



**MANITOBA  
CYCLING  
ASSOCIATION**

## **2019 MCA Provincial ITT Championships**

The MCA is pleased to announce that the 2019 Provincial ITT Championships will take place on Saturday August 24, 2019

**Date:** Saturday August 24, 2019

**Host Club:** Manitoba Cycling Provincial Program

**Race Organizer:** Jayson Gillespie: (204) 333-5503; [cycling.coach@sportmanitoba.ca](mailto:cycling.coach@sportmanitoba.ca)

**Location:** River Road

- Sign in and registration will be at the far east side of the Larter's Golf Course parking lot, closest to the road

Larter's Golf Course  
30 River Road  
St. Andrews

**Registration: A UCI Racing License is required.** You must hold a valid UCI race license. 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.

**Cost:**

- On Site Registration only
- \$20 per individual event or \$50 for all 3 events
- Full payment must accompany registration.

**Sign-In:** All racers must still sign-in the morning of the race. All riders must show their license to the commissaries. **Sign-in will start at 7:00am and will end at 7:45am.**



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

**Race Distances:**

- Age categories are determined by your age as of December 31, 2019.
- A number of categories may race together, but you compete only against others in your age and sex category.
- Course length is 16km

**1 Lap is 16 km (8 km out and back)**

- U15 (13,14) 1 Lap
- U17 (15,16) 1 Lap
- Junior (17,18) 2 Laps
- Espoir (19 –22) 3 Laps
- Senior (23 –29) 3 Laps
- Master A (30 –39) 2 laps
- Master B (40 –49) 2 Laps
- Master C (50 –59) 2 Laps
- Master D (60 –69) 2 Laps

**Start Times:** First rider will leave at 8:00am

- Riders will assemble before the start time for roll call and final instructions

**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:
  - There are 180 turn-arounds at each end of the course.
  - 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 course is an out and back race course, the yellow line rule will be in effect at all times



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## Course Map:

