

# Cycling

*Revised November 2019*

Refer to the 55+ BC Games 'General Rules Book' for additional general rules that apply to all sports.

## 1. Age Categories

Men 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Women 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Recreational and Competitive Divisions

## 2. Events

In all age categories, in both recreational and competitive divisions, licensed and unlicensed participants (there is no distinction)

a) Day 1 – Thursday – Time Trial – Distance is 16km, flat course, start and finish at the same place

b) Day 2 – Friday – Road Race – Distances:

a. Men 55-59, 60-64, 64-69 is 60km (approximately)

b. Men 70-74, 75-79 and Women 55-59, 60-64, 65-69 is 50km (approximately)

c. Men 80 and over and Women 70 and over is 40km (approximately)

c) Day 3 – Saturday – Hill Climb – Distance is 2 to 3 km; grade 6%-9%.

(NOTE – Distances may vary slightly to suit local conditions).

## 3. Participation

a) Each zone may send an unlimited number of participants per age category and division.

b) A first year participant may choose to enter either as a recreational or competitive participant.

When a recreational participant wins a Gold medal, they must move up to the competitive division in that event the following year.

## 4. Competition

a) Cycling BC rules shall apply with 55+ BC Games exceptions

b) The Host Society Sport Chair will post schedules, draws and results at the venue throughout the competition.

c) Participants are required to wear approved helmets.

d) Participants should check with their local bike shop regarding all aspects of the mechanical functioning and safety features of their bicycles.

e) Identification numbers must comprise of four digits – the first two indicating the age category, e.g. 60 for the 60-64 age category. 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 participants in each event, in each age category and in each division.