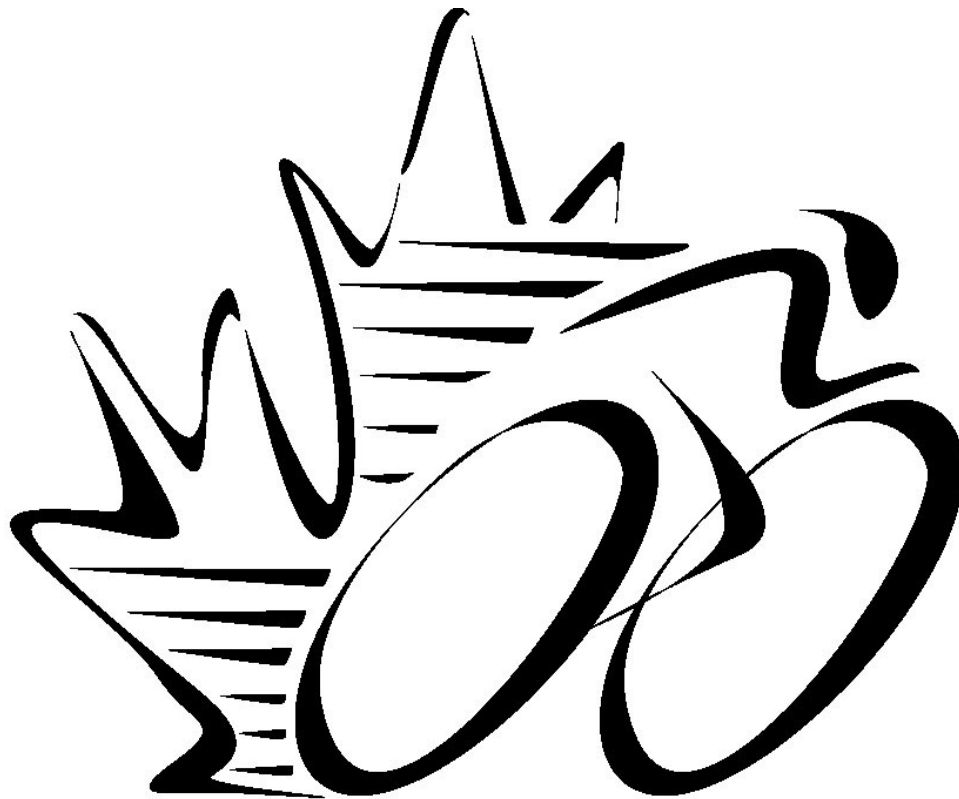


2011 Companion Guide



Canadian Cycling Association Association cycliste canadienne



The National / International commissaire

An Expert Serving Cycling

A National / UCI International Commissaire ensures that international cycling races are held in the best possible conditions. He fulfils the role of CCA / UCI ambassador for races being held under its auspices.

A UCI International 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 his function go beyond the framework of the rules, national / International Commissaire must be able to command respect in any situation. He must also be capable of playing the role of mediator between all those involved in cycling.



2011 COMPANION GUIDE

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PRELIMINARY PROVISIONS

Please note that as of January 2005 the UCI Regulations will be considered as the reference for all regulations governing the specified disciplines of bicycle racing.

The present UCI Regulations and the CCA 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 CCA Companion Guide. The National Regulations are preceded by the letter (*N*) in italics.

It should be noted that the UCI Regulations are a dynamic reference document 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.

1. 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.
2. A specific provision of the UCI Regulations and the CCA Companion Guide shall constitute an exception to any general provision with which it would be incompatible.
3. Participation in a cycling race, in whatever capacity, shall imply acceptance of all provisions of UCI Regulations and the National amendments contained in the CCA Companion Guide.
4. The UCI / CCA 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.
5. The CCA Officials Committee may be consulted where there are difficulties in applying the UCI regulations or national amendments.
6. In the event of a discrepancy between the English version and the French version of the CCA 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 CCA Companion Guide shall include the use of the masculine for the feminine and singular for plural.

Acknowledgements:

The CCA would like to recognise the following volunteers for their contribution to the revision of the 2011 Companion Guide.

Louise Lalonde – CCA Officials Committee, Chair.

Fred Seemann – CCA Officials Committee, representative for Mountain Bike.

Wayne Pomario – CCA Officials Committee, representative for Road & Track.

Jason Howard - CCA Officials Committee, representative for BMX.



PART 1: GENERAL ORGANIZATION OF CYCLING AS A SPORT

CHAPTER 1 LICENCE HOLDERS

§1 LICENCES

CATEGORIES OF LICENCE HOLDERS

1.1.010 *N) Individuals representing riders as a manager, and requesting this designation on their licence, must have followed the introductory Level 1 Commissaire's course.*

1.1.020 *N) A foreign rider visiting Canada who would like to race must submit his licence and a letter of permission from his National Federation upon registering for the event. (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 events of this club or trade team. The Provincial Federation issues this authorization.

FORM OF LICENCE

1.1.027 *N) In mountain bike events a temporary licence may be purchased on site for most of the events except National Championships.*

PENALTIES

1.1.029 *N) Where a licence has been lost or damaged, a copy of the licence shall be accepted, provided that the copy has been sent from the Provincial Association that issued the licence. The copy of the licence shall be accepted at the time of registration for up to a maximum of seven days from the date of the fax. Where an event takes place over several days, the fax used to register for this event is valid for the entire period of the event.*

§2 CATEGORIES OF RIDERS

1.1.036 *N) Age: Under 13, Under 15 years, Under 17 years according to the year of birth. Denomination of categories: The adoption of the denominations U13, U15 and U17 can be recommended but, as stipulated in the UCI Regulations, terms could be adapted to the linguistic constraints of national languages.*

N) Table of road categories

Categories	Age as of December 31, the year of the competition
<i>Under 13</i>	<i>10-12</i>
<i>Under 15</i>	<i>13-14</i>
<i>Under 17</i>	<i>15-16</i>



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 the Canadian Cycling Association for national sanctioned events.

