

**OFF THE FRONT**  
*SPORTS***SUMMER CRIT****Youth Road Development Series # 3****Tech Guide**

22 July 2023 - Version 1.0

**THIS EVENT IS SANCTIONED BY**



**GENERAL INFORMATION:**

July 22, 2023, Youth Road Development Series that includes an Individual Time Trial, Skills ITT and Criterium

**REGISTRATION:**

**Online Registration for this event is available at; <https://ccnbikes.com/#!/events/youth-road-development-series-off-the-front-sports-summer-classics-london>**

Note: Pre-registration only

- Cost: \$42.50 Plus HST and CCN fees
  - Registration closes July 19<sup>th</sup>, 2023 at 11:59 pm
- Open to all OC Youth (UCI, Provincial Race License)
- Out of province Youth riders must hold a UCI license.
- Sign in and plate pick up will start at 8:00 am at the Race HQ tent on Admiral Drive

**TIMING AND RESULTS:**

Racetiming.ca has been contracted to provide all timing and publication of results.

<http://racetiming.ca/>

**RACE LOCATIONS:**

The Start / Finish Line will be located at Admiral Drive in front of 555 Admiral Drive, London ON.

**DIRECTIONS TO THE EVENT:**

- From Highway 401 exit # 195 drive northbound on Veterans Memorial Parkway.
- Turn Right at Admiral Dr westbound toward Sovereign Rd.
- Start / Finish line will be straight ahead.

## GENERAL RULES & REGULATIONS

- The races will be held under the rules of the UCI with CC and OC modifications.
- The CC and OC rules are available online at: <http://www.ontariocycling.org/events-organizers/commissaires/>
- The penalty scale of the OC rulebook will be applicable.
- All riders must sign in at the start of the day.
- Races will start promptly at the indicated start times.
- Warming up on the course is only permitted 5 minutes before the race if the course is clear.
- There will not be any team vehicles permitted on the course.
- Team radios are not permitted.
- It is the riders' responsibility to ensure that their race numbers are readable. Riders whose numbers are unreadable at the finish may not get a placing and may forfeit their prizes.
- Any rider dropping out of the race must immediately notify a commissaire.
- Lapped riders may be pulled at the order of the commissaires either after being overtaken or just before being overtaken.
- Racers who Lap the Field and rejoin the bunch will sprint with the group.
- Riders who are dropped from the main bunch must proceed at their own risk on right side of road.
- The use of glass containers is strictly prohibited during the race.
- Medals will be presented according to the published schedule. The top three (3) finishers are required to attend the award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.
- As this is a criterium race, riders will be given a free lap for a mishap (e.g. crashes and punctures). 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 backward on the course, report to the commissaires, 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.
- This is a closed-loop however riders must be aware that there may still be vehicles attempting to access local businesses. For this event, the Centerline rule will be suspended however riders should be aware and on the lookout for local traffic leaving businesses. If dropped from the bunch, we ask you to move to the right side of the road.

## YOUTH CUP GEAR RESTRICTION

Gear restrictions for all youth will be in effect for all athletes, and athletes in all age categories will be rolled out at 7.12 M. We encourage everyone to have their bike set up well in advance of the first race.

## EQUIPMENT RESTRICTIONS

- The wearing of an approved helmet is mandatory.
- Cycling gloves and glasses are strongly recommended.
- Aero helmet not permitted.
- Aero bars, time trial bikes, and other "aero" equipment are **NOT** permitted.
- Skin Suits are permitted.

- Disc wheels are **NOT** permitted.
- Sleeveless jerseys are not permitted.
- No feeding is permitted in this race.

### NUMBER PLATES

Athletes will be issued a plate for racing. This plate must be kept for all events.

