

SELECTION POLICY FOR CANADIAN ROAD CYCLING TEAMS FOR 2009 Issued May 8th 2009 Effective from May 8th 2009

Note: In case of any wording discrepancies between the English and French versions of the selection policy, the English wording takes precedence.

INTRODUCTION

This Policy is in two parts. **Part A** sets out the background and procedure for selection of riders to all Canadian Road Pools and Teams. **Part B** sets out the general Selection Criteria and **Schedules 1 to 4** set out the Specific Selection Criteria for each Category for selection to a Pool or a Team, namely:

- Schedule 1 – Elite Men
- Schedule 2 – U23 Men
- Schedule 3 – U19 Men
- Schedule 4 – Elite Women

PART A - GENERAL

Part A of this Policy sets out the scope and purpose of the Policy, who it applies to, the procedure of the Canadian Cycling Association (CCA) Selection Committee, the eligibility and communication requirements for riders seeking selection and how this Policy can be amended.

1. SCOPE AND PURPOSE OF POLICY

1.1 This Policy is issued by the CCA to clearly set out the process and criteria on which riders will be selected to be members of the Road Pools and Teams for the period 18 April 2009 to 30 September 2009.

1.2 Subject to clauses 1.4 and 12.4, this Policy covers the selection of riders to Pools and Teams for the following Events:

Event Date	Event	Category
April-May	First Bloc of racing (Europe or South America)	Elite Women
8-10 May	Pan-Am Championships, Chihuahua, Mexico	Elite Men and Women men

		U23
30 May 2009	Coupe du monde de Montréal	Elite Women
1-4 June 2009	Tour du Grand Montreal	Elite Women
4-7 June 2009	Coupe des nations, Ville Saguenay	U23 Men
7-11 June 2009	Tour de PEI	Elite Women
9-14 June 2009	Tour de Beauce, CAN	Elite Men U23
15-19 July 2009	Tour de Bretagne, FRA	Elite Women
22-26 July 2009	Tour du Limousin, FRA	Elite Women
21-26 July 2009	Tour de l'Abitibi (Nations Cup) CAN	Junior Men
7-9 August 2009	Road World Championships, Moscow	Junior Women / Junior Men
August-September 2009	Road World Championships preparation, Europe	Elite Women
23-27 September 2009	Road World Championships, Mendrisio, SWI	Elite Women Elite Men U23 Men

1.3 The CCA may decide at any time in its discretion not to select or enter a Team or to limit the Team size in any one or more of the Events specified in the table in clause

1.2. This decision may be made for any reason including, but not limited to, the decision by the Event organizer not to invite the CCA to enter a team in an Event or financial constraints of the CCA. Riders seeking selection to Teams for these Events will be notified as soon as practicable if the CCA decides not to select a Team under this clause.

2. APPLICATION OF THIS POLICY

2.1 This Policy shall take effect on May 8th 2009.

2.2 This Policy applies to all members of the CCA and all riders wishing to be considered for selection to the Road Teams.

3. DEFINITIONS

3.1 The words used in this Policy shall have the following meanings:

Selection Committee means the committee appointed by the CCA board of directors to select riders in each Category. The members of the Selection Committee may differ between the different Categories but all Selection Committees will include the CTO and the National Team Coach.

CTO means the CCA's Chief Technical Officer.

Category means the category of riders as specified in this policy namely Elite, U23 (men only), U19 and U17 riders.

CCES means the Canadian Centre for Ethics in Sport

Due Date means the date by which any written applications for exemption to the pre-condition requirements set out in clause 8.1 must be received by the CTO as specified in each project's selection criteria.

Event means the different events held at competitions for the cycling sport. For example for Road includes both time trial and road race events unless specified otherwise.

Elite means the Category of riders aged 23 years and above for men, and aged 19 years and above for women, as specified in the UCI Cycling Regulations.

Eligible means a rider that has satisfied the requirements in clause 5 of this Policy, and in terms of eligibility to be selected for Road Teams also means the rider has satisfied the requirements in the applicable Schedule for the rider's Category.

In Writing means a written letter that is posted or an electronic letter (email).

National Team Coach means the person appointed as coach for the different sports of cycling.

Canadian Team means the men's and women's teams of riders that are selected to represent Canada in Events in each Category as defined in this Policy, also referred to as "**the Team**".

Pool is a group of riders from which a Team is selected.

SDRCC – Sport Dispute Resolution Centre of Canada

Sport Coordinator means the person who assists the National Team Coach for the different sports of cycling.

Sports of Cycling means road, mountain bike, para - cycling, track and BMX.

Selection Criteria means the criteria specified in Part B of this Policy including the Specific Selection Criteria set out in Schedules 1 to 4 inclusive.

Selection Date means the date that selections made by the CCA Selection Panel are announced, as specified in Schedules 1 to 4.

Specific Selection Criteria means the criteria listed in Schedules 1 to 4 inclusive.

UCI means the International Cycling Union, which is the international association of national cycling federations of which the CCA is the national federation of Canada.

UCI Cycling Regulations means the regulations issued by UCI from time to time that regulate the sport of cycling.

Under 17, U17 or “Cadet” means the Category of riders aged under 17 years of age as specified in the UCI Cycling Regulations.

Under 19, U19 or “Junior” means the Category of riders aged 17 and 18 years of age as specified in the UCI Cycling Regulations.

Under 23, U23 or “Espoir” means the Category of male riders aged 19-22 years of age as specified in the UCI Cycling Regulations.

