

SUNDAY, MAY 19TH, 2019



Sanctioned by the
Ontario Cycling Association

FLAMBORO SPEEDWAY

MAYHEM IN MAY
OCA YOUTH ROAD RACE #2

POWERED BY

KW CYCLING
ACADEMY

GENERAL INFORMATION

KW Cycling Academy presents youth racing at Flamboro Speedway. Flamboro Speedway is centrally located, Hamilton – Toronto – Kitchener/Waterloo just off of Hwy 6 (between Hwy 401 & 403). The youth racers, families & teams will use the infield of the 1/3 mile facility. Infield access by car is available before the first race or between races. Entrance to the infield by foot from the parking area will allow easy access to the infield during the day of racing.

Flamboro Speedway is a flat and smooth facility with many areas to watch the racing action.

This is a closed course. The track is a 40+ feet (4 + car lanes) wide loop ideal for bicycle racing.

- All riders will start on the back stretch start/finish line.
- The turns are gradual and safe. There is no elevation change.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing.

YOUTH CUP ROAD RACE(430M PER LAP)

- Road race will run counter-clockwise.
- Race clock will be replaced with 'laps to go' at the Commissaries' discretion.
- All riders will finish on the same lap.
- The winner of the race will be determined by the final sprint.
- Lapped riders will be allowed to remain in the race so long as they do not lead (pull) any group and do not contest the final sprint.

YOUTH CUP SPRINT TOURNAMENT

- Riders will be placed in groups of six riders for each category. The top two riders from each heat will move on to the finals.
- Each heat will consist of 250m sprint for the line.

REGISTRATION INFORMATION

- Online registration is available at www.ontariocycling.org closes Friday, May 17th at 12pm.
- This event is PRE-REGISTRATION ONLY. There will be no day-of registration.
- Sign in for pre-registered riders will be available up to 30 minutes before each race.
- All riders must sign in at registration with their license to receive race number and race package.
- Cost \$35.00 + HST and CCN fees.
- Riders must have either a UCI License or an OCA Citizen Permit.
- Licenses may be purchased through the OCA [here](#)

RACE DAY 'OUTLINE'

7:30 am	Infield Opens (Set up)
8:00 am	Sign-In (Number Pick-up)
9:00 am	Category 'E' Road Race
9:40 am	Category 'D' Road Race
10:40 am	Category 'E' Sprint Tournament
10:45 am	Category 'D' Sprint Tournament
11:15 am	Category 'C' Road Race
11:20 am	Early Podiums
12:10 pm	Category 'B' Road Race
1:10 pm	Category 'A' Road Race
2:30 pm	Category 'C' Sprint Tournament
2:35 pm	Category 'B' Sprint Tournament
2:40 pm	Category 'A' Sprint Tournament
2:45 pm	Late Podiums

