

TECHNICAL GUIDE

2025



PROVINCIAL CHAMPIONSHIPS

ROAD

ELITE – MASTERS – JUNIOR – CADET

Organized by



Victoria, BC -

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WELCOME REMARKS

The District of North Saanich, the District of Metchosin, the Town of Sidney, and the organizing committee wish to welcome all participants to the 2025 BC Road Cycling Championships, which will be held from May 30 to June 1, 2025.

This exciting weekend of cycling action includes the Provincial Time Trial Championships at Victoria International Airport, the Provincial Road Race Championships in Metchosin, and the Provincial Criterium Championships in downtown Sidney. These events are possible thanks to our volunteers, our partners and sponsors, and your athletic commitment to the sport of cycling.

Since 1994, the Victoria Cycling League (VCL) Racing Society has served as a platform for grassroots bicycle racing in the Greater Victoria Region. Between April and August annually, we offer various competition cycling formats, including road races, criteriums, time trials, hill climbs, and velodrome track racing. This year marks a new start for our organization. We recently achieved non-profit status and aim to bring together our community's many clubs and teams to create sustainable racing opportunities.

On behalf of the events' sponsors, communities, and volunteers who significantly contribute to them, we welcome you to the Provincial Championships and wish you every success at this year's event.

Sincerely,

Jon Watkin

President of the Victoria Cycling League (VCL) Racing Society

OVERVIEW

Dates	Friday, May 30th, 2025 - Sunday, June 1st, 2025
LOCATIONS	<p>Time Trial Championships - Friday, May 30th, 2025, from 5:00 pm to 8:00 pm</p> <ul style="list-style-type: none"> • Victoria International Airport (Overflow Parking Lot) • 1640 Electra Blvd, North Saanich, BC V8L 5V4, Canada • View driving directions from Swartz Bay Ferry Terminal: View <p>Road Race Championships - Saturday, May 31st, 2025, from 8:30 am to 2:00 pm</p> <ul style="list-style-type: none"> • Hans Helgesen Elementary, Metchosin • 4983 Rocky Point Rd, Victoria, BC V9C 4G4, Canada • View driving directions from Swartz Bay Ferry Terminal: View <p>Criterium Championships - Sunday, June 1st, 2025, from 8:00 am to 4:00 pm</p> <ul style="list-style-type: none"> • Corner of Beacon and 4th Avenue, Sidney, BC • 2423 Beacon Ave, Sidney, BC V8L 1X5, Canada • View driving directions from Swartz Bay Ferry Terminal: View

ORGANIZER

AFFILIATE	Victoria Cycling League (VCL) Racing Society
ADDRESS	14-759 Sanctuary Court Victoria BC V8X 5L6
CONTACT	Jon Watkin
EMAIL	info@vicgoriacyclingleague.com
WEBSITE	https://www.victoriacyclingleague.com/bc-road-champs

GOVERNING BODY

PSO	Cycling British Columbia
ADDRESS	PO Box 44001 RPO Kensington SQ, Burnaby, V5B 4Y2
CONTACT	CJ Young
EMAIL	cj@cyclingbc.net
PHONE	604-737-3034
WEBSITE	www.cyclingbc.net
FACEBOOK	https://www.facebook.com/cyclingbc/
INSTAGRAM	https://www.instagram.com/cyclingbc/
TWITTER	https://twitter.com/cyclingbc/

1. SPECIFIC REGULATIONS

- 1.1. The Provincial Championships are an AA-level sanctioned event. Therefore, UCI regulations are in effect for all championship categories. It is the athlete's responsibility to know the rules.
- 1.2. The Provincial Championships will occur on the scheduled date and time. Regardless of unforeseen delays or prolonged stoppages, the Championships will not extend past Sunday, June 1st, 2025; however, the racing format may be modified at the discretion of the President of the Commissaire Panel (PCP) and Technical Delegate.
- 1.3. Equipment regulations for all championship categories will be enforced, per UCI rules and CC's Companion Guide. **Exceptions include junior gearing (not enforced), and carbon wheels are permitted (correction for version 3).** Athletes must always have their hands on the handlebars while riding and racing. Athletes must compete in the clothing of their affiliated club/team, as per their license, or wear non-branded neutral clothing. Support staff are expected to wear club/team clothing in the road race feed zone. Support staff are expected to hold an active UCI technical license matching their associated role.
- 1.4. All athletes must wear a helmet that satisfies all [Canadian Standards Association \(CSA\)](#) or equivalent requirements. [Helmets are mandatory at all times in British Columbia.](#) Commissaires and organizers accept no responsibility for the conditions of the competitors' bicycles before, during and after each event. Bikes and equipment are required to comply with UCI and Cycling Canada regulations.
- 1.5. All athletes lapped or in danger of being lapped by the lead group may be eliminated at the discretion of the PCP. Once eliminated, athletes must withdraw from the race immediately; failure to withdraw immediately will result in disciplinary action.
- 1.6. All athletes must obey the rules of the road. Athletes must give way to Emergency Vehicles and, if required to do so, neutralize the race on their own, i.e., without instructions from an official.
- 1.7. Single-Event Licenses are only valid for the non-championship OPEN YOUTH categories.
- 1.8. All participants must enter their AGE class as shown on their 2025 license (age on Dec 31st, 2025).
- 1.9. **Temporary age upgrades are PERMITTED. However, we recommended athletes compete in their designated age category for safety, sporting spirit, government reporting, performance selections, and historical continuity. Please apply at cyclingbc.net/upgrade-request no later than 30 days before the event. We recommend that most young riders participate in the OPEN YOUTH events.**
- 1.10. **Eligibility to Race:** Per Cycling Canada's 2025 companion guide (1.2.028 N), this competition is open to Canadian citizens, permanent residents, landed immigrants, and individuals with refugee status in all categories, including UCI categories.
 - 1.10.1.1. Proof of citizenship status (passport, permanent resident card, landed immigrant status, or refugee status papers), including UCI categories, may be required.

