

GUIDING BODIES

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EVENTS

INDIVIDUAL: MEN and WOMEN

Men's and Women's Individual events will be offered in the following age categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 - 69
45 - 49	70 +

DESCRIPTION OF EVENTS:

1. **SPRINTS:** Approximately 800 meter completely closed course; level, wide and straight. Three sprints per class. First 5 across the line. Points given 7, 5, 3, 2, 1. Redraw to be conducted at the end of each sprint with sufficient rest time between heats. The start shall be standing. All ties after the third heat shall be decided by a head-to-head sprint.
2. **TIME TRIALS (ROAD):** 15 Kilometers (approx. 10 miles) or more, either a circular course or out and return to start. Hold balance at start.
3. **CRITERIUM:** Completely closed course of approximately 1.5 to 2 km (approximately 1 mile) is recommended. The race distance should be approximately 15-30 km (10-20 miles). Successful events have run the Men's 18 through 49 for 35-45 minutes, including the final 5 laps. All Men 50+ and all Women's categories were run for 35 minutes, including the final 5 laps.
4. **ROAD RACE:** 40 kilometers (approximately 25 miles) or more. For longer races (beyond 40 km), a shorter course may be used for Men 50+ and all Women's categories.

ABRIDGED RULES - CYCLING - Street Bike -- Page 2

5. **HILL CLIMB:** This course is a constantly climbing uphill course of 2 miles (3 km) or less. Course will be clean of obstacles and other debris. Cyclists will be released onto the course in 1 minute intervals. There will be no support for cyclists or equipment in this event.

GENERAL SPORT RULES for Cycling - Street

Only multi-gear racing bikes will be allowed in all events (including track).