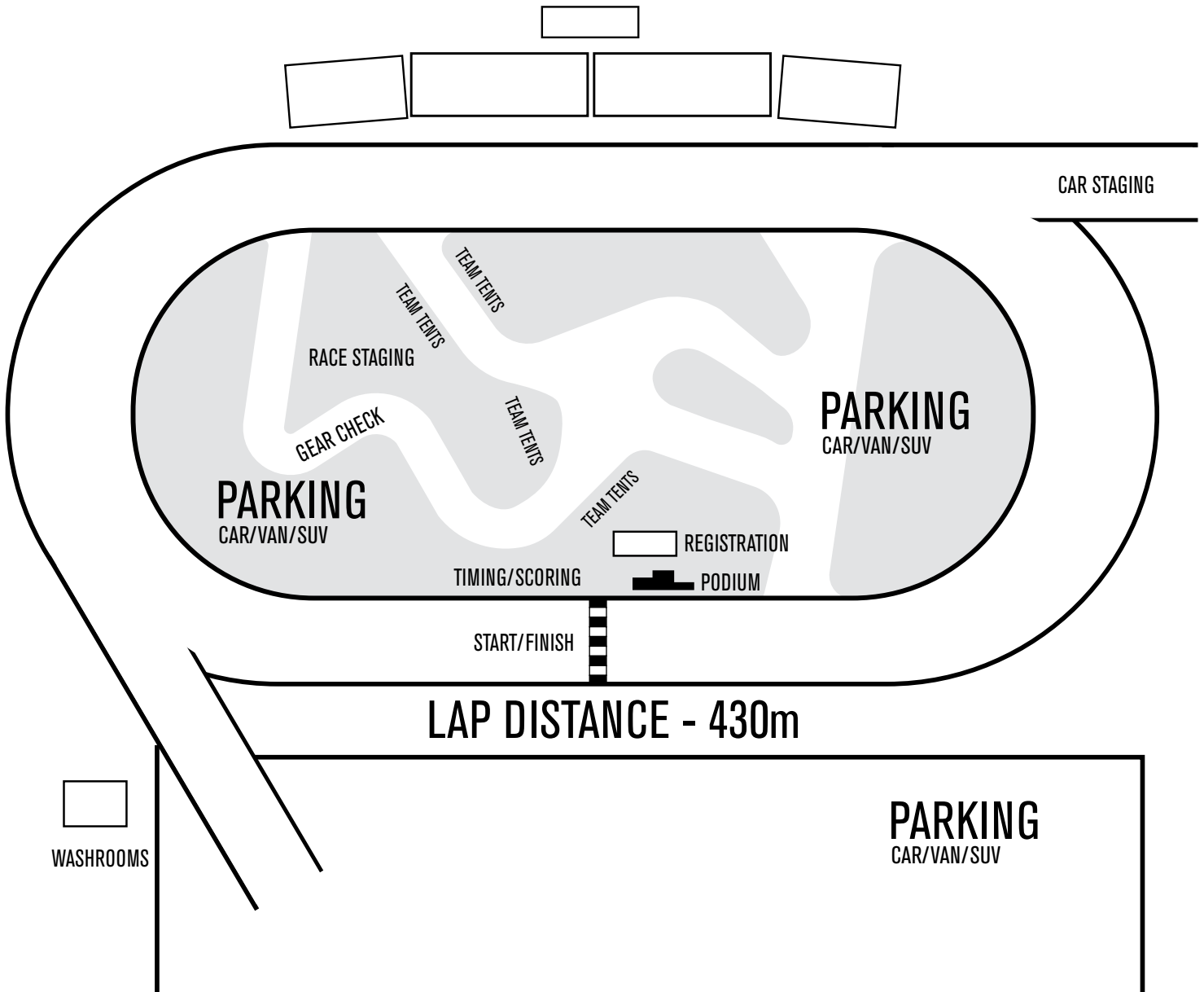
SCHEDULE

CATEGORY	ROLLOUT	SUGGESTED SEEDING	ROAD DISTANCE	ROAD RACE START TIME	SPRINT TOURNAMENT START TIME
E Grade	7.12M	U11 & U13 athletes who consistently finished in the 2018 Youth Cup Series Newer athletes – U13, U11	30 Minutes +1 Lap	9:00am	10:40am
D Grade	7.12M	U13 finishing in the pack, U11 - top 5 in the 2018 Youth Cup Series New U15 riders	40 Minutes +1 Lap	9:40am	10:45am
C Grade	7.12M	U17 Female - finishing in the pack U15 Female - top 5 in the 2018 Youth Cup Series U15 Male - finishing in the pack U13 Male - top 5 in the 2018 Youth Cup Series New U17 riders	45 Minutes +1 Lap	11:15am	2:30pm
B Grade	7.12M	U19 Female - top 5 in the 2018 Youth Cup Series U 19 Female - mid pack in the 2018 Ontario Cup Series U17 Female - top 5 in the 2018 Youth Cup Series U17 Male - finishing in the pack U15 Male - top 5 in the 2018 Youth Cup Series New U19 riders	50 Minutes +1 Lap	12:10pm	2:35pm
A Grade	7.12M	U19 Female - top 5 in the 2018 Ontario Cup Series U19 Male - finishing in the 2018 Ontario Cup Series U17 Male - top 5 in the 2018 Youth Cup Series	60 Minutes +1 Lap	1:10pm	2:40pm