- 1.10.2. BC residents must hold an active Cycling BC membership (Provincial Race or UCI Race license) and have a ROAD designation to participate in a CHAMPIONSHIP category.
- 1.11. Eligibility to Win: Only BC residents with the necessary membership/license can win a BC Provincial Championship title and medals.
 - 1.11.1. Two podium presentations will occur if a non-BC resident (i.e., Albertan) places among the top three overall finishers in their race category. The first presentation will celebrate the race's finish order, and the second will commemorate the Provincial Championship.
 - 1.11.2. Provincial Championship titles, jerseys, and medals will be awarded regardless of the number of athletes in the category.
- 1.12. If an athlete wins multiple championships, only ONE jersey is awarded. If the jersey provided during the awards ceremony is the wrong size, Cycling BC staff will follow up afterward. If an athlete wins multiple medals, only a maximum of one gold, one silver, and one bronze medal will be awarded.
- 1.13. All protests concerning the finish order shall be examined and resolved by the PCP, whose decision is final and without appeal. Protests must be made verbally or in writing to the PCP no later than 15 minutes after the unofficial results are posted. There is no required deposit or payment to launch a protest. Final decisions will be announced soon, so podium ceremonies may proceed.
- 1.14. All athletes finishing on the podium must attend the award ceremonies and wear their affiliated club/team cycling clothing. Failure to attend may result in a fine and loss of prize money. Athletes who cannot participate in the ceremony must advise the PCP or the Technical Delegate with a valid reason (travel or "catching a ferry" is not a valid reason). As per UCI rule 1.2.113, riders shall appear on the podium in competition clothing (i.e., no political messaging). Failure to do so will result in a fine and loss of the award (including prize money) according to UCI rule 2.12.007.1.4.
- 1.15. Official race results will be released after the Finish Judge signs them and distributes them at the event check-in area. They will also be posted on the race's official website in the following days.
- 1.16. It is against the law to urinate in public in British Columbia. If doing so, you may be cited by local law enforcement. Please also obey all traffic laws, speed limits, and law enforcement directions. Cycling BC Commissaires may enforce these rules concerning athletes and team staff, even if there is no citation by local law enforcement.
- 1.17. All athletes must use the supplied frame number plate and body numbers, without modification (e.g., cutting, folding). One body number must be worn in the Time Trial, and two body numbers and a frame number must be worn during the Road Race and Criterium.
- 1.18. Where it is deemed that the image or reputation of the event organization may be blemished, notably concerning anti-doping measures and the behaviour of any team member (management or athlete), the organizer reserves the right to exclude the athlete(s) or team member(S) involved at any time during the race.

2. REGISTRATION

REGISTRATION LINK	DEADLINE
TIME TRIAL CHAMPIONSHIP - CLICK HERE TO REGISTER	Wednesday, May 28th, 2025 @ 11:30 pm
RACE RACE CHAMPIONSHIP - CLICK HERE TO REGISTER	Thursday, May 29th, 2025 @ 11:30 pm
CRITERIUM CHAMPIONSHIP - CLICK HERE TO REGISTER	Friday, May 30th, 2025 @ 11:30 pm

- There will be no late registrations. No exceptions. There is no day-of registration.
- Registration fees are non-refundable once registration is closed.
- All athletes must SIGN-ON for each race on the day of the competition at the check-in tent (except TT).
- Athletes can register for the whole weekend ([LINK](#)). However, category descriptions are hidden.

3. RACE NUMBERS PICK-UP SCHEDULE

DATE	LOCATION
Friday, May 30th, 2025	Victoria International Airport Overflow Parking, 3:00 pm - 6:00 pm
Saturday, May 31st, 2025	Hans Helgesen Elementary School, 6:00 am - 11:30 am
Sunday, June 1st, 2025	Corner of Beacon and 4th Avenue, 8:00 am - 2:00 pm

Riders must pick up their numbers and/or **sign on** during these times.
Sign-on opens 70 minutes before the race start and closes 10 minutes before the race start.

Per UCI Rules, riders not signing in will be subject to a CHF 50 fine.

Trade Team managers can pick up race numbers by presenting their rider's UCI license; however, athletes must sign on at the check-in tent before competing each day (road race & criterium).

4. ANTI-DOPING

Athletes participating in the 2025 Provincial Road Championships who require the use of a medication included on the Prohibited List must apply for a Therapeutic Use Exemption (TUE) before participating in the event. CCES may conduct doping control. When athletes selected for testing cross the finish line, a chaperone will meet them. The location of the doping control station will be identified.

5. MEDIA REQUESTS

All media requests can go directly to the organizer.

All photographers and videographers hired by the event must wear a media credential, and in some instances, an official vest, to avoid confusion with on-site staff. Approved photo credentials may be picked up by contacting the Event Organizer.

6. MEDICAL

First aid will be available during all competitions. The medical team will treat athletes, staff, officials, and volunteers in the dedicated medical areas near the race start/finish.

Before the event, a medical support vehicle and staff will be available in the staging area at the start, approximately one hour before the race start each day.

During and after the event, a medical services tent will be located adjacent to the finish line each day to treat athletes immediately after the race.

The medical staff is led by a medical doctor, Bonnie Lunn

In case of further treatment, please visit any of these local hospitals nearest the competition venue.

Victoria General Hospital	Royal Jubilee Hospital	Saanich Peninsula Hospital
1 Hospital Way Victoria, BC (250) 727-4212	1952 Bay St Victoria, BC (250) 370-8000	2166 Mt Newton X Rd, Saanichton, BC V8M 2B2

FOR EMERGENCIES, DIAL 911 ON YOUR PHONE

7. EVENT OFFICIALS

POSITION	ASSIGNED BY	NAME
Technical Delegate	Cycling BC	CJ Young (Cycling BC)
President of the Commissaires Panel (PCP)	Cycling BC	Isaac LeBlanc (BC)
Finish Judge	Cycling BC	Gary Leung (BC)
Time Keeper	Cycling BC	Bruce Falk (BC)
Members	Cycling BC	Bruce Tonkin (BC) Phyllis Tso (BC) Amy Errington (BC)
Timing Service Provider	Victoria Cycling League	?

