

2018 BC Youth Superweek Technical Guide



<https://escapevelocity.bc.ca/youthsuperweek>

Race officials:

Youth Week - Chief Commissaire	Heather Kay
Youth Week - Registration	Heidi Ufalufsi
Youth Week - Coordination	Brian Storey

Race distances:

Riders will race for approximately 25 minutes (20 minutes plus 3 laps) except in the July 15th Tour de White Rock Road Race where they will race for either 25, 35, or 45 minutes depending on their ability category.

Events:

Event	Registration opens	Race start	
Tour de Delta p/b Beedie - (Crit) Saturday July 7th, 2018.	1530	1630	20min + 3 laps
New West Grand Prix - (Crit) Tuesday July 10th, 2018.	1630	1730	20min + 3 laps
Global Relay Gastown Grand Prix - (Crit) Wednesday July 11th, 2018	1630	1730	20min + 3 laps
Appia presents Giro di Burnaby - (Crit) Thursday July 12th, 2018.	1630	1730	20min + 3 laps
PoCo Grand Prix p/b Dominion Kending Centres - (Crit) Friday July 13th, 2018.	1800	1900	20min + 3 laps
Tour de White Rock - (Crit) Saturday July 14th	1500	1600	20min +3 laps
Tour de White Rock - (Road Race) Sunday July 15th, 2018 - See ability descriptions at bottom of race guide	800	900	45min

Race locations:

Please refer to the BC SuperWeek website for race locations: <http://www.bcsuperweek.ca>

Race format:

All races are singles start with boys and girls competing in one race, but scored separately. Officials will endeavour not to pull riders from the race unless there are safety concerns or race fairness concerns.

Registration:

Registration is open to all riders, however, given the anticipated level of competition and speed of the events, it is recommended that participants have some racing experience. Field size will be limited to 60 riders total (boys and girls).

Competition is open to:

- Girls born in 2002, 2003, 2004 and 2005
- Boys born in 2003, 2004, and 2005

For those riders that do not have a valid Cycling BC or UCI racing license you will be required to purchase a one-day permit and have it completed and signed (by a parent or legal guardian) for **each** of the races that you will be competing in. The cost of the permit is \$5.00 for Canadian riders and \$12 for out of country riders. The fee can be paid in cash when signing in at the event. Please note the form has a section that must be filled out for foreign riders.

There will be paper forms available at sign on. A pdf of the form is available [here](#) should you wish to complete it before the races.

Any unlicensed rider that doesn't have a signed completed form at sign on will not be permitted to race.

Chips and numbers:

- Riders with Escape Velocity Timing chips can reuse them from other races.
- Timing chips will be given once as part of registration and replaced for a fee if lost
- Numbers will be issued once and used for all races.

Equipment and roll out:

A road bike or cross bike with road tires is required. Bikes must be in good working order. Any rider with a bike that is deemed by race officials to be unsafe (for example non-functional brakes), will not be allowed to participate. No aero bars, 16 spoke wheel minimum, 40mm max rim depth (no carbon wheels), roll out (7.93 meters, 52×14). Disc brakes are allowed.

Roll-out will occur at registration and top three may be asked to roll-out post race.

Cost:

The entry fee is \$50 for all races in the series regardless of how many races you attend.

Prizing:

For all events the organizers will endeavour to have merchandise prizes for the top 3 boys and top 3 girls in each category. Primes (mid-race sprints) will also be announced with a bell during the race. It is critical that all riders finishing in the top 3 present themselves at start/finish area immediately after their race is finished for awards.

Warming up on course: Please take care and follow the instructions of race officials before warming up on course. For some events, such as Gastown and Burnaby warming up on course may not be possible.

Parking: Riders and parents may **not** park their vehicles in the "Team" parking areas at BC Superweek Events. For some events such as Gastown, UBC, and Poco it may be easier because of congestion and/or limited pay parking, to park a distance away from the race site and ride to the event and/or use public transportation. **Please keep in mind that congestion is significant at Gastown. Plan on getting to the race site early!**

Free laps and wheel pit: For all races there will be a pit that is "wheels in/wheels out," meaning a rider or team must supply their own wheels to the pit. Label your wheels if you are staying in the pit. Since space is limited in the pit area, clubs with several riders racing should endeavour to have a couple sets of club spares in the pit to cover their riders in order reduce clutter. There will be no free laps for a recognized mechanical or crash once the lap board begins to count down laps at 3 laps to go.

Road race ability race special instructions:

Group A: Riders can expect to race at an average speed up to 35 km/h, in tight pack conditions for 35+ minutes.

Group B: Riders in group B can expect to race at an average speed of 27-30+ km/h and demonstrate previous race and pack experience. The B race will be approximately 25-30 minutes.

Group C: This is a "coached race" for novice riders new to racing and still developing their strength and skills. The Group C race will be roughly 20 minutes in length.