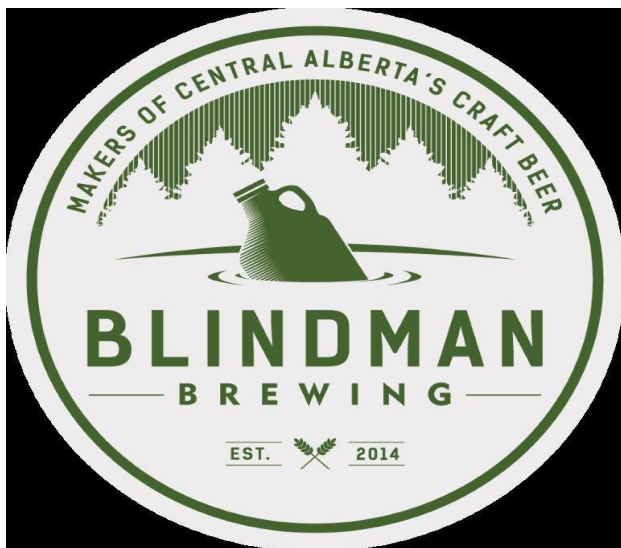




CABC Crossroads Individual Time Trial ALBERTA PROVINCIAL CHAMPIONSHIPS

In Association with



Saturday Aug 10TH 2024 @ 10:00am

CROSSROADS CHURCH

38105, Range Road 275, RED DEER. Southwest corner of 32nd ST & HWY 2.

Race Starts at 11:00am

Race Organizer

- Alan Sutherland alan.sutherland@hotmail.ca

Official

- **Chief Commissaire** Thomas Lee
- **Technical Delegate** James Kendal coordinator@albertabicycle.ab.ca

Registration

- [Zone 4 Registration](#)
- Registration open from July 15th, closes Aug 8thth @ 23:59

This 29km Individual Time Trial takes place on C & E, starting & finishing close to the Junction of Road Range 275 and C & E trail.

The course is an out and back format, turning prior to the junction of TWP 370/HWY 592. The gently rolling course has newer pavement with good shoulders.

This is an open road. Abide by traffic laws, taking great care when passing other riders and turning.

No warming up on the course after the race starts at 11:00am.

[Red Deer County, Alberta to Red Deer County, Alberta - Google Maps](#)

The race will be staged from Crossroads Church parking lot.

Directions to Crossroads Church.

Follow QE-2 to 32nd in Red Deer County. Take exit 397. Continue West then turn South onto RR-275, Crossroads Church is on the left.

License Check

License Check & number pickup will start at 10:00am in the Main Foyer of the Crossroads Church. Washroom facilities are available in the Church.

All competitors must hold a current 2024 UCI race license. Out of Province riders are not eligible for the Provincial Championship. ABA, CCC & UCI rules apply.

Bicycle Check

All bikes must meet UCI regulations. [Pages 73 – 75 UCI General Regulations](#)

Riders must present themselves at the start for checks on their bicycles no later than 15 minutes before their start time. Pre check on bicycles will be available until 10:30am in the Church main parking lot.

ABA Points

This event will be part of the Alberta Provincial Road Series with series and upgrade points available according to the [ABA Points Schedule A](#):

Place	1 st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
ABA-PTS	25	20	15	12	10	8	6	4	2	1

Prizes kindly donated by Blindman Brewery

Provincial championship medals will be presented as soon as the times are finalized for all categories. Be present for the podium wearing your team kit; no show, no prize.

Start List

The start list will be posted on Zone 4 on Friday August 10thth.

It will also be posted at License Check area on race day.

Please double check the start list posted at the License Check area in case there are changes.

Prizes for 1st, 2nd & 3rd for each category.

Categories.

ABA Licensed.

- *U19 Women, U17 and U15 M & F (14 km distance, 7 km out and back from start line)*
- U19 Men (full distance)
- Women Cat 1/2/3, 4, 5
- Master Women: A (35-44), B (45-54), C (55-64), D (65+)
- Men Cat 1/2, 3, 4, 5
- Master Men: A (35-44), B (45-54), C (55-64), D (65+)

Race Age is as of December 31st, 2024. Riders must have a Masters license to compete in a Master's category. Contact ABA if unsure.

NON-Licensed Category

You will need a single event license (SEL) if you do not have an ABA race license or UCI license. Single event licenses can't win the provincial title or medal.

If competing with a single event license your TT/Tri does not need to comply with UCI regulations in terms of measurement and dimensional restrictions.

Rules & Regulations

<http://www.albertabicycle.ab.ca/regulations>

<http://www.uci.ch/inside-uci/rules-and-regulations/regulations/>

Antidoping

The ABA complies with and fully supports the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the

UCI antidoping regulations refer and to the antidoping regulations of other competent bodies per the regulations of the UCI.

Number Placement

One number in the middle of your lower back. Frame plate is not required.



INDIVIDUAL START

Medical response is provided by Alberta Paramedical Services LTD.

Red Deer Hospital is located at 3942 50a Ave, Red Deer, 4.4km from Crossroads Church.

[Red Deer County, Alberta to Red Deer Regional Hospital Centre - Google Maps](#)