



# Track Development

## *Race #1*

Saturday December 3rd

Mattamy National Cycling Centre

Technical Guide  
Working Version 2.0

# Annual Milton Community Food Drive

Presented by The Salvation Army and the Milton Fire Department.



Giving Hope Today

The OCA will be collecting items at the registration desk on behalf of the Milton Community Food Drive on Saturday December 3rd and Sunday December 4th at the Youth Track Development Series & Track O-Cup

## **Items:**

Non-Perishable Foods  
Household Cleaning Products  
Toiletries  
Baby Items

## **Donations will also be collected at the following locations:**

Loblaws Superstore  
Walmart  
Metro  
Food Basics  
La Rose Italian Bakery  
No Frills  
Canadian Tire  
Sobeys

## **FOOD DONATION GOALS**

The food is received by citizens of Milton/Campbellville who live at or below the poverty line. We serve approx \*600 people\* at our food bank and with a consistent increase in new clients anticipate a much greater number.

## **TOY DONATIONS**

Toy donations can be dropped off at [The Salvation Army Khi Community Office](#).

## **MONETARY DONATIONS**

Christmas Kettle Campaign - our single most important fundraising event of the year.  
Money raised comprises the entire annual Food Bank and Family Services operating budget.  
Every dollar donated through the Christmas Campaign stays in our own community.

**Please visit the Food Drive Milton website for more information**

<http://fooddrivemilton.khicommunity.com/>

# General Information

The Series has been designed to optimize the development of our young athletes through a format that removes the emphasis on winning and instead focuses on skill development. The ability categories will allow athletes at different levels of physical maturity or time in the sport to participate in meaningful mixed gender competition.

Timing will be done manually and data used to rank athletes to ensure that they continue to be placed in appropriate competition categories. All recorded times will be approximate. There will not be a podium and medals will not be awarded.

The Track Development Youth Series has been revamped to provide better opportunities for young riders to develop skills and progress as an athlete, and be challenged by other riders of a similar ability. **New for 2017!** - Riders will now select their category based on their own ability.

This is to further align the Track Development Youth Series with the Long Term Athlete Development Model (LTAD) This alignment will allow first time riders to select a category that they are both comfortable with and allow them to work their way up to competing in a more advanced category. Under the new system males and females will be racing together with riders of the same caliber. Cycling Canada's Track Cycling LTAD Model states:

- It is deemed essential to base cycling-specific training on developmental age, not on chronological age
- It is essential to understand that when working with young athletes, we are not simply preparing them for our sport, but for all sports- and that by offering well-rounded development that builds physical literacy, we are also preparing them for a more active, healthy lifestyle
- Young athletes of the same chronological age can vary widely in their development, ability to learn skills, and emotional readiness for competition. Over-emphasis on skills and tactics the athlete is not ready to learn, or intensive competition, can take the FUN out of sport.
- Young athletes deserve a program appropriate to their own stage of development.

The emphasis on 'Winning' in the Track Development Youth Series has been reduced:

- Winning does not allow room for failure and learning
- Winning is all about the outcome, not the process of developing proper skills
- Winning rarely yields room for development; proper development inevitably leads to success

# True Sport Principles

The OCA supports the TRUE SPORT principles

## **Go for It**

Always strive for excellence and rise to the challenge, but never at the expense of others.

Discover how good you can be.

## **Play Fair**

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

## **Respect Others**

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

## **Keep it Fun**

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

## **Stay Healthy**

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

## **Include Everyone**

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability.

Invite everyone into sport to make it more meaningful for the whole community.

## **Give Back**

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

# Events

Over the course of the series athletes can expect a number of events. Each date will feature 3-4 different events.

