



Manitoba Cup Series Criteria **Mountain Bike**

The Manitoba Cup is comprised of a series of races in which points are awarded to the top ten finishers in each category. The winner in each category is determined by the highest accumulated points in the best 4 of 5 races (number of races may vary each season). The points are awarded by finish as follows:

1 st – 100 points	6 th – 50 points
2 nd – 90 points	7 th – 40 points
3 rd – 80 points	8 th – 30 points
4 th – 70 points	9 th – 20 points
5 th – 60 points	10 th – 10 points

Athlete Requirements

Eligibility

Athletes must be members of the MCA in good standing and must hold a valid MCA/CCA racing license in order to be eligible for MB Cup points.

Please note: all MCA/CCA licensed riders have made an agreement to understand and abide by all MCA/CCA rules and regulations governing the conduct and responsibilities of riders. These rules and regulations can be obtained online at;

<http://www.canadian-cycling.com/English/information/rulebook.htm>

These rules include (but are not limited to) wearing approved racing attire, keeping your license with you at all times, respecting the organizers and officials, and familiarizing yourself with the race course (marshals will not to give out directions to confused riders).

Points Calculation

Athletes must start a minimum of four (4) Cup races.

The best four (4) race results will be used to determine a final score for the year. Points for each athlete are calculated based on the official results as posted online at <http://www.cycling.mb.ca/>

N.B. It is the athlete's responsibility to review the results as soon as they are posted and to immediately inform the Chief Commissaire for MTB events of any discrepancy in regards to results. Results will be posted on-site and athletes/coaches will have 15 minutes in which to lodge an appeal. After 15 minutes with no appeals the results become official and will be posted on the MCA website for the remainder of the calendar year.

Tie-Breaker

If two or more athletes receive the same time for a particular race the athletes will share the points allocated to that shared position.

If two or more athletes receive the same amount of total points as calculated at the end of the season the athletes' times in the same races they competed in will be used to determine a final score for each athlete.

Organizers Requirements

An organizer must be an individual who is a member of an MCA-affiliated club in good standing. The individual and/or the Club must display a proven ability to conduct a race to the requirements of the Manitoba Cup Series as defined in this document.

Designation

Cup races are designated by the MCA Mountain Bike Committee. The decision is based upon the race venue, the organizer's proven ability to meet requirements, and the date of the event. The event calendar, including Cup Series events, is confirmed by January 31st each year. An organizer wishing to submit a bid to host a MB Cup event must inform the MCA Mountain Bike Committee of this intention no later than January 1st.

Course

A Manitoba Cup course must be at a venue that provides sufficient challenge to all categories of racers. The course must be marked and available for pre-riding by 3:00 PM on the day before race day. If possible a GPS map should be made available and be included in the Race Notice that will be posted on the MCA website for the purpose of advertising the event and informing the general membership.

The course must pass the Commissaire's inspection and be clearly marked. Marshals shall be posted periodically at strategic points to record race events, lap count, and provide communication to medical personnel if and when necessary. Failure of the organizer to provide adequate marshaling of the course, effective communication devices and an emergency action plan may result in the cancellation of the event at the Commissaire's discretion.

Washroom facilities must be available on site.

Organizers should refer to the CCA Rulebook (see link above) for guidance and clarification on standards and procedures governing Mountain Bike events, particularly the sections on course layout, course marking, marshaling, communications and medical personnel. The Organizer and the assigned Commissaires should be in contact with each other well before the event to confirm event logistics.

The course length should be such that the following *winning* race times are adhered to:

<u>Category</u>	<u>Minimum</u>	<u>Optimum</u>	<u>Maximum</u>
Elite Men	2:00	2:15	2:30
Elite Women	1:45	2:00	2:15
Expert Men	1:45	2:00	2:15
Expert Women	1:15	1:30	1:45
Sport Men (excl. 50+)	1:15	1:30	1:45
Sport Women	:45	1:00	1:15
Master 50+ Sport Men	:45	1:00	1:15
U17 Expert	1:15	1:30	1:45
U17 Sport	:45	1:00	1:15
Under 15	:30	0:40	:55
Under 13	:20	:30	:45
Under 11	:15	:20	:30
Under 9	:15	:20	:30

N.B. Creating a shorter loop of 6km – 7km allows greater flexibility in adjusting the number of laps to adhere to the recommended time limits. The Commissaires will enforce these times.

Funds are available for site development and reimbursement shall be approved by the MCA Board of Directors. Please refer to the MCA Site Development Policy.

Comissaires

Manitoba Cup races require 3 Commissaires, who will be remunerated \$80 for the chief commissaire and \$60 for assistant commissaires for each event by the event organizer on the day of the event. For evening events the honorarium will be \$30 for commissaires and \$40 for the chief commissaire. To help offset event costs, 2 of the 3 Commissaires may be members of the organizing club. The Chief Provincial Mountain Bike Commissaire assigns Commissaires to each event.

Organizers are responsible to ensure the course is safe and well marked. Commissaires are responsible to ensure the race distance is appropriate to fulfill the Cup race time requirements. Commissaires have the authority to change lap times, course distance, or any condition including postponement or cancellation of the event to ensure rider safety.

Commissaires will assist with race day registration and verify race licenses. Commissaires conduct the race start, race timing, verify finish times and positions, rider ranking, and posting of results. The Organizer is responsible for providing appropriate signage and course marking for the Start/Finish area including staging areas for multiple race starts and a well-marked finish line area. The Finish lane must be distinctly separate from the Lap lane if applicable. Please refer to the CCA Rulebook or contact an MCA Commissaire for clarification.