**All plates must be returned at the end of the competition.**

### LICENSING REQUIREMENTS

All participants shall possess a Provincial Race License or UCI license. Non-members are not permitted. Participants must be between 9 and 18 years of age as of December 31 <sup>st</sup> , 2023. <b>Categories</b>	<b>Provincial Race License</b>	<b>UCI License</b>
A Grade	X	X
B Grade	X	X
C Grade	X	X
D Grade	X	X
E Grade	X	X
Out-of-province riders must have a UCI license. <b>** Non-Member Permits are no longer available</b>		

Categories	ROLLOUT	SUGGESTED SEEDING
A Grade	7.12 M	U19 Female – finishing in the Ontario Cup Series U19 Male – finishing in the Ontario Cup Series U17 Male – top 5 in the Youth Cup Series
B Grade	7.12 M	U19 Female – top 5 in the Youth Cup Series U19 Female – mid-pack in the Ontario Cup Series U17 Female – top 5 in the Youth Cup Series U17 Male – finishing in the pack U15 Male – top 5 in the Youth Cup Series <b>New U19 Riders</b>
C Grade	7.12 M	U17 Female – finishing in the pack U15 Female – top 5 in the Youth Cup Series U15 Male – finishing in the pack U13 Male – top 5 in the Youth Cup Series <b>New U17 Riders</b>
D Grade	7.12 M	U13 – finishing in the pack U11 – top 5 in the Youth Cup Series <b>New U15 Riders</b>
E Grade	7.12 M	U11 & U13 athletes who consistently finished in the Youth Cup Series <b>Newer U13 &amp; U11 Athletes</b>

**TIMINGS:**

<b>Time Trial</b>		
<b>Category</b>	<b>Est Start Time</b>	<b>Distance / Time</b>
ALL	08:00 am	Sign in, Number pick up.
E	09:00 am	1 lap 1.4 km est.
D	As per the start list	2 laps 3.0 km est.
C	With: 30 second intervals	2 laps 3.0 km est.
B		3 laps 4.2 km est.
A		3 laps 4.2 km est.
<b>Skills</b>		
E	10:00	This short course tests the racers bike handling skills
D	1 min intervals	The same start as the ITT.
C		
B		
A		
<b>Criterium</b>		
E	11:15 am	20 mins
D	11:45 pm	20 mins
C	12:15 pm	35 mins
B	1:20 pm	40 mins
A	2:00 pm	50 mins
Podiums will be completed about 10-15 mins after the completion of each Crit category.		
Event Complete NLT 3:00 pm		

**ITT distances are estimates.**

**PRIZE LIST: Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for each event.**

**Prime – Primes may be awarded during the Criterium**

A “PRIME” is defined as: An award presented to the leader or other designated rider position on multiple specific laps during a Criterium race.

YRDSin Ontario - No cash prizes will be awarded so prime may take the form of an item or gift card from our sponsors.