4. SELECTION Committee

4.1 The Selection Committee will have sole authority to select riders from Pools to Canadian Teams.

5. ELIGIBILITY

5.1 To be eligible for consideration for selection to a Road Pool or Team, each rider seeking selection must:

- a. Be a Canadian citizen at the time of application for their CCA licence, (including UCI International Licence) unless specified otherwise in the UCI Cycling Regulations;
- b. Have a current racing licence issued by the CCA or another federation affiliated with the UCI with the licence marked ‘CAN’;
- c. Complete and sign the application form for selection in **Appendix 2** and return it to the CTO by the due date. The CTO may at his/her discretion accept the above after this time.
- d. Have read, signed, and returned to the CCA the execution page of the CCA Athlete Agreement by the due date. It is a condition of this Agreement that the rider agrees to participate in and meet all competition, training and participation requirements as determined by the CTO or National Coach.
- e. Comply with the communication requirements set out in clause 5.2 of this Policy.
- f. Be available for sample collection and have provided accurate and up-to date whereabouts information on a regular basis as directed by the UCI and/or CCES pursuant to the Canadian Policy against doping in Sport and the rules, regulations and policies of the UCI, CCA and the World Anti-Doping Code.
- g. The athlete must not be under suspension or any other sanction by any recognized body for any doping or doping-related offence.

5.2 Communication

- a. Each rider who has indicated their wish to be considered for selection must ensure their full contact details have been provided to the CCA CTO and or Sport Coordinator. This information will be used for monitoring of a rider's progress, to be able to communicate important information regarding selection, and the administration of the Teams to a rider and for the rider to ensure compliance with the obligations of providing whereabouts information in accordance with the CCES Canadian Policy against doping in Sport and the World Anti-Doping Code.
- b. The contact details and any other correspondence should be forwarded to:
 - i. Jacques Landry, copied to Matthew Knight (road@canadian-cycling.com)
 - ii. Chief Technical Officer
 - iii. Email jacques.landry@canadian-cycling.com
 - iv. Phone 1-613-248-1353
 - v. Fax 1-613-248-9311
- c. The contact details will be forwarded to the National Team Coach and Sport Coordinator for his/her attention. It is then the Coach's and/or Coordinator's responsibility to contact the rider as soon as practicable.
- d. Once the rider has been contacted, it is then the ultimate responsibility of the rider to communicate with the National Team Coach as to the progress of their training and competition program and to provide a record of current results and performances achieved, particularly those relevant to the Specific Selection Criteria.

6. AMENDMENT TO THIS POLICY

- 6.1 This Policy, including the Selection Criteria, may be amended or supplemented, particularly where matters arise which have not been provided for. All amendments must be approved by the CCA Board of Directors. If approved, the CTO will notify in writing any amendment or supplement and will endeavor to give as much notice as possible to all persons affected by any such amendment or supplement.

PART B - SELECTION CRITERIA

Note: In case of any wording discrepancies between the English and French versions of the selection policy, the English wording takes precedence.

Part B of this Policy sets out the selection objective and general criteria for selection to Teams.

7. SELECTION OBJECTIVE

7.1 The objective of the Selection Committee is to select the Teams to compete in the Events and Categories as specified in this Policy.

8. PRE-CONDITIONS TO SELECTION:

8.1 In addition to the eligibility requirements (clause 5), and subject to clause 8.2 (Exemption) any pre-conditions to selection are specified in **Schedules 1 to 4**.

8.2 **Exemption:** A rider may be exempted from any pre-condition requirement in clause 8.1 only on approval of a written application to the CTO setting out the reasons for not meeting this requirement. This application must be made by the Due Date as specified in **Schedules 1 to 4**, the Selection Committee will determine the application and advise the rider of the outcome as soon as practicable and not less than seven (7) days after receipt of the request.

9. SPECIFIC SELECTION CRITERIA

9.1 Any rider who is Eligible and has met the pre-conditions (clause 8), if any, and seeks selection to a Team must achieve the Specific Selection Criteria set out below in **Schedules 1 to 4** for each Category (as the case may be) in order to be considered for inclusion in the Pool and selection to the Team:

- Schedule 1 – Elite Men
- Schedule 2 – U23 Men
- Schedule 3 – Elite Women
- Schedule 4 – Junior Women & Junior Men

10. OTHER FACTORS THAT MAY BE CONSIDERED TO ACHIEVE THE BEST TEAM PERFORMANCE

10.1 In addition to the Specific Selection Criteria, the Selection Committee **may** take into account any one or more of the following other factors in selecting riders for any Team:

- a. The rider's international sanctioned competition results for any events in the 12 month period prior to the selection of the Pool or Team, (as the case may be);
- b. Consistent and successful individual and team performances of the rider in the 12 month period prior to the selection of the Pool or Team (as the case may be) in domestic and international sanctioned competition;
- c. The rider's UCI individual classification for specific Events for the 12 month period prior to the selection of the Pool or Team (as the case may be);
- d. The rider's UCI World Cup points and results for the 12 month period prior to the selection of the Pool or Team (as the case may be);
- e. The rider's ability to work in a team structure in the team-based events including working as part of a team and contributing towards a team result;
- f. The rider's ability to perform the roles of time triallist, climber or sprinter, or the riders all-round riding ability;
- g. The rider's technical ability including their racing approach (aggressive vs passive), bicycle handling skills, racing skills and tactics;
- h. The results of any of the rider's sports science tests including biomechanical and physiological;
- i. Consideration of the performance of any rider who has been involved in an intense training or competition program;
- j. Consideration of the nature of the course on which the Event is being held;
- k. The effect of environmental conditions on performances in time trial and road events;
- l. The rider's attendance, performance, attitude and conduct in training whilst a member of national team program (project competition and training camp);
- m. The rider's demonstrated understanding and respect for the position on a Canadian Team;
- n. The rider's demonstrated willingness to promote cycling in a positive manner;
- o. The rider's demonstrated ability to take personal responsibility for self and their results; and
- p. The rider's proven ability to be reliable.

