

Southern Alberta Summer Games



MOUNTAIN BIKING

Draft Date: April 24th, 2024

Date:

Saturday, July 6th, 2024

Time:

Check In: 9:00am (open course practice)

Start Time: 10:15am

*event schedules to be released after registration closes, specific times for each age group will be on the tournament schedule

Location:

Owl's Nest Campground, 505 20th Ave, Coaldale

Regional Representation:

Open – no limit to participation from any region.

Format:

Time Trial Race

*see race map (race route may change prior to event day)

- First half of the day will be the 10-12 & 13-15 age groups
- Afternoon will be the 16-18 age group
- The 1st hour of the tournament day will be allocated to open course practice runs
- Amount of time trial runs per rider will depend on the number of registrants. High registration numbers, will necessitate less recorded runs per rider.

Events and Age Groups:

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

All age categories are separated into Male and Female groups

10-12 years old

13-15 years old

16-18 years old

Rules and Regulations:

1. To compete in the mountain biking tournament, all riders MUST be able to ride their bicycle without assistance.
2. All riders must have confident control of bike braking.
3. If a rider is deemed to not have adequate bike handling skills for the course, they may be subject to removal from the event. This is at the discretion of the event organizers, and their decision is final.
4. It is required that each competitor wear a safety approved bicycle helmet (Snell, ANSI, or CSA approved) that is under 5 years old and undamaged.
5. Helmets are mandatory and must be strapped on.



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6. Competitors must wear proper clothing. Shoes must be close-toed. Long/baggy pants must be taped to as not to catch the chain.
7. Clipless or flat pedals are allowed.
8. No road bikes permitted, mountain bikes only.
9. 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
10. No training wheels will be allowed.
11. All riders will be subject to a bike check. If a bike is deemed not safe for the course, the rider will be removed from the competition. This is at the discretion of the event organizers, and their decision is final.
12. 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.
13. 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.
14. Every athlete must be able to produce appropriate identification at all times.
15. Riders may have an assistant to hold them up for the start.
16. Age/sex categories will be combined if registration numbers are low.
17. All riders must cross start and finish line in order to have a recorded time.
18. Only two riders on the course at a time.
19. In the event of a tie, each tied rider will complete a tie-breaking run.

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 three or less individuals 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.