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Standing Start 250 M (timed event) | Two athletes will be up on the track at the same time. Athletes will have the option to have a neutral holder. Manual timing will be used.                                                                                                                                                                                                                                                                                                                                                                                                       |
| Standing 500 M (Timed Event)       | Two athletes will be up on the track at the same time. Athletes will have the option to have a neutral holder. Manual timing will be used.                                                                                                                                                                                                                                                                                                                                                                                                       |
| Kilo (Timed Event)                 | Two athletes will be up on the track at the same time. Athletes will have the option to have a holder. Manual timing will be used.                                                                                                                                                                                                                                                                                                                                                                                                               |
| Scratch Races                      | All athletes start together and the objective is simply to be first over the finish line after a certain number of laps. There are no intermediate points or sprints.                                                                                                                                                                                                                                                                                                                                                                            |
| Points Races                       | A sprint is held every set number of laps, with 5, 3, 2, and 1 point(s) being awarded to the top four finishers in each sprint. Points are awarded as well for lapping the field. The winner of the race is the one to have the most points at the end of the race                                                                                                                                                                                                                                                                               |
| Chariot Races                      | The chariot is a short, usually one lap, race. Four to eight cyclists start from a standing start, and do an all out sprint for one lap. The first rider across the finish line is the winner.                                                                                                                                                                                                                                                                                                                                                   |
| Point a Lap                        | The point-a-lap is, where a single point is awarded to the first rider to finish each lap. Typically more points are awarded on the final lap, going several athletes deep.                                                                                                                                                                                                                                                                                                                                                                      |
| Flying Lap (Timed Event)           | Athletes will have a set distance to build up speed before the clock starts. The clock will start as they cross this line and stop when they reach the finish line.                                                                                                                                                                                                                                                                                                                                                                              |
| Longest Lap                        | Longest lap races start have a slow part and a fast part. A whistle starts the slow part with riders in corner 4. If rider crosses the finish line, crosses onto the inside of the track, rides backwards or touches anything with hand or foot they are eliminated. When 6 or fewer riders remain (official's discretion), a second whistle starts the fast part. This is a 1-lap race around the track back to the finish line. Riders are scored by finish order in the fast part, then by the reverse order of elimination in the slow part. |

# Registration Information

- Entry fees are as follows:

| Event                                 | Cost (Grades A-E)  | Full Series (Grades A-E) | Cost (Para) | Registration Deadline  |
|---------------------------------------|--------------------|--------------------------|-------------|------------------------|
| Track Development Youth Series #1     | \$35 + HST         | <b>\$30 + HST</b>        | \$20 + HST  | November 30th 11:59 PM |
| Track Development Youth Series #2     | \$35 + HST         | <b>\$30 + HST</b>        | \$20 + HST  | January 11th 11:59 PM  |
| Track Development Youth Series #3     | \$35 + HST         | <b>\$30 + HST</b>        | \$20 + HST  | February 1st 11:59 PM  |
| Track Development Youth Series #4     | \$35 + HST         | <b>\$30 + HST</b>        | \$20 + HST  | February 22nd 11:59 PM |
| <b>NEW - Full Series Registration</b> | <b>\$120 + HST</b> |                          |             | November 30th 11:59 PM |

- Full series registration is available for Grades A-E. Athletes that register for the full series will receive a Track Development Youth Series T-Shirt!! Athletes can register through this [link](#).
- **NEW for 2017** - Athletes will now select their category based on ability. This is to further align the Track Development Youth Series with the Long Term Athlete Development Model (LTAD) in which it is deemed essential to base cycling-specific training on developmental age, not on chronological age. This alignment will allow first time athletes to select a category that they are both comfortable with and allow them to work their way up to competing in a more advanced category. Under the new system, athletes who are more advanced will be racing with athletes of the same caliber.
- **IMPORTANT** - At this point, U19 aged riders may only register for the first race. Pending level of interest from U19s, the remaining races may be opened up to U19s.
- The OCA reserves the right to assign athletes into the proper category. Assignments will be based on registration numbers, past results, and rider performance.

- All events are pre-registration only. All athletes must be duly licensed by the OCA - Citizens Permit or UCI licence. Out of province athletes must have a UCI licence

## Category Selection Guidelines

These guidelines are to be used when self selecting an athlete's category. The guidelines are in place to help ensure that athletes will be racing with other athletes of the same caliber. When registration closes, the OCA will review all athlete category selections and make adjustments depending on field size and level of development.

