



KENTVILLE XC CANADA CUP 2022 TECHNICAL GUIDE



DRAFT - UPDATED JULY 28

2022 KENTVILLE CANADA CUP XC TECHNICAL GUIDE

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TrailFlow Kentville

TrailFlow Outdoor Adventures

2432 Greenfield Rd. Forest Hill,
Nova Scotia, B4P 2R1

Join us August 12 - 14, 2022 in Kentville Nova Scotia for the third annual Kentville Canada Cup! This exciting event is hosted in partnership between the Town of Kentville and TrailFlow Outdoor Adventures and is supported by Bicycle Nova Scotia and Cycling Canada.

This XCO format event takes place just minutes from the downtown of Kentville, Nova Scotia, at "The Gorge". Widely regarded as one of the most challenging XC courses in the province, The Gorge offers up a healthy dose of technical riding with steep climbs, rough descents, jumps, drops, and good times!

Guide updated July 28, 2022 and is subject to change.

ORGANIZER INFORMATION:

Organizer / Organisateur:	Town of Kentville
Address / Adresse:	354 Main Street, Kentville, Nova Scotia B4N 1K6
Name / Nom:	Lindh, Ryan
Telephone / Téléphone:	1 902 300 9449
Email:	race@trailflow.ca
Website / Site Web:	www.kentvillecanadacup.ca

EVENT OFFICIALS:

Organizer / Organisateur:	Town of Kentville & TrailFlow - Ryan Lindh (NS)
Technical Delegate/Délégué technique	Geordie Moss (ON)
President/Chief (UCI)	Michael Drolet (QC)
Asst. President/Chief	Christian Côté (QC)
Secretary	Steve Head (ON)
Member	Andre Ouellette (NB)
Starter	<i>To be assigned</i>
Finish Judge	<i>To be assigned</i>

EVENT RULES:

UCI Regulations and Cycling Canada specific regulations will be enforced for all categories. Valid UCI international licenses are required for all Canada Cup categories. Holders of UCI international licenses that do not bear a photograph will be required to present an approved and valid government photo ID in addition to their UCI license.

This event is sanctioned as a UCI C2 event for the Cross Country Olympic format.

Unlicensed racers in non Canada Cup categories will be able to purchase a One Event Membership to Bicycle Nova Scotia during online registration.

[UCI specific regulations:](#)

https://assets.ctfassets.net/76117gh5x5an/52jcyhbOYV5t64uHFYspXQ/875a24b855c28e47a0da0e4b309b8ab1/2021.11.25_-MTB_EN-left_column_final.pdf

[Cycling Canada's specific regulations for the MTB Canada Cup:](#)

<https://cyclingcanada.ca/wp-content/uploads/2022/05/2022-Canada-Cup-Specific-Rules-2.pdf>

EVENT LOCATION:

Found just over an hour outside of Halifax, Nova Scotia, Kentville is home to a thriving mountain biking scene and the host town of the Kentville Canada Cup.



Main event staging, parking, and sign-in will be held at Memorial Park - 125 Park Street, Kentville, NS, with the racing taking place on grass fields at Memorial Park, on closed sections of paved roads, and across the road at The Gorge trails.

DISTANCES AND TRAVEL TIMES:

Below are the approximate distances and travel times by car to the race site.

Halifax International Airport	110KM	1h05	
Quebec City, Quebec	1,000KM	10h30	
Montreal, Quebec	1,300KM	12h30	
Toronto, Ontario	1,900KM	18h00	
Fredericton, New Brunswick	510KM	4h50	
Charlottetown, Prince Edward Island	400KM	4h00	(via bridge)
St. John's, Newfoundland	1,200KM	22h30	(via ferry)
Bangor, Maine, USA	470mi	7h30	

EVENT REGISTRATION / SIGN IN:

Online registration will IS available and linked from our main event site at www.kentvillecanadacup.ca and will remain open until the evening of August 12. **THERE WILL BE DAY OF REGISTRATION! LATE REGISTRATON FEE IS \$15.**

Sign in, race plate, and event welcome package pick up will be at Memorial Park (125 Park St, Kentville, NS) directly across from Gladys Porter Dr. and the main trails at "The Gorge". Pick up times are listed in the event schedule on pages 14 - 16.