**In Quebec it is not possible for a rider from another province to race in a higher category unless he has a letter from the Canadian cycling association 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 for BMX

§4 COMMISSAIRES

Status

1.1.064 *N) A commissaire can continue to be active (as provincial commissaire) over 70 years old at the discretion of the PSO.*

1.1.065 *N) As well, a national commissaire shall be subject to CCA discipline when designated by the CCA.*

Mission

1.1.074 *N) All national commissaires shall wear the current national official uniform to recognized national or international events. The commissaires may wear special uniforms provided by organizers of the events provided this has been approved in advance by the CCAOC through the national office.*

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 event takes place

North American event:

-approved by the CCA and other national federation if required

- approved by the province where the event 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 CCA

National race:

- approved by the CCA's Events Committee

- open to provincial teams, national teams and a maximum of four foreign national teams



- Canadian trade teams / clubs
- affiliated UCI licenced riders
- invitations to foreign federations must go through the CCA office.

§7 NATIONAL CHAMPIONSHIPS

1.2.028 N) *This event 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 championship podium positions, UCI points and national championships medals.*
- *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 licence, permanent resident card).*
- *All athletes must be in possession of a valid UCI/CCA international license.*
- *All participants must be prepared to present their license upon demand at the event.*
- *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.*
- *The class are defined as per UCI rules based on the year of birth.*
- *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 events 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 the CCA or PSO, depending on the level of sanction.*

General provisions

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

1.2.052 N) *Riders licenced by USA Cycling do not require written authorization.*

§7 COURSE AND SAFETY

1.2.063 N) *In addition, the following clause must appear on the rider's registration form:
"I release, in my name, and in that of my heirs, executives and administrators of my will, the CCA, its agents, employees, officials, commissaires, representatives, and successors, as well as any other organization, company, society, enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CCA rules and completely understand all conditions and agree to respect and abide by them".*

§9 PRIZES

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

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

1.2.072 N) *For national level events, the prizes should be given to the winners on the day of the race.*

The interested racing 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

1.2.075 N) *For national events, any agreed allowance shall be paid at the latest at the end of the event.*



SECTION 3 RACE PROCEDURES

§4 TEAM MANAGERS MEETING

1.2.087 N) *At national events, this meeting is mandatory for all cycling sports.*

§7 FINISH

Finish Line

1.2.102 N) *At least in stage races and national and international events.*

Time Keeping

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

SECTION 4 SUPERVISION OF RACES

§2 COMMISSAIRES PANEL

N) *The CCA Commissaires Committee appoints all members of the Commissaires Panel for nationally sanctioned events 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. As often as possible, the commissaires will be assigned to races in their own area in order to minimize costs to the event organizer.*

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 events, the number and status of commissaires to be appointed shall be determined by the CCAOC.*

Expenses

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

§3 POWERS OF THE COMMISSAIRES PANEL

1.2.129 N) *He must, however, advise the chief commissaire before doing so:*



Chapter 3 EQUIPMENT

SECTION 3 RIDERS APPAREL

§1 GENERAL PROVISIONS

- 1.3.031** *N) At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for specific discipline. :*

Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.

§3 REGIONAL AND CLUB TEAMS

General observations

- 1.3.047** *N) In stage races where there are classifications per team, composite teams are permitted, but the riders must have in hand his release form from his club for the said race. All of the riders must wear the same 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 he has dropped out of the race.*



PART 2: ROAD RACES

Chapter 2 GENERAL PROVISIONS

§1 PARTICIPATION

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,*

§3 RACE PROCEDURES

2.2.022bis N) *For 2011 this regulation shall not be applied to events below a national level sanction. From 2012 this regulation shall be applied to all time trial events in Canada.*

Gear ratios

2.2.023 N) *The maximum gear ration authorised for the following age categories for men and women, is that which gives a distance covered per pedal revolution as indicated:*

Under 17 6.94 m

Under 15 6.00 m

Under 13 5.60 m

2.2.024 N) *This regulation applies to all categories on the national and provincial calendar.*

2.2.032 N) *Team vehicles are subject to the approval of the Chief Commissaire. 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 1.60 m, are not allowed to follow the race. In addition, all vehicles must have untinted windows at the back and on the sides.*

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 events composite teams have to supply their own vehicles or use the neutral service.*

Finishes and time keeping

2.3.039 N) *A delay of 10%.*



Chapter 4 INDIVIDUAL TIME-TRIAL RACES

Starting order

- 2.4.009** N) *In Canadian Championships, the starting order is determined by the CCA or by the College of Commissaires. The top 5 winners of the national championship of the preceding year start last in the reverse order of their classification.*

Chapter 6 STAGE RACES

Method

- 2.6.001** N) *and Criterium.*

Team Time Trial Stages

- 2.6.025** N) *The finishing delay is 20% of the winning team's time. Riders who exceed this delay will be penalized and the amount of time which they exceeded the delay will be added to their individual general classification.*

Drop out

- 2.6.026** N) *For races below the international level, a suspension of 15 days and a fine of C\$20.00 to C\$200.00.*

Chapter 7 CRITERIUM

Distances

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

- 2.7.017** N) *If a rider is overtaken on the same lap as the winner, the finishing time of the rider who was lapped is divided by the number of laps he finished, multiplied by the total number of laps in the race.*

For security reasons, riders who are lapped are asked to leave the race. In order to calculate their time for stage races, the chief commissaire 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 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.*

- 2.7.022** N) *The circuit must be 3 km or less:
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.
If a rider is found to be cheating to get a free lap, he may be disqualified.*



PART 3: TRACK RACES

Chapter I ORGANIZATION

Race Program

- 3.1.001 N) *The program and format for events for the national championships shall be established in collaboration with the CCA Events Committee and in accordance with the UCI Regulations.*

Chapter 2 TRACK RACES

§1 GENERAL OBSERVATIONS

Judge-Referee

- 3.2.011 N) *The chief commissaire may himself act as Judge-Referee.*

§4 INDIVIDUAL PURSUIT

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

§5 TEAM PURSUIT

Race procedure

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

§6 KILOMETRE AND 500 METRE TIME TRIAL

Definition

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

Organization of the competition

- 3.2.103 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.*

§7 POINTS RACE

Organization of the competition

- 3.2.117 N) *Also applicable to Canadian National Championships*

§9 TEAM SPRINT

Race procedure

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



Chapter 5 WORLD RECORDS

N) and Canadian records

General Comments

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

§6 VELODROMES

TRACK GEOMETRY

Length

3.6.068 *N) For national championships a 200 meter track may be used.*



PART 4: 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*
- 19-23 yrs: U23/Espoirs*
- 19-29yrs: Senior Elite*
- 30-39 yrs: Master A*
- 40-49 yrs: Master B*
- 50+ yrs: Master C*

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

Any license which has been modified in any way after leaving the provincial office of origin shall be considered defaced and can be withheld by the Race Secretary and be returned to the provincial office of origin for replacement. In this case, the Race Secretary for the event will issue the license holder with a temporary license which will be valid for a 2 week period.