8. ADDITIONAL LINKS

UCI Regulations	Click Here [UCI Website]
Cycling Canada Regulations	2025 Companion Guide (published April 1st, 2025)
Cycling BC Race Rules	Competition Rules
Cycling BC Categories	Categories

9. CATEGORIES

CATEGORY	DESCRIPTION	2024 TT CHAMPION	2024 RR CHAMPION
Elite Women	For athletes born in 2002 or earlier. A Provincial or UCI Race license (Code: RWE) is required.	Cynthia Pham	Cynthia Pham
U23 Women	For athletes born from 2003 to 2006. A Provincial or UCI Race license (Code: RWU23) is required.	Katja Verkerk	Kimberly Chen
U19 Women (Junior)	For athletes born from 2007 to 2008. A Provincial or UCI Race license (Code: RWJ) is required.	Sidney Swierenga	Lindsey Cameron
U17 Women (Cadet)	For athletes born from 2009 to 2010. A Provincial or UCI Race license (Code: RWU17) is required.	Grace Edwards	Holly Davies
Master A Women (35-44)	For athletes born from 1990 to 1981. A Provincial or UCI Race license (Code: RWMA) is required.	Jennifer Ward	Jennifer Ward
Master B Women (45-54)	For athletes born from 1980 to 1971. A Provincial or UCI Race license (Code: RWMB) is required..	Debra Parker	Carolyn Russell
Master C Women (55-64)	For athletes born from 1970 to 1961. A Provincial or UCI Race license (Code: RWMC) is required..	Stephanie Brown	Stephanie Brown
Master D Women (65+)	For athletes born in 1960 or earlier. A Provincial or UCI Race license (Code: RWMD) is required.		
Elite Men	For athletes born in 2002 or earlier. A Provincial or UCI Race license (Code: RME) is required.	Cooper Langford	Alexander Murison
U23 Men	For athletes born from 2003 to 2006. A Provincial or UCI Race license (Code: RMU23) is required.	Campbell Parrish	Tristan Drews
U19 Men (Junior)	For athletes born from 2007 to 2008. A Provincial or UCI Race license (Code: RMJ) is required.	Aidan Sebel	Angesom Kelete
U17 Men (Cadet)	For athletes born from 2009 to 2010. A Provincial or UCI Race license (Code: RMU17) is required.	Luke Bayard	Xavier Fell
Master A Men (34-55)	For athletes born from 1990 to 1981. A Provincial or UCI Race license (Code: RMMOA) is required.	Jeremy Gourd	David Collings
Master B Men (45-54)	For athletes born from 1980 to 1971. A Provincial or UCI Race license (Code: RMMOB) is required.	Jay Delaney	Michael Wegner
Master C Men (55-64)	For athletes born from 1970 to 1961. A Provincial or UCI Race license (Code: RMMOC) is required.	Albert Chan	Iain Hay
Master D Men (65+)	For athletes born in 1960 or earlier. A Provincial or UCI Race license (Code: RMMOD) is required.		Howard Ryujin

CHAMPIONSHIP CATEGORIES

NON-CHAMPIONSHIP CATEGORIES

CATEGORY	DESCRIPTION
Open Women & Men	For athletes born in 2006 or earlier. Designed for Road 4 and 5 athletes with Provincial Race or UCI Race licenses. Single-Event Licenses are NOT available for this AA-Sanctioned Event.
Open Youth Female/Male	For athletes born between 2007 and 2014. Designed for Road 4 and 5 athletes with Provincial Race or UCI Race licenses. Single-Event Licenses are AVAILABLE to encourage youth participation.

EVENT-SPECIFIC INFORMATION

10. TIME TRIAL PROVINCIAL CHAMPIONSHIP - MAY 30, 2025

Schedule:

- Number Pickup & Athlete Sign-On 3:00 pm - 5:30 pm
- Competition 5:00 pm - 8:00 pm
- The start order of categories will be: **Order amended on May 21st**

1	U17 Women (Cadet)	10	U19 Men (Junior)
2	U19 Women (Junior)	11	Master D Men 65+
3	Master C/D Women 55+	12	Master C Men 55-64
4	Master B Women 45-54	13	Master B Men 45-54
5	Master A Women 35-44	14	Master A Men 35-44
6	Youth A/B*	15	U23 Women
7	Open Men (Cat 4/5)*	16	Elite Women
8	Open Women (Cat 4/5)*	17	U23 Men
9	U17 Men (Cadet)	18	Elite Men

*denotes non-championship categories

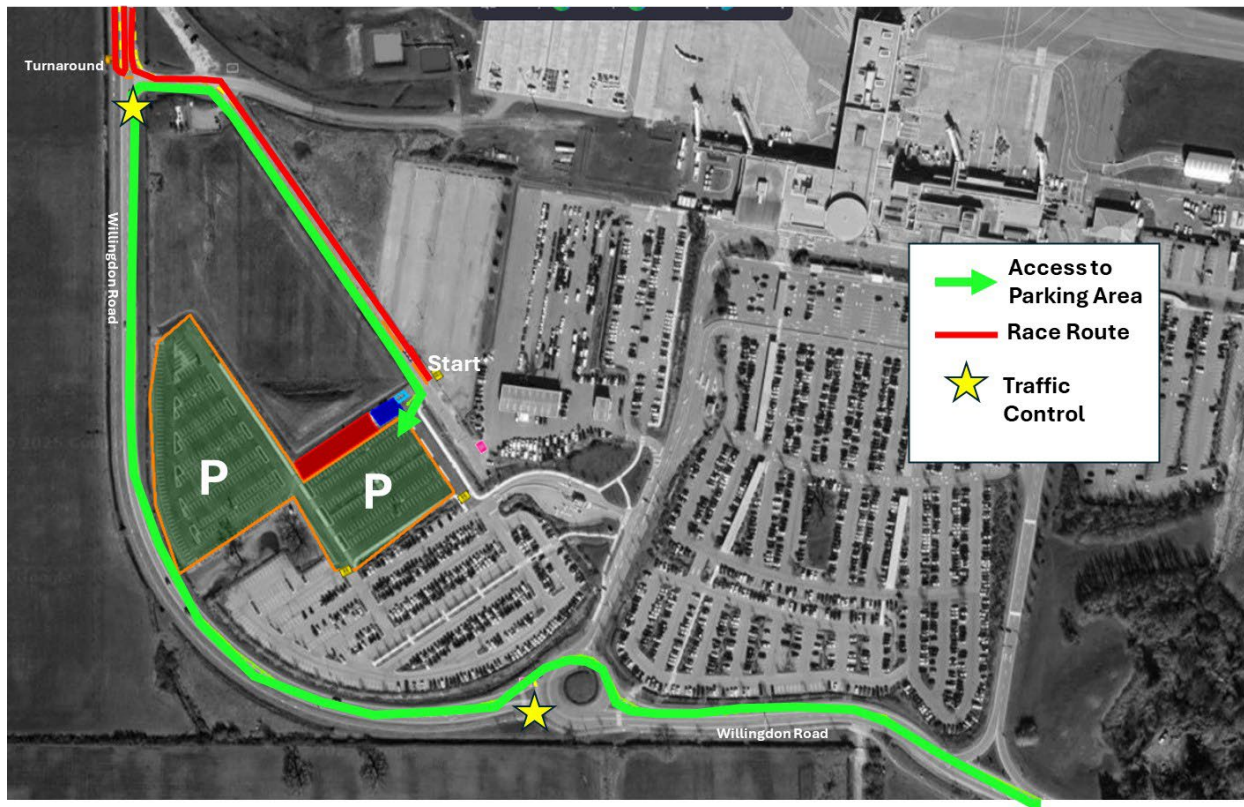
- All riders shall start in one-minute intervals.
- Start times shall be posted on the event website on Thursday, May 29, 2025.
- The Race Organization reserves the right to seed the last 10 starters.
- Commissaires reserve the right to modify the start order and/or change the start interval time.

