



2023 CADET/Junior

**CANADIAN TRACK
CHAMPIONSHIPS**

Teams of Ontario Project

&

March Break Preparation Camp

V1

02/2023



Overview

The 2023 Canadian Junior Track National Championships will be taking place in Bromont, Quebec, from March 31 – April 2, 2023. Ontario Cycling will focus on the team events (team pursuit/team sprint) for the 2023 Championships. This will involve a composite team approach through the selection of Ontario's strongest athletes. For all individual events and Madison, athletes will compete with their club/trade team.

Expression of interest

Athletes must complete an expression of interest before **Sunday, February 5th at 5 pm** for consideration into the athlete pool. Only riders who have applied for Team Ontario will have access to OC track time (for team practice).

APPLY HERE: <https://forms.gle/MM1UtnSsVmhm9yhP9>

Selection Criteria

- 1) Performances will be tracked for athletes that have completed their Expression of Interest.
 - a. Selection events, include:
 - i. 2023 Eastern Challenge
 - ii. 2023 Track Provincials
- 2) Athletes achieving the Provincial Time Standard will be invited to OC March Break track camp to train specifically for a team event to represent Team Ontario at the 2023 Canadian Championships.
- 3) Athletes achieving the Pool Time Standard will be invited to OC March Break track camp as an opportunity to practice their skills for team events. Athletes may also improve their skills for re-evaluation and selection to the Team Ontario line up at the 2023 Canadian Championships.
- 4) After the March Break training sessions are completed, the teams will be selected.

Staff

Project Lead – David Jack, Provincial Track Coach

Athlete requirements

- 1) Athletes must be eligible for the cadet or junior categories at the 2023 Canadian Track Championships and possess of valid 2023 UCI Canadian License for track.
- 2) Must be certified to ride the Milton velodrome.
- 3) Selected athletes will be expected to attend all events and training sessions listed below. Exceptions must be discussed with the coaching staff.

Event and training dates

*All training will take place at the Milton Velodrome

- **February 10–12:** 2023 Eastern Challenge
- **March 3–5:** 2023 Ontario Provincial Track Championships
- **March 8:** Announcement of athletes selected to participate in March Break camp.
- **March 13-17:** March Break / Teams of Ontario Camp
- **March 20:** Announcement of Final Team Selections
- **March 25:** Training Session
- **March 31 – April 2:** 2023 Cadet/Junior Canadian Track Championships

Selection Criteria

Provincial Time Standards were established as an average of the top 5 IP times at track nationals over the last 4 years. The Pool Time Standard, in alignment with CC, is 103% of the Provincial Standard.

If an insufficient number of riders achieve the Pool Standard, additional Training Pool riders will be invited to the training camp and receive support. The Training Pool Standard is 106% of the Provincial time standard. These athletes will compete as a composite team with a different title. Athletes achieving a sprint standard may be invited to the camp as an endurance rider if their training data indicates value within an endurance squad.

*Making the Time Standard does not guarantee selection.

Junior Men

1. Representing Canada at 2022 Junior Worlds Track Cycling
2. Meets Provincial Team time standard at 2023 Eastern Challenge or 2023 Ontario Track Championships - Milton.
3. Meets Pool time standard at 2023 Eastern Challenge or Ontario Track Championships - Milton.
 - a. Endurance standard: 3km – Provincial Standard 3:30.866 / Pool Standard 3:37.007
 - b. Sprint standards: Kilo – Provincial Standard 1:07.973 / Pool Standard 1:09.953
 - c. Flying 200m- Provincial Standard 11.291 / Pool Standard 11.62

Junior Women

1. Representing Canada at 2022 Junior Worlds Track Cycling
2. Meets Provincial Team time standard at 2023 Eastern Challenge or 2023 Ontario Track Championships - Milton.
3. Meets Pool time standard at 2023 Eastern Challenge or Ontario Track Championships - Milton.
 - a. Endurance Standard: 2km– Provincial Standard 2:36.672 / Pool Standard 2:41.236
 - b. Sprint standard: 500m– Provincial Standard 39.908 / Pool Standard 41.07
 - c. Flying 200m- Provincial Standard 13.067 Pool Standard 13.447

U17 Men

1. Representing Canada at 2022 Junior Worlds Track Cycling
2. Meets Provincial Team time standard at 2023 Eastern Challenge or 2023 Ontario Track Championships - Milton.
 - a. Endurance Standard: 2km– Provincial Standard 2:27.93 / Pool Standard 2:32.239
 - b. Sprint Standard: 500m– Provincial Standard 36.633 / Pool Standard 37.7
 - c. Flying 200m– Provincial Standard 12.073 / Pool Standard 12.424

U17 Women

1. Representing Canada at 2022 Junior Worlds Track Cycling
2. Meets Provincial Team time standard at 2023 Eastern Challenge or 2023 Ontario Track Championships - Milton.
 - a. Endurance Standard: 2km– Provincial Standard 2:45.037 / Pool Standard 2:49.826
 - b. Sprint Standards: 500m– Provincial Standard 40.213 / Pool Standard 42.082
 - c. Flying 200m- Provincial Standard 13.528 / Pool Standard 13.922

Additional Considerations

- Athlete technical ability in Team Pursuit/Team Sprint
- Athletes participation in OC camps and training dates over this past season