Masters

4.1.010 N) *For provincial events, the master's riders will need the provincial association approval to race in the senior category. The approval must be validated by the CCA for national and international events.*

§ 3. Calendar

4.1.011 N) *All National Level events (C3, C2, C1, CHC) must carry the minimum prize list as outlined in the UCI Financial Obligations document.*

§ 4. Technical delegate

4.1.016 N) *Where applicable, the Technical Delegate for National events will be appointed by the CCA and will arrive prior to registration and remain for the duration of the event.*

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 Chief Commissaire and the organizer. He shall coordinate the technical preparations for*



*the event 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 manager's meetings.*

§ 6. Event procedure

Conduct of riders

4.1.036 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.*



Chapter 2 CROSS COUNTRY EVENTS

§ 1 Race characteristics

4.2.001 N) XC race duration

Category	Ability class	Gender category	XC event duration -min	XC event duration -max
U15/Under 15 (11-14)	NA	Women	0h 30	0h 55
U15/Under 15 (11-14)	NA	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	Expert	Expert women	1h 00	1h 15
Junior & U17 (15-18)	Beg/Sport women	Beg/Sport women	0h 45	1h 00
Junior (17-18)	Expert men	Expert men	1h 00	1h 15
Junior (17-18)	Beg/Sport men	Beg/Sport men	0h 45	1h 15
U23/Espoir **(Nationals only)	NA	U23/Espoir men	1h 15	1h 30
Senior Elite	Elite women	Elite women	1h 30	1h 45
Senior Elite	Elite men	Elite men	1h 30	1h 45
Senior (19-29)	Expert women	Expert women	1h 00	1h 30
Senior (19-29)	Beg/Sport women	Beg/Sport women	1h 00	1h 15
Senior (19-29)	Expert men	Expert men	1h 00	1h 30
Senior (19-29)	Beg/Sport men	Beg/Sport men	1h 00	1h 30
Master (30+)	Women	Women	1h 15	1h 30
Master (30-39)	Expert men	Expert men	1h 15	1h 30
Master (30-39)	Beg/Sport men	Beg/Sport men	1h 00	1h 30
Master (40+)	Men	Men	1h 00	1h 30

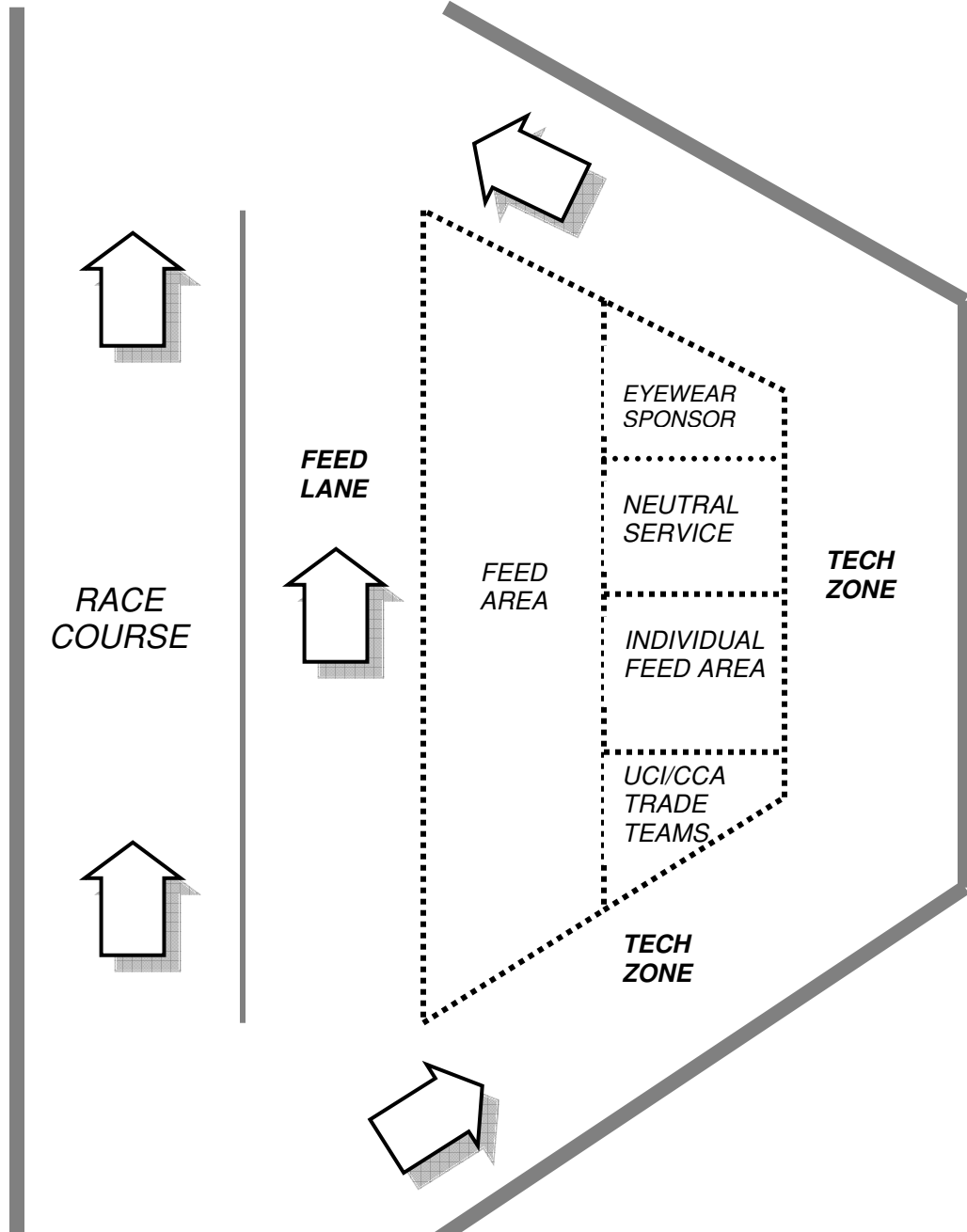


§ 3. Course marking

4.2.022 N) The rules 4.2.018-4.2.021 can be modified by the appropriate governing body. Rule 4.2.022 may not be modified.

