

SSSAA Cycling Event #3 Sheet

Event Name: Individual Time Trial – Centennial Red with Shale Hill

Event Date: Tues. May 17, 2016 – 1:00pm

Event Location: Centennial Park Log Cabins

Parking Directions: Centennial Park Parking Lot

	<u>Start Time</u>	<u>Laps</u>
Course marked for Pre-ride	12:15	
Coaches Meeting	12:45	
Senior Boys	1:00	1
Junior Boys	Approx 1:10	1
Midget Boys	Approx 1:20	1
Senior Girls	Approx 1:30	1
Junior Girls	Approx 1:35	1
Gr. 9 Girls	Approx 1:36	1
Sport-all ages	Approx 1:45	1 modified course – no big hills

****One rider will leave every 30seconds**

****Riders will be seeded based on results from CX races**

****Faster Jr, Midget male & some female riders may be moved up in the start order.**

Event Instructions

- Please advise riders not to ride their bikes in the parking lot or around the chalet area. We have to be aware of the general public at this location.
- Report any injured riders immediately to on course marshals or finish line crew.
- When returning to the start line after your race is finished riders must use the train tracks to prevent riding into an on coming race.
- The course is open to the general public and riders must watch for pedestrians at all times.
- Washroom facilities will be available at the chalet