



April 13, 2016

Re: **Race Categories**

Dear Race Organizer:

We would like to thank you for your contribution to the upcoming 2016 mountain bike and road cycling racing season. If not for the hard work and dedication of our race organizers, competitive cycling in Nova Scotia would not be possible.

With the race season starting very soon, we would like to inform you of a few additions to the races categories that have been voted on and approved by the Bicycle Nova Scotia Board of Directors. Although it is not our intent to make any major changes to how you conduct your races, we would like you to implement these additions in order to assist athlete development as well as accommodate some increasing demand for particular categories. We believe that these changes will benefit everyone involved including athletes, coaches, and race organizers.

The following changes will be required for point series races in order for Bicycle Nova Scotia to sanction these races:

- 1) The addition of the U19 (Junior) race category for both male and female competitors in road and mountain biking races. The addition of this category will align with national and other province race categories. The U19 category is necessary to be able to follow Long Term Athlete Development principles recommended by Cycling Canada. As well, these categories are necessary in assisting selection for Canada Games/provincial team out of province projects for 2016 as well as selection of the 2017 Canada Summer Games Mountain Bike and Road Cycling Teams.
- 2) The addition of a Master Men (40+ years) category for mountain bike races.
- 3) The addition of a Cat C women's category for road and mountain bike races.

Please see the attached tables that should help with understanding category names within and outside of Nova Scotia. Currently race organizers and BNS are working on holding national level/UCI point awarding events in Nova Scotia as early as the 2017 season. In helping to prepare for these events, we ask that you include the national category name alongside of the Nova Scotia name in your advertising and race registration forms. The attached tables also include race distances or times recommended by the UCI and Cycling Canada. Please note that it may be necessary to adjust lap distances in order to accommodate these recommendations.

Again, we highly value the enormous amount of work it takes for race organizers to hold the excellent events offered in Nova Scotia. It is our hope that these changes will help us all grow competitive cycling in Nova Scotia. Please do not hesitate to contact either of us if you have any questions. Thank you for your cooperation.

Sincerely,

Ryan Lindh, VP Mountain Bike Competition, [ryan.lindh@bicycle.ns.ca](mailto:ryan.lindh@bicycle.ns.ca)

Zach Steinman, VP Road/Track/Cyclocross Competition, [zach.steinman@bicycle.ns.ca](mailto:zach.steinman@bicycle.ns.ca)

Bicycle Nova Scotia

Table 1

<b>MTB in NS</b>	<b>MTB National/UCI</b>	<b>XC Race Length</b>
Cat A Men	Elite Men/U23 Men	1h 30 to 2h 00
Cat B Men	Expert Men	1h 15 to 1h 30
Cat C Men	Sport/Novice Men	1h 00 to 1h 15
Master Men (40+ years)	Master Men (40+ years)	1h 00 to 1h 15
Cat A Women	Elite/U23/Expert Women	1h 30 to 2h 00
Cat B Women	Sport Women	1h 00 to 1h 15
Cat C Women	Novice Women	0h 45 to 1h 00
U19/Junior Men & Women	U19/Junior Men and Women	1h 00 to 1h 15
U17 Men & Women	U17 Men & Women	0h 45 to 1h 00
U15 & U13 Men & Women	U15 & U13 Men & Women	0h 30 to 0h 55

Table 2

<b>Road in NS</b>	<b>Other Provinces</b>	<b>National/UCI</b>	<b>Road Race Length (km)</b>	<b>Time Trial Length(km)</b>
Cat A Men	Cat 1/2	Elite/U23 Men	90 - 180	40 - 50
Cat B Men	Cat 3	NA	70 - 120	30 - 40
Cat C Men	Cat 4	NA	50 - 100	20 - 30
Cat D Men	Cat 5	NA	30 - 80	10 - 20
Cat A Women	Cat 1/2	Elite/U23 Women	70 - 120	30 - 40
Cat B Women	Cat 3	NA	50 - 100	20 - 30
Cat C Women	Cat 4	NA	30 - 80	10 - 20
U19/Junior Men	U19/Junior Men	U19/Junior Men	70 - 120	30 - 40
U19/Junior Women	U19/Junior Women	U19/Junior Women	30 - 80	10 - 20
U17 Men/Women	U17 Men/Women	U17 Men/Women	10 - 40	10 - 15
U15 & U13 Men/Women	U15 & U13 Men/Women	NA	10 - 40	10 - 15