4.2.027 N) The use of chicken wire is prohibited. Similar wire mesh products needs to be approved by the commissaire..

§ 5. Feeding & § 6. Technical assistance



- This is the ideal plan, if space is not permitting, this may be varied under direction of the TD or PCP trying to maintain the same concept.
- Riders **can** receive feed and water in Tech area. As long as they are **stopped**. (one foot down)
- Once they are in the feeding area, they **cannot** return to tech area. This constitutes going backwards on the course. **They must** enter the tech area at the arrow
- 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.
- Signage should be easily identified enabling the Feed and Tech Zones to be easily navigated.

§ 7. Security

First aid (minimum requirements)

4.2.050 N) *There should be an ambulance on standby during all training and races.*

4.2.061 *The decision as to whether the 80% rule is to be applied for Olympic cross-country events (XCO) will be made by the president of the commissaires' panel after discussion with the organizer and the technical delegate... Any rider whose time being 80% slower of that of the race leader's first lap will be pulled out of the race. He shall leave the race at the end of his lap in the zone provided for the purpose (the "80% zone") except when the leader is on his final lap. For Olympic cross-country events at world cups, world championships and the Olympic Games, the 80% rule must be applied.*

Chapter 3 DOWNHILL EVENTS

§ 1. Organization of competition

4.3.011 N) *Tape will be used to clearly indicate technical turns and provide the rider with a visual course reference.*

4.3.024 N) *Riders should not have to wait longer than 30 minutes to be transported to the top of the hill.*

Chapter 4 FOUR CROSS (4X) EVENTS

§ 2. Organization of competition

4.4.006 N) *The top 32 senior men, 16 junior men and 8 women will qualify for the finals.*

Chapter 5 PARALLEL SLALOM EVENT

§ 1. Organization of the competition

4.5.012 N) *A missed gate or going beyond the next gate will result in a disqualification.*

4.5.014 N) *Disqualified for missing a gate or going beyond the following gate.*

Chapter 8 UCI MOUNTAIN BIKE WORLD CUP

§ 1. General

4.8.001 N) *The MTB Canada Cup title categories are the following:
Cross Country; Junior expert men/women, U23/Elite men and women.*

Downhill; The series results are compiled in Junior/Elite categories only.



Registration

4.8.005 N) *Athletes register directly with event organizers for Canada Cup events.*

Official ceremony

4.8.006 N) *The top 3 finishers will be required for the podium presentation.*

MTB Canada Cup Classifications

4.8.008 N) *Please refer back to Specific series rules*

4.8.009 N) *Does not apply to Canada Cup*

§ 2. Special rules for cross-country events

4.8.013 N) *The maximum entry fees including tax, for the Canada Cup categories are outlined in the CCA Canada Cup specific regulations and the National Championship technical guide.*

4.8.017 N) *The chief commissaire has the authority to enforce, modify or ignore rule 4.8.017 for national events. The decision must be announced clearly to all athletes participating.*

§ 3. Special rules for downhill events

4.8.013 N) *The maximum entry fees including tax, for the Canada Cup categories are outlined in the CCA Canada Cup specific regulations and the National Championship technical guide.*

Riders will enter races as per the CCA Mountain Bike Organizers guide.

Training

4.8.026 N) *The course must be fully marked and open for training a minimum of 48 hrs prior to the race. A minimum of one hour must separate the mandatory training run from the actual racing time.*

Competitions

4.8.033 N) *A semi final is not required for Canada Cup*

4.8.037 N) *The start order protocol for Canada Cup title categories is outlined in the Canada Cup MTB organizers guide. Top riders will start in reverse order of their ranking (leader starting last)*

§ 5. Points scale

N) *The Canada Cup points will be maintained using the following allocation grid and points table.*



CANADA CUP POINTS ALLOCATION BY CATEGORY

COMPETITION CATEGORY	ALLOCATION OF POINTS
SENIOR ELITE CROSS COUNTRY MEN	MAXIMUM 200 POINTS - TOP 50 PLACES
SENIOR ELITE CROSS COUNTRY WOMEN	MAXIMUM 200 POINTS - TOP 25 PLACES
JUNIOR EXPERT CROSS COUNTRY MEN	MAXIMUM 100 POINTS - TOP 25 PLACES
U17 & JUNIOR EXPERT CROSS COUNTRY WOMEN	MAXIMUM 100 POINTS - TOP 10 PLACES
SENIOR ELITE DOWNHILL MEN	MAXIMUM 200 POINTS - TOP 50 PLACES
SENIOR ELITE DOWNHILL WOMEN	MAXIMUM 200 POINTS - TOP 10 PLACES
JUNIOR EXPERT DOWNHILL MEN	MAXIMUM 100 POINTS - TOP 20 PLACES
U17 & JUNIOR EXPERT DOWNHILL WOMEN	MAXIMUM 100 POINTS - TOP 5 PLACES



CANADA CUP POINTS ALLOCATION TABLE

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



PART 5: CYCLO-CROSS RACES

Chapter I CYCLO-CROSS RACE REGULATIONS

Participation

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

N) For National Championships, Men U23 will race together with Elite Men.