11. EXTENUATING CIRCUMSTANCES

- 11.1 In considering the performances and results of riders at events, trials, training camps or other attendances required under this Policy, the selection committee may in its discretion, give weight to extenuating circumstances in accordance with this Policy.
- 11.2 For the purposes of this Policy, extenuating circumstances means an inability to compete, attend training camps or perform at an optimum level arising from any one or more of the following:
- a. Injury or illness (Documented at the time the incident occurred and accompanied by a certified medical explanation);
 - b. Travel delays caused by carriers;
- 11.3 Riders unable to compete at events, trials, or other attendances required under this Policy must advise the CTO of the extenuating circumstances in writing of this fact and the reasons thereof, with as much advance notice as possible (ideally seven (7) days) prior to the commencement of the events, trials, or other attendances upon which selection may be considered under this Policy.
- 11.4 In the case of injury or illness, riders are required by the selection committee to provide a doctor's certificate and/or undergo a medical examination by a medical practitioner/s nominated by the CCA and to provide the opinion and/or report of such practitioner to the selection committee. A failure to agree to such request results in the selection committee being prevented from considering the injury or illness as extenuating circumstances.
- 11.5 A decision in each case of extenuating circumstances will be made on a case by case basis. This decision will be made by the selection committee and CTO; and will be documented accordingly.

12. OTHER SELECTION MATTERS

- 12.1 **Factors Pertaining to Team Size:** Where more than the number of riders permitted by the maximum Pool or Team size as specified in the relevant Schedule achieves the Specific Selection Criteria, the Selection Committee shall make a determination on which riders are to be selected. For this reason, achievement of the Specific Selection Criteria does **not** guarantee selection to a Pool or Team.
- 12.2 **Additional Riders:** Additional riders (up to the maximum number of riders specified in the relevant Schedule) may be added to a Pool or Team after the Selection Date at the discretion of the selection committee.
- 12.3 **Removal from a Pool or Team:** A rider may be removed from a Pool or Team in accordance with clause 14 of this Policy.

12.4 Right to Vary or Not Enter Teams: The CCA reserves the right to enter a smaller Team or no Team at all in any Category for any Event.

13. SELECTIONS FOR START LIST

13.1 Once a Team is selected for any Event, the CTO and/or the relevant National Team Coach will have complete discretion to determine from amongst the Team, the riders to start in each event on the basis of the performances, fitness, and health of the riders and the nature of the course or Event.

13.2 The determination and maximum number of riders to start in each event will be in accordance with the permitted starting numbers/quotas set out by the UCI for each discipline.

14. REMOVAL FROM A TEAM

14.1 A rider may be removed from a Canadian Pool or Team if s/he:

- a. breaches or fails to comply with this Policy or any term of the CCA Rider Agreement;
- b. breaches or fails to comply with:
 - i. the CCA athlete agreement and/or National team policy;
 - ii. violation under the CCES Canadian Policy against doping in Sport);
 - iii. the rules of any event, competition or activity in which the rider has been selected to participate;
 - iv. any reasonable instruction or request by the CTO or National Team Coach;
- c. brings him/herself, another rider in a Pool or Team, the Pool or Team as a whole, an official, CCA, or cycling generally, into disrepute;
- d. has a significant illness or injury which in the opinion of the National team Coach and/or CCA appointed coach will prevent the rider from continuing to meet the Selection Criteria on which he or she was selected to the Pool or Team; or
- e. fails to consistently maintain the level of performance and/or results, or to maintain any one or more of the other factors set out in the applicable Selection Criteria.

15. APPEALS

15.1 All appeals should follow the CCA “Appeals Policy” . http://www.canadian-cycling.com/cca/documents/appeals_policy.pdf

15.2 There is no right to appeal a rider’s non-selection to a Pool.

SCHEDULE 1 – ELITE MEN

1. GENERAL

1.1 **Events:** This Schedule covers selection for the Elite Men's Category for the Canadian Road Pools and Teams for the following Events, subject to clauses 1.3 and 12.4 of this Policy (right not to enter team):

Event Date	Event
8-10 May	Pan-American Championships
24 September 2009	UCI Road World Championships (Time Trial)
27 September 2009	UCI Road World Championships (Road Race)

1.2 **Sanctioned Competition or Authorized Event:** In order to be considered for selection to the Elite Men's Category Road Pools and Teams riders must achieve the Specific Selection Criteria set out in this Schedule while participating in a UCI sanctioned competition or a CCA authorized event and while using a road bike that complies with the UCI Cycling Regulations.

1.3 **Other Factors:** Any selection to a Pool or Team for any one of the Events is subject to this Policy (including clause 10 (Other Factors), 11 (Extenuating Circumstances) and 12 (Other Selection Matters)).

1.4 **Time Period:** Riders must achieve the Specific Selection Criteria set out in this Schedule during the time period commencing 1 October 2008 and for the Pools concluding midnight (EST STD) on 24 August 2009 and for the Teams concluding midnight (EST STD) on 14 September 2009.

2. Pan-Am Championships

CCA will select from riders having met the set Selection Criteria (2.4) and will be racing as an Elite or an Espoir (U23). The final team selection will be at the discretion of the National Team coach. The carding prioritization will also be considered. Upon exhausting the Selection Criteria 2.4 the National Team Coach will fill the remaining Team spots based on items mentioned in clause 10.1.

