

Canadian Collegiate Cycling Virtual Championship Series

March 2021

Information Package

McGill University – McMaster University - Queen's University
University of British Columbia - University of Ottawa
University of Toronto - University of Waterloo
Université de Montréal

Table of Contents

Introduction	1
Categories	2
Points System.....	2
Individual Points System	2
Team Omnium Points	2
Jerseys.....	3
Registration.....	4
Rules.....	4
Alumni.....	4
Montreal Grand Prix – Hosted by McGill Cycling Club.....	5
Criterium – Saturday, March 6 th , 11 am EST	5
Road Race – Sunday, March 7 th , 11 am EST	5
Toronto Grand Prix – Hosted by University of Toronto Road Racing Club	6
Individual Time Trial – Saturday, March 13 th , 11 am EST	6
Road Race – Sunday, March 14 th , 11 am EST.....	6
Vancouver Grand Prix – Hosted by UBC Cycling Club.....	7
Criterium – Saturday, March 21 st , 11 am EST	7
Road Race – Sunday, March 22 nd , 11 am EST	7
The Kingston Cup - Hosted by Queen’s Varsity Cycling Club	8
Individual Time Trial – Saturday, March 27 th , 11 am EST	8
Criterium – Saturday, March 27 th , 4 pm EST.....	8
Road Race – Sunday, March 28 th , 11 am EST.....	8

Introduction

The Canadian Collegiate Cycling Virtual Championship Series will take place over 4 weekends in March. The series will be hosted on the RGT platform, which allows teams to host virtual events on their local roads. Races will be hosted in Montreal, Toronto, Vancouver, and Kingston. The complete series schedule is shown in Table 1.

Table 1: Series Schedule

	Date	Host	Races
Weekend 1 Montreal Grand Prix	March 6-7	McGill Cycling Club	Crit (Sat, 11:00 AM EST) RR (Sun, 11:00 AM EST)
Weekend 2 Toronto Grand Prix	March 13-14	University of Toronto Road Racing Club	ITT (Sat, 11:00 AM EST) RR (Sun, 11:00 AM EST)
Weekend 3 Vancouver Grand Prix	March 20-21	UBC Cycling Club	Crit (Sat, 11:00 AM EST) RR (Sun, 11:00 AM EST)
Championship Weekend Kingston Cup	March 27-28	Queen's Varsity Cycling Club	ITT (Sat, 11:00 AM EST) Crit (Sat, 4:00 PM EST) RR (Sun, 11:00 AM EST)

Categories

The self-selected categories for the series are as follows:

Men's Cat 1: riders who would be racing Cat A/B in collegiate (suggested FTP > 3.0 W/kg)

Men's Cat 2: riders who would be racing Cat C/D in collegiate (suggested FTP =< 3.0 W/kg)

Women's Open: open to all riders

Points System

Each category will have a point system for the best individual rider in that category. There will also be a team omnium competition. Any ties will be decided based on scores from the final race weekend.

Individual Points System

Table 2: Individual Points System

Place	Points
1 st	30
2 nd	25
3 rd	20
4 th	18
5 th	16
6 th	15
7 th	14
8 th	13
9 th	12
10 th	11
11 th	10
12 th	9
13 th	8
14 th	7
15 th	6
16 th	5
17 th	4
18 th	3
19 th	2
20 th +	1

Team Omnium Points

Using the same point system, the points from the top 4 riders from each team will be added to the team omnium competition after each race. The top 4 riders are independent of category, meaning they can all come from one category, or all from separate categories.

Jerseys

Each rider is required to wear the designated jersey for their team. The jerseys are selected from the available equipment list in the RGT app.

Table 3: Team Jerseys

Team	Jersey	
McGill	[DRAFT]	
McMaster	HUUB	
Queen's	VIVE LE FRANCE	
UBC	CYCLING TIME TRIALS	
UofO	XXX RACING - ATHLETICO	
UofT	TEAM TOR 2000 KALAS	
UofW	PRECISION RACE TEAM	
UdeM	DECATHLON	

Registration

Event links will be distributed to eligible riders from their team's representative.

