

Lower Mainland Cyclocross 2019

Series Tech Guide

Races

Event	Name	Date	Location	Promoter
LMCX #1	Donkey Cross	Saturday, September 14	Castle Park, Port Coquitlam	Group W Racing
LMCX #2	Squamish	Saturday, September 22	Garibaldi Springs Golf Course, Squamish	VCXC
LMCX #3	Vanier CX	Saturday, September 28	Vanier Park, Vancouver	West Coast Cycling/ TREK Red Truck Racing
LMCX #4	Aldergrove CX	Saturday, October 5	Aldergrove Regional Park, Aldergrove	VCXC
LMCX #5	Junkyard CX	Sunday, October 20	South Surrey Athletic Park, South Surrey	SORCE
LMCX #6	Pumpkin Cross	Sunday, October 27	MREC, Maple Ridge	Local Ride
LMCX #7	Queens CX	Sunday, November, 2	Queens Park, New Westminster	VCXC

REGISTRATION

- Registration and Entry Fee information is listed on individual websites for each race in the series
- Entry Fees may vary from event to event
- Youth Entries are discounted
- You may register for multiple races per day but are subject to the same fees for each registration and additional setup fees for category numbers and bibs/timing chips
 - Individual events may offer a discount for multiple race entries

CATEGORIES

Men's Categories

- Elite Men
- Masters A (Open) Men (40+)
- Masters B (Intermediate/Novice) Men (40+)
- Intermediate Men
- Novice Men
- Single-Speed Men

Women's Categories

- Elite Women
- Masters Open Women (40+)
- Intermediate Women
- Novice Women
- Single-Speed Women

Beginner/Open youth

- U13 to U19 Boys and Girls

CATEGORIES DEFINITIONS

Since Cyclo-Cross World Championships are in January 2020, categories are based on rider's age as of December 31, 2020.

See important note on new format for U13-19 racing at the end of this document.

Beginner/Open Youth

- Youth riders between the ages of 12 and 18 who are new to cyclocross and are ready to experience the full course
- The race will run for not more than 20 minutes (typically 1 or 2 laps of the course)

- Provision of timing and scoring will be at the organizer's discretion. There are no podiums or prizing.
- Boys and girls will race together
- Mountain bikes are allowed
- Once riders feel comfortable at the distance and pace, it is strongly recommended that they move up to the Novice Category

Beginner U13/U15

- Licenced riders who are under the race ages of 13 or 15 respectively (age as of Dec 31, 2020)
- The race will run for 20 minutes
- There are no podiums or prizing.
- Boys and Girls will start in the Novice field of their respective gender category
- Riders may choose to start near the front, back, or middle of the field, as per their coach's recommendation. Typically, very young or new riders will start at the back of the field.
- Mountain bikes are allowed

Novice

- Riders that are new to bike racing, cross racing, trying their first sports events or just getting back into competition
- Equivalent to racing Cat 4/5 on the road
- As with all of our categories if you are too fast we will give you a gentle nudge
- U13/U15 riders would typically choose this category unless they are high performance and choose to race Intermediate or Elite.

Intermediate

- Riders that have graduated from beginners. Faster but not quite fast enough to race Elite
- Equivalent to racing Cat 3/4/5 on the road
- Racer age 40+ Race Masters B
- U17 and U19 riders would typically choose this category unless they are high performance and choose to race Elite

Masters

- Masters riders must have a racing age of 40 or older (age as of Dec 31, 2020)
- Masters "B" is equivalent to Intermediate or Cat 3/4/5 on the road. Masters "A" is equivalent to Elite or Cat 1/2 on the road
- Masters A and Elite race in the same field
 - Master A riders are scored separately for daily results and series standings only
 - Call up position is based on placing within the combined Elite & Master A group series standings

- Call up position is calculated based on your daily placing in the field (Example: you place 10th in the entire field, 3rd in Masters A, your call up points are 19 for 10th place)

Elite

- Too fast for Intermediate, upgraded from Intermediate, or have finished in the top half of the Intermediate field consistently
- Riders holding a Cat 1/2 road license
- Racers age 40+ race Masters A (optional)
- Open to Juniors

Single Speed

- Open to all ages and abilities

RACE DAY SCHEDULE

Time	Race	Categories	Duration
9:00	Course Open		30 min
9:30	Race #1	Novice / U13 / 15 Men	30 min
		Open Youth Beginners	Full Lap
	Run Over		15 min
10:15	Race #2	Intermediate / U17 Men	45 min
	Run Over		15 min
11:15	Race #3	Intermediate / U17 / Master (40+) Women	45 min
		Novice / U13 / U15 Women	30 min
	Run Over		15 min
12:00	Kids Taster Race	8-12 year olds - Main Course	Half Lap
12:10	Kids Race 1	Age 2-4 - Kids Mini Course	5 min
12:15	Kids Race 2	Age 5-6 - Kids Mini Course	5 min
12:20	Kids Race 3	Age 7-8 - Kids Mini Course	5 min

12:20	Course Open		40 min
1:00	Race #4	Single Speed Men/Women	45 min
		Masters B Men (40+)	45 min
	Run Over		15 min
2:00	Race #5	Elite Men / Master A Men	60 min
		Elite Women	50 min

SCORING

Combined Category Starts

- When multiple categories are combined into one race start (i.e., Elite / Master A Men) individual categories are scored separately for day-of results and series standings
 - Call up position is based on your ranking in the combined group

Start Order Procedure

- For the first race of the series riders will be staged randomly
- For all other races the top 24 riders in the series standings will be called up in order of accumulated points to the front three rows. From the 4th row on, riders will be staged randomly. This order will be mixed up from race to race.
- Combined categories (i.e., Elite / Master A men) are ranked as one group regarding start position

Overall Series Standings

- Overall series standing will be scored for all categories
- All races in the LMCX series count toward the overall series standings
- The final race of the year is scored for single points in the same way as all other races
- Every race counts – no placings are dropped

Category Upgrades

- Riders with three podium finishes within a specific category during the season will be required to upgrade
- A rider who upgrades to another category in the middle of the season, will be allowed to carry over 50% of their points up to 45 points

Points Table

1st through 25th places receive points as follows:

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
30	28	26	25	24	23	22	21	20	19
11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
17	16	15	14	13	12	11	10	9	8
21st	22nd	23rd	24th	25th					
6	5	4	3	1					

Ties will be broken by greatest number of wins, or, if still tied, by the placing in the final race.