### Time Trial Challenge Race Set-Up

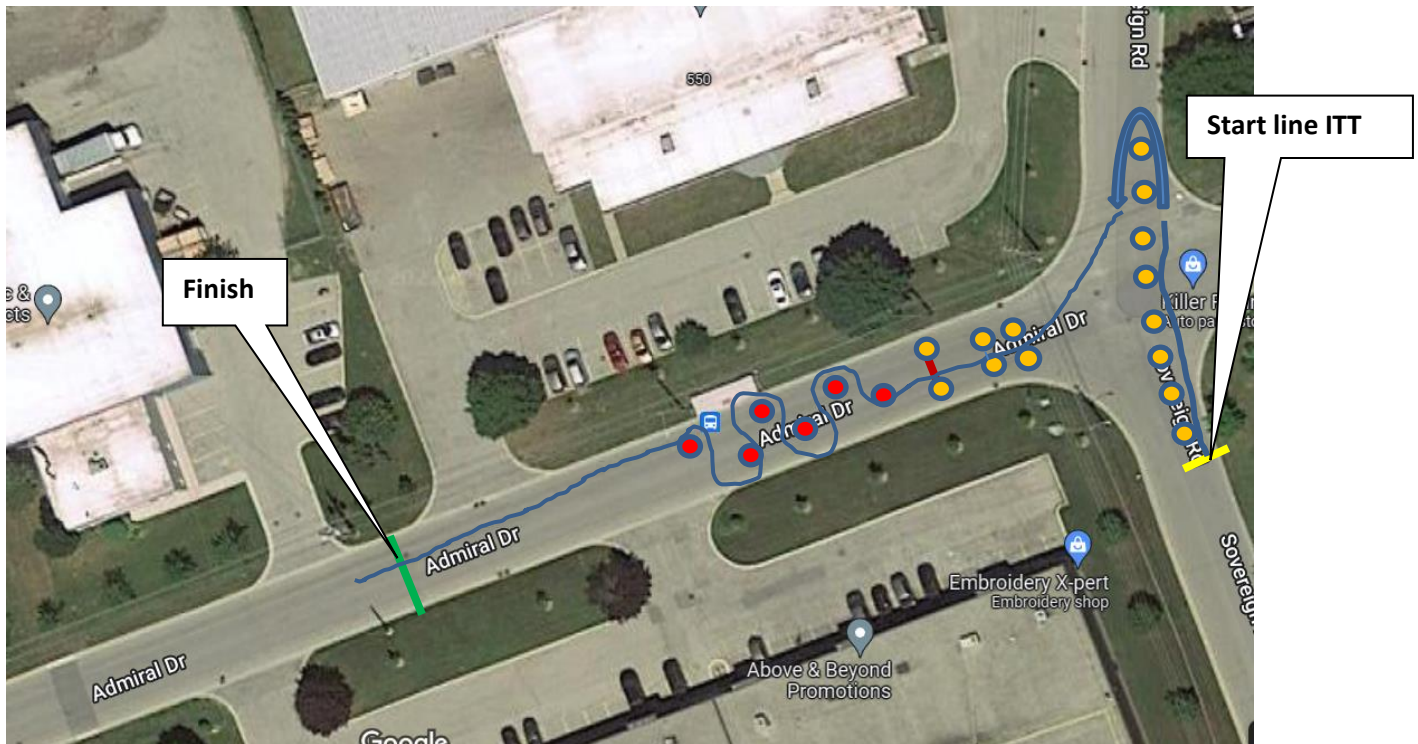


The time trial will consist of an est. 1.4 km loop.

Note: TT bar, aero helmets, and disc wheels are prohibited as per OC rules for youth events.

## Skills & Drills ITT

Sample layout of the skills course



This is a timed event with 1 min intervals.