Rules

1. Each rider must be a registered student in the school for who they are competing for
2. The winner of each category for each race will be asked to submit a weigh-in verification video on the day of the race. Other finishers may be subject to weigh-in verification upon request
3. Riders may round down to the nearest kilogram when entering weight into RGT
4. Riders in the men's categories may upgrade from Men's Cat 2 to Men's Cat 1 but cannot downgrade from Men's Cat 1 to Men's Cat 2. If a rider decides to upgrade, they will maintain their standing in Men's Cat 2, and start from 0 points in Men's 1.

Alumni

Alumni from each cycling club are eligible to race in the series. Their points will not be counted towards individual or team omnium competitions. They are still required to wear the jersey of their school.

Weekend 1 – March 6th – 7th

Montreal Grand Prix – Hosted by McGill Cycling Club

criterium – Saturday, March 6th, 11 am EST

The opening criterium will take place on the criterium national course. Each lap consists of 1.53km and 15m elevation gain. Men's Cat 1 will race 25 laps, totalling 38 km and 375 m elevation gain.

Men's Cat 2 and Women's Open will race 20 laps, totalling 30 km and 300 m elevation gain.

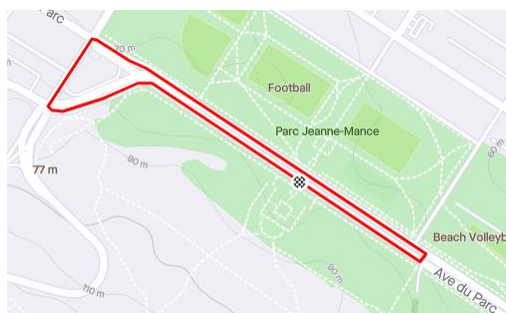


Figure 1: Montreal Grand Prix Criterium Lap

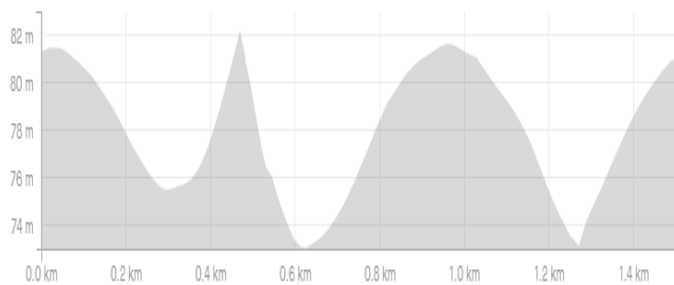


Figure 2: Montreal Grand Prix Criterium Lap Elevation Profile

Road Race – Sunday, March 7th, 11 am EST

The Montreal road race will follow much of the course used in the annual GP Montreal WorldTour race. The central feature to this course is the Cote Camillien-Houde climb at the beginning of each lap (1.65km, 6.8%). Men's Cat 1 will race 6 laps, totalling 56 km and 1,236 m of elevation gain.

Women's Open and Men's Cat 2 will race 5 laps, totalling 47 km and 1,030 m of elevation gain.



Figure 3: Montreal Grand Prix Road Race Lap

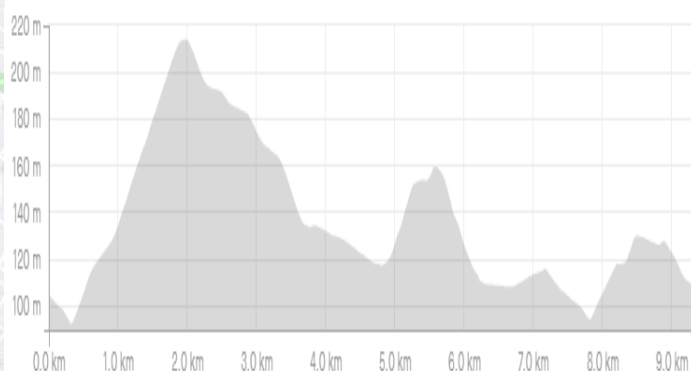


Figure 4: Montreal Grand Prix Road Race Lap Elevation Profile

Weekend 2 – March 13th – 14th

Toronto Grand Prix – Hosted by University of Toronto Road Racing Club

Individual Time Trial – Saturday, March 13th, 11 am EST

The Toronto TT begins on the Leslie Street Spit, brings riders through the Port Lands, and finally heads north on Bayview Avenue. Most of the course is relatively flat, except for the short steep finish up Pottery Road. The course is 15.5 km in total with 70 m elevation.