XCO RACE CATEGORIES AND FEES:

Ages refer to riders age at end of calendar year (December 31, 2022)

XCO Canada Cup Categories

Category	Target Winning Time	Online Registration Fee
Elite Men	1h20 - 1h40	\$60
Elite Women	1h20 - 1h40	\$60
Junior (17-18) Expert Men	1h00 - 1h15	\$50
Junior (17-18) Expert Women	1h00 - 1h15	\$50
U17 (15 - 16) Expert Men	0h45 - 1h00	\$35
U17 (15 - 16) Expert Women	0h45 - 1h00	\$35

XCO Challenge Categories

Category	Target Winning Time	Online Registration Fee
U9 (7-8) Boys / Girls	0h15 - 0h25	\$10
U11 (9-10) Boys / Girls	0h20 - 0h30	\$10
U13 (11-12) Boys / Girls	0h25 - 0h45	\$20
U15 (13-14) Boys / Girls	0h30 - 0h55	\$25
U17 Sport (15-16) Boys / Girls	0h45 - 1h00	\$30
Senior Expert Men (17 - 29)	1h00 - 1h15	\$50
Senior Expert Women (17 - 29)	1h00 - 1h15	\$50
Master Expert Men 30 - 39	1h00 - 1h30	\$50
Master Expert Women 30 - 39	1h00 - 1h30	\$50
Master Expert Men 40 - 49	1h00 - 1h30	\$50
Master Expert Women 40+	1h00 - 1h15	\$50
Master Expert Men 50+	1h00 - 1h15	\$50
Open Sport Men (17+)	0h45 - 1h00	\$40
Open Sport Women (17+)	0h45 - 1h00	\$40

UCI POINTS AND PRIZE MONEY:

Points for UCI standings and prize money will be awarded in the Elite and Junior racers in both the Women's and Men's categories. The below chart outlines the allocations.

Currency conversion done using UCI set rate of 1.4401 Canadian Dollar = 1.00 Euro.
Prizing is shown less 2% for UCI Anti doping levy.

Elite

Place	UCI Points Awarded	Prizing (€ EURO)	Prizing (\$ CAD)
1	30	€ 245	\$352.82
2	20	€ 196	\$ 282.30
3	15	€ 147	\$ 211.70
4	12	€ 122.50	\$ 176.40
5	10	€ 98	\$ 141.10
6	8	€ 88.20	\$ 127.00
7	6	€ 78.40	\$ 112.90
8	4	€ 68.6	\$ 98.80
9	2	€ 58.80	\$ 84.70
10	1	€ 49	\$ 70.60

Junior

Place	UCI Points Awarded	Prizing (€ EURO)	Prizing (\$ CAD)
1	20	€ 78.4	\$ 112.90
2	18	€ 63.70	\$ 91.73
3	16	€ 49	\$ 70.56
4	14	€ 29.40	\$ 42.34
5	12	€ 24.50	\$ 35.30
6	10		
7	8		
8	6		
9	4		
10	2		

CANADA CUP POINTS SCALE:

Canada Cup Series will be awarded based on finishing positions as outlined in the below chart.

Elite Points Allocation

Place	200 Point Scale
1	200
2	175
3	155
4	140
5	130
6	120
7	115
8	110
9	105
10	100
11	95
12	90
13	85
14	80
15	75
16	71
17	69
18	66
19	64
20	62
21	60
22	58
23	56
24	54
25	52
26	50
27	49
28	48
29	47
30	46
31	45
32	44
33	43
34	42
35	41
36	40
37	39
38	38

Place	200 Point Scale
39	37
40	36
41	35
42	34
43	33
44	32
45	31
46	30
47	29
48	28
49	27
50	26
51	25
52	24
53	23
54	22
55	21
56	20
57	19
58	18
59	17
60	16
61	15
62	14
63	13
64	12
65	11
66	10
67	9
68	8
69	7
70	6
71	5
72	4
73	3
74	2
75	1

CANADA CUP POINTS SCALE CONTINUED:

Canada Cup Series and UCI Jr points will be awarded based on finishing positions as outlined in the below chart.

Junior & U17 Expert Points Allocation

Place	100 Point Scale	Place	100 Point Scale
1	100	21	20
2	85	22	19
3	70	23	18
4	60	24	17
5	50	25	16
6	45	26	15
7	40	27	14
8	37	28	13
9	34	29	12
10	32	30	11
11	30	31	10
12	29	32	9
13	28	33	8
14	27	34	7
15	26	35	6
16	25	36	5
17	24	37	4
18	23	38	3
19	22	39	2
20	21	40	1

COURSE LAYOUT:

The map on the following page shows the proposed course layout for our 2022 race. Junior, Expert, Elite and Masters course will be roughly 4.2km.