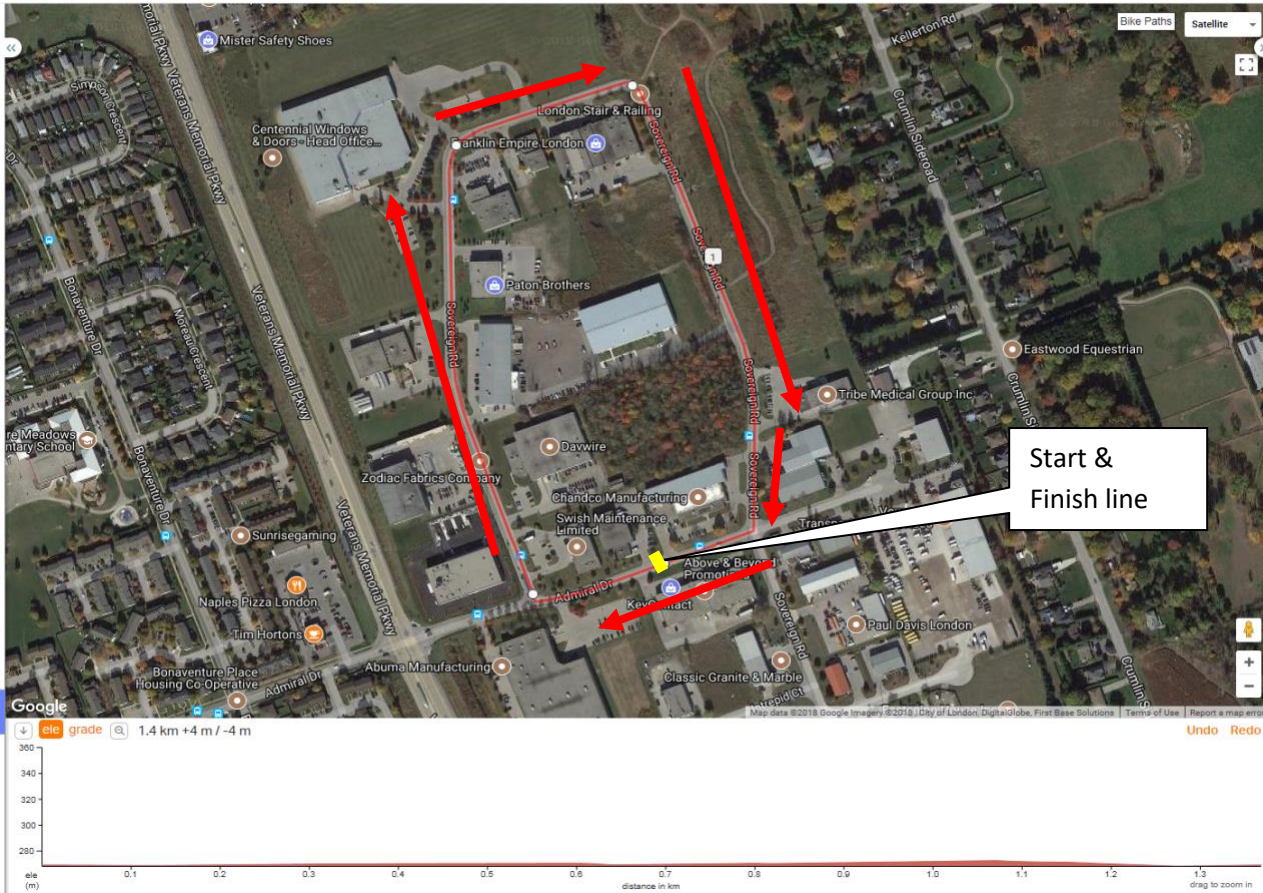
### SKILLS

1. Standing Start.
2. Sprint and complete a U turn
3. Sprint and stop in the stop box (Track stand) Cannot put a foot down, continue on the word GO!
4. Front wheel life over a 1x3
5. Through very tight cones Chicane
6. Sprint to the line
7. Finish

**CRITERIUM COURSE MAP:**

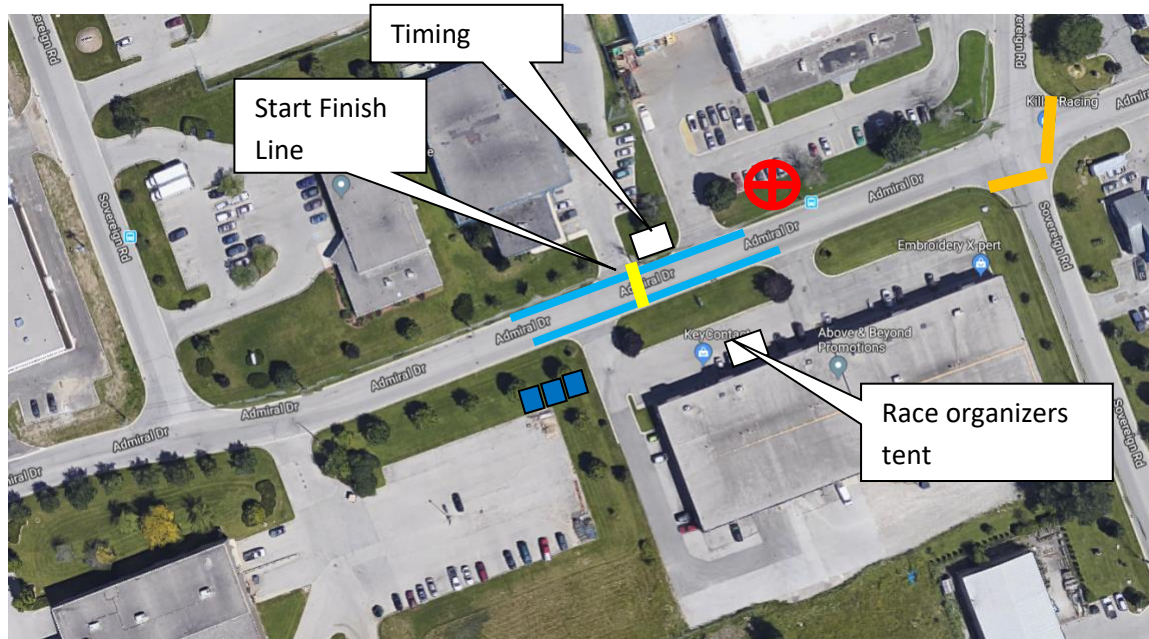
**Course Start / Finish in front of 555 Admiral Drive**

load Routes Rides Ride Reports Goals Help





## Start / Finish Line Setup Diagram



### **SANITATION:**

Three Portable Washrooms will be available at this site. The Porta-Johns will be set up on the south side of Admiral Drive on the grass between the parking lots, as indicated by the three blue squares.

