



Speedway Series - Stage Race

**Flamboro & Delaware Speedway's
2023 Youth Road Development Series**

Sunday, May 21, 2023

Monday, May 22, 2023

Presented by
KW Cycling Academy

Technical Guide

v1

THIS EVENT IS SANCTIONED BY



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2023 Youth Road Development Series

General information

KW Cycling Academy presents youth Road racing at Flamboro Speedway. Flamboro Speedway is centrally located, Hamilton – Toronto – Kitchener/Waterloo just off of Hwy 6 (between Hwy 401 & 403). The youth racers, families & teams will use the infield of the 1/3-mile facility for Tent set up and Race Preparation. Infield access by car is available before the first race to drop off Team Equipment. Entrance to the infield by foot from the parking area will allow easy access to the infield during the day of racing. Flamboro Speedway is a flat and smooth facility with many areas to watch the racing action.

This is a closed course. The track is a 12m+ wide loop ideal for bicycle racing.

- All riders will start on the backstretch start/finish line.
- The turns are gradual and safe. There is no elevation change.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. If the race is cancelled, refunds will not be made.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing.
- You are required to wear an approved, regulation-grade cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave.

Registration

- [Online registration](#) available www.ontariocycling.org closes on Thursday, May 18, 11:59pm.
- This event is PRE-REGISTRATION ONLY. There will be no day-of registration.
- Sign-in will be available up to 15 minutes before each race.
- All riders must sign in at registration with their license to receive race numbers.
- Cost \$69.50 plus HST and fees. For 6 Stages over 2 days.
- Single day Registration is available \$42.50 per day (not eligible for Yellow Jersey)
- Riders must have either a UCI license or a Provincial Youth Race license. If you do not have your license yet please click [here](#).

Stage Race format: Timed event over 6 Stages.

Day #1 - 3 stages at Flamboro Speedway (TT, Enduro Race, Endurance Race)

Day #2 - 3 Stages at Delaware Speedway (TT, Enduro Race, Endurance Race)

Individual General Classification plus Team General Classification

Official Timing by RaceTiming.ca

KW Cycling Academy Youth Stage Race

YOUTH CUP Time Trial - 3 Laps - Flamboro Speedway - Stage #1

- Riders will start at 30 second intervals
- Yellow Jersey will be awarded before Stage #3 - Endurance Race

YOUTH Cup - 8 Laps Enduro Race - Flamboro Speedway - Stage #2

- Riders will start in their categories
- Riders will go from roll out to start area 10 minutes before start time
- Riders will roll around to the start/Finish line to receive final instructions

YOUTH CUP ROAD RACE - Flamboro Speedway Stage #3

- Yellow Jersey will be awarded before the start of Stage #3

- Road race will run counterclockwise on a 430m circuit
- Each event will be run over a predetermined time (number of Laps)
- Race clock may be replaced with 'laps to go' at the Commissaries' discretion
- All riders will finish on the same lap
- The winner of the race will be determined by the final sprint, taking into account any laps gained or lost
- Each rider will receive a time to be accumulated for General Classification.

Race Order: D/E Group - C Group - A/B Group

- After Stage #2, riders may move category's - after input from Coach's & Ontario Cycling.

KW Cycling Academy Youth Stage Race

Day #2 - Stages 4, 5, 6

YOUTH CUP Time Trial - 3 Laps - Delaware Speedway - Stage #4

- Riders will start at 30 second intervals
- 9am First Rider off - Race Order: E/D Group, C Group, A/B Group
- 3 minute Pause between categories

YOUTH Cup - 8 Lap Enduro Race - Delaware Speedway - Stage #5

- Riders will start in their categories
- Riders will go from roll out to start area 10 minutes before start time
- Riders will roll around to the start/Finish line to receive final instructions

YOUTH CUP ROAD RACE - Delaware Speedway Stage #6

- Road race will run counter clockwise on a 670m circuit
- Each event will be run over a predetermined time (number of Laps)
- Race clock may be replaced with 'laps to go' at the Commissaries' discretion
- All riders will finish on the same lap
- The winner of the race will be determined by the final sprint, taking into account any laps gained or lost - each rider will receive a time to be accumulated for General Classification.