The Youth and Sport course is shorter at roughly 3.8KM with reduced climbing and an overall less challenging course.

U9 and U11 racers will have their own dedicated course of roughly 1.25 - 1.5KM. Final layout for this course is to be determined

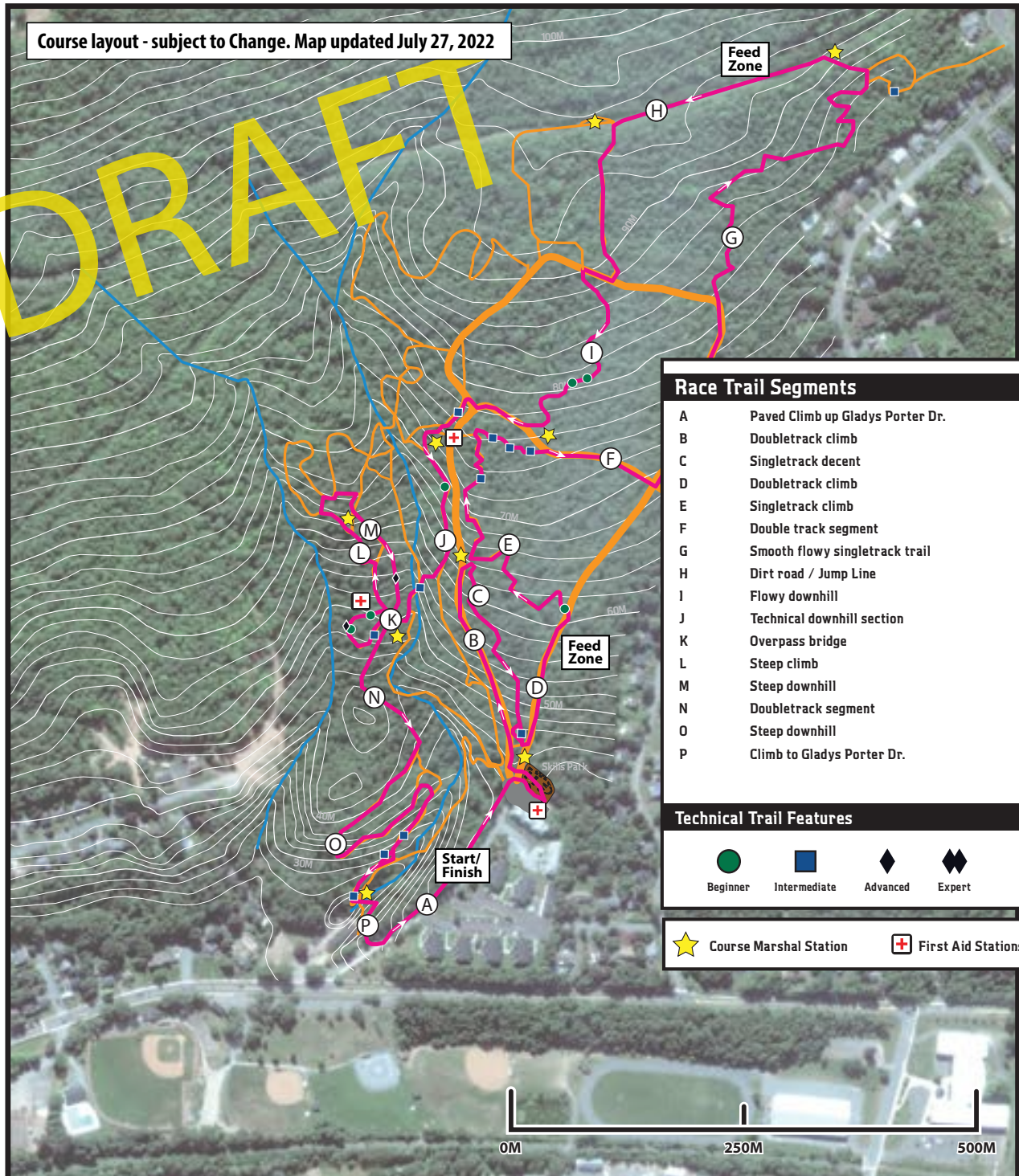


Kentville Canada Cup

Full Course (Jr, Expert, Masters, Elite)