Additional garbage cans will be available for spectators and riders to use.

### **COURSE SAFETY:**

The safety of athletes, volunteers, and spectators is everyone's responsibility! If a safety concern is observed, please report it to organizers immediately.

### **LIGHTNING POLICY AND WEATHER PROCEDURE:**

The OC Policy and Procedure will be adhered to in all cases of weather-related incidents. Participant safety remains a priority and all organizers, marshals, and volunteers will be prepared to take the appropriate action in case of lightning, extreme weather, and other potential dangers. When these dangers are identified or anticipated all participants will be instructed to immediately seek shelter.

**EMERGENCY SERVICES:**

All events fall within the police jurisdiction of the London Police Service. In an emergency, the appropriate emergency service is to be contacted.

London Police Service	Emergency	911
Non-Emergency		519-661-5670

**OTHER FIRST RESPONDERS:**

Thames Valley EMS	Emergency	911
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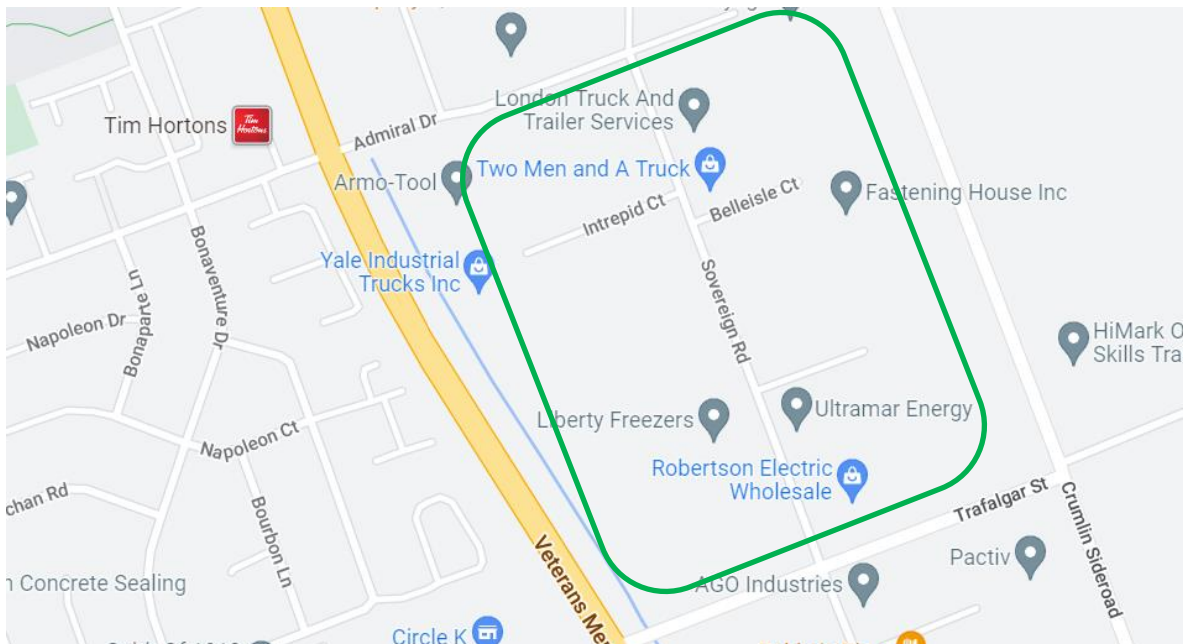
**HOSPITALS**

The following hospitals are within driving distance of the event.

<b>Children’s Emerge at Victoria Hospital - LHSC</b>	800 Commissioners Rd E	519-685-8500
<b>University Hospital- LHSC</b>	339-Windemere Road, London	519-685-8500

**PARKING:** Volunteers, parents, and spectators can use parking lots of closed businesses along the course. All parking is at the user’s own risk. Please ensure valuables are secured and your vehicle is locked.