Parking:

Parking is available at the [overflow lot near the south end of Victoria International Airport](#). You must access the parking lot through Willingdon Road from Hwy 17 and past the west roundabout. There will be traffic control who will only allow participants through. Racers are to let the traffic controller that they are participating.

View driving directions from Swartz Bay Ferry Terminal: [View](#)

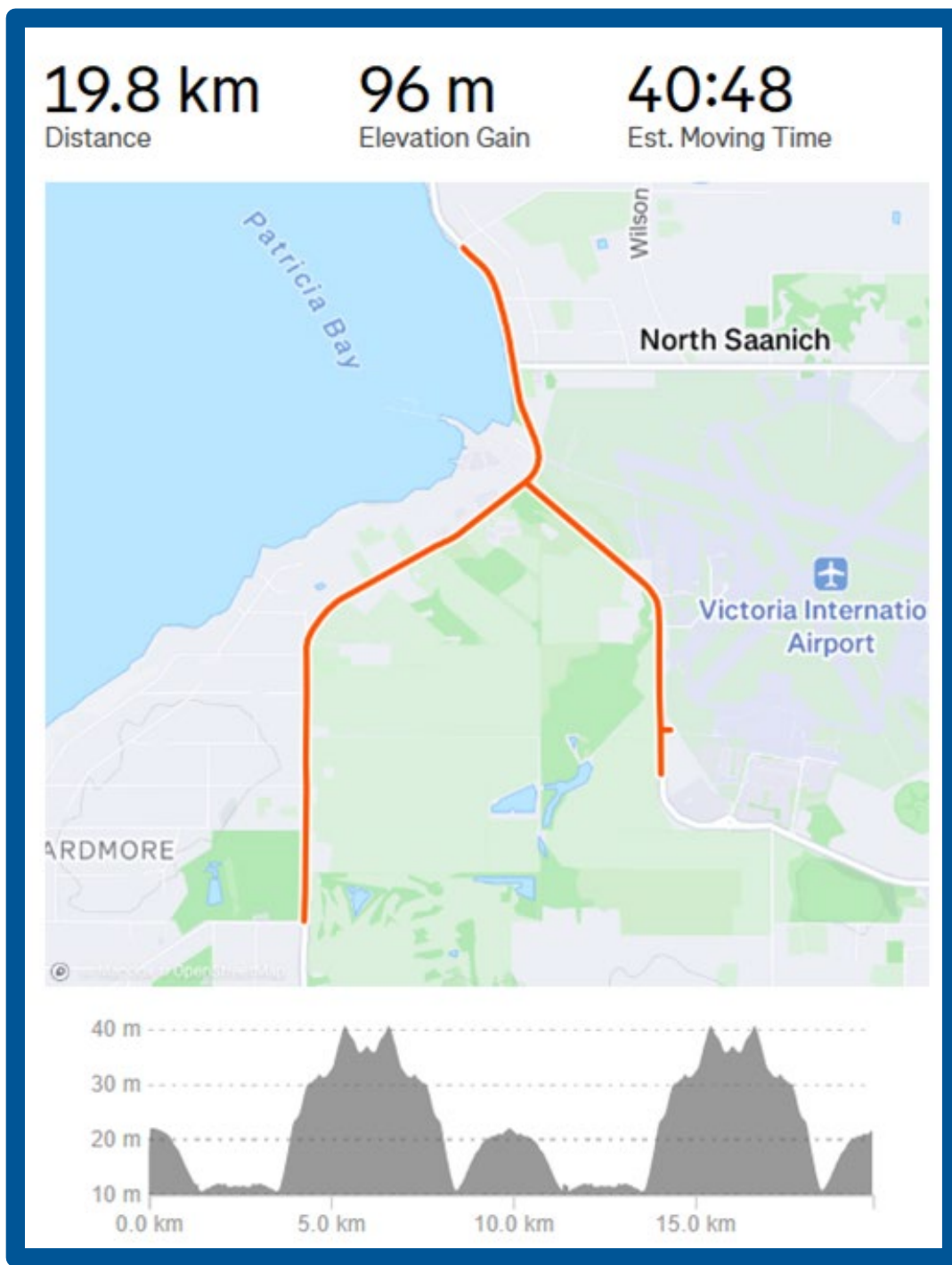
A portable bathroom will be available for riders and volunteers.



Course:

The time trial course starts northbound on Willington Road, near the parking lot. The course is 19.8 km for all categories and includes 2 right turns and 2 left-hand t-turns. The YELLOW LINE RULE is in effect. ROADS WILL BE CLOSED TO VEHICLE TRAFFIC (With the Exception of Race Official Moto)

[Click here to view the map on Strava.](#)



Safety & Regulations:

Warm-up on the race course is prohibited.