Technical Delegate

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

5.1.007 N) *If an event 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 organiser and prepare an inspection report without delay for submission to the CCA. 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 organiser. He shall coordinate the technical preparations for the event 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 CCA Officials Committee, together with maps and motivation. The CCA Officials Committee shall make the final decision as to whether this shall be permitted at each specific event.*

5.1.038 N) *If feeding is to be allowed, this must be announced to the riders prior to the start of their race. Failing this, no feeding shall be permitted.*



PART 6: BMX RACES

PART B

The rules set forth in Part B, which includes Sections II through IX of this rule book, address the relationship between the UCI and its member organizations. The rules in Part B are not intended to establish any rights, duties or obligations on the part of UCI or a member organization with respect to the individual members of any of the UCI's member organizations. All organizations which are members of the UCI, are expected to be familiar with and to observe the rules of Part B.

Section 5 COMPETITION FACILITIES

6.1.025 FLAGS

N) As an alternative to the flags, radio communication may be used. A minimum of 8 multi channel radios with ear pieces should be provided to the commissaire college so that they may effectively perform their duties.

6.1.029 THE STARTING GATE

1. *N) Or alternate backup system.*

6.1.031 THE FINISH LINE

4. *N) At CCA sanctioned events, BMX National Championships and UCI sanctioned events below the World Cup or Continental Championship 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 lane infractions are not subject to video review unless the second "front on" camera is present; all such decisions are imposed at the discretion of the Finish Line Commissaire.*

Section 7 COMPETITION COMMISSAIRES AND OFFICIALS

6.1.050 FINISH LINE COMMISSAIRE

1. *N) There shall be one qualified Finish Line Commissaire assisted by four or more finish line scoring personnel (whenever possible the scoring personnel shall be provincial level commissaires). The decision on the finish order by the Finish Line Commissaire shall be final.*

N) Please see specific Canadian National Championship and CCA National Series event rules/guidelines.

PART C

The rules in Part C of this rule book, which comprises Section X through XIV, set forth the manner in which a UCI sanctioned BMX event shall be conducted. All



commissaires, officials and riders participating in a UCI sanctioned BMX event are expected to be familiar with and to observe the rules of Part C.

Section 1 CATEGORIES AND PARTICIPATION

6.1.001 AGE OF PARTICIPANTS

1. N) For National events below national championships, a rider must be at least 5 years of age on December 31st of the current year.

6.1.002 CATEGORIES

2. N) *For classes at National Championship events, please refer to the technical guide.*

6.1.017 TRANSFERS AND SCORING

3. a. N) *Race officials may use a different scoring system as long as it is consistent throughout the event.*
- d. N) *For different scoring systems, the rider will receive a score as if the rider had finished in last place in that moto.*

6.1.022 START

- 3) N) *Where a manually operated gate is used, the starter's call will be:*
 - 1) *"Riders ready"*
 - 2) *"Watch the gate" or "Pedals ready"*
 - 3) *Gate drops*

Section 8 COMPETITION EQUIPMENT

6.1.054 INSPECTION

1. N) Whether or not a formal bike inspection of every bike takes place, any commissaire may choose to inspect any bike at any time during a competition. Notwithstanding the above, it is the riders responsibility to ensure his equipment is in good mechanical condition and poses no danger to himself or other participants.

6.1.055 HELMET

- 1.a. N) *In Canada a full face helmet meeting the appropriate safety standards is required.*

Section 12 INFRINGEMENT, PENALTIES AND PROTEST

6.1.099 GENERAL RULES ON PROTESTS

- 1.c.
- 3) N) *In CCA sanctioned events a rider without a team manager can protest directly to the chief commissaire.*



Section 14 PART D

APPENDIX 1

For international events please refer to the UCI regulations.

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

APPENDIX 2

STARTING POSITIONS

Please see UCI regulations

APPENDIX 3

TRANSFER SYSTEM

Please see UCI regulations

N) For a race with 8 or less riders, a final will be established with the best riders, less the last placed rider after 3 rounds of motos. Ex: 8 riders goes through 3 rounds of motos. The best 7 riders advance to the final from those 3 motos and the last rider is dropped out.

APPENDIX 4

SPECIAL SEEDING AND TRANSFER SYSTEMS

Please see UCI regulations

APPENDIX 5

PRIZE MONEY SCHEDULES

Please see UCI regulations

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

6.1.072 ASSIGNMENT OF INTERNATIONAL RACE NUMBERS

Riders wishing to compete in a UCI sanctioned international BMX event must display an international race number on their plate in accordance with the rules below.

N) Rules applicable to riders in the Challenge classes are as follows: For CCA sanctioned events (National Championship, National Ranking), riders supply their own number plates which must conform to the colour coding described in Section XI, paragraph C.9.c. Riders must use the numbers they are entitled to as follows:

A. 4 N) The top 8 finishers in each championship class (Elite Men, Elite Women, Junior Men, Junior Women, Elite Cruiser, Junior Cruiser) in the previous year's National Championships, National Ranking, Provincial Championship must use numbers according to the following table:



B. 2 N) *The top 8 finishers in each Challenge class in the previous year's National Championships, National Ranking, Provincial must use numbers according to the following table:*

<i>National Championships</i>	<i>N1-N8</i>
<i>National Ranking</i>	<i>R1-R8</i>
<i>Provincial Champs*</i>	<i>AB1-AB8</i> <i>BC1-BC8</i> <i>MB1-MB8</i> <i>NB1-NB8</i> <i>NS1-NS8</i> <i>NL1-NL8</i> <i>NU1-NU8</i> <i>ON1-ON8</i> <i>PE1-PE8</i> <i>QC1-QC8</i> <i>SK1-SK8</i> <i>YT1-YT8</i>

**as defined by the relevant provincial cycling association*

In case a rider has earned both a UCI plate as described in section A and a national plate, he or she must use the UCI plate.

In case a rider has earned a plate in two or more of the categories outlined above, the plate earned in the National Championships takes precedence, followed by the Provincial Championships.

A zero (0) will be put before the race number of a rider who has moved up to a higher age class which spans more than one year.



