



**2024 Cadet/Junior**

**CANADIAN TRACK  
CHAMPIONSHIPS**

**Teams of Ontario Project**

**&**

**March Break Preparation Camp**

**V1**

**01/2024**



## Overview

The 2024 Canadian Cadet/Junior Track National Championships will be taking place in Bromont, Quebec, from March 29 – March 31, 2024. Ontario Cycling will focus on the team events (team pursuit/team sprint) for the 2024 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 4th 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/rCs86nX3E6hJWrf86>

## Staff

This initiative will be organized by OC Track Coach, David Jack

## Selection and Training

### Team Composition

All Team Pursuit will have a maximum of 5 athletes\*

All Team Sprint will have a maximum of 4 athletes\*

\*It will be at the discretion of the coach as to whether an alternate is selected based on athlete ability/fitness

### Selection

Athletes will be selected to attend the March Break Training Camp using the **Selection Criteria in Appendix A**. During this camp, athletes will be assessed on their ability to perform as part of a pursuit or sprint team with the primary focus being to assemble the team capable of going the fastest rather than selecting the fastest individuals. Consideration will be given towards starts, exchanges, team/individual positioning, and maintaining coach instructed pacing.



## Requirements

1. Must be eligible for the cadet or junior categories at the 2024 Track Nationals and possess of valid 2024 UCI Canadian License for track issued by Ontario Cycling. [Athletes selected to the team must be a Canadian citizen]
2. Must be certified to ride the Milton velodrome.
3. Selected athletes will be expected to attend all events and training sessions listed below. Any exceptions will need to be discussed with coaching staff.

## **Key Dates**

[All training will take place at the Milton Velodrome]

**February 10– 11:** 2024 OCup 3

**March 1–3:** 2024 Ontario Provincial Track Championship.

**March 5:** Announcement of athletes selected to participate in team event training.

**March 11-15: Teams of Ontario Camp** – (Both individual and team event training, details TBA)

**March 19:** Announcement of Final Team Selections

**March 23:** training date Milton

**March 29 – March 31:** 2024 Cadet/Junior National Track Championships

## Appendix A

*Time standards were set by taking the top 5 IP times at track nationals over the last 5 years and averaging them. Then, to follow suit with CC, we have allowed a variance of 103% of the average time to get riders into to pool for Team Ontario. If we do not have enough riders making the provincial standard to form a team, riders making the pool standard with a time of 106% of the Provincial time standard may be invited in order to form a team.*

\*Athletes will be selected in the following priority order. Achieving any of these criteria does not guarantee selection to the pool - It will be at the discretion of the coaching staff and the OC's HP committee to determine the final number of athletes selected to the selection camp. Should there not be enough athletes achieving the criteria to form a team, the coaching staff will determine whether to not enter a team in that event or select additional athletes based on performances over the track season with specific attention to OCup#3 and Provincial Championships.

### Junior Men

1. Member of Team Canada at 2023 Junior World Track Championships
2. Meets Provincial Team time standard at 2024 OCup#3 or 2024 Ontario Track Championships – Milton
3. Meets Pool time standard at 2024 O-Cup 3 or Ontario Track championships - Milton.

Endurance standard: 3km – Provincial Standard 3:30.082 Pool Standard 3:36.201

Sprint standards: Kilo – Provincial Standard 1:07.763 Pool Standard 1:09.743

Flying 200m- Provincial Standard 11.305 Pool Standard 11.635

### Junior Women

1. Member of 2023 Junior worlds track cycling team.
2. Meets Provincial Team time standard at 2024 OCUP 3 or 2024 Ontario Track championships - Milton.
3. Meets Pool time standard at 2024 OCUP 3 or 2024 Ontario Track championships - Milton.

Endurance Standard: 2km– Provincial Standard 2:36.223 Pool Standard 2:40.773

Sprint standard: 500m– Provincial Standard 39.867 Pool Standard 41.028

Flying 200m- Provincial Standard 13.129 Pool Standard 13.512

## **U17 Men**

1. Meets Provincial Team time standard at 2024 OCUP 3 or 2024 Ontario Track championships - Milton.
2. Meets Pool time standard at 2024 OCUP 3 or 2024 Ontario Track championships - Milton.

Endurance Standard: 2km– Provincial Standard 2:28.897 Pool Standard 2:33.234

Sprint Standard: 500m– Provincial Standard 36.833 Pool Standard 37.906

Flying 200m– Provincial Standard 12.147 Pool Standard 12.496

## **U17 Women**

1. Meets Provincial Team time standard at 2024 O-Cup 3 or 2024 Ontario Track championships - Milton.
2. Meets Pool time standard at 2024 O-Cup 3 or Ontario Track championships - Milton.

Endurance Standard: 2km– Provincial Standard 2:44.388 Pool Standard 2:49.176

Sprint Standards: 500m– Provincial Standard 41.05 Pool Standard 42.245

Flying 200m- Provincial Standard 13.603 Pool Standard 13.999

## **Additional Considerations**

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

Please check the Ontario Cycling website for updates.