Under Cycling Canada policy, U17 and U19 road cyclists must compete in the time trial, road race, and criterium on only one bicycle, and neither bar extensions nor disc wheels can be used.

Staging:

UCI equipment regulations will be enforced. A jig will be on-site to measure the bike setup.

A voluntary bicycle check will be available before the competition.

We encourage athletes to check their bicycles in the JIG immediately after picking up their number or signing on. This way, if changes need to be made, you have adequate time to do so before your race.

Athletes must present their bicycles for measurement at least 15 minutes before their start. **Once approved, the bike cannot leave the start area.**

Number Placement:

All racers must pin their numbers properly to be readily identifiable at the finish line. Numbers may not be folded, defaced, or altered in any way. Should a number be lost, please report to the Commissaires before the start of the race for a replacement.

For the time trial, a single number must be worn on the lower back as seen in the diagram at the end of this section. Pinless number systems (i.e., pockets) are only permitted for events requiring one number.

Medical personnel suggest writing pertinent medical information (e.g., name, age, medical issues, and emergency contact number) on one of your race numbers.



Timing:

This event will use hand-timing by our Commissaire Panel.

Awards:

Unofficial results will be posted as soon as possible, and the award ceremony will follow, pending no protests and confirmation of the official results by the PCP.

11. ROAD RACE PROVINCIAL CHAMPIONSHIP - MAY 31, 2025

Schedule

Wave 1 Athlete Sign-On: 6:50 am - 7:50 am

Wave 1 Start: 8:00 am

Wave 2 Athlete Sign-On: 7:50 am - 8:50 am

Wave 2 Start: 9:00 am

Wave 3 Athlete Sign-On: 10:50 am - 11:50 am

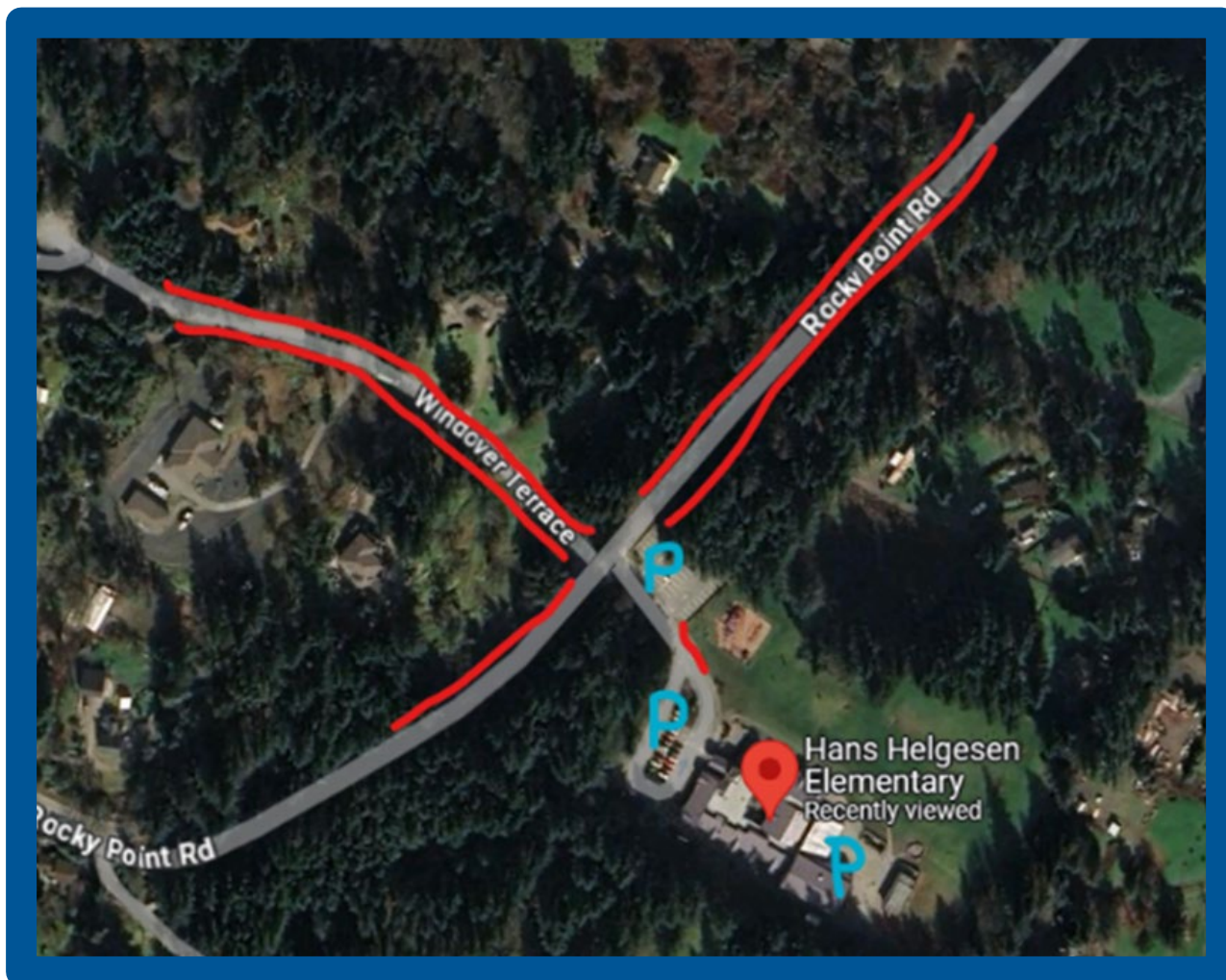
Wave 3 Start: 12:00 pm

Time	CATEGORY	DISTANCE	LAPS	FEEDZONE OPEN
WAVE 1				
8:00:00 AM	Open Men	30 km	3	Lap 2 only
8:03:00 AM	Open Women	30 km	3	Lap 2 only
8:06:00 AM	Open Youth A	30 km	3	Lap 2 only