PART 12: DISCIPLINE AND PROCEDURES

Chapter 1 DISCIPLINE

12.0.000 *N) For national and provincial races, for purposes of the Part, as well as all other parts concerning fines in the regulations, one Swiss Franc shall equal one Canadian Dollar*

§2 PENALTIES

General provisions

12.1.029 *N) The penalty must be paid before the start of the next race. If no payment is received the riders and or teams may not be allowed to start.*

Suspension

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



PART 16: PARACYCLING

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 events, a rider can take the start with a CCA licence or a provincial licence. At the Canadian championship, all riders must hold a valid CCA licence.*

Chapter 7 ROAD RACES

fairly underway. All road race courses must be completely closed to other traffic.

N) Only the criterium race must be completely closed to other traffic.

ROAD RACE CIRCUITS

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



Appendix 1

COMMISSAIRES

Officials Committee

The Officials Committee 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 commissaire assignments for national events 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 those National Level Commissaires that have attended and passed the Course Conductor course are authorized to deliver commissaire courses.



Appendix 2

TRANS-CANADA RECORD RULES

(Approved February 1967: Updated March 1980)

1. Each of the records shall be termed the “Trans-Canada cycling record” and shall be run off between Halifax, Nova Scotia and Vancouver, British Columbia by any route selected by the rider, in either direction, provided that it stays within the territorial limits of Canada.
2. Each record attempt shall start and finish in the cities of Halifax, Nova Scotia and Vancouver, British Columbia respectively (or vice versa) at the City Halls of these two cities.
3. *Each record shall be open to attack by any single cyclist, or tandem cyclists, holding a CCA racing license. They shall notify the CCA office of the record attempt and get authorization to attempt at least one month beforehand. The record is open to attack by any cyclist, amateur or professional, as long as he stays within the related rules of the CCA and UCI. There shall be separate records for each of the following categories;*

Women's Single Bicycle
Men's single Bicycle
Men's Tandem Bicycle
Men's Tricycle

4. Each record attempt shall be timed by a timekeeper chosen by the cyclist and approved by the CCA. This timekeeper must follow the attempt in its entirety and may appoint subordinates to act as checkers at any point along the route, or at the start and finish. These subordinates shall not be the rider attempting the record. The expenses of the timekeeper who shall be a licensed commissaire and subordinates are the responsibility of the rider attempting the record.
5. The rider attempting the record shall be accompanied by at least one following vehicle that can either follow (at a distance no closer than 30 metres) or precede him (at a distance of not less than 100 metres) at any time during the attempt, except when passing overtaking. The rider shall be expressly forbidden for the vehicle to proceed the cyclist, except when the rider needs guidance through unknown towns and cities. The timekeeper/commissaire in the support vehicle shall be appointed as a CCA official observer, to ascertain that all regulations are adhered to and that no pacing takes place. Such a following vehicle may overtake the rider any number of times during the record attempt. No record attempt will be recognized if the cyclist did not have a support vehicle with him all the time.
6. The rider attempting the record may stop to sleep, eat or rest whenever and wherever he wishes and is permitted to ride through the hours of darkness on the condition that the bicycle has lights and meets the provincial law.
7. Sponsorship. If the rider attempting the record is a professional or sponsored amateur, he may attempt the ride with the help of his sponsor(s) as long as both he and his sponsor(s) adhere to the CCA and UCI rules concerned throughout the ride.
8. The rider attempting the record shall be permitted to wear clothing bearing the words “Trans-Canada Cycling Record” or some similar phrase, to be approved by the CCA before his departure. The name of the rider's sponsor(s) may also appear on his clothing, equipment



and following vehicle as laid down in the CCA rules. The title of the record being attempted may also be carried on the rider's equipment and following vehicle, as approved by the CCA.

9. Timekeeping. Timekeeping shall be kept on a watch or chronometer to be regularly checked against local time radio signals which are official observatory time signals. The watch or chronometer shall be checked daily during the record attempt, and also immediately before the start and after the finish of the attempt. The time taken at the start and finish shall be the local time and the rider's final time for the distance shall have subtracted from it, the time difference between Halifax and Vancouver to give the actual time for the ride.
 10. The record attempt may be started at any time of the year, at any time of the day or night with no restrictions whatsoever. It is recommended that the attempt be started on the hour.
 11. On completion of a successful record attempt, the final time, with the signature of the Chief timekeeper and his subordinates if any, shall be submitted in writing to the CCA within one month of the finish of such an attempt. This time shall be ratified as a new record by the CCA as soon as possible.
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Appendix 3

NATIONAL TRACK RECORDS

Event	Performance	Date	Name	Province	Location
200m – Jr Men	10:620	May 10	Kristopher Ovsenek	ON	Aguascalientes, Mexico
200m – Women	11:010	Aug.02	Lori Anne Muenzer	AB	Quito, Ecuador
200m – Men	9:865	Sept.95	Curt Harnett	ON	Bogota, Columbia
500m – Jr Women	37.297	Aug.06	Monique Sullivan	AB	Calgary, Alberta
500m – Women	34.628	Aug. 04	Lori Anne Muenzer	AB	Athens, Greece
1km – Jr Men	1.05:202	May 10	Stéphane Cossette	QC	Aguascalientes, Mexico
1km – Women	1.14:990	Aug.82	Sylvia Burka	ON	Montreal, Québec
1km – Men	1.01:429	May 10	Travis Smith	AB	Aguascalientes, Mexico
2km – Jr Women	2.28:6570	May 10	Allison Beveridge	AB	Aguascalientes, Mexico
3km – Jr Men	3.26:240	Aug. 10	Alexander Cataford	ON	Montichari, Italy
3km – Women	3.32:887	July 10	Tara Whitten	AB	Mexico City, Mexico
4km – Men	4.31:831	March 06	Zach Bell	BC	Melbourne, Australia
Best Hour Performance	45.794km	Feb.86	Jacques Naubert	QC	Montreal, Québec
Team Pursuit - Men	4.16:816	Dec.10	Cameron McKinnon Stephen, Meyer Rémi Pelletier-Roy Jacob Schwingboth	NB ON QC BC	Cali, Colombia
Team Pursuit - Women	3.25.402	Nov. 10	Tara Whitten Laura Brown Stephanie Roorda	AB BC BC	Melbourne, Australia
Team Sprint – Men	39.218	Dec. 10	Travis Smith Stéphane Cossette Joseph Veloce	AB QC ON	Cali, Colombia
Team Sprint – Women	35.971	July 09	Tara Whitten Monique Sullivan	AB AB	Mexico City, Mexico