**PARKING:** Can be found south of Admiral Drive on Sovereign Dr. or adjacent businesses that are closed.



**Parking on the Municipal streets south of the race is recommended. Please be respectful of businesses in the area that are still open. Do not block the driveways.**

**All parking is at the user’s own risk. Please ensure valuables are secured and your vehicle is locked.**

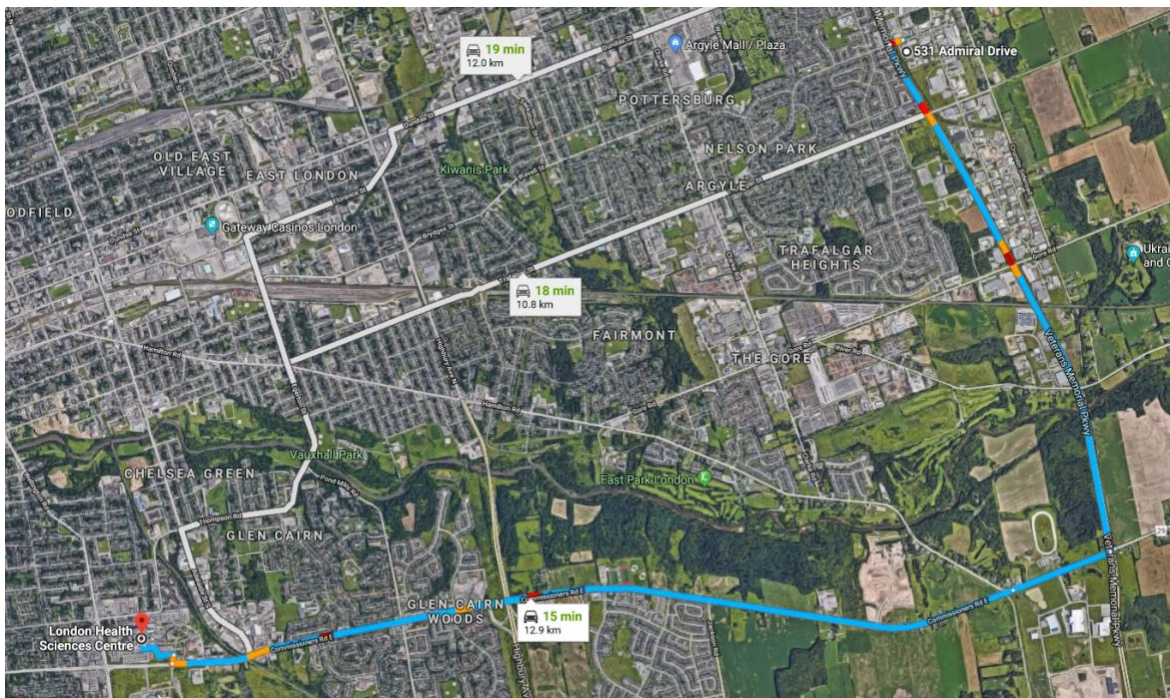
## Victoria Hospital – LHSC Children’s Emergency

### Directions:

#### Start Finish Line on Admiral Dr from 531 Admiral Dr

Head west on Admiral Dr toward Veterans Memorial Pkwy  
Turn left onto Veterans Memorial Pkwy and drive 4.6 km to Hamilton Rd.  
Turn right onto Hamilton Rd drive west  
Continue straight onto Commissioners Rd E for 7.0 km  
Turn right onto Western Counties Rd Follow signs to emerge.

#### London Health Sciences Centre - 800 Commissioners Rd E, London, ON N6A 5W9



**ALTERNATE: UNIVERSITY HOSPITAL LONDON- HEALTH SCIENCES CENTRE:****Directions****Start Finish Line on Admiral Dr**

Head west on Admiral Dr toward Veterans Memorial Pkwy  
Turn right onto Veterans Memorial Pkwy and drive 2.2 km to Oxford ST E  
Turn left onto Oxford St E and drive 8.1 km to Richmond St.  
Turn right onto Richmond St Drive 2.8 km to Windermere Rd  
Turn left onto Windermere Rd drive 350 m to Perth Drive  
Turn left onto Perth Dr UH emergency

**University Hospital - London Health Sciences Centre 339 Windermere Rd, London, ON**