

Southern Alberta Summer Games

CYCLING

Draft Date: May 1, 2019



Date: Thursday, July 4th and Friday, July 5th, 2019

Time:

Thursday (Road Race)

- 12 and under warmup at 5:00 PM; 6:00 PM start
- 13 and over warmup at 6:00 PM; 7:00 PM start

Friday (Relays and Time Trials – ALL RELAYS are prior to time trials)

- 12 and under warmup at 5:00 PM; 6:00 PM start
- 13 and over warmup at 6:00 PM; 7:00 PM start

Location:

TBD

Age Groups and Events:

All ages as of December 31st of the current year.

Road Race (Thursday, July 4)

12 and Under

Boys/Girls under 8 yrs	2 km
Boys/Girls 8-10 yrs	6 km
Boys/Girls 11-12 yrs	8 km

13 and Over

Cadet Boys/Girls 13-14 yrs	19 km
Junior Boys/Girls 15-17 yrs	19 km
Senior Men/Women 18-34 yrs	19 km
Veteran Men/Women 35-49	19 km
Masters Men/Women 50+	19 km

Time Trials (Friday, July 5)

12 and Under

Boys/Girls under 8 years	2 km
Boys/Girls 8-10 years	4 km
Boys/Girls 11-12 years	6 km

13 and Over

Cadet Boys/Girls 13-14	10km
Junior Boys/Girls 15-17	10 km
Senior Men/Women 18-34	10 km
Veteran Men/Women 35-49	10 km
Masters Men/Women 50+	10 km

Relays – 4 km (Friday, July 6)

(4 participants X 1 km each)

Co-Ed	10 years and under
Co-Ed	11-17 years
Men	18 years and older
Women	18 years and older
Senior Mixed	35 years and older (2 men & 2 women)
Family Relay	The relay is run as a family relay and there must be at least one parent and two immediate family members on the team. Each team may “adopt”

1 extra family member under the age of 18 years to complete the team.

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Regional Representation:

Open – no limit to participation from any region.

Rules and Regulations:

1. Competitors are entitled to enter both the Road Race and Time Trials.
2. Each competitor's name cannot be entered in more than the 5 allowed events on the official registration form as either a regular or alternate competitor.
3. It is required that each competitor wear a safety approved bicycle helmet (Snell, ANSI or CSA approved). Competitors must wear proper clothing (shirt and shoes with pants or shorts). Long pants must be taped to as not to catch the chain.
4. **Helmets are mandatory and must be strapped on.**
5. Toe clips or clipless pedals are suggested. Touring levers on brakes will not be allowed.
6. All bicycles must be in sound mechanical condition, no mechanics will be provided on site. In particular, bikes must have:
 - No loose parts
 - No frayed brake cables
 - Proper brake operation
 - Proper tire pressure
7. No training wheels will be allowed
8. If necessary, starting position will be determined by a draw.
9. All participants must be present 30 minutes prior to the event start time indicated on the schedule. Anyone late or not present for their event will be eliminated by default.
10. The Southern Alberta Summer Games has a Zero Tolerance Harassment Policy. If a competitor, parent or spectator is abusive in any way to officials, co-competitors or volunteers they will be immediately ejected from the competition.
11. Every athlete must be able to produce appropriate identification at all times.
12. In team relay races, should a tie occur each team must select a person from their team to ride a one-on-one 0.5 km tie-breaker.
13. In Relays and Time Trials, riders may have an assistant to hold them up for the start.
14. Aero bars cannot be used during the road race.
15. Once the riders have started their sprint to the finish line, they must remain riding in a straight line.
16. Age categories will be combined if registration numbers are low.

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Registration Deadline:



Registration Deadline as designated by your Regional Director

All registrations are done through your Regional Director, who will determine the Regional Deadline. The registration fee must also be submitted to your Regional Director. ***Signed consent forms must accompany the waivers.***

No late registrations will be accepted.

Events will be cancelled if there are one or less individuals or teams registered. Should any event be cancelled due to lack of registrations, the athletes being affected by the cancellation will be given an opportunity to re-register in another suitable category provided that event is scheduled to run.