Appendix 4

2010 CANADIAN CHAMPIONS

2010 ROAD CHAMPIONS				
Medalists Titled				
	Athlete	Prov	Time	Year
Individual Time Trial				
Junior Female 22.5 km	Julia Garnet	SK	35:27.7	2010
Junior Male 22.5 km	Stuart Wight	NB	29:31.7	2010
Elite Female 20 km	Julie Beveridge	AB	28:51.0	2010
U23 Male 40 km	Hugo Houle	QC	52:43.9	2010
Elite Male 40 km	Svein Tuft	BC	48:23.1	2010
Master Female 30-39 22.5 km	Carrie Tuck	AB	35:04.1	2010
Master Female 40+ 22.5 km	Nettie Neudorf	MB	33:02.1	2010
Master Male 30-39 22.5 km	Gideon Krishtalka	AB	30:01.3	2010
Master Male 40-49 22.5 km	Bruce Copeland	AB	30:05.8	2010
Master Male 50-59 22.5 km	Stéphane Lebeau	QC	31:22.1	2010
Master Male 60+ 22.5 km	Peter Kerklaan	AB	36:04.0	2010
Road Race				
Junior Female 72 km	Véronique Drapeau-Zgoralski	QC	1:55:31	2010
Junior Male 120 km	Ryan Macdonald	NB	3:08:08	2010
Elite Female 127 km	Joëlle Numainville	QC	3:14:21	2010
U23 Male 180 km	Arnaud Papillon	QC	4:20:15	2010
Elite Male 180 km	Will Routley	BC	4:20:15	2010
Master Female 30-39 72 km	Sara Byers	ON	1:58:47	2010
Master Female 40+ 72 km	Nettie Neudorf	MB	1:58:47	2010
Master Male 30-39 129 km	Craig Debellefeuille	AB	3:04:44	2010
Master Male 40-49 120 km	Ian J. Scott	ON	3:03:40	2010
Master Male 50-59 90 km	Sylvain Adams	QC	2:27:15	2010
Master Male 60+ 72 km	Peter Kerklaan	AB	1:55:28	2010
Criterium Challenge				
Junior Male 36 km	Philippe Nadon	QC	27 points	2010
Junior Female 36 km	Alison Beveridge	AB	23 points	2010
Elite Female	Leah Kirchmann	MB	0:57:46	2010
Elite Male	David Veilleux	QC	1:13:38	2010
Master Women	Liza Miranda	AB	13 points	2010
Master 30-39 Male 36 km	Craig Debellefeuille	AB	25 points	2010
Master 40-49 Male	Peter Toth	AB	21 points	2010
Master 50 + Male	Stephane Lebeau	QC	30 points	2010



2010 CYCLO-CROSS CHAMPIONS				
Medalists Titled				
	Athlete	Prov	Time	Year
Junior Male	Benjamin Perry	ON	39:12	2010
Elite Female	Wendy Simms	BC	41:08	2010
U23 Male	Evan McNeely	ON	45:33	2010
Elite Male	Chris Sheppard	BC	1:00:52	2010
Master Female 30 +	Julie Lafreniere	QC	37:58	2010
Master Male 30-39	Peter Mogg	ON	40:18	2010
Master Male 40-49	Normon Thibault	BC	41:11	2010
Master Male 50+	Robert Sule	ON	34:37	2010



2010 TRACK CHAMPIONS				
Medalists Titled				
Sprint				
Junior Male	Scott Mulder	BC	11.281	2010
Junior Female	Florence Laplante-Lamarche	ON	12.762	2010
Elite Senior Male	Travis Smith	AB	10.878	2010
Elite Senior Female	Monique Sullivan	AB	12.316	2010
Keirin				
Junior Male	Scott Mulder	BC	11.844	2010
Elite Senior Male	Travis Smith	AB		2010
Time Trial				
Junior Male (1000 metres)	Scott Mulder	BC	1:08.648	2010
Junior Female (500 metres)	N/A			2010
Elite Senior Male (1000 metres)	Travis Smith	AB	1:05.405	2010
Elite Senior Female(500 metres)	Monique Sullivan	AB	36.439	2010
Team Sprint				
Junior Male	Daniel Mckenzie-Picot	ON	51.898	2010
	Kristopher Ovsenek	ON		
	Kyle Rupay	ON		
Elite Senior Male	Travis Smith	AB	48.508	2010
	Joseph Veloce	ON		
	Stéphane Cossette	QC		
Individual Pursuit				
Junior Male (3000 metres)	Alex Cataford	ON	3:36.794	2010
Junior Female (2000 metres)	Allison Beveridge	AB	2:39.653	2010
Elite Senior Male (4000 metres)	Zach Bell	BC	4:45.285	2010
Elite Senior Female(3000 metres)	Tara Whitten	AB	3:46.784	2010
Team Pursuit				
Junior Male	Frédéric Poisson	QC	4:49.879	2010
	Joakim Albert	QC		
	Emile Jean	QC		
	Joakim Albert	QC		
Elite Senior Male	Charly Vives	QC	4:49.870	2010
	Jean-Michel Lachance	QC		
	Stéphane Cossette	QC		
	Rémi Pelletier-Roy	QC		
Elite Senior Female	Tara Whitten	AB	3:43.980	2010
	Stephanie Roorda	BC		
	Laura Brown	BC		



