



C4XC Youth Performance Cycling Team Year Planner 2023-2024

U13 athletes are recommended to participate in a minimum of 3 races and make an effort to attend midweek XC in Cochrane regularly.

13+ athletes are recommended to participate in minimum 5 races and attempt to attend midweek XC regularly.

Races highlighted in pink are team priority events.

Date	Event	Notes
Oct 14, 2023	CRR GRAND PRIX series starts. CRR Grand Prix dates Dec 2, Dec 16, Jan 13, Jan 27, Feb 10, Feb 24 Mar 9, Mar 23	This xc running series is amazing! Family oriented, low-key community, trail races through 10 Calgary Parks, potluck afterwards with soup and treats. Amazing winter training!!
Oct 22, 2023	End of Fall season wrap-up Mini Olympics	Thank you parents for helping make this day awesome for our athletes!
January 9	Online INFO Session online for athletes 13+	This is for athletes who are doing the 3 Month Prep Program. Email will be sent out with details.
March	Register for the team	
April 19	Online Team Info session	All families mandatory
April 21	Start of Spring session Bike Rodeo!	Bike-Legs Bootcamp week! April 25-30
May 12, 2024	Salty Dog Enduro! Team relays	Super fun! Shuswap
May 22	Calgary Trailblazers	
May TBD	Bike Cochrane XC Spring series	Tuesday nights midweek racing. \$30 membership= XC racing all Spring and Summer.
June 1	Sundre AB cup #1	AB Cup XC races will be funded by the club
June 8	Angry Hawk Youth Enduro (optional)	Bike Cochrane



June 13-16	Canmore Canada Cup and AB cup #2	
June 22, 2024	AB Cup in WBC! #3	This is our club event - all hands on deck! Provincials!
July 21	Steedz Enduro optional	Canmore
Aug 1-6	summer training camp	Revelstoke camping.
Aug 24, 2024	Cypress Hill Battle Creek Showdown	Super fun family event. Relay teams.
Sept 5	Fall session starts	
Sept 7	Cyclocross season starts!	See calendar on ABA website . Calgary area races - Sept 7, Sept 14, Oct 5, Oct 12,
Sept 11	Bike Cochrane Midweek	
Sept 14-15	Canmore CX	
Oct 20	Mini-Olympics end of season	All ABA licensed youth from the area are welcome to join!
Oct 26	Snakes and Ladders CX Sundre	Very hilly! Pretty much a toned down mtb event.