2.1 **Selection:** This Part 2 of Schedule 1 applies to all Elite male riders seeking selection to the Canadian Road Team to attend the 2009 Pan American Road Championships in Chihuahua, Mexico.

2.2 **Team Size:** The maximum size of the road Team is 4 riders.

2.3 **Eligibility:** All male licensed riders over the age of 19 as of December 31, 2009.

2.3 **Selection Date:** The names of riders selected to the Team will be announced not later than April 15th 2009

2.4 Selection Criteria: In considering the riders to be selected to the Team, the Selection Committee shall prioritize as follows:

- Highest finish (Elite) at a 2008 Olympic Games
- Highest finish at a 2008 Elite World Championship event (if already qualify, next best at World Championship)
- Highest finish at a 2008 U23 World Championship event
- The male athlete with the most UCI Pro Tour road points using the UCI ranking released on April 1, 2009. (if already qualified, next best at the UCI Pro Tour ranking will be selected)
- The male athlete with the most UCI American Tour road points using the UCI ranking released on April 1, 2009. (if already qualified, next best at the UCI American Tour ranking will be selected)
- National Champion at the 2008 Elite National Road Championship event (if already qualified next best at Nationals)
- National Champion at the 2008 U23 National Championship event (if already qualified next best at Nationals)
- Highest finish at a 2008 Junior World Championship event (athletes must be U23 in 09 to be eligible)
- National Champion at the 2008 Junior National Road Championship event (athletes must be U23 in 09 to be eligible) (If already qualified next best at Nationals)
- Athletes who score a minimum of 15 UCI points in 2009 by April 10th.

Funding is self-funded. The estimated cost for this project per athlete will be made available by May 1st. Payment must be received prior to the project.

3. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE MEN’S ROAD POOL

3.1 Selection: This Part 4 of Schedule 1 applies to all Elite male riders seeking selection to the Pool for selection to the Road Team to attend the 2009 UCI Road World Championships for the road Event.

3.2 Pool Size: The maximum size of the Pool for selection to the Team for the road Event is 8 riders.

3.3 Eligibility: All male licenced riders aged 19 or older but shall exclude any riders that have ridden in any U23 Events during the course of the 2009 season (as determined by the UCI Qualification System for the U23 World Championships Road Race Events).

3.4 Selection Date: The names of riders selected to this Pool will be announced on 24 August 2009.

3.5 Automatic Selection to the Pool: The following riders will be automatically selected to the Elite Men’s Pool for the 2009 UCI World Road Championships:

- The top ranked Canadian rider in the UCI Pro Tour rankings as at 24 August 2009;
- Top three placing in the road race at the 2008 Road World Championships
- The top ranked Canadian rider in the UCI America Tour as at 24 August 2009
- The Elite Men's first place winner of the Canadian Road Race Championships held in Beauce in June 2009.

3.6 Additional Selection Criteria: In considering the additional riders to be selected to the Pool for the 2009 UCI World Road Championships for the road Event the Selection Committee shall take into account:

- The rider's UCI Pro Tour ranking as at 24 August 2009;
- The rider's UCI America Tour ranking at 24 August 2009
- The rider's performance and results in all UCI Events and Pro Tour or Pro Continental Tour Events and the 2009 Canadian Road Race Championships

3.7 Selection to More than One Pool: Riders may be selected to the Elite Men's road Pool and the Elite Men's time trial Pool but selection to one Pool does not guarantee selection to the other Pool or to a Team.

3.8 Pre-participation requirements: All riders seeking selection to the Elite Men's World Championship Road Team must complete an international participation period of at least one (1) month in an approved Team training and racing program prior to the 2009 UCI Road World Championships.

4. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE MEN'S TIME TRIAL POOL

4.1 Selection: This Part 5 of Schedule 1 applies to all Elite male riders seeking selection to the Pool for selection to the Road Team to attend the 2009 UCI Road World Championships for the time trial Event.

4.2 Pool Size: The maximum size of the Pool for selection to the Team for the time trial Event is 3 riders.

4.3 Eligibility: All male licenced riders aged 19 or older but shall exclude any riders that have ridden in any U23 Events during the course of the 2009 season (as determined by the UCI Qualification System for the U23 World Championships Road Race Events).

4.4 Selection Date: The names of riders selected to this Pool will be announced on 24 August 2009.

4.5 Selection Criteria: In considering the riders to be selected to the Pool for the 2009 UCI World Road Championships for the time trial Event the Selection Committee shall take into account:

- The riders' performance and results in all international sanctioned Time Trial Events and Road Events including 2009 Canadian Road Race Championships, and at Pro Tour or Continental Tour Events in 2009; and
- Top three in the ITT at the 2008 Road World Championships.

4.6 Selection to More than One Pool: Riders may be selected to the Elite Men's road Pool and the Elite Men's time trial Pool but selection to one Pool does not guarantee selection to the other Pool or to a Team.

5. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE MEN'S ROAD TEAM FOR THE ROAD EVENT

5.1 Selection: This Part 6 of Schedule 1 applies to all Elite male riders seeking selection to the Road Team to attend the 2009 UCI Road World Championships for the road Event.

5.2 Team Size: The maximum size is determined by the UCI in accordance with UCI Cycling Regulation 9.2.010.

5.3 Selection Date: The names of riders selected to the Team will be announced on 14 September 2009.

5.4 Selection Criteria: In considering the riders to be selected to the Team for the 2009 UCI World Road Championships for the road Event the Selection Committee shall take into account:

- The Pool selected riders' performances; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

5.5 Selection to More than One Team: Riders may be selected to the Elite Men's Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the Team for a different Event.

6. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE MEN'S ROAD TEAM FOR THE TIME TRIAL EVENT

6.1 Selection: This Part 7 of Schedule 1 applies to all Elite male riders seeking selection to the Road Team to attend the 2009 UCI Road World Championships for the time trial Event.

6.2 Team Size: The maximum size of the Team for the time trial Event is 2 riders.

6.3 Selection Date: The names of riders selected to the Team will be announced on 14 September 2009.

6.4 Selection Criteria: In considering the riders to be selected to the Team for the 2009 UCI World Road Championships for the time trial Event the Selection Committee shall take into account:

- The Pool selected riders' performances; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

6.5 Selection to More than One Team: Riders may be selected to the Elite Men's Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the Team for a different Event.

SCHEDULE 2 - U23 MEN

1. GENERAL

1.1 **Events:** This Schedule covers selection for the U23 Men's Category for the Road Pools and Teams for the following Events, subject to clauses 1.3 and 12.4 of this Policy (right not to enter team):

Event Date	Event
8-10 May 2009	Pan-Am Championships
4-7 June 2009	Coupe des nations, Ville Saguenay
23-27 September 2009	UCI Road World Championships (Road and Time Trial)

1.2 **Sanctioned Competition or Authorized Event:** In order to be considered for selection to the U23 Men's Category Road Pools and Teams riders must achieve the Specific Selection Criteria set out in this Schedule while participating in a UCI sanctioned competition or a CCA authorized event and while using a Road bike that complies with the UCI Cycling Regulations.

1.3 **Other Factors:** Any selection to a Pool or Team for any one of the Events is subject to this Policy (including clause 10 (Other Factors), 11 (Extenuating Circumstances) and 12 (Other Selection Matters).

1.4 **Time Period:** Riders must achieve the Specific Selection Criteria set out in this Schedule within the time period commencing 1 October 2008 and concluding midnight (EST STD) on the Selection Date for each Pool and Team as specified in this Schedule.

2. Pan-Am Championships

(See Schedule 1)

3. Coupe des nations Ville Saguenay – U23 MEN

3.1 **Selection:** This Part 4 of Schedule 2 applies to all U23 male riders seeking selection to the Road Team to attend the 2009 UCI Coupe des nations Ville Saguenay Event.

3.2 **Team Size:** The maximum size of the road Team is 12 riders. As a host country, we are allowed to have two teams of 6 riders each

3.3 **Eligibility:** All male licenced riders aged between 19 and 22 years 31 December 2009 and not members of a UCI Pro Tour or UCI Pro Continental Team.

3.4 **Selection Date:** The names of riders selected to the Team will be announced on 15 May 2009.

3.5 **Athletes** who are interested to be part of this project should submit their names to CCA before May 1st 2009

3.6 **Funding:** self-funded project. The estimated cost for this project per athlete will be made available by May 1st. Payment must be received prior to the project.

3.7 **Selection Criteria:** In considering the riders to be selected to the Team the Selection Committee shall take into account:

- Results at any UCI events or NRC events from 1 January 2009 to 05 May 2009; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

4. 2009 UCI WORLD ROAD CHAMPIONSHIPS – U23 MEN’S POOL FOR THE ROAD AND TIME TRIAL EVENTS

4.1 **Selection:** This Part 5 of Schedule 2 applies to all U23 male riders seeking selection to the Pool for selection to the Road Teams to attend the 2009 UCI Road World Championships for the road and time trial Events.

4.2 **Pool Size:** The maximum size of the Pool for selection to the Road Teams is 12 riders.

4.3 **Eligibility:** All male licenced riders aged between 19 and 22 years at the 31 December 2009 and not members of a UCI Pro Tour or UCI Pro Continental Team.

4.4 **Selection Date:** The names of riders selected to this Pool will be announced on 31 July 2009.

4.5 **Automatic Selection:** The following riders will be automatically selected to the U23 Men’s Pool for the 2009 UCI World Road Championships:

- The U23 Men’s first place winner at the 2009 Canadian Road Race Championships; and
- The U23 Men’s 2009 Canadian Time Trial Champion.

4.6 **Additional Selection Criteria:** In considering the additional riders to be selected to the Pool for the 2009 UCI World Road Championships for the road and time trial Events the Selection Committee shall take into account:

- The rider’s performance and results in the 2009 Canadian Road Race and ITT Championships,
- The rider’s performance at internationally sanctioned U23 and Elite events;
- The rider’s performance at North-American NRC events;
- The riders UCI ranking before July 31st

4.7 Pre-Condition: All riders seeking selection to the U23 Men's Category World Championships Road Teams must complete an international participation period of at least one (1) month in an approved Team training and racing program prior to the Event for which the Team is being selected.

5. 2009 UCI WORLD ROAD CHAMPIONSHIPS – U23 MEN'S ROAD TEAM

5.1 Selection: This Part 6 of Schedule 2 applies to all U23 male riders seeking selection to the Road Team to attend the 2009 UCI Road World Championships for the road Event.

5.2 Team Size: The maximum size of the Team for the road Event is 4 riders or whatever number is determined by the UCI in accordance with UCI Cycling Regulation 9.2.012.

5.3 Selection Date: The names of riders selected to the Team will be announced on 14 September 2009.

5.4 Selection Criteria: In considering the riders to be selected to the Team for the 2009 UCI World Road Championships for the road Event the Selection Committee shall take into account:

- The Pool selected riders' performances; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

5.5 Selection to More than One Team: Riders may be selected to the U23 Men's Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the team for a different Event.