Race Order: D/E Group - C Group - A/B Group

Category selection guidelines

CATEGORY	ROLLOUT	SUGGESTED SEEDING	TIME TRIAL DISTANCE
A Grade	7.12m	U19 Female – finishing in the Ontario Cup Series U19 Male – finishing in the Ontario Cup Series U17 Male – top 5 in the YRDS	2km
B Grade	7.12m	U19 Female – top 5 in the YRDS U19 Female – mid pack in the Ontario Cup Series U17 Female – top 5 in the YRDS U17 Male – finishing in the pack U15 Male – top 5 in the YRDS New U19 Males	2 KM
C Grade	7.12m	U17 Female – finishing in the pack U15 Female – top 5 in the YRDS U15 Male – finishing in the pack U13 Male – top 5 in the YRDS New U19 Females + New U17 Males	2 KM
D Grade	7.12m	U13 – finishing in the pack U11 – top 5 in the YRDS New U17 and U15 Females + New U15 Males	2 KM
E Grade	7.12m	U11 & U13 athletes who consistently finish in the YRDS New U13 & U11 Athletes	2 km
		All Categories are self seeding	
<p>Distances are suggested and may be adapted to individual courses. Organizers are encouraged to consider offering Para categories at their events. Please contact OC office for more information.</p>			

Stage Race Schedule

Flamboro Day #1 and Delaware Day #2

0700	Gates Open
0715	Set Up
0720	Teams & athletes' arrival Greetings & parking directions
0745	Sign-in and number distribution at Registration Table (S/F area)
0845	Riders to report to start areas - Roll out
0900	3 Lap Time Trial begins - E/D Group, C Group, A/B Group <i>2-minute pause between Categories</i>
1000	8 Lap Enduro race: E/D Group, C Group, A/B Group
1055	Coach's meeting - if required
1100	D/E Grade Endurance Event (approx. 25 min)*
1130	C Grade Endurance Event (approx. 40 min)*
1230	A/B Group Endurance Race (approx. 50 min)
1330	Final Podiums for the day.

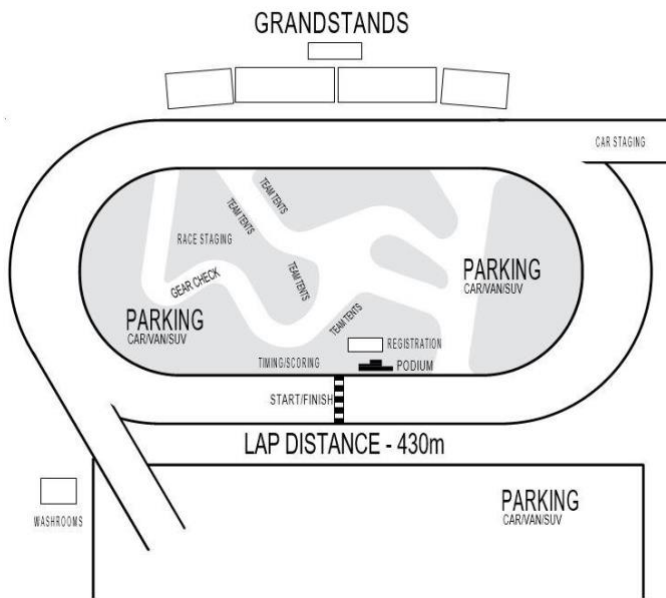
Podiums: Yellow Jersey Podium Presentation

Estimated 15 minutes following Stage #3 or Stage #6 for each category.