Course layout - subject to Change. Map updated July 27, 2022

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Race Trail Segments

- A Paved Climb up Gladys Porter Dr.
- B Doubletrack climb
- C Singletrack decent
- D Doubletrack climb
- E Singletrack climb
- F Double track segment
- G Smooth flowy singletrack trail
- H Dirt road / Jump Line
- I Flowy downhill
- J Technical downhill section
- K Overpass bridge
- L Steep climb
- M Steep downhill
- N Doubletrack segment
- O Steep downhill
- P Climb to Gladys Porter Dr.

Technical Trail Features

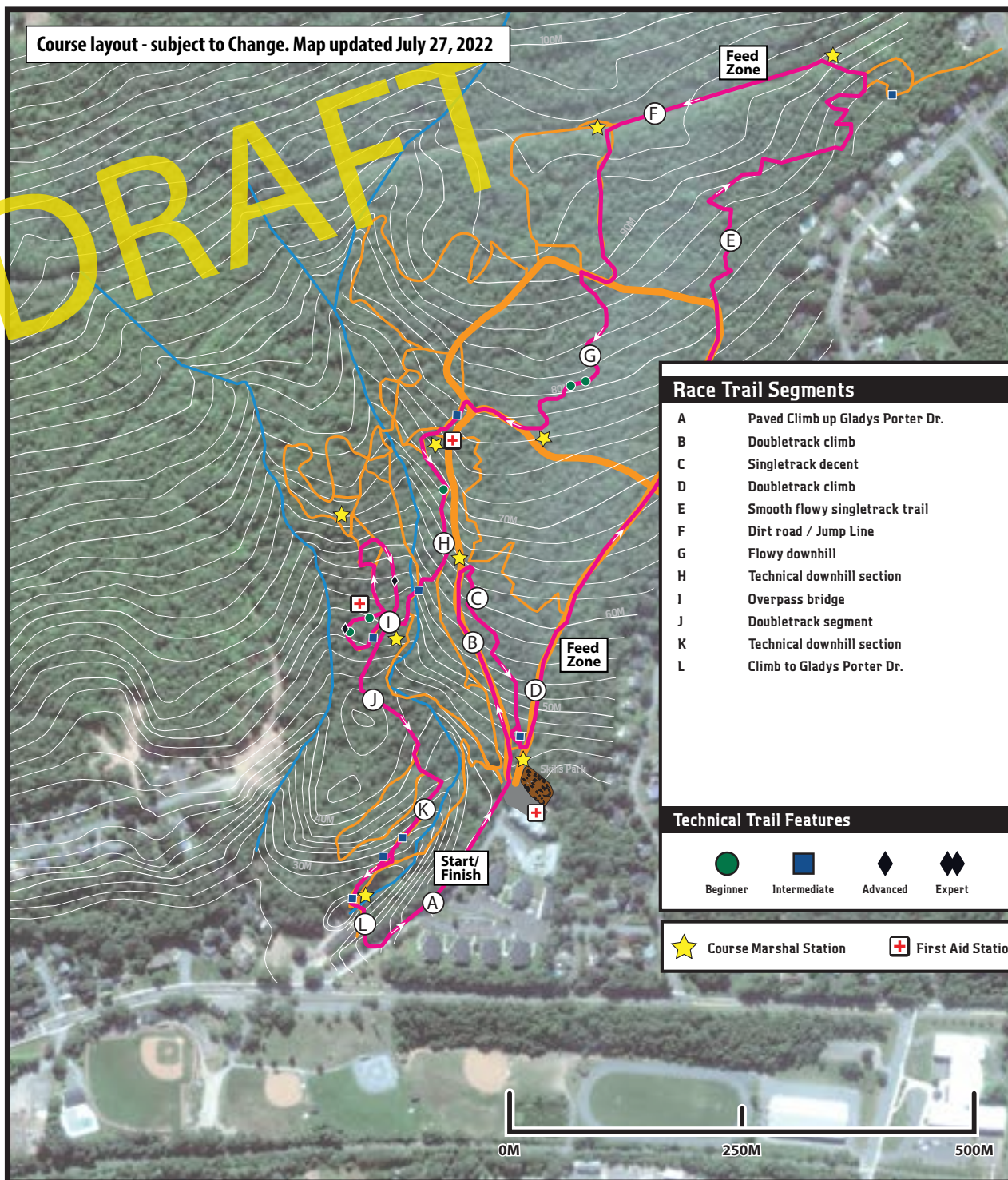
- Beginner
- Intermediate
- Advanced
- Expert

- Course Marshal Station
- First Aid Stations



Kentville Canada Cup

Short Course (U13 / U15 / U17 Sport / Open Sport 17+)



EVENT TIMING:

This race will utilize electronic chip timing with manual stop watch as a back up in the event of a lost or damaged chip or dispute in results. Cameras at the finish line will also be utilized for photo finish confirmations. Chips are to be attached to the bike on the fork legs using the provided strap.

A timing strip will be located at the start / finish to record finish as well as lap times.

FEED AND TECHNICAL ZONES:

Main feed zone will be located on the West side double track, just up hill from the Gorge Skills Park. An additional feed zone will be placed at the top of the course on the upper double track road just after riders exit the woods.

See maps on page 9 and 10 for locations.

Feed / Tech areas will be split into three zones.

Zone 1: UCI Teams/CC Trade Teams/Provincial Teams

Zone 2: Provincial Club Teams

Zone 3: All other riders

PARKING AND PIT ZONE:

Three parking areas will be available at the Memorial Park site with capacity for well over 100 vehicles. Additional staff parking on site at The Gorge will be available.

Overflow and spectator parking will be available at the nearby soccer complex and Kings County Academy school, less than 1 KM from the main event site. A multi use trail connects the two spaces. Directional signage will be provided.

Space for team tents and pit areas will be allocated again at Memorial Park. Spaces will be on a first come first served basis and will be split into approximately 4 x 6 meter blocks. Any teams requiring additional space are encouraged to contact the event organizer (***ryan@trailflow.ca***) at least two weeks in advance of the race to reserve a location.

TRANSPORTATION TO EVENT SITE:

The main event areas at Memorial park are directly across the road from the trails at The Gorge and less than a five minute drive from downtown Kentville.

For those traveling to Nova Scotia via the Halifax International Airport, the race site is approximately an one hour drive. Airport shuttles, taxis and car rentals are all available. Please visit **halifaxstanfield.ca/transportation/** for details.

WHERE TO STAY:

There are many great options for lodging near the Kentville area with several motels, hotels, bed and breakfasts located within a short drive from the race site.

On site camping will be available from Friday - Sunday morning at Memorial Park for \$20 a night tax included. Please note, site camping is not serviced. Water, electricity (*limited locations*) and washrooms are available on site. No sewer hookups. ***Please contact aalders@kentville.ca for details.***

Free showers will be available for campers to use at Kentville Centennial Arena located on Webster St. as well as at the Kentville Pool located at Memorial Park.

Serviced camping is also an option with multiple campgrounds nearby.

Visit **www.kentvillecanadacup.ca/event-details.html** for a list of near by accommodations.

VISITOR INFORMATION:

The Town of Kentville has all the amenities required to support your stay while in Nova Scotia. The downtown includes a grocery store, banks, coffee shops, restaurants, a bike shop and more. To learn more about Kentville, visit www.kentville.ca

The surrounding area in “*The Annapolis Valley*” has much to offer with great riding, hiking, paddling and other outdoor adventures to be found!

Popular local riding and hiking destinations include:

• The Gorge, Kentville	<i>Your host Canada Cup trails!</i>
• Burgher Hill Four Cross Course, Kentville	In town
• Kentville Ravine Trail	In town
• Miners Marsh Trail	In town
• Kentville Skate Park	In town
• Reservoir Park, Wolfville	15 KM from Kentville
• Anima Mundi, Gaspereau	20 KM from Kentville
• Irishman’s Road Recreation Site, Windsor	45 KM from Kentville
• Cape Split Provincial Park, Scott’s Bay	35 KM from Kentville
• Blomidon Provincial Park, Canning	30 KM from Kentville

Looking for a slower paced activity for your days off? Check out one of the many local wineries, breweries and farm markets. Also, be on the look out for our many great museums, historical sites, and community parks.

To learn more visit valleytourism.ca/destination/kings-west-hants/

DETAILED EVENT SCHEDULE:

Racing will happen on Saturday August 13 and Sunday August 14, 2022. Our schedule for the event is as follows and is subject to change. Please contact ***race@trailflow.ca*** for the most up to date information.