6. 2009 UCI WORLD ROAD CHAMPIONSHIPS – U23 MEN'S TIME TRIAL TEAM

6.1 Selection: This Part 7 of Schedule 2 applies to all U23 male riders seeking selection to the Road Team to attend the 2009 UCI Road World Championships for the time trial Event.

6.2 Team Size: The maximum size of the Team for the time trial Event is 2 riders.

6.3 Selection Date: The names of riders selected to the Team will be announced on 14 September 2009.

6.4 Selection Criteria: In considering the riders to be selected to the Team for the 2009 UCI World Road Championships for the time trial Event the Selection Committee shall take into account:

- The Pool selected riders' performances; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

7.5 Selection to More than One Team: Riders may be selected to the U23 Men's Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the team for a different Event.

SCHEDULE 3 - ELITE WOMEN

GENERAL

1.1 **Events:** This Schedule covers selection for the Elite Women's Category for Road Teams for the following Events, subject to clauses 1.3 and 12.4 of this Policy (right not to enter team):

Event Date	Event
April-May	1 st Bloc of National Team Projects (Europe)
8-10 May	Pan-Am Road Championships, Chihuahua, Mexico
30 May - 11 June	Montreal WC, Tour du Grand MTL and Tour of PEI
15-26 July	Tour de Bretagne and Tour du Limousin
August-September	Road World's preparation, Europe
23-27 September 2009	UCI Road World Championships (Road and Time Trial)

1.2 **Sanctioned Competition or Authorized Event:** In order to be considered for selection to the Elite Women's Category Road Teams riders must achieve the Specific Selection Criteria set out in this Schedule while participating in a UCI sanctioned competition or a CCA sanctioned event and while using a Road bike that complies with the UCI Cycling Regulations.

1.3 **Other Factors:** Any selection to a Pool or Team for any one of the Events is subject to this Policy (including clause 10 (Other Factors), 11 (Extenuating Circumstances) and 12 (Other Selection Matters).

1.4 **Time Period:** Riders must achieve the Specific Selection Criteria set out in this Schedule within the time period commencing 1 October 2008 and concluding midnight (EST STD) on the Selection Date specified in this Schedule.

1. First Bloc of National Team Project – ELITE WOMEN

2.1 **Selection:** This Part 2 of Schedule 3 applies to all female riders seeking selection to the Elite Women's Road Team to attend the 2009 national team project in Europe.

2.2 **Team Size:** The maximum size of the road Team is between 6 and 8 riders.

2.3 **Eligibility:** All female licenced riders over the age of 19 as of December 31, 2009.

2.4 **Selection Date:** The names of riders selected to the Team will be announced no later than April 15th 2009

2.5 **Selection Criteria:** In considering the riders to be selected to the Team the Selection Committee shall take into account:

- The riders' performances and results in any UCI or majors National events from January 1st 2009 to March 31st 2009

2. Pan-Am Road Championships – ELITE WOMEN

CCA will select from riders having met the set Selection Criteria (3.5) and will be racing as an Elite. The final team selection will be at the discretion of the National Team coach. The carding prioritization will also be considered. Upon exhausting the Selection Criteria 3.5 the National Team Coach will fill the remaining Team spots based on items mentioned in clause 10.1.

3.1 Selection: This Part 3 of Schedule 3 applies to all female riders seeking selection the Elite Women's road Team to attend the 2009 Pan-Am road Championships.

3.2 Team Size: The maximum size of the road Team is 4 riders.

3.3 Eligibility: All female licenced riders over the age of 19 as of December 31, 2009.

3.4 Selection Date: The names of riders selected to the Team will be announced not later than April 15th 2009

3.5 Selection Criteria: In considering the riders to be selected to the Team, the Selection Committee shall prioritize as follows:

- Highest finish (Elite) at a 2008 Olympic Games
- Highest finish at a 2008 Elite World Championship event (if already qualify, next best at World Championship)
- The female athlete with the most UCI road points using the UCI ranking released on April 1, 2009.
- The female athlete with the highest number of road UCI points using the UCI ranking released on April 1, 2009. (if already qualified, next best at the UCI ranking will be selected)
- National Champion at the 2008 Elite National Road Championship event (if already qualified next best at Nationals)
- Highest finish at a 2008 Junior World Championship
- National Champion at the 2008 Junior National Road Championship event (athletes must be U23 in 09 to be eligible) (If already qualified next best at Nationals)
- Athletes who score a minimum of 15 UCI points in 2009 by April 10th.

4. MTL WC, Tour du Grand MTL and Tour of PEI – ELITE WOMEN

4.1 Selection: This Part 4 of Schedule 3 applies to all female riders seeking selection the Elite Women's road Team to attend the 2009 Montreal WC, Tour du Grand MTL and Tour of PEI.

4.2 Team Size: The maximum size of the road Team is 6 riders.

4.3 Eligibility: All female licenced riders over the age of 19 as of December 31, 2009.

4.4 Selection Date: The names of riders selected to the Team will be announced not later than May 1st 2009

4.5 Selection Criteria: In considering the riders to be selected to the Team the selection committee shall take into account:

- The riders' performances and results in any UCI or major National events from January 1st 2009 to April 31st 2008

5 Tour de Bretagne and Tour du Limousin – ELITE WOMEN (DEVELOPMENT PROJECT)

5.1 Selection: This Part 5 of Schedule 3 applies to all female riders seeking selection the Elite Women's road Team to attend the 2009 Tour de Bretagne and Tour du Limousin in France.