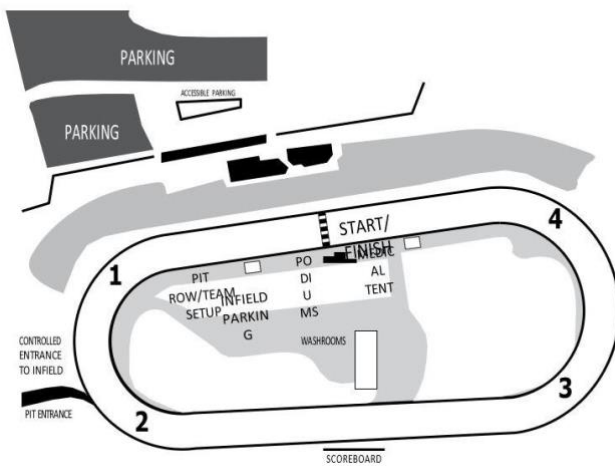
1st-2nd-3rd place stay on podium and then a group shot.

Course map

FLAMBORO SPEEDWAY



DELAWARE SPEEDWAY



General event regulations

- The races will be held under the rules of the UCI with CCA and OC modifications.
- The CC & OC rules are available on-line at:
<http://www.ontariocycling.org/commissaires/commissaires-rules/>.
- The penalty scale of the OC rulebook will be applicable.
- Sign-In & number pickup closes 15 minutes before the start of each race.
- Warming up on the course is not permitted (Infield Only).
- Any riders from out of province/country require a 2023 International UCI license.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses must be purchased in advance. License processing and issuing takes between 2-3 weeks. Please order your license ahead of the event, by at least April 15th, 2023. Purchase receipt will not be accepted as a valid license.
- Races will start promptly at the indicated start times.
- There will be a team managers & Riders meeting 8:45am at Start/Finish area.
- There will not be any team vehicles permitted on the course during the event.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the inside (left side) of the track and hold a straight line.
- Awards will be presented according to the published schedule.
- Top-3 finishers are required to attend award presentations. Riders must wear their competition uniforms for the presentation.

Specific course regulations

- Access to the track is permitted up until 5 minutes before the start of each race. No crossing the track while racing is going on.
- As this is a criterium race, riders will be given free laps for mishaps (e.g. crashes, punctures and being held up behind a crash).
- Improperly maintained bicycles resulting in equipment failure is not considered a mishap.
- Riders suffering mishaps shall head to the designated pit area via any means other than traveling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- No free laps will be given after there are 3 laps left in the race. Same time will be awarded to all riders involved or caught behind a Crash in the final 3 Laps.
- There is no outside feeding allowed in this Stage Race.
- **Individual General Classification:** based on Individual time for the 6 Stages.
- **Team General Classification:** based on time for the top 3 riders from each team.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there are less than 5 laps left in the race, the overtaking riders may be sprinted separately from the field. Instructions on this process will be given by the Commissaires.

Equipment

- The wearing of an approved helmet is mandatory.
- Cycling gloves are strongly recommended.
- The participants must ride on a road-racing bicycle in the road categories.
- Aero bars, time trial bikes, or other “aero” equipment are not permitted.
- Disc wheels are not permitted. Rim depth of maximum 50mm permitted.
- Disc brakes are permitted in all road races within Ontario.
- All equipment must be in good repair, have adequate tires, and operating brakes.
- Warm-up ideally to be completed on trainers, or on the infield.
- Racers be careful during staging and warm-up.
- Traffic will be restricted; gate marshals will be on site.

Podium protocol

- Podium awards the top 3 finishers in all categories.
- Participants have to complete all 6 stages to be eligible for Team or Individual awards.

Top-3 finishers are required to attend award presentations. Riders must wear their competition uniforms for the presentation. Hats / sunglasses are not allowed on the podium.

OC Lighting policy

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. The Ontario Cycling highly recommends that each event have a daily weather update posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present. If thunder and lightning occur once activities have started, utilize the “flash-to-bang” method for determining the distance of lightning:

- Count the number of seconds between seeing the lightning and hearing the clap of thunder.
- If the time between “flash to bang” is 30 seconds or less, it is time to stop the event and seek shelter.
- A rough rule of thumb is lightning that is closer than 10km poses a risk to participants.
- The formula is roughly the time between “flash to bang” divided by 3 equals the distance away in KM.
- For example, if the time from flash to bang is 30 seconds, then the storm is 10 km away. For example, $30 \text{ seconds} / 3 = 10 \text{ km}$.