RULES/PROCEDURES

Licensing

- **Kids Races / Youth Beginners / iRide Program:** No license required
- **Novice / Juniors:** Riders are required to hold a current Cycling BC **RIDE** license, Cycling BC **RACE** or **UCI** license (one day event insurance is available for \$10/\$5 - Juniors)
- **ALL OTHER CATEGORIES:** Riders are required to hold a current Cycling BC **RACE** or **UCI** license (one day event insurance is available for \$10/\$5 - Juniors)
- **Foreign / Out of Province:** Foreign or out of province Riders with a **UCI International** are allowed to race the category listed on their license (**All other Riders** - one day event insurance is available for \$10/\$5 - Juniors)

NOTE: Cycling BC **will not** process a Riders request for category upgrade, or recognize their result for an upgrade request until the Rider has purchased a Provincial **RACE** or **UCI** license.

Commissaires

Cycling BC Commissaires will be used as per CBC's requirements.

Bike Requirements

- **Novice:** Gravel, Mountain and Hybrid bikes are allowed for Novice races though Cyclocross bikes are recommended (No Fat Bikes allowed)
- **Juniors/Intermediate/Masters:** Cyclocross (or Gravel) bikes are highly recommended for Intermediate and Master B races; Mountain Bikes are discouraged (No Fat Bikes allowed)
- **Elite/Masters A:** Elite and Master A races will be subject to UCI rules regarding equipment
- **Single Speed:** Bikes must be limited to one gear (No Fat Bikes allowed)

TIMING

Escape Velocity Timing will be used at all races in the LMCX series

PRIZING

Elite Men / Elite Women

Elite Men & Elite Women will receive equal day-of cash prizing at all LMCX events as follows:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>
5 x entry fee	4 x entry fee	3 x entry fee	2 x entry fee	1 x entry fee
\$175	\$140	\$105	\$70	\$35

All other Day-of Prizing

Individual Race Directors may provide prizing/schwag for their events as they see fit.

ADDITIONAL INFORMATION

For more information click on race links at the top of this document

LMCX 2019 CATEGORIZATION CHANGES

Youth Racer Categorization

LMCX series races have adopted a harmonized ability-based model for youth (U13-U19) riders for the 2019 season. This change is in response to feedback from riders and coaches. The 2019 LMCX model is similar to the one used by Cross On the Rock.

Why?

- Integrating youth riders into ability-based categories will promote more development through increased competition.
- We're thinking about creating better rider experiences for our youth.
- The previous system in which riders could choose to race either age category or ability category made provincial ranking very difficult.
- Many of the youth age+gender groupings in the LMCX series do not have enough racers to field a podium.
- This change is reflective of what has been occurring on a smaller scale already. Certain youth have already been choosing to race within ability categories to help with their development

How?

- Coaches, youth riders and parents can choose from one of the options available to them in deciding which category to race in, whether it be novice, intermediate or elite
- General guidelines are as follows but can be adjusted for each individual rider:
 - U13/U15 race in Novice.
 - U17/U19 would race in Intermediate
- Youth racers will be allowed to stage wherever they are comfortable at the first race of the season, Donkey CX. They can choose to stage near the front row, middle of the pack or at the back. We strongly recommend that this staging position decision be made in consultation with the athlete's coach.

What process?

- We reached out to some of the key stakeholders such as DEVO, Tripleshot, and TAG Cycling as well as Cycling BC coaches.
- We consulted with Cross on the Rock to better understand their model and how it integrates youth

- LMCX organizers developed this implementation plan based on feedback received.

Men's Elite / Men's Master A

For the 2019 LMCX season significant changes are being made to the Men's Elite and Master A races. These changes effect race duration and call up position. Elite Men and Master A men will now race in the same group for 60 minutes. A racer's call up position will be based on their points accrued within the combined group. Daily podiums will remain separated into Elite and Masters A categories, with these points accrued going toward series standings only.

Why? This follows the ability-based changes that have been made to the youth categories for the 2019 season, and also follows the trend being set by other local series with similar "Open" category formats. We hope that the wider ability range offered in a combined field will incentivize upgrades from Intermediate and Masters B fields. This "open" format also gives racers who challenge themselves to compete at the top of their game the ability to rank themselves against the best local racers.

- Elite Men and Master A men will now race in the same group for 60 minutes
- Master A riders are scored separately for daily results and series standings only
- Call up position is based on points earned in the combined Elite & Master A group results
 - Example: you place 10th in the entire field, 3rd in Masters A, your call up points are 19 for 10th place
- No "double podium": Masters A racers who finish in the top 5 in the combined Elite & Masters A group results will not be on the Elite podium
 - Example: a Masters A racers finishes 2nd in the combined field, 1st in the Masters A, will be given 1st in the Masters A
- Racers will not be pulled if they are lapped

All Other Combined Categories

Please see the Race Day Schedule to find out if you are racing in a combined category.

- Categories are scored separately for daily results and series standings only
- Call up position is based on points earned in the combined group results
 - Example: you place 10th in the entire field, 3rd in Masters, your call up points are 19 for 10th place