5.2 Team Size: The maximum size of the road team is 6 riders.

5.3 Eligibility: All female licenced riders over the age of 19 as of December 31, 2009.

5.4 Selection Date: The names of riders selected to the Team will be announced not later than June 15th 2009

5.5 Selection Criteria: In considering the riders to be selected to the Team the Selection Committee shall take into account:

- The riders' performances and results in any UCI or majors National events from January 1st 2009 to June 14th 2009; or other factors covered in clause 10.1 of the present document

6. UCI WORLD ROAD CHAMPIONSHIPS – ELITE WOMEN'S POOL FOR THE ROAD AND TIME TRIAL EVENTS

6.1 Selection: This Part 6 of Schedule 3 applies to all female riders seeking selection to the Pool for selection to the Road Teams to attend the 2009 UCI Road World Championships in 2009 for the road and time trial Events, including the preparation during August and September.

6.2 Team Size: The maximum size of the Pool for selection to the Road Teams is 8 riders.

6.3 Eligibility: All female licenced riders over the age of 19 as of December 31, 2009.

6.4 Selection Date: The names of riders selected to this Pool will be announced on July 31st 2009

6.5 Automatic Selection: The following riders will be automatically selected to the Elite Women's Pool for the 2009 UCI World Road Championships:

- The Elite Women's first place winner at the 2009 Canadian Road Race Championships; and
- The Elite Women's Canadian Time Trial Champion 2009; and
- The top ranked Canadian rider in the UCI Rankings as at July 31st 2009.

6.6 Additional Selection Criteria: In considering the additional riders to be selected to the Pool for the 2009 UCI World Road Championships for the road and time trial Events the Selection Committee shall take into account:

- The rider's UCI rankings as at July 31st 2009; and
- The rider's performance and results in the 2009 Canadian Road Race Championships, the Canadian 2008 Elite Women's Time Trial Event, and at UCI World Cup or other approved international events from 1 January 2009 to July 31st 2009; and

6.7 Pre-participation requirements: All riders seeking selection to the Elite Women's Category Road Teams must complete an international participation period of at least one (1) month in an approved Team training and racing program prior to the 2009 UCI Road World Championships.

7. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE WOMEN'S ROAD TEAM

7.1 Selection: This Part 7 of Schedule 4 applies to all female riders seeking selection to the Canadian Road Team to attend the 2009 UCI Road World Championships in 2009 for the road Event.

7.2 Team Size: The maximum size of the Team for the road Event is 6 riders.

7.3 Selection Date: The names of riders selected to the Team will be announced on the 1st of September 2009.

7.4 Selection Criteria: In considering the riders to be selected to the Elite Women's Team for the 2009 UCI World Road Championships for the road Event the Selection Committee shall take into account:

- The Pool selected riders' performances; and
- The Other Factors, Extenuating Circumstances, and Other Selection Matters as set out in clauses 10 to 12 inclusive.

7.5 Selection to More than One Team: Riders may be selected to the Elite Women's Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the team for a different Event.

7.6 Pre-Condition: All riders seeking selection to the Elite Women's Category World Road Team must complete an international participation period of at least one (1)

month in an approved Team training or racing program prior to the Event for which the Team is being selected.

8. 2009 UCI WORLD ROAD CHAMPIONSHIPS – ELITE WOMEN’S TIME TRIAL TEAM

8.1 Selection: This Part 8 of Schedule 3 applies to all female riders seeking selection to the Canadian Road Team to attend the 2009 UCI Road World Championships for the time trial Event.

8.2 Team Size: The maximum size of the Team for the time trial Event is 2 riders.

8.3 Selection Date: The names of riders selected to the Team will be announced on 14th September 2009.

8.4 Selection Criteria: In considering the riders to be selected to the Elite Women’s Team for the 2009 UCI World Road Championships for the time trial Event the selection committee shall take into account:

The Pool selected riders’ performances; and
The Other Factors, Extenuating Circumstances, and Other Selection Matters
as set out in clauses 10 to 12 inclusive.

8.5 Selection to More than One Team: Riders may be selected to the Elite Women’s Teams for the time trial Event and the road Event but selection to the Team for one Event does not guarantee selection to the team for a different Event.

SCHEDULE 4 - Junior Women & Men

GENERAL

1.1 **Events:** This Schedule covers selection for the Junior Men's and Women's Road Teams for the following Events, subject to clauses 1.3 and 12.4 of this Policy (right not to enter team):

Event Date	Event
21-26 July 2009	Tour de l'Abitibi, Nations Cup (Men)
7-9 August 2009	Road World Championships, Moscow

1.2 **Sanctioned Competition or Authorized Event:** In order to be considered for selection to the U19 Category Road Team riders must achieve the Specific Selection Criteria set out in this Schedule while participating in a UCI sanctioned competition or a CCA authorized event and while using a Road bike that complies with the UCI Cycling Regulations.

1.3 **Other Factors:** Any selection to a Team for any one of the Events is subject to this Policy (including clause 10 (Other Factors), 11 (Extenuating Circumstances) and 12 (Other Selection Matters)).

1.4 **Time Period:** Riders must achieve the Specific Selection Criteria set out in this Schedule within the time period commencing 1 October 2008 and concluding midnight (EST STD) on the Selection Date for each team as specified in this Schedule.

2. ROAD TEAMS FOR ABITIBI AND WORLD'S - Junior

2.1 **Selection:** This Part 2 of Schedule 4 applies to all juniors riders seeking selection to the Road Team to attend the 2009 UCI Junior Road World Championships, and the men's only Nation Cup in Val D'Or.

