



2016 MCA Provincial Criterium Championships

The MCA is pleased to announce that the 2016 Provincial ITT Championships will take place on Saturday August 20, 2016

Date: Saturday August 20, 2016

Location: The Grande, Grande Pointe

- Sign in and registration will be at the entrance to The Grande in Grande Pointe at the corner of Blahnik Drive and Calla Drive

Registration: A UCI Racing License is required. You must hold a valid UCI race license. A citizen's license or MCA general membership is not valid for Provincial Championships. Riders with a UCI racing license issued by a cycling federation other than Manitoba (including other countries) may compete, but are not eligible for medals. Day licenses are not available for provincial events.

You must complete the race registration form and race waiver. Pre-registration is highly recommended and is available on the MCA website. Please look for the "Register Now" button on the Provincial Event Calendar.

Cost:

-Pre-registration online: \$25

- Pre-registration will be open until Thursday August 18th at 11:59pm.

-Race day, \$30 **Cash only**

-All fees are non-refundable, Full payment must accompany registration.

Sign-In: All racers must still sign-in on race day. All riders must show their license to the commissaries. Sign-in will start at 11:00am and will end at 12:00pm.

Washrooms: There will be a port a potty on site.

Race Duration:

- Age categories are determined by your age as of December 31, 2016.

- A number of categories may race together, but you compete only against others in your age and sex category.



Groups and Start Times

- **12:30pm** - Race #1 (45min + 3 laps) – Jr Men, Espoir Men, Sr Men, Men 30+
- **1:30pm** - Race #2 (40 min +3 laps) – Espoir Women, Sr Women, Men 40+, Men 50+
- **2:15pm** - Race #3 (30 min + 3 laps) – Wmn U15 & U17, Jr Wmn, Master Wmn, Men U15 & U17, Men 60+

Medals: will be awarded to the top 3 riders in each category, medal ceremony will take place after the conclusion of all races.

Official Notes:

- No rider support vehicles are allowed on the course except for those provided by the organizer.
- Provincials is an extremely competitive event, but it is a sporting event and rules of sportsmanship prevail:
 - Riders have a responsibility to look after one another's safety.
 - Riders have a responsibility to ensure there is adequate space before attempting to pass between or around other riders.
 - Riders shall not intentionally impede the progress of other riders

The logo for the Manitoba Cycling Association features a stylized red graphic of a cyclist in motion above the text. The word "Manitoba" is in a smaller font, "CYCLING" is in a large, bold, black font, and "Association" is in a smaller font below it.

Manitoba CYCLING Association

Course Map:



Parking: Parking is available along the entrance road into The Grande on Blahnik Drive and along Calla Drive when you turn right to stay off of the race course.