



# Cycling

(as of August 21, 2018)

## Wednesday, August 22

### Time trials

8:00 Beach house open

8:15 Set up registration, volunteer checkin, and food services

9:00 Athletes register

9:15 Volunteer meeting

9:30 Court marshal dispatch

9:45 Riders meeting

10:00 Time trials start Competitive (20Km)

3 Men 55+

5 Women 55+

6 Men 65+

2 Women 65+ -

6 Men 70+

1 Women 70+

11:00 Time trials start Recreation (10Km)

1 Men 55+

2 Women 55+

5 Men 65+

1 Women 65+

5 Men 70+

3 Women 70+

12:00 Medal Ceremony

Schedules are subject to change. In some cases, divisions were collapsed due to registrations to allow for more enjoyable competition. For updates, visit us online at <http://canada55plussj.ca/> or follow us on Facebook "2018SJ55+"



# Cycling

(as of August 16, 2018)

## Thursday, August 23 Road Race

8:00 Beach house open

8:15 Set up registration, volunteer checkin, and food services

9:00 Athletes register

9:15 Volunteer meeting

9:30 Court marshal dispatch

9:45 Riders meeting

10:00 Road Race start Competitive (60Km) three (3) laps except 70+ Women will do two (2) laps (40Km)

3 Men 55+

5 Women 55+

6 Men 65+

2 Women 65+ -

6 Men 70+

1 Women 70+

\* Road Race start Recreation (20Km)

1 Men 55+

2 Women 55+

5 Men 65+

1 Women 65+

5 Men 70+

3 Women 70+

\* All Categories will have a staggered 1 minute start to be decided on the day

1:30 Medal Ceremony

Schedules are subject to change. In some cases, divisions were collapsed due to registrations to allow for more enjoyable competition. For updates, visit us online at <http://canada55plussj.ca/> or follow us on Facebook "2018SJ55+"

## CYCLING RULES

CSGA Rulebook Updated August 2015 97

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES / EVENTS: AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Recreational - Women & Men	6 (3 male, 3 female)
65+	Recreational - Women & Men	6 (3 male, 3 female)
70+	Recreational - Women & Men	6 (3 male, 3 female)
55+	Competitive – Women & Men	6 (3 male, 3 female)
65+	Competitive – Women & Men	6 (3 male, 3 female)
70+	Competitive – Women & Men	6 (3 male, 3 female)
<b>TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 36</b>		

### EVENTS:

#### Recreational Cycling:

1. Time trial -distance 10 km-all age groups.
2. Road race distance 20km-all age groups -EXCEPT-Women 70+-is 15 km.
3. Cyclists may compete in one or both of the recreational events, but may not compete in the competitive cycling events.

#### Competitive Cycling:

1. Time trial – distance 40 km – all age groups
2. Road race distance 60 km – all age groups – EXCEPT – Women 70+ is 50 km.
3. Competitive cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

NOTE: All cyclists are to wear helmets.

All Cycling Time Trial events are to start at one-minute intervals.

All Cycling events should be held on a Loop, or a straight "There and Back"