



BC SENIORS GAMES SOCIETY

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CYCLING

Revised for 2012

1. **Age Categories:** Men and Women: 55 to 59 70 to 74 **85 +**
 60 to 64 75 to 79
 65 to 69 80 to 84

2. **Events:** In all age categories, licensed and unlicensed cyclists (there is no distinction)

All races will begin at 10:30 am.

- (a) Day 1 – Thursday - Time Trial – Distance: 16 Kilometres, flat course, Start and Finish at the same place
- (b) Day 2 – Friday - Road Race – Distances: Men 55-69: 60 Kilometres (approx.); Women 55-69 and Men 70-79: 50 Kilometres (approx.); Women 70 and over, and Men 80 and over: 40 Kilometres (approx.)
- (c) Day 3 – Saturday - Hill Climb – Distance: 2 to 3 Kilometres; Grade 6% to 9%.
(Note: Distances may vary slightly to suit local conditions.)

3. **Participation:**

- (a) There shall be a Novice category in each age group and event. There is no limitation on the number of Novices per Zone. A Participant may be a Novice only their first year of participating.
- (b) There is no limit to the number of Participants within each age category and the total from each Zone.

4. **Competition:**

- (a) Cycling B.C. Rules shall apply.
- (b) Cyclists are required to wear approved helmets.
- (c) Cyclists should check with their local bike shop regarding all aspects of the mechanical functioning and safety features of their bicycles.
- (d) Identification numbers must comprise of four digits – the first two indicating the age group, e.g., 60 for the 60-64 age group. Identification numbers are to be worn on the back and must be visible.

5. **Medals:**

- (a) Gold, Silver and Bronze medals will be awarded to the top three finishers in each race in each age category, male and female.
- (b) Medal presentations should, if possible, take place at each Cycling venue after each event on each of the three days of competition.

6. Zone Playoffs:

- (a) Zone playoffs are not necessary, as each Zone may send an unlimited number of cyclists.