Thursday, August 11:

<i>Course marked for riding (excluding start/finish)</i>	<i>1:00 PM - 8:00 PM</i>
<i>Registration and event info booth open</i>	<i>1:00 PM - 5:00 PM</i>
<i>Guided Rides of the course (leaving every hour from info booth)</i>	<i>2:00 PM - 5:00 PM</i>

Friday, August 12:

<i>Course closed for Commissaire inspection</i>	<i>9:00 AM - 12:00 PM</i>
<i>Official practice</i>	<i>12:01 PM - 4:00 PM</i>
<i>Course marked for riding (excluding start/finish)</i>	<i>4:01 PM - 8:00 PM</i>
<i>Registration and event info booth open</i>	<i>9:00 AM - 5:00 PM</i>
<i>Riders meeting at Memorial Park for Saturdays Racers</i>	<i>5:00 PM</i>

Parade of Champions

6:30PM - 8:00PM

Located off site in downtown Kentville.

The Parade of Champions presented by the Kentville Business Community welcomes Canada Cup Racers to ride alongside with the community to celebrate sport, active living, and to kick off a great weekend of racing at the Kentville Canada Cup!

Saturday August 13:

Plate / package pick up & sign in 8:00 AM - 5:00 PM
(for Saturday challenge categories & Sunday Canada Cup categories)

Morning training 8:30 AM - 9:30 AM

Course closed for final inspection 9:30 AM

XCO Challenge Categories Races

Non Canada Cup Series categories.

First start (on Memorial Park Mini Course) 9:00 AM

U9 Boys / Girls
U11 Boys / Girls

Second start (on Short Course) 10:00 AM

U13 Boys / Girls
U15 Boys / Girls
U17 Sport Boys / Girls
Open Sport Men 17+
Open Sport Women 17+

Third Start (on Full Course) 12:00PM

Senior Expert Women (17-29)
Senior Expert Men (17-29)
Masters Expert Women 30-39
Masters Expert Men 30-39
Masters Expert Women 40+
Masters Expert Men 40-49
Masters Expert Men 50+

Saturdays XCO Race Awards 2:30 PM

Official Training 2:00 PM - 4:00 PM

Riders meeting at Memorial Park for Sundays Racers 4:00 PM

Saturday August 13 Continued...

Short Track Races

Out Short Track race takes place at Memorial Park on a combination of single track trails, fields, and park roads.

Race Fee: \$15 for U13 / U15/ Open Sport, \$25 all other categories

First start (20 min race) 6:00 PM

U13 / U15 / Open Sport 15+

Second start (30 min race) 7:00 PM

U17 Expert / Junior / Open Expert 17+ / Elite

Short Track Awards 8:00 PM

MTB Movie Night at Memorial Park 9:00 PM

Join us for an outdoor movie night featuring some great riding clips submitted by riders from all around the Atlantic Canada. Event hosted by MTB Atlantic and ECMTB.NET

Sunday August 14:

Morning training 8:00 AM - 8:30 AM

Course closed for final inspection 8:30 AM

First Start - U17 Expert Women, Junior Women 9:00 AM

Second Start - U17 Expert Men, Junior Men 11:00 AM

Third Start - Elite Men 1:00 PM

Fourth Start - Elite Women 1:05 PM

Sundays race awards 3:15 PM

CANADA CUP RIDER CALL UP AND STARTS:

Approximately 15 minutes before the start of each race riders will be called up to the start line where they will be ordered by the event Commissaire based on UCI and national ranking. Riders with no ranking will be ordered at random by number plate.

U17 Expert

1. *Top 16 of the current Canada Cup ranking*
2. *Random order*

Junior

1. *All riders on the current UCI ranking*
2. *All riders on the current Canada Cup ranking*
3. *Random order*

U23/Elite W/F & U23/Elite M/H

1. *All riders on the current UCI ranking*
2. *All riders on the current Canada Cup ranking*
3. *Random order*