The storm's distance and your location will determine when there is a need for evacuation to a safe shelter. A safe shelter is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter.

Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. Avoid close contact with others by maintaining a distance of 15-20 feet.

Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, **INCLUDING WALKING OUTSIDE OF YOUR SHELTER**

The Chief Commissaire in consultation with his partners will be responsible for making decisions regarding the stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns.

Directions to Flamboro Speedway - Day #1

GPS: 873 5th Concession Rd W, Millgrove, ON L0R 1V0

From London / Kitchener:

Take Hwy 401 eastbound to Hwy 6 south bound.

Turn right on 5th Concession (at Millgrove).

Flamboro Speedway is approximately 5 km up on your right.

From St Catherines / Buffalo:

Take QEW to Hwy 403 (Hamilton) to Hwy 6 north bound.

Turn Left on 5th Concession (at Millgrove).

Flamboro Speedway is approximately 5 km up on your right.

From Ottawa / North Toronto:

Take Hwy 401 westbound to Hwy 6 south bound.

Turn right on 5th Concession (at Millgrove).

Flamboro Speedway is approximately 5 km up on your right.

From Downtown Toronto:

Take QEW westbound to Hwy 403 (Hamilton) to Hwy 6 north bound.

Turn Left on 5th Concession (at Millgrove).

Flamboro Speedway is approximately 5 km up on your right.

Directions to Delaware Speedway - Day #2

GPS: 1640 Gideon Drive, Delaware, ON, Canada N0L 1E0



From east of London:

Take Hwy. 401 westbound to Hwy 402 and head west.

Exit on Longwoods Road (old Highway 2) east to the town of Delaware.

Turn left on Gideon Dr. (at the Delaware Variety).

Delaware Speedway is approximately 3 km up on your right.

From Windsor / Detroit:

Take Hwy. 401 eastbound to exit 157.

Head north to the town of Melbourne.

Turn right at Longwoods Road (old Highway 2) east to the town of Delaware.

Turn left on Gideon Dr. (at the Delaware Variety).

Delaware Speedway is approximately 3 km up on your right.

From Sarnia / Port Huron:

Take Hwy 402 eastbound to Longwoods Road (old Highway 2).

Exit on Longwoods Road (old Highway 2) east to the town of Delaware.

Turn left on Gideon Dr. (at the Delaware Variety).

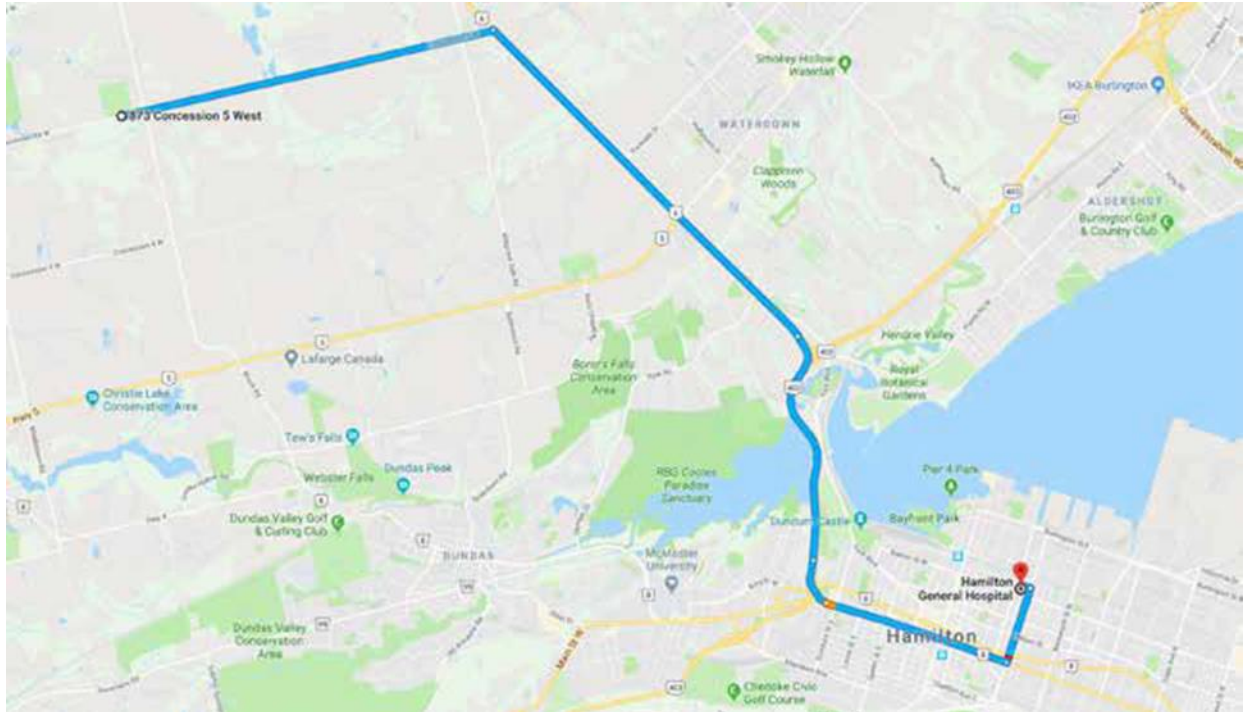
Delaware Speedway is approximately 3 km up on your right.