If you have any questions/concerns regarding which category to enter, please contact the OCA.

| This chart is to be used as a guideline     |                                                                                                                                                                                       |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A Grade</b><br>Gear Restriction<br>7.93M | <ul style="list-style-type: none"> <li>• U19 finishing in the 2016 Ontario Cup Series</li> <li>• U17 finishing on the podium in 2016 Youth Cup Series</li> </ul>                      |
| <b>B Grade</b><br>Gear Restriction<br>7.12M | <ul style="list-style-type: none"> <li>• U17 finishing in the pack</li> <li>• U15 finishing on the podium in at 2016 Youth Cup Series</li> </ul>                                      |
| <b>C Grade</b><br>Gear Restriction<br>6.71M | <ul style="list-style-type: none"> <li>• U15 finishing in the pack,</li> <li>• U13 finishing on the podium at 2016 Youth Cup Series</li> </ul>                                        |
| <b>D Grade</b><br>Gear Restriction<br>6.71M | <ul style="list-style-type: none"> <li>• U13 finishing in the pack,</li> <li>• U11 finishing on the podium at 2016 Youth Cup Series</li> </ul>                                        |
| <b>E Grade</b><br>Gear Restriction<br>6.71M | <ul style="list-style-type: none"> <li>• U11 &amp; U13 athletes who consistently finished in the 2016 Youth Cup Series</li> <li>• Newer athletes – U19, U17, U15, U13, U11</li> </ul> |
| <b>Para</b>                                 | <ul style="list-style-type: none"> <li>• The Para category is open to Tandems (stoker + Pilot)</li> <li>• Stoker must be aged 20 and under</li> </ul>                                 |
|                                             |                                                                                                                                                                                       |