8:06:00 AM	Open Youth B	20 km	2	Lap 2 only
WAVE 2				
9:00:00 AM	U19 Men (Junior)	70 km	7	Lap 4 - 6
9:00:00 AM	U17 Men (Cadet)	70 km	7	Lap 4 - 6
9:03:00 AM	Master C Men 55-64	80 km	8	Lap 4 - 7
9:03:00 AM	Master D Men 65+	70 km	7	Lap 4 - 7
9:06:00 AM	Master A/B/C/D Women	70 km	7	Lap 4 - 6
9:06:00 AM	U19 Women (Junior)	70 km	7	Lap 4 - 6
9:06:00 AM	U17 Women (Cadet)	60 km	6	Lap 4 - 5
WAVE 3				
12:00:00 PM	Elite Men / U23 Men	120 km	12	Lap 4 - 11
12:03:00 PM	Master A Men 35-44	100 km	10	Lap 4 - 9
12:06:00 PM	Master B Men 45-54	100 km	10	Lap 4 - 9
12:09:00 PM	Elite Women / U23 Women	100 km	10	Lap 4 - 9

Parking:

Please park ONLY in the designated areas (See BLUE AREAS in image below). Do NOT park on Windover Terrace or Rocky Point Road (See RED AREAS in image below)

Address: [4983 Rocky Point Rd, Victoria, BC V9C 4G4, Canada](#)

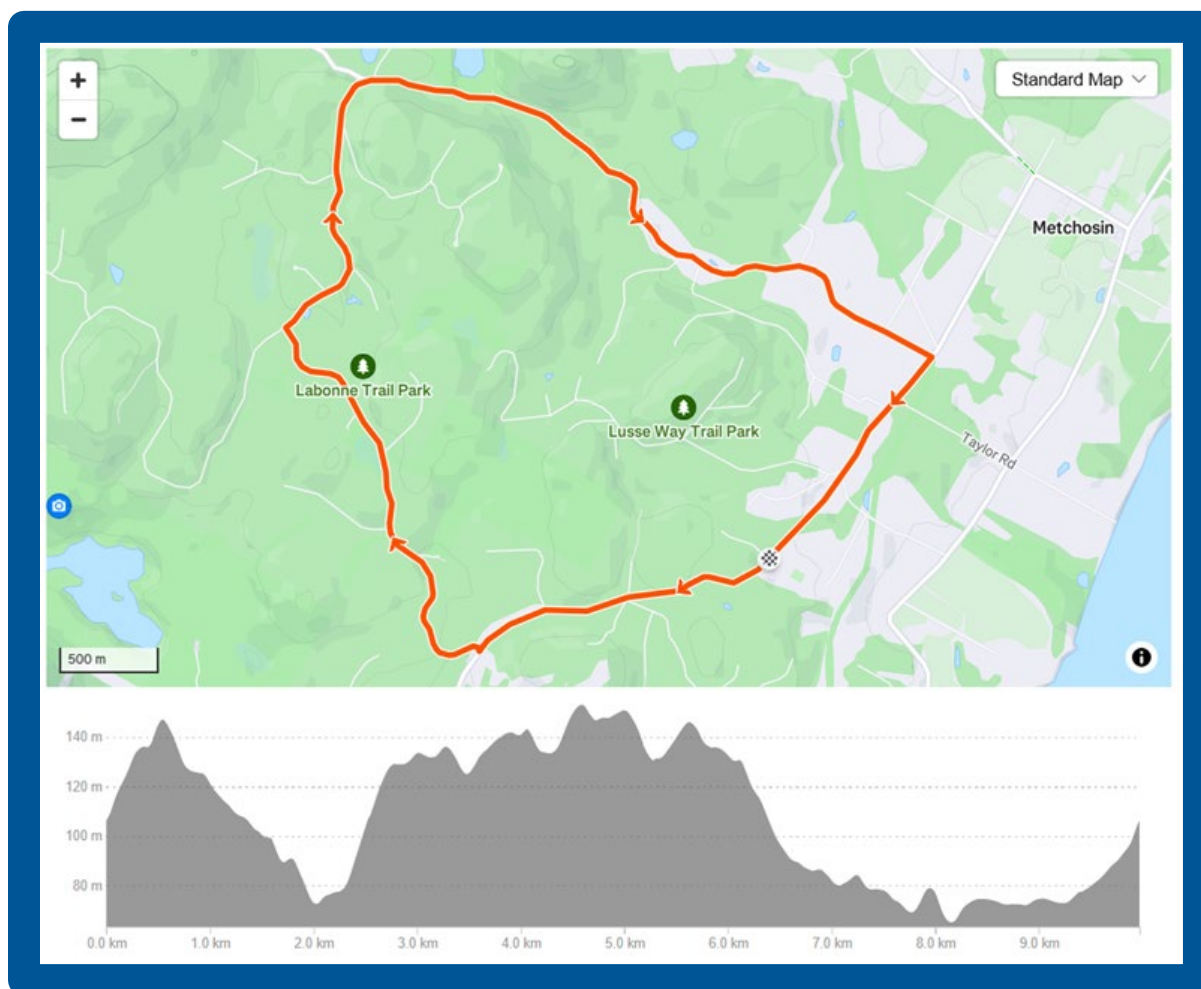


View driving directions from Swartz Bay Ferry Terminal: [View](#)

A portable bathroom will be available for athletes and volunteers. Athletes and volunteers who do not use the facilities provided will face the consequences set out by the Commissaires.

Course:

The road race course starts and finishes at Hans Helgesen Elementary School in Metchosin. It includes a 10 km loop with 222m of elevation gain per lap (clockwise). The YELLOW LINE RULE is in effect.



[Click here to view the map on Strava.](#)

Safety:

The roads will be marshalled; however, they are not closed to public traffic.

Use only the right lane. **Do NOT cross the YELLOW LINE.** If an athlete is dropped from the peloton, the athlete must exercise additional caution; the roads are open, and rules of the road apply.

Corner marshals will stop monitoring the race course once the last athlete crosses the finish line and is notified by the Commissaires.

Signs denoting 1 kilometre and 200 metres to the finish line will be placed on the right side of the road. Commissaires at the finish line will ring the final-lap bell when they cross the line to start their final lap. At this time, the lapboard will show one lap to go.

