

# Technical guide for Tuesday Night Crits

The rules and guidelines have been updated for 2024 for the Tuesday night race series. Please read carefully:

- All riders must show proof of a valid UCI race licence, or an Ontario Cycling Challenge license or above. Payment and signed waivers are mandatory prior to entering any event.
- Riders may only sign up for either A or B series. Approved A level riders designated as trainers or helpers by the organizers will be permitted to ride in the B series only. \*\*\*As per race series tradition we will allow women and junior riders to compete in both series\*\*\*
- All UCI regulations pertaining to racing and equipment will be respected.
- Dangerous riding or abuse to other riders deemed by the organizers will result in an immediate suspension for a time period or entire series.
- Upgrade or downgrades within the series will be determined by the organizers. This will be based on riders' skill, fitness, and experience. Organizers decisions are final.
- Riders must request an upgrade prior to the next series event; no day of requests will be considered.
- Riders must be 15 and older, younger should consider doing the [Cuisse Or de l'Outaouais series](#).

## A-SERIES

- This level is intended for experienced riders that are comfortable at high speed in tight groups.
- Riders dropped in the first 10min of the race will not be allowed re-entry unless given specific permission by the organizer of that day's event.
- Riders dropped more than 2 times during the race will not be allowed to re-enter unless given specific permission by the organizer of that day's event.
- An "A series" rider will NOT be allowed to participate in the B-series for any reason unless designated as a trainer or helper by the organizers.

## B-SERIES

- This series is intended for riders looking to learn and improve their pack and racing skills in a safe yet challenging environment.
- Riders that are dropped from a group must present themselves back to the organizer who will instruct their re-integration into the pack safely.
- It is intended that this pack will split up with varying fitness levels and any lapping riders must call out their line. Lapped riders must give way for safe passage.
- All riders participating in this series must respect the designated helpers, as they are there to ensure safety for all riders.

## CATEGORY SELECTION

Don't know which event to race? Here is a suggested seeding chart to show equivalencies from last year's OCA categories to this year's OC revised categories:

Category Equivalency Chart	
Category	Starting Group
Elite 1-2 Men	A
Elite 3 Men	A* or B
Elite 4 Men	B
Master 1 Men	A
Master 2 Men	A* or B
Master 3 Men	B
U19 & U17 Men	A* or B
Elite 1-2 Women	A* or B
Elite 3 Women	A* or B
Master A Women	A* or B
Master B Women	B
U19 & U17 Women	A* or B

\* Must have prior criterium experience