The organizer is responsible for ensuring the results are sent to the MCA Webmaster for posting on the MCA website within 24 hours of the event.

Medical

The organizer is responsible for providing medical personnel to provide medical aid as required (see Appendix A for a list of approved providers). The organizer must also provide a mode of transport for removing an injured rider from the racecourse and emergency medical transport from the site to the nearest medical facility. The MCA quad runner is available for rental and arrangements can be made with the MCA office. Remuneration for the medical staff is agreed upon by the organizer and the medical personnel. A first aid kit can be obtained from the MCA office and the organizer will be responsible for restocking it.

Registration

The MCA Mountain Bike committee has set the race fee at \$20 for pre-registrations and \$30 for race day registrations. For racers in the Under 13 categories the fees are \$15 for pre-registration and \$20 for race day registration. For racers under 11 the race fee has been set at \$5.

Race day registration (on-site) shall close at 10:30am and pre-registered riders must sign-in no later than 45 minutes prior to the posted race start. The Under 13, Under 11 and Under 9 categories shall start racing at 11:00 AM. All other categories shall start racing at 12:00 PM. A race may start later than these agreed times (due to long travel times, or other circumstances) but not earlier.

Categories

Categories are as follows in both male and female groups.

Elite
Senior Expert
Junior Expert
Master Expert 30+
Senior Sport (19-29)
Master Sport 30+
Master Sport 40+
Master Sport 50+
Junior Sport
Under 17 Expert
Under 17 Sport
Under 15
Under 13
Under 11
Under 9

N.B. Without exception, all licensed riders, while riding on or off-course must operate a bicycle with both front and rear working brakes and wear an approved helmet. The following is an expert from the CCA Rulebook:

At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets one of the following standards:

US DOT helmet standards for cycling;

ANSI standard Z90.4;

Snell Memorial Foundation Standard "B" or "N" series;

ASTM standard F-1447;

CSA standard CAN/CSA-D113.2-M

US CPSC standard for bicycle helmets;

their updated equivalents or the equivalent recognized safety standard from another country.

Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.

Prize Structure

The Organizer is responsible for providing prizing appropriate for a Cup race. The prizing shall be awarded to the top three positions in each category with a minimum of 5 registered racers. If there are less than 5 entries but more than 3 only the top 2 positions will be prized. If there are 3 or less entries only the first place shall be prized. If there is only one entry in a category the organizer may combine categories for prizing purposes only. For all youth categories (Under 15 and younger) we recommend prizing all categories, regardless of number of entrants, in an effort to promote cycling among young riders.

Food

The organizer must provide food and a beverage to each registered racer (ie. burgers, sandwiches, bagels, fruit, water, juice etc.). The organizer may also choose to sell food and beverages to non-racers for profit.

Scheduling

Race dates are scheduled by the Mountain Bike Committee in January. Races are not to be scheduled on long weekends. Alternate race dates (2) will be available for any unforeseen circumstances that may postpone a race and will be approved by the MCA Mountain Bike Committee. Races will be rescheduled by the MTB Committee exclusively.

Insurance

All registered racers must be MCA members with a valid MCA/CCA race license. "Licenses in Process" (Day Licenses) can be obtained at a non-refundable cost of \$15 paid to the MCA. The Commissaires are responsible for administering MCA/CCA license forms and collecting "License in Process" fees for the MCA. Organizers should familiarize themselves with the "License in Process" procedures as posted on the MCA website.

Organizers must use the Standard Waiver Form and are encouraged to use the Standard Entry form in their race registration package.

Forms

All forms required for organizers will be available from the MCA website as downloadable files.

Appendix A Approved Medical Services Personnel

Manitoba Athletic Therapists' Association, Inc.

University of Manitoba 233 IG Athletic Centre, WPG, MB R3T 2N2
Phone (204) 474-6004 Fax (204) 474-7634
E-mail= mail@mata.mb.ca

Requests for Athletic Therapy may be received at any time, but 3-4 weeks is required to guarantee coverage.

An invoice will be issued for the honorariums, medical supplies and so forth no later than 1 week after the completion of the event. The host organization will be invoiced for any supplies used on a cost recovery basis, plus a \$10.00 administration fee.

The MATA will provide all necessary supplies for events, unless prior arrangements have been made.

The host group will be responsible for notifying participants ahead of time that Athletic Therapy Services will be on-site.

Personnel will be provided for Athletic Therapy Services and the host organization will be charged a \$10.00/hour medical honorarium. Events requesting Athletic Therapy Services with 5 or less days notice will be charged \$15.00/hour.

All travel and accommodations will be prearranged on a case basis, with the host organization, in accordance with the guidelines set forth below

Travel \$0.42/km

Hotel as to original receipts or to prearrangement.

Meals up to \$8 for breakfast, \$9 lunch and \$16 supper.

Chris Whitmore

Home phone (204) 744-3615

Qualifications: First Responder (Red Cross)
 Sports First Aider (MATA)
 First Aid/CPR instructor (Red Cross/St. John Ambulance)

Chris provides his own first aid kit and charges for supplies used.

An honorarium is expected and should be negotiated with Chris.

Ski Patrol (Alpine or Nordic)

Red River Nordic Patrol: http://www.ccski.mb.ca/ski_patrol.htm

Alpine Ski Patrol: Tom Chipman email: info@skimanitoba.com for contact information.