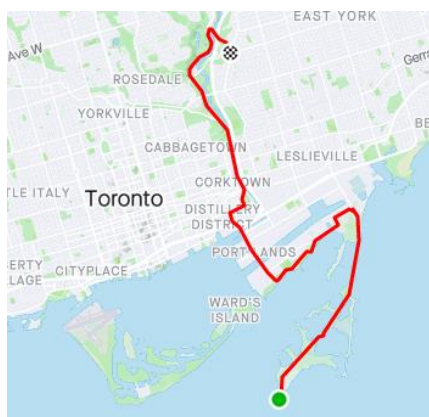


Figure 5: Toronto Grand Prix Time Trial Course

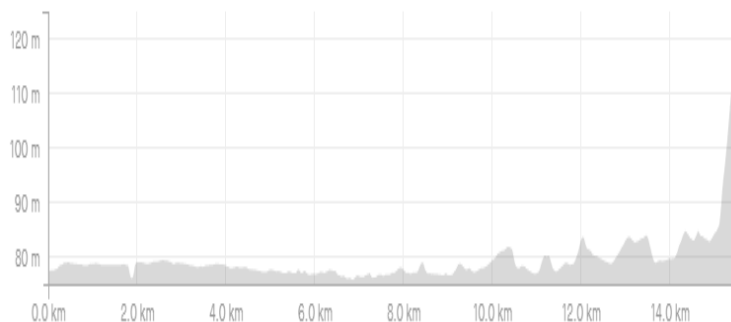


Figure 6: Toronto Grand Prix Time Trial Elevation Profile

Road Race – Sunday, March 14th, 11 am EST

Sunday's road race will use most of the course that was raced in the 2015 Pan American Games. The course loops through high park and tackles the Ellis Ave and Centre Hill Road climbs each lap. Men's Cat 1 will race 8 laps of the 8.26 km course, totalling 66 km and 888 m of elevation gain. Men's Cat 2 and Women's Open will race 7 laps, totalling 57 km and 777 m of elevation gain.



Figure 7: Toronto Grand Prix Road Race Lap

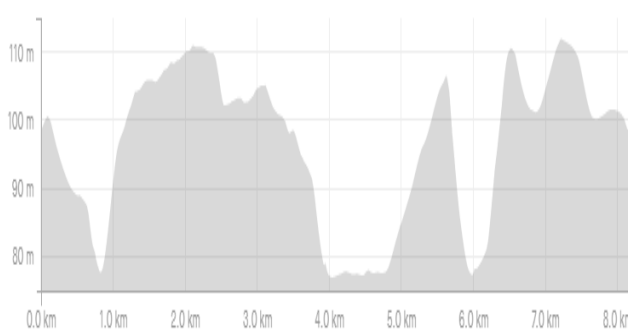


Figure 8: Toronto Grand Prix Road Race Lap Elevation Profile

Weekend 3 – March 21st – 22nd

Vancouver Grand Prix – Hosted by UBC Cycling Club

criterium – Saturday, March 21st, 11 am EST

The Vancouver Criterium will take place on the famous Gastown GP course. Each lap will be 1.77 km with 6m of elevation gain. Men's Cat 1 will race 35 laps, totalling 41 km and 210 m elevation gain. Men's Cat 2 and Women's Open will race 30 laps, totalling 35 km and 180 m elevation gain.