COURSE MAP

FLAMBORO SPEEDWAY

GRANDSTANDS



LAP DISTANCE - 430m

GENERAL EVENT RULES AND REGULATIONS

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CC & OCA rules are available on-line at:
<http://www.ontariocycling.org/commissaires/commissaires-rules/>
- The penalty scale of the OCA rulebook will be applicable.
- Sign In & Number pickup closes 30 minutes before the start of each race.
- Warming up on the course is not permitted (Infield Only).
- Any riders from out of province/country are required to have a 2019 International UCI licence to participate.
- An OCA representative will be present at the race to assist with rider licensing issues. Licenses must be purchased in advance. Licence processing and issuing takes between 2-3 weeks. Please order your license ahead of the event, May 1st 2019. **Purchase receipt will not be accepted as a valid license.**
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- There will not be any team vehicles permitted on the course during the event.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the LEFT side of the track and hold a straight line.
- Awards will be presented according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.

ONTARIO CYCLING ASSOCIATION LIGHTNING POLICY (V1) 2016

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. The Ontario Cycling Association highly recommends that each event have a daily weather update posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present. If thunder and lightning occur once activities have started, utilize the "flash-to-bang" method for determining the distance of lightning. Count the number of seconds between seeing the lightning and hearing the clap of thunder. If the time between "flash to bang" is 30 seconds or less it is time stop the event and seek shelter. A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. The formula is roughly the time between "flash to bang" divided by 3 equals the distance away in KM. For example if the time from flash to bang is 30 seconds then the storm is 10 km away. For example $30 \text{ seconds} / 3 = 10\text{km}$.

The storm's distance and your location will determine when there is a need for evacuation to a safe shelter. A safe shelter is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter.

Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. Avoid close contact with others by maintaining a distance of 15-20 feet.

Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, **INCLUDING WALKING OUTSIDE OF YOUR SHELTER**

The Chief Commissaire in consultation with his partners will be responsible for making decision regarding the stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns.

SPECIFIC COURSE RULES

- Access to the track is permitted up until 5 minutes before the start of each race. **No vehicles crossing the track while racing is going on.** Foot traffic to the infield is allowed, use caution when crossing.
- As this is a criterium race, riders will be given free laps for mishaps (e.g. crashes, punctures and being held up behind a crash). Riders must stop at the wheel pit.

Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering recognized mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there are 5 laps left in the race from the perspective of the race leader. No more free laps will be given after this point.
- The Wheel Pit is located near the Start/Finish.
- There is no outside feeding allowed in this race.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there is less than 5km left in the race from the perspective of the race leader, the overtaking riders may be sprinted separately from the field. Instructions on this process will be given by the Commissaires.

EQUIPMENT

- The wearing of an approved helmet is mandatory while riding your bicycle.
- Cycling gloves are strongly recommended.
- The participants are encouraged to ride on a road-racing bicycle however other suitable bicycles may be utilized.
- Aero bars, time trial bikes, or other “aero” equipment are not permitted.
- Disc wheels are not permitted.
- Disc brakes are permitted in all road races within Ontario.
- All equipment must be in good repair, have adequate tires, and operating brakes.
- Warm-up ideally to be completed on trainers.
- Racers be careful during staging and warm-up.
- Traffic will be restricted; gate marshals may be on site.
Cars may cross between races.

PODIUM PROTOCOL

Ontario Youth Cup Series:

- Podium awards the top 3 finishers in all categories.
- Participants do not have to complete both events to be eligible for awards.

Top-3 finishers are required to attend award presentations or they may be assessed a penalty. Riders must wear their competition uniforms for the presentation. Hats and sunglasses are not allowed on the podium.

DIRECTIONS TO FLAMBORO SPEEDWAY, Sunday, May 19th, 2019

GPS: 873 5th Concession Rd W, Millgrove, ON L0R 1V0

From London/Kitchener:

Take Hwy 401 eastbound to Hwy 6 south bound.
Turn right on 5th Concession (at Millgrove).
Flamboro Speedway is approximately 5 km up on your right.