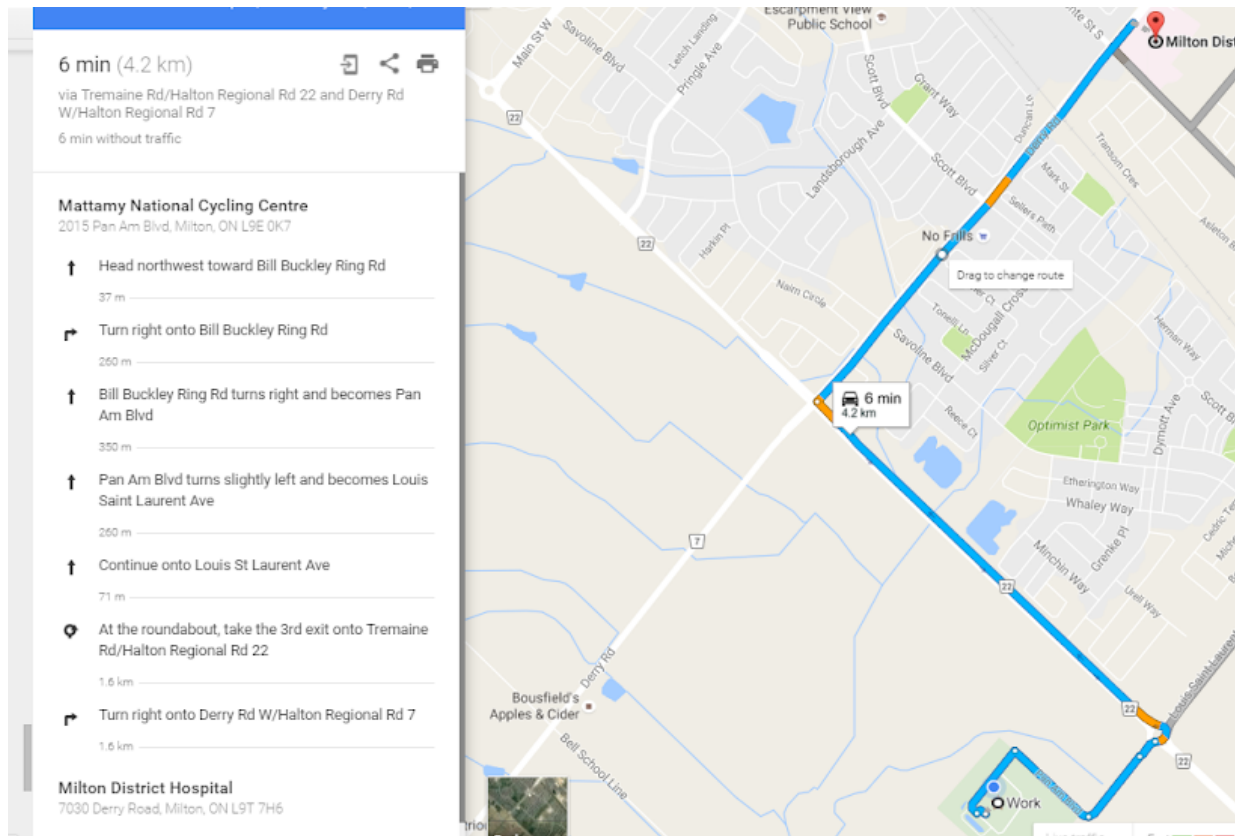
# Track Development Youth Series #1

The Track Development Youth Series Schedule is tentative and subject to change

| Time                                                                                               | Event                              | Category           | Distance     |
|----------------------------------------------------------------------------------------------------|------------------------------------|--------------------|--------------|
| <b>12:45-1:45 PM</b>                                                                               | Rider Sign-In + Bib Distribution   | <b>All Grades</b>  | <b>N/A</b>   |
| <b>2:00 PM</b>                                                                                     | Kilo                               | <b>Para Male</b>   | <b>1KM</b>   |
|                                                                                                    | Standing Start                     | <b>All Grades</b>  | <b>250M</b>  |
|                                                                                                    | Kilo                               | <b>Para Female</b> | <b>1KM</b>   |
|                                                                                                    | Point a Lap                        | <b>E Grade</b>     | <b>2.5KM</b> |
|                                                                                                    | Point a Lap                        | <b>D Grade</b>     | <b>2.5KM</b> |
|                                                                                                    | Scratch Race                       | <b>C Grade</b>     | <b>4KM</b>   |
|                                                                                                    | Scratch Race                       | <b>B Grade</b>     | <b>5KM</b>   |
|                                                                                                    | Scratch Race                       | <b>A Grade</b>     | <b>7.5KM</b> |
|                                                                                                    | Scratch Race                       | <b>E Grade</b>     | <b>2.5KM</b> |
|                                                                                                    | Scratch Race                       | <b>D Grade</b>     | <b>3KM</b>   |
|                                                                                                    | Flying Lap                         | <b>Para Male</b>   | <b>250M</b>  |
|                                                                                                    | Points Race (Sprints every 4 laps) | <b>C Grade</b>     | <b>4KM</b>   |
|                                                                                                    | Points Race (Sprints every 5 laps) | <b>B Grade</b>     | <b>5KM</b>   |
|                                                                                                    | Points Race (Sprints every 8 laps) | <b>A Grade</b>     | <b>8KM</b>   |
|                                                                                                    | Flying Lap                         | <b>Para Female</b> | <b>250M</b>  |
|                                                                                                    | Chariot Races                      | <b>C/D/E Grade</b> | <b>250M</b>  |
| *Event distances are subject to change based on number of entries or at the discretion of the OCA. |                                    |                    |              |

# Course Safety

- First aid will be provided by Odyssey Medical and is located in the infield area.
- Below is a map to the nearest hospital.
- If you cannot start for any reason please notify a Commissaire.
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.



# General Rules and Regulations

- The races will be held under the rules of the UCI with CC and OCA modifications.
- The CC & OCA rules are available on-line at:
- <http://www.ontariocycling.org/commissaires/commissaires-rules/>
- Sign in closes 30 minutes before the start of the day.
- This event is pre-registration only. Numbers will be handed out at sign in.
- All athletes must sign on at registration.
- An OCA representative will be present at the race to assist with rider licensing issues. Citizen Permits will be available from the OCA in advance of the event. Please contact the OCA for more details.
- Races will start promptly at the indicated start times.
- Only Licenced coaches and operational / event personnel are allowed on the apron / safety zone.
- In case of an accident spectators are NOT ALLOWED to cross the track, however, they can gain access to the infield through the tunnel.
- Bike check may occur on a spot check basis. All bikes must comply to regulations.
- 2016 Track UCI Licenses and Citizen Permits WILL be accepted for Race #1 only. If you do not have a valid UCI Track License or Citizen Permit for 2016, you will be able to purchase a 2017 license in the week leading up to the event. The 2017 license will allow you to compete at the first race along with the rest of the season.

## Event Specific Rules

- Standing Starts for each rider will be hand held. Two athletes will be on the track at the same time.
- The use of disk wheels, aero bars and aero helmets are prohibited.
- The use of rental track bikes is permitted in the Track Development Youth Series. Please contact Mattamy National Cycling Center for more information on track bike rentals.

## Results

- For the OCA Track Development Youth Series there will be no chip timing. Results will be hand timed and are used as an approximate development tool.
- Preliminary results will be made available on site. An official version of the results will be posted on the OCA website the following Monday
- Please keep in mind that results are used as a development tool to move riders up in categories.

Thank you to all of the volunteers who help to make the Track Development Youth Series possible!