Points Race				
Junior Male (25 km)	Brian Trafford	ON	96 points	2010
Junior Female (14 km)	Allison Beveridge	AB	41 points	2010
Elite Senior Male (40 km)	Zach Bell	BC	74 points	2010
Elite Senior Female (25 km)	Tara Whitten	AB	94 points	2010
Scratch Race				
Junior Female (10 km)	Allison Beveridge	AB	16.17.00	2010
Elite Senior Female (10 km)	Tara Whitten	AB	14.16.547	2010
Madison				
Elite Senior Male (50 km)	N/A			2010
Omnium				
Elite Senior Male	Zach Bell	BC	7 points	2010
Elite Senior Female	Tara Whitten	AB	6 points	2010
Omnium				
U17 Male	Marc Antoine Noel	QC	5 points	2010
U17 Female	Laurence Paquette	QC	8 points	2010
Medalists non-titled				
Keirin				
Junior Female	Allison Beveridge	AB	12.984	2010
Elite Senior Female	Monique Sullivan	AB	13.016	2010
Team Sprint				
Junior Female	Allison Beveridge	AB	38.340	2010
	Florence Laplante-Lamarche	ON		
Elite Senior Female	Tara Whitten	AB	37.467	2010
	Monique Sullivan	AB		
Scratch Race				
Junior Male (10 km)	Frederic Poisson	QC	13:18.000	2010
Elite Senior Male (15 km)	Zach Bell	BC	19.26.469	2010
Madison				
Junior Male	Alex Cataford	ON	16 points	2010
	Jason King	ON		



2010 PARA-CYCLING ROAD CHAMPIONS

Medalists Titled

ITT

Tandem Men	Daniel Chalifour/Alexandre Cloutier	QC	96.21%	2010
C 1-5 Men	Arnold Boldt	SK	93.59%	2010
H 1-4 Men	Mark Ledo	ON	96.12%	2010

ROAD

C1-C3-C4F Men	Arnold Boldt	SK	1 :21 :11	2010
H2 -Men	Rico Morneau	QC	1 :38 :56	2010

Medalists non-titled

ITT

T1-2 Female	Shelley Gauthier	ON	95.91%	2010
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ROAD

Tandem Men	Daniel Chalifour/Alexandre Cloutier	QC	2 :14:08	2010
Tandem Men/Female	Robbi Weldon / Lyne Bessette	QC	2 :14 :22	2010
C4-5 Men	Mark Breton	QC	2 :07 :43	2010
H2-4 – Men	Mark Ledo	ON	1 :28 :59	2010
H1H-H1F-H2F Men	Robert Labbé	QC	0 :58 :42	2010
T1-2 Men	Louis Albert Corriveau Jolin	QC	1 :03 :43	2010

2010 PARA-CYCLING TRACK CHAMPIONS

Medalists Titled

ITT

C1-4 Men	Brayden McDougall	QC	103.41%	2010
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PPURSUIT

Tandem Men	Daniel Chalifour/ Alexandre Cloutier	QC	101.84%	2010
C1-C4 Female	Marie-Claude Molnar	QC	101.42%	2010

Medalists non-titled

ITT

Tandem Men	Daniel Chalifour/ Alexandre Cloutier	QC	100.93%	2010
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200 SPRINT

Tandem Men	Stanley William	BC	11:333	2010
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2010 MOUNTAIN BIKE CHAMPIONS

Medalists Titled

Downhill

U17 Expert Male	Jordan Gosteli	BC	2010
U19 / Junior Expert Male	Remi Gauvin	BC	2010
Senior Elite Female	Micayla Gatto	BC	2010
Senior Elite Male	Andrew Mitchell	BC	2010
Master Expert Male 30-39	Cory Leclerc	BC	2010
Master Expert Male 40-49	Graham Beatty	BC	2010

Cross-Country

U17 Expert Female	Amanda Wakeling	BC	2010
U17 Expert Male	Antoine Perreault	QC	2010
Junior Expert Male	Evan McNeely	ON	2010
Junior Expert Female	Kristina Laforge	QC	2010
U23 Espoir Female	Emily Batty	ON	2010
U23 Espoir Male	Jared Stafford	ON	2010
Senior Elite Female	Catharine Pendrel	BC	2010
Senior Elite Male	Geoff Kabush	BC	2010
Master Expert Female 30-39	Joanne Thompson	QC	2010
Master Expert Male 30-39	Gordon Jewett	AB	2010
Master Expert Female 40+	Loni Klettli	AB	2010
Master Expert Male 40 - 49	Mike Hunter		2010
Master Expert Male 50+	Robert Anderson		2010

Medalists non-titled

Downhill

Junior Female	Kelsey Begg	BC	2010
U17 Female	-	-	-
Master Male 50+	-	-	-
Master Expert Female 30+	Karaleen Westmoreland	BC	2010



2010 BMX CHAMPIONS

Medalists Titled

Junior Elite Female	Sabrina Millman	AB	2010
Junior Elite Male	Connor McCormack	BC	2010
Senior Elite Female	Samantha Cools	AB	2010
Senior Elite Male	James Brown	AB	2010

Medalists non-titled

5-7 yrs Female	Taylor Sabiston		2010
8 yrs Female	Alissa Erdman		2010
9 yrs Female	Zoe Nygaard		
10 yrs Female	Avriana Hebert		2010
11 yrs Female	Cayleigh Van Staalduin		2010
12 Yrs Female	Brianne Vanderkuip		2010
13 yrs Female	-		-
14 yrs female	Daina Tuchscherer		2010
15 yrs female	Rachelle Haight		2010
16 yrs Female	-		-
17+ yrs Female	-		-
5-6 yrs Male	Sebastian Webb		2010
7 yrs Male	Damian Georgyev	AB	2010
8 yrs Male	Ryan Tougas	AB	2010
9 yrs Male	James Hedgcock		2010
10 yrs Male	Kurtis Donovan		2010
11 yrs Male	Kasper Woolley		2010
12 yrs Male	Parker Simson	BC	2010
13 yrs Male	Chase Kelln		2010
14 yrs Male	Kyle Murphy		2010
15 yrs Male	Calvin McRae		2010
16 yrs Male	Colin Hilderbrandt		2010
17-24 yrs Male	Matt McCormack	BC	2010
25-29/30+ yrs Male	Georges Kreuzkamp		2010
13-14 yrs Cruiser Male			
15-16 / 17-29 yrs Cruiser Male			
30-34 / 35-39 yrs Cruiser Male			
40-44 / 45+ yrs Cruiser Male			
15-16/ 17-29 / 30-34 /35-39 / 40-44 Crusier Female			
Junior /Senior Elite Cruiser Male			
Junior / Senior Elite Cruiser Female			