Emergency service

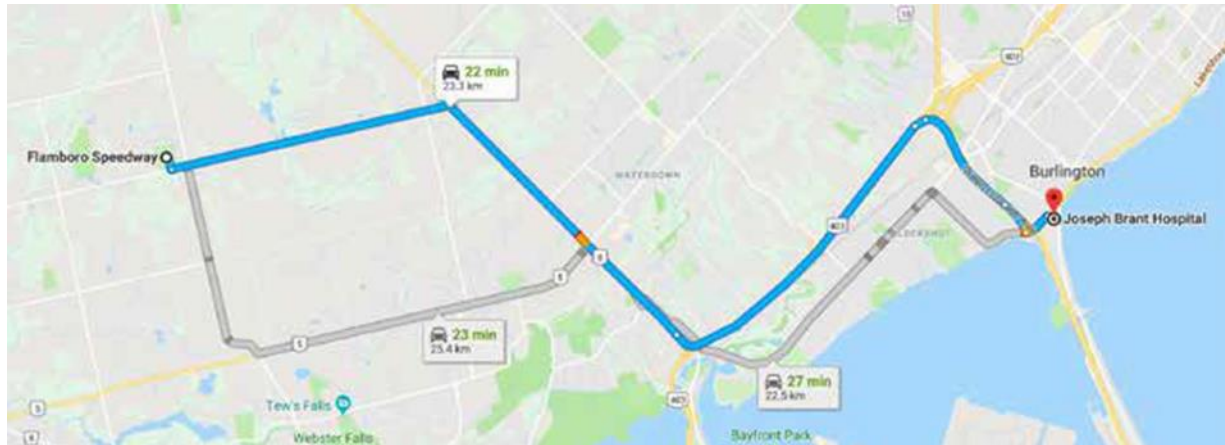
There will be medical personnel onsite at Flamboro & Delaware Speedway near the registration table. They will have radios should they need to leave their tent to attend to an injured rider or to Obtain additional assistance (additional supplies, ambulance etc)

Flamboro Speedway area Hospitals

Hamilton General Hospital is located at 237 Barton St E, Hamilton, ON L8L 2X2 and is approximately a 20-minute drive from Flamboro Speedway



Joseph Brant Hospital is located at 1245 Lakeshore Rd, Burlington, ON L7S 0A2 and is approximately a 22-minute drive from Flamboro Speedway.



Ambulance Station

There is an ambulance station located approx. 1km (5 minutes) of Delaware Speedway (22494 Komoka Road, Komoka ON N0L 1R0)

Hospitals

London Health Sciences Centre is located at 800 Commissioners Rd E., London ON and is approximately a 20 minute drive from Delaware Speedway