From St Catherines/Buffalo :

Take QEW to Hwy 403 (Hamilton) to Hwy 6 north bound.
Turn Left on 5th Concession (at Millgrove).
Flamboro Speedway is approximately 5 km up on your right.

From Ottawa/North Toronto:

Take Hwy 401 westbound to Hwy 6 south bound.
Turn right on 5th Concession (at Millgrove).
Flamboro Speedway is approximately 5 km up on your right.

From Ottawa/Downtown Toronto:

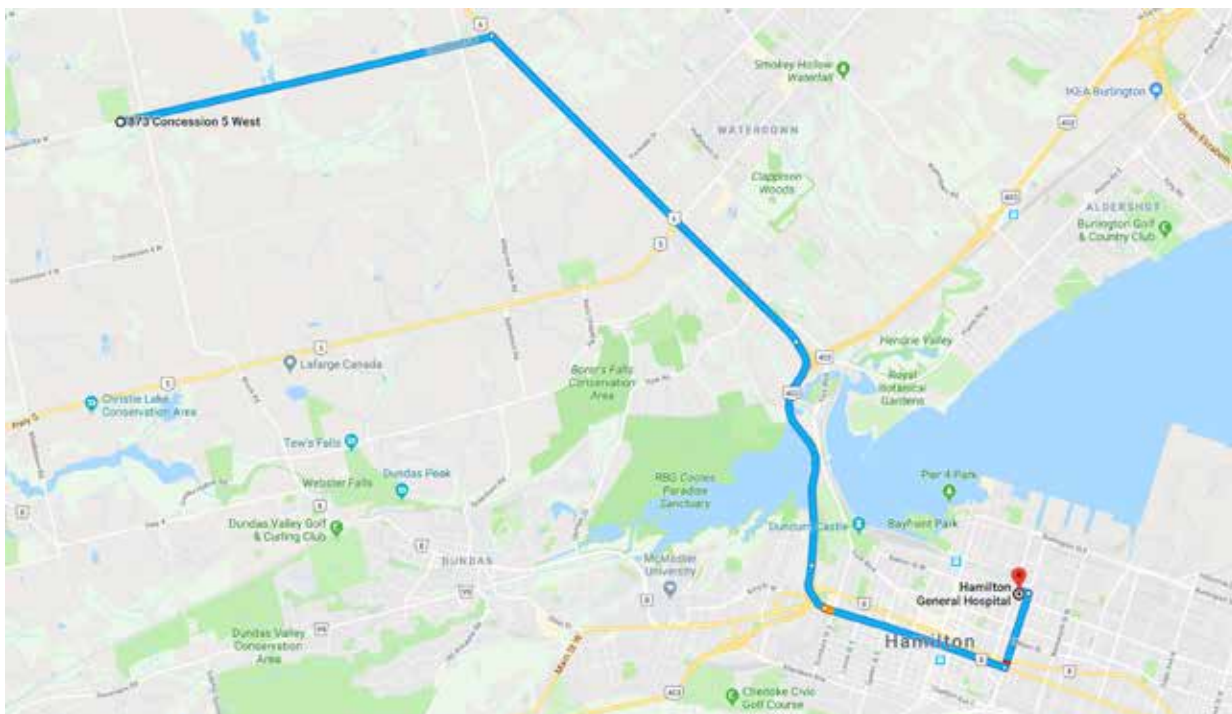
Take QEW westbound to Hwy 403 (Hamilton) to Hwy 6 north bound.
Turn Left on 5th Concession (at Millgrove).
Flamboro Speedway is approximately 5 km up on your right.

EMERGENCY SERVICES:

There will be medical personnel onsite at Flamboro Speedway near the registration table. They will have radios should they need to leave their tent to attend to an injured rider or to obtain additional assistance (ie additional supplies, ambulance etc...)

HOSPITALS:

Hamilton General Hospital is located at 237 Barton St E, Hamilton, ON L8L 2X2 and is approximately a 20 minute drive from Flamboro Speedway.



Joseph Brant Hospital is located at 1245 Lakeshore Rd, Burlington, ON L7S 0A2 and is approximately a 22 minute drive from Flamboro Speedway.