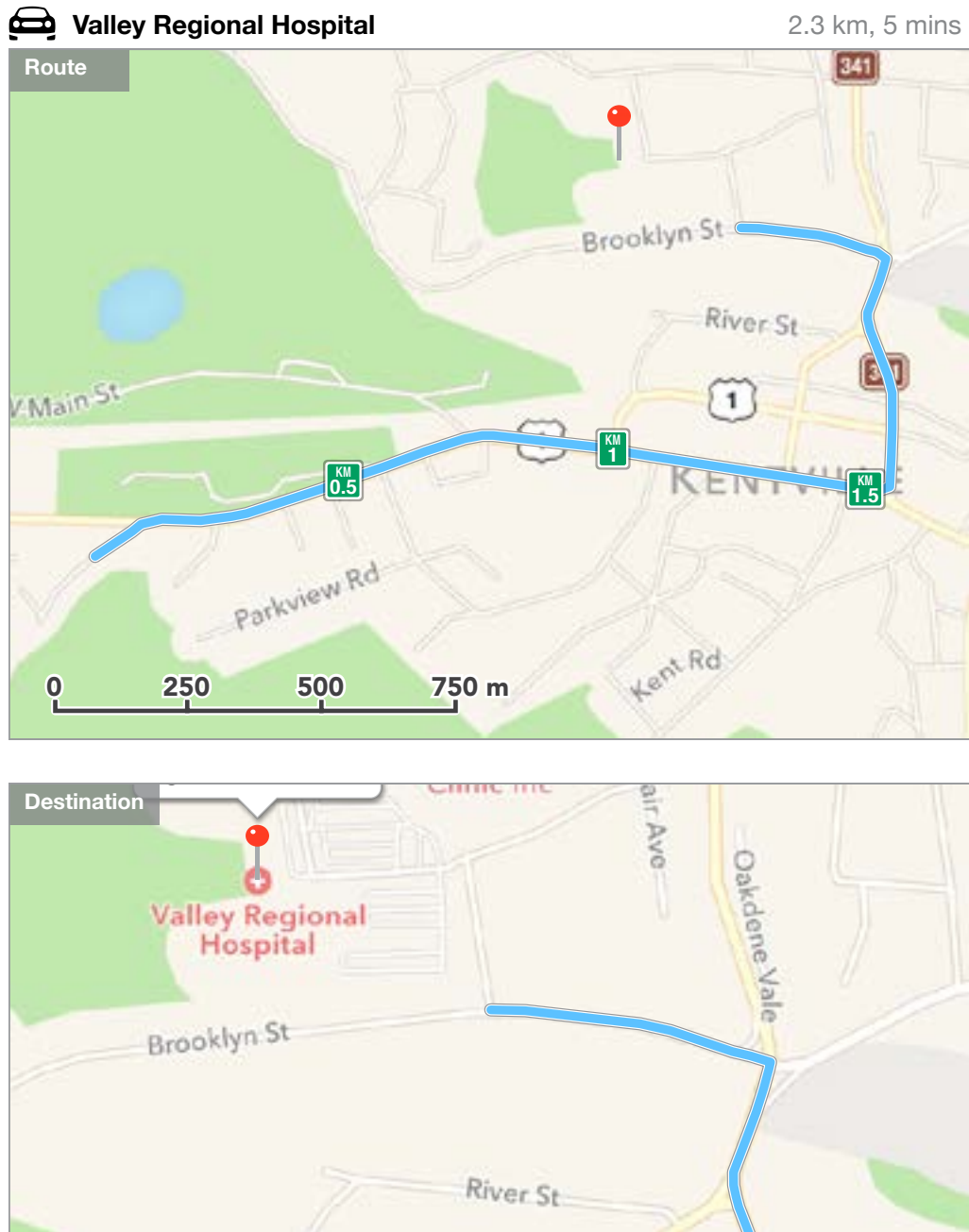
Racers will start in their categories in two minute intervals for each starting block. (IE: U11 starts at 9:00 AM, U9 at 9:02 AM)

HOSPITAL AND MEDICAL SUPPORT:

Valley Regional Hospital is located 2.3 KM from the race site and is a roughly 5 minute drive.

**150 Exhibition St
Kentville NS B4N 5E3
Canada**

1 902 678 7381



In case of an emergency you may also call 911 for assistance. An on site first aid will be located at the finish line and at various locations on course.

MEMORIAL PARK SITE MAP:

All main event staging will take place at Memorial park, adjacent to the trails at The Gorge. Registration, race awards, first aid, media, etc, will all be housed at this park. As the event draws closer an updated site map with exact location of key areas will be released. All key buildings will be signed (*in English and French*) and directional signage will be in place on site.