If a rider overtakes another rider in a separate race, the onus shall be on the overtaken rider to give way and fall back to avoid riding in company. An overtaking rider must pass on the left side as far apart as practical.

An athlete who suffers a duly noted fall, puncture, or mechanical problem in the last three kilometres of the Road Race will be given the same finish time as if the mishap had not occurred and will be placed at the end of any group with which they were riding at the time of the mishap.

Staging:

The defending champion (if in attendance) will be called up to the start of the race staging.

Start:

There is no neutral zone. The PCP will start the event by blowing an official whistle.

Feeding:

The feed zone is located at Rocky Point Road, approximately 20 metres after the start/finish. Two red pylons on the right side of the road will designate it. Feeding is prohibited in the first 30km and the last 20km of the race.

Athletes and team managers are ONLY to feed within this area and always on the right side of the road. In the feed zone, feeders must wear club/team clothing (e.g., a vest/jersey). Running in the free zone is FORBIDDEN. Team managers are responsible for any garbage left in the feed zone.

Other Support:

Athletes are responsible for ensuring their equipment (bicycle/helmet) is in safe and proper working order. A complimentary mechanic may be available for last-minute emergencies at the event's start (facilitated by the Event Organizer).

Neutral support is available during the road race. Spare wheels must be labelled with the athlete's name and number, and placed in the neutral follow car (near the start) no later than 15 minutes before the event start time. If a rider receives a "borrowed" wheel from the pits or service vehicle at the race, it must be returned immediately after the rider's race. All wheels can be claimed at the stage after each event. Neither the event organizer nor Cycling BC is responsible for lost or damaged equipment.

Each peloton will be accompanied by an RCMP lead motorbike, a Commissaire car (behind the main peloton), and a neutral support vehicle. Athletes must allow these vehicles to pass if/when necessary. It shall be understood that any drafting or other advantage taken from such vehicles is illegal and will result in penalties and /or disqualification of any rider violating this rule, at the Chief Commissaire's discretion.

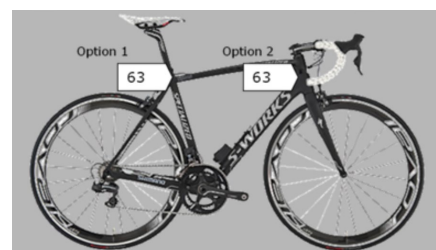
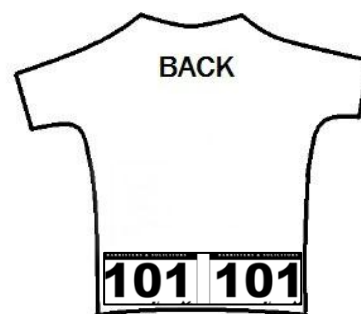
Per the municipal permit, no other cars, including team support vehicles, are permitted within the race bubble. **Therefore, there is NO CARAVAN.**

Number Placement:

All racers must pin their numbers properly to be readily identifiable at the finish line. Numbers may not be folded, defaced, or altered in any way. Should a number be lost, please report to the Chief Judge before the start of the race for a replacement.

For the road race, numbers must be worn on the lower back as seen in the diagram at the end of this section, as well as frame numbers.

Medical personnel suggest writing pertinent medical information (e.g., name, age, medical issues, and emergency contact number) on one of your race numbers.



Timing:

This event will use a combination of electronic strip timing and hand-timing by our Race Officials Panel.

The Chief Commissaire will notify athletes in danger of being lapped by the group that they have been neutralized. In this case, athletes must ride safely to the finish line, retire from the event, and check out with the Commissaire Finish Judge.

Awards:

Unofficial results will be posted as soon as possible, and the award ceremony will follow, pending no protests and confirmation of the official results by the PCP.

Time Limit

For safety and logistics purposes, the time limit for this race venue matches the UCI standard and is set at 8% of the winning time. If athletes anticipate exceeding the time limit, they may be pulled on their last lap. In the results, athletes will be classified as OTL.

12. CRITERIUM PROVINCIAL CHAMPIONSHIP - MAY 31, 2025

Schedule:

Athlete Sign-On: 70 minutes - 10 minutes before your start

TIME	CATEGORY	TIME
8:00:00 AM	Master Women (all categories)*	30 minutes + 5 Laps
8:45:00 AM	Master Men C/D*	30 minutes + 5 Laps
9:30:00 AM	Master Men B	40 minutes + 5 Laps
10:25:00 AM	Master Men A	40 minutes + 5 Laps
11:20:00 AM	Youth A/B*	20 minutes + 5 Laps
12:00:00 AM	Junior / U19 / U17 Boys*	40 minutes + 5 Laps
12:55:00 PM	Junior / U19 / U17 Girls*	35 minutes + 5 Laps
1:50:00 PM	U23 / Elite Women	50 minutes + 5 Laps
3:00:00 PM	U23 / Elite Men	55 minutes + 5 Laps

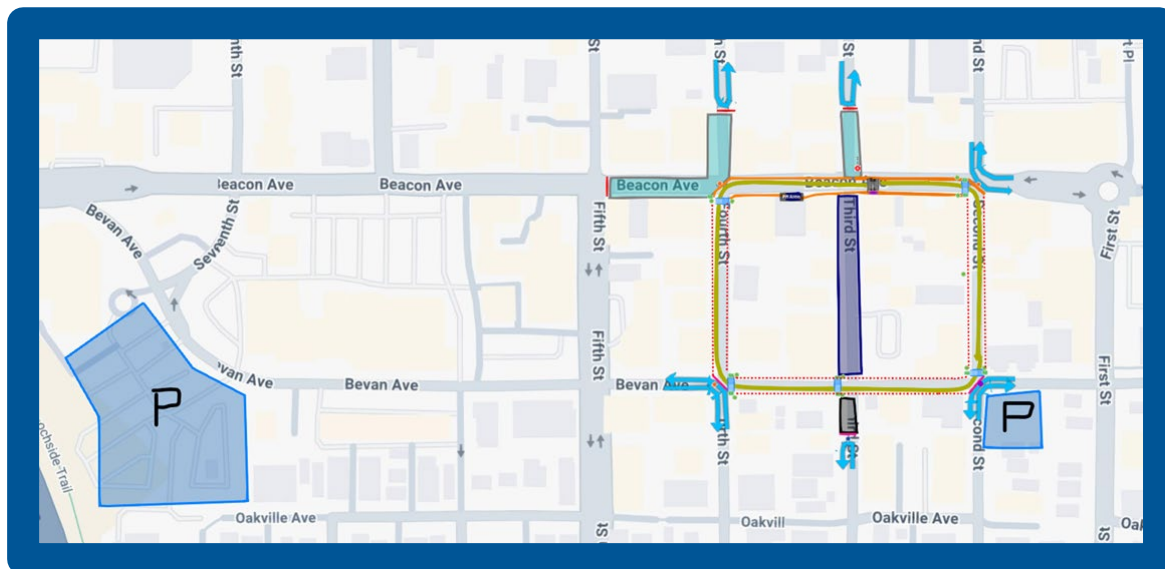
* Combined categories with separate results