2.2 **Team Size:** The maximum size of each of the Teams is as follows:

- (a) For the World Championships, is whatever number is determined by the UCI in accordance with UCI Cycling Regulation 9.2.014,
- (b) For the Tour de L'Abitibi, 6 male riders or whatever number is determined by the UCI in accordance with the UCI Cycling Regulations. As a hosting country, we are allowed to enter two teams of six riders. Team Canada A will be composed by the athletes who will be selected for the road world Championships

2.3 **Eligibility:** All male and female licenced riders aged less than 19 years old as at 31 December 2009.

2.4 **Selection Date:** The names of riders selected to the Teams specified in this Schedule will be announced 8 July 2009.

2.5 Automatic Selection: The winner at the National Road Championships 2009 (road race and ITT) will be automatically selected to the Junior Men's and Women's Teams

2.6 Funding: Self-funded project. The estimated cost for this project per athlete will be made available by June 1st. Payment must be received at least 7 days (1 week) prior to the start of the project.

2.7 Selection Criteria: In considering the riders to be selected to the Junior Road Teams the Selection Committee shall take into account:

- The rider's performance and results in the National Championships in 2009 (RR and ITT);
- Results at any UCI or major national events from January 1st 2009 to July 1st 2009
- FTP (Functional Threshold Power output) done on a 5 and a 20 minutes test. See Appendix #1 for more details

Appendix 1

Functional Threshold Power Test

INTRODUCTION

The purpose of this test is to provide the CCA with a measurable tool to identify Canadian junior (U19) athletes across the country. Without a National Road Series to identify junior athletes the process has always been a challenge with only limited exposure to the athletes at National Championships. The FTP test will be used to augment the communication network between the National Coach and the Provincial Coaches about riders to watch. We see this FTP value as a good indicator about an athlete's potential. However, this test will not be used exclusively as there are several other factors that determine an athlete's ability such as: bike handling, tactics/strategy, and the ability to work in a team environment. All of these factors will be taken into consideration for final selection.

WHAT IS IT?

The FTP (Functional Threshold Power) is the highest average wattage that an athlete can maintain for a certain period of time. According to the authors of the book "Training and Racing with a Power meter" Hunter Allen and M.D. Andrew Coggan, power at lactate threshold is the most important physiological determinant of endurance cycling performance because it integrates VO₂ Max, the percentage of VO₂max that can be sustained for a given duration, and cycling efficiency.

PROTOCOLS

- **20 minutes warm-up** at about 65 percent of your max heart rate (HR);
- Do three fast pedaling efforts at 100 rpm approx for 1 minute each, with 1 minute recovery pedaling between each effort;
- Conclude the warm-up with 5 minutes easy (65% of your max HR);
- **5 minutes all out:** make sure that you start at a high pace, but not so high that you die at the end. You should have a little in reserve to kick it to the finish line in the last minute. The goal of this first part is twofold: first, to "open" up the legs for the rest of the effort, and, second, to capture your ability to produce watts in what is called VO₂max power;
- **Do 10 minutes easy at endurance pace:** ride at 65% of your max HR;
- **20 minutes time trial:** do this on a road that is fairly flat and allows you to put out a strong, steady effort for the entire 20 minutes. Do not start too hard! Your goal is to produce the highest average watts over the entire period. You should maintain your maximal steady-state power during the entire 20 minutes. It is always better to start out in the first 2 minutes a little under what you believe to be your FTP, build up along the way, and then ride at your maximum level in the last 3 minutes;
- **Do 10 to 15 minutes at endurance pace:** 65% of your max HR;
- **Do 10 to 15 minutes cool-down:** easy!

COLLECT THE DATA

Once the test is over and you have downloaded the data, you will need to figure out what your average power was for the entire 20 minutes effort. Then you will take this number and subtract 5 percent from it. **The results will be your FTP.**

Example: average watts: 300 for 20 minutes: $300 \times 0.05 = 15$, and $300 - 15 = 285$ Watts

The reason for subtracting 5 percent of the watts from your 20 minutes test is to minimize the utilization of the athlete's anaerobic capacity during the 20 minutes test. Normally, to obtain a more realistic FTP, we should run the test on a 60 minutes period but most athletes have a hard time focusing during this long period of time.

ADVICE

- Try to maintain the same protocols when you repeat the test;
- If you do the test for the first time, use a road with a steady climb or ride into a slight headwind, where you are forced to do it at a maximum effort for the entire 20 minutes;
- You can use any type of equipment to measure your watts: SRM, PowerTap,...
- **The test should be run and supervised by an certified cycling coach (through your club, team or Province)**

SEND THE RESULTS

Once you have compiled the data, send the following information to Matthew Knight (road@canadian-cycling.com):

- 5 minutes results: average watts on the entire period of 5 minutes;
- 20 minutes results: FTP
- Weight of the athlete in KG;
- Height in CM;
- Age
- Which equipment used?
- Brief description of the road and weather condition;
- Who monitored the test?

CONCLUSION

All the results that we will receive are strictly confidential. Only the national road coach, the CTO, the road coordinator and the Selection Committee will have the authority to look at the results. No names with results will be published at any time.

Again, this test is a tool to help us to have a better picture of our junior athletes. Also, we believe that by doing this kind of test, it might be an interesting way to know yourselves and improve your training by using the data. You can keep in file your last results and compare with the new ones and see your progression.

If you have any question, please feel free to contact the National road coach:

Vincent Jourdain Cell: 514-781-4153
Vincent.jourdain@canadian-cycling.com

Or the CCA road coordinator:

Matthew Knight Tel: 613-248-1353 x2602
Matthew.knight@canadian-cycling.com or road@canadian-cycling.com