A: Pool Building

This building will be available for racers to use to change and clean up post ride.

- Washrooms / change rooms
- Staff rooms
- Public Pool access
- Storage
- Showers

B: Canteen and Park Office

Commissaires and event staff be stationed here.

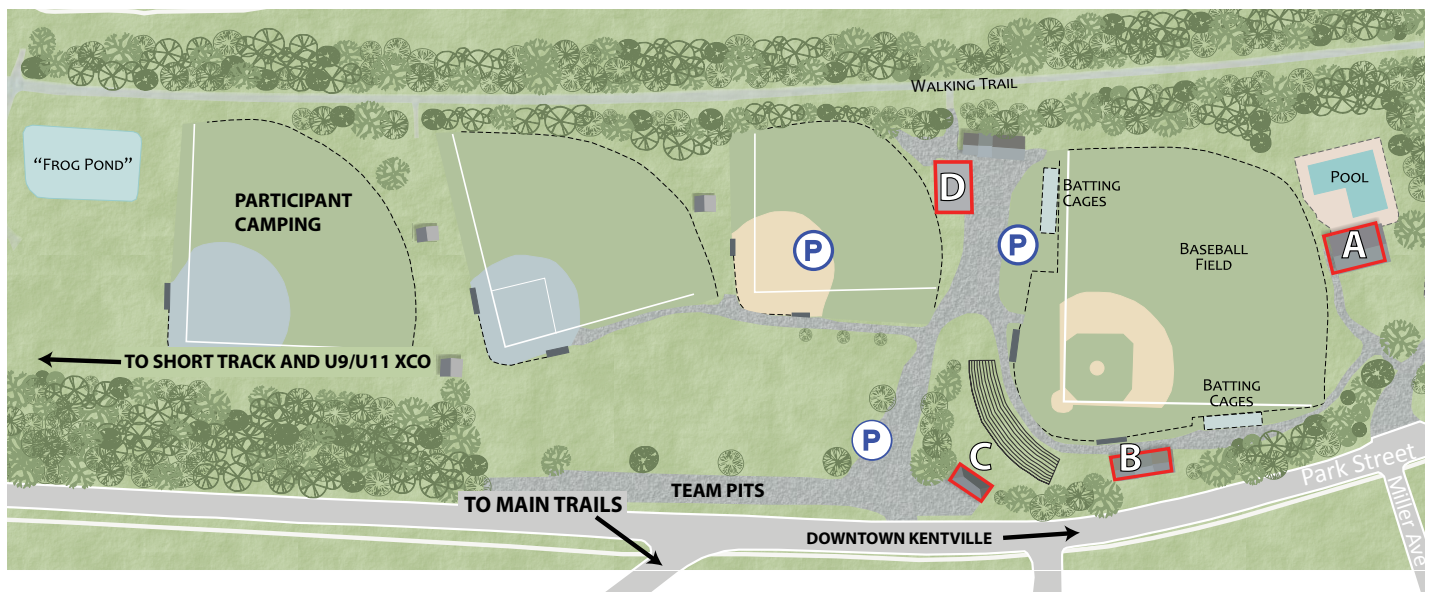
- Food Services
- Announcers Booth
- Washrooms
- Storage
- Meeting rooms
- Bike wash station

C: Kentville Visitors Information Centre

Event sign-in, welcome package pick up, and general info desk will be housed here.

D: Parks Building

Racers meeting will be held here, and will also be utilized for volunteer lunch room.



KEY EVENT PARTNERS



TrailFlow Outdoor Adventures aims to offer the highest quality outdoor recreational programming and facilities available within Atlantic Canada. Specializing in trail design and construction, mountain bike guiding, clinics, and event promotion we use our years of experience to bring our love of the outdoors to the masses.

www.trailflow.ca



The Town of Kentville is the host town and co-presenter of the Kentville Canada Cup XC! Located in Nova Scotia's Annapolis Valley, and just one hour outside the provincial capital of Halifax, Kentville has plenty to offer including great riding, outdoor recreation, hospitality and more!

www.kentville.ca



Bicycle Nova Scotia is a Provincial Sport Organization that represents the needs of cyclists in Nova Scotia for both sport and recreation.

www.bicycle.ns.ca



Cycling Canada is the national Sport Organization representing cycling in Canada and the administers of the Canada Cup Series.

www.cyclingcanada.ca