Parking:

Please ONLY park in the designated areas. Do NOT park on residential streets.

Address: [2423 Beacon Ave, Sidney, BC V8L 1X5, Canada](#)

View driving directions from Swartz Bay Ferry Terminal: [View](#)



A portable bathroom will be available for athletes and volunteers. Athletes and volunteers who do not use the facilities provided will face the consequences set out by the Commissaires.

Course:

The criterium course starts and finishes in downtown Sidney. It is 650m long with 0m elevation gain and features 4 right-hand corners. The roadways are closed to traffic, so racers can use the whole road.

[Click here to view the map on Strava.](#)



Safety:

- Warming up on the course while a race is in progress or at any other unauthorized time is strictly prohibited and will result in disqualification. Please respect the other racers by not warming up immediately behind the last-place rider in the ongoing race.
- An athlete who suffers a duly noted fall, puncture, or mechanical problem in the Criterium after the free laps (<5 to go) will be classified as OTL.
- Athletes in danger of being overtaken in the Criterium will be removed from the race at the discretion of the Chief Commissaire.

Staging:

For Elite categories, the call-up for the first 8 riders will be based on the results from the 2024 Provincial Championships.

Start:

A ceremonial pistol shot will be fired under the control of the Commissaires to start each stage, excluding the Time Trial. One of the Commissaires or a VIP will start each of the racers.

Feeding:

No feeding is allowed.

Other Support:

Neutral support will be available in the pits. Report to the pits after any incidents for support.

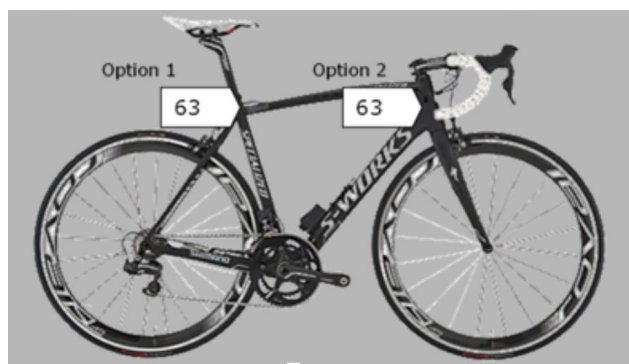
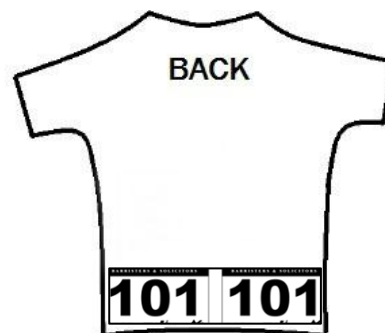
A complimentary mechanic may be available for last-minute emergencies at the event's start (facilitated by the Event Organizer).

Number Placement:

All racers must pin their numbers properly to be readily identifiable at the finish line. Numbers may not be folded, defaced, or altered in any way. Should a number be lost, please report to the Chief Commissaire before the start of the race for a replacement.

For the **criterium**, numbers must be worn on the lower back as seen in the diagram at the end of this section, as well as frame numbers.

Medical personnel suggest writing pertinent medical information (e.g., name, age, medical issues, and emergency contact number) on one of your race numbers.



Timing:

This event will use a combination of electronic strip timing and hand-timing by our Race Officials Panel.

The Chief Commissaire will notify athletes nearly one lap behind the leading group for their race that they have been neutralized. In this case, athletes must ride safely to the finish line, retire from the event, and check out with the Commissaires.

Awards:

Unofficial results will be posted as soon as possible, and the award ceremony will follow, pending no protests and confirmation of the official results by the PCP.

13. EVENT SPONSORS

 <p>CYCLING CYCLISME CANADA</p>	<p>Cycling Canada is the nation's oldest National Sport Organization and has one simple purpose – to inspire Canadians to cycle. Our mandate is to holistically develop the sport in partnership with our 11 Provincial/Territorial Sport Organizations, putting more Canadians on bikes from coast to coast and on podiums around the world.</p>
 <p>CYCLING BC</p>	<p>Cycling BC is the provincial governing body for the sport of cycling in British Columbia. We are a not-for-profit association registered under the BC Societies Act and affiliated with the Union Cycliste Internationale (UCI) through our membership in Cycling Canada. Our Board of Directors, elected by our members at the Annual General Meeting, provides policy direction to our senior staff. Other essential stakeholders supporting Cycling BC's objectives include race organizers, coaches, commissaires, instructors and committee members. We represent the full range of disciplines, including Road, Track, Cyclo-cross, Mountain Biking, BMX and Para-cycling.</p>
	<p>https://www.instagram.com/lostboyscrit/ Lost Boys Book Club In the famous words of some guy on some group ride “they’re a Crit team so they’re only good for an hour.”</p>
 <p>TRIPLESHOT CYCLING CLUB</p>	<p>https://www.tripleshotcycling.ca/ Tripleshot is a group of dedicated, fun-loving cyclists who range in age from 10 to 80. They also run a world-class youth program that has produced provincial, national, and international champions at the junior and elite levels of road, mountain bike, and track cycling.</p>