Duif	ON	2:13:23
Men H3-5	Joey Desjardins	ON	1:15:14
Men C1-3	Michael Sametz	AB	1:04:28
Men C4	Piotr Czynowicz	QC	1:28:20
Men B Tandem	Lowell Taylor	AB	1:47:00
Women B Tandem	Carla Shibley	AB	1:31:16



## 2023 MOUNTAIN BIKE CHAMPIONS

### Medalists Titled

<b>Downhill</b>	<b>Athlete</b>	<b>Prov</b>
U17 Expert Men	Anthony Shelly	BC
U17 Women	Tayte Proulx-Royds	BC
Junior Expert Men	Brock Hawes	BC
Junior Women	Joy Attalla	BC
Elite Men	Lucas Cruz	BC
Elite Women	Bailey Goldstone	BC
Master Men 35-44	Kristopher McMechan	BC
Master Men 45-54	Robert Venables	BC
Master Men 55+	Donald Van Eesteren	BC
Master Women 35-44	Michelle Thorne	BC
<b>Enduro</b>	<b>Athlete</b>	<b>Prov</b>
U21 Women	Emmy Lan	BC
U21 Men	Ho Weitien	BC
Elite Women	Brittany Phelan	BC
Elite Men	Jesse Melamed	BC
<b>Cross-Country</b>	<b>Athlete</b>	<b>Prov</b>
U17 Expert Women	Rafaelle Carrier	QC
U17 Expert Men	Emilien Belzile	QC
U19/Junior Expert Women	Marin Lowe	BC
U19/Junior Expert Men	Ian Ackert	ON
U23 Elite Women	Emily Johnston	BC
U23 Elite Men	Cole Punchard	ON
Elite Women	Jennifer Jackson	ON
Elite Men	Carter Woods	BC
Master Expert Women 35-44	Sue Haviland	ON
Master Expert Men 35-44	Peter Glassford	ON
Master Expert Women 45-54	Annik Belanger	QC
Master Expert Men 45-54	Aroussen Laflamme	QC
Master Expert Women 55+	Lyne Nepton	QC
Master Expert Men 55+	Lorenzo Caterini	NS
<b>Short Track</b>	<b>Athlete</b>	<b>Prov</b>
Elite Women	Laurie Arsenault	QC



Elite Men	Carter Woods	BC
Junior Women	Marin Lowe	BC
Junior Men	Ian Ackert	ON
U17 Women	Rafaelle Carrier	QC
U17 Men	Nicolas Gauthier	QC
<b>Team Relay</b>	<b>Team</b>	<b>Prov</b>
PSO/Trade Team	Pivot Cycles - OTE	UCI
<b>Cross-Country Marathon</b>	<b>Athlete</b>	<b>Prov</b>
Elite Women	Haley Smith	ON
Elite Men	Andrew L'Esperance	NS

## 2023 BMX CHAMPIONS

<b>Medalists Titled</b>	<b>Athlete</b>	<b>Prov</b>
Junior Women	Keira Murphy	BC
Junior Men	Carson Kowaski	AB
U23 Women	Thomas Jodoin	QC
U23 Men	Mathilde Brisebois	QC
Elite Women	Molly Simpson	AB
Elite Men	Ryan Tougas	BC
<b>Medalists Non-titled</b>	<b>Athlete</b>	<b>Prov</b>
5-7 yrs Women	Audrey Francisco	ON
8 yrs Women	Madeleine Fortier	QC
9 yrs Women	Nicole Kriz	ON
10 yrs Women	Ellie-Mai George	AB
11 yrs Women	Elle Foo-Donais	BC
12 yrs Women	Logan Lee	AB
13 yrs Women	Quinn Reiling	AB
14 yrs Women	Laurianne Beland	QC
15 yrs Women	Meane Hebert	QC
16 yrs Women	Victoria Dubé	QC
17-24 yrs Women	Kelly-Anne Gamelin	QC
25+ yrs Women	Melissa Gagnon	QC
5-6 yrs Men	Brody Simas	ON
7 yrs Men	Charlie Kriz	ON
8 yrs Men	Carter Rhodenizer	AB
9 yrs Men	Rafael Trudel	QC



10 yrs Men	Bentley Erb	BC
11 yrs Men	Jhett Hickey	AB
12 yrs Men	Brady Mitschke	AB
13 yrs Men	Santiago Figueroa Bernier	QC
14 yrs Men	Dallen Brereton-Stiles	BC
15 yrs Men	Zakary Kaiser	ON
16 yrs Men	Ryan Chabrzynski	ON
17-24 yrs Men	Louis Edouard Dubé	QC
25-29 Men	Frederick Laroche	QC
30-34 yrs Men	Ludovic Sery	QC
35+ yrs Men	Michel Perkins	QC
12 & Under Cruiser Men	Jhett Hickey	AB
13-14 Cruiser Men	Xavier Lemire	QC
15-16 Cruiser Men	Evan Boerger	AB
17-24 Cruiser Men	Eloic Theriault	QC
30-34 Cruiser Men	Ludovic Sery	QC
35-39 Cruiser Men	Alexandre Bourgeois	QC
40-44 Cruiser Men	Hugo Donais	BC
45-49 Cruiser Men	Jean Lemire	QC
50+ Cruiser Men	Nicholas Bass	AB
12 & Under Cruiser Women	Riley Sophia Pootmans	ON
13-16 Cruiser Women	Rachel Wakaluk	AB
17-29 Cruiser Women	Audreyann Trussart	QC
30-39 Cruiser Women	Aya Belanger	QC
40+ Cruiser Women	Melanie Lessard	QC

## 2023 GRAVEL CHAMPIONS

Medalists Titled	Athlete	Prov
Junior Men	Ashlin Barry	ON
Junior Women	Rafaelle Carrier	QC
Elite Men	Evan Russell	BC
Elite Women	Devon Clarke	ON
Master Men 35-44	John Vanderveen	BC
Master Women 35-44	Jodi Wendland	ON
Master Men 45-54	Chris Pollett	ON
Master Women 45-54	Amy Moore	ON
Master Men 55-64	Bruce Bird	ON
Master Women 55-64	Andrea Moritz	ON



Master Men 65+	James Laird	ON
Master Women 65+	Anna Tykoliz	ON

## 2023 ESPORTS CHAMPIONS

Medalists Titled	Athlete	Prov
U17 Men	Tristan Taillefer	QC
U17 Women	Julia Lehmann	ON
Junior Men	Patrick Harris	ON
Junior Women		
Elite Men	Thom Thrall	TN
Elite Women	Mairen Lawson	AB
Master Men 35-44	Dan Zeggelaar	AB
Master Women 35-44	Laura Perry	QC
Master Men 45-54	Richard Keller	TN
Master Women 45-54	Josée Rossignol	QC
Master Men 55-64	Albert Chan	BC
Master Women 55-64	Diane Bomans	SK
Master Men 65+	Dave Wall	ON
Master Women 65+	Anna Tykoliz	ON
Para C, B, T	Lowell Taylor	AB
Para Handcycle		