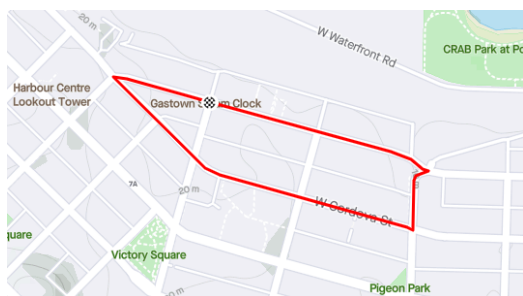


Figure 9: Vancouver Grand Prix Criterium Lap

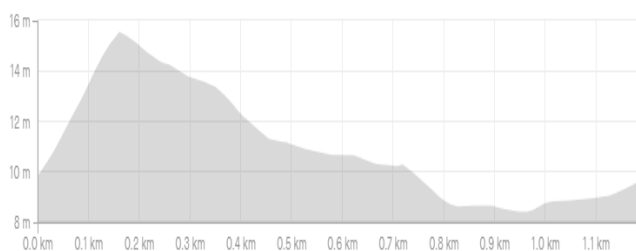


Figure 10: Vancouver Grand Prix Criterium Lap Elevation Profile

Road Race – Sunday, March 22nd, 11 am EST

The Vancouver road race will be one for the climbers, having the most elevation gain out of any race in the series. The races will start with a loop of Stanley Park before heading up Capilano Road for the first climb. After a short section of flat roads, the race finishes up Cypress Mountain, which climbs 800 m in 15 km. Men's Cat 1 will take in an additional 14 km of rolling terrain before hitting the final climb.

Men's Cat 1 will race 60 km with 1,534 m of elevation gain. Men's Cat 2 and Women's Open will race 46 km with 1,279 m of elevation gain.

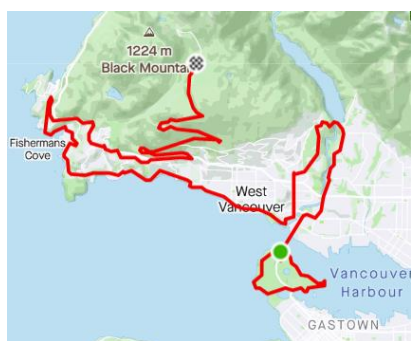


Figure 11: Vancouver GP Men's Cat 1 RR Course

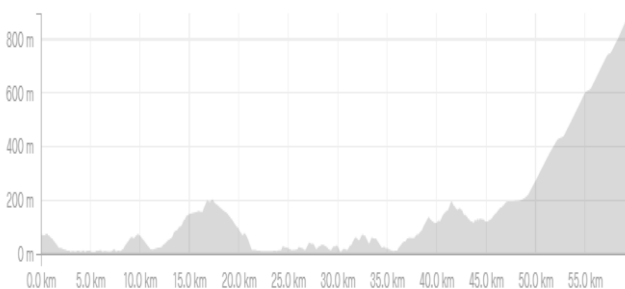


Figure 12: Vancouver GP Men's Cat 1 Road Race Elevation Profile

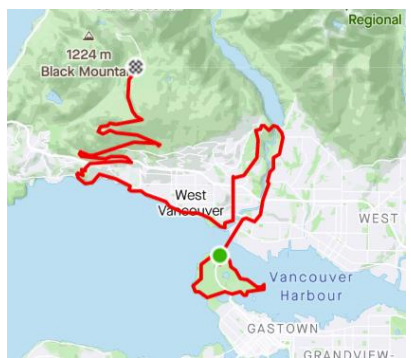


Figure 5: Men's Cat 2 & Women's Open RR Course



Figure 6: Men's Cat 2 & Women's Open RR Elevation Profile

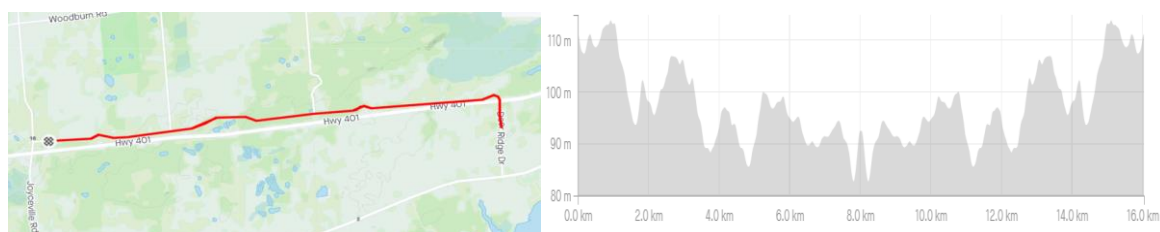
Championship Weekend – Match 27th – 28th

The Kingston Cup - Hosted by Queen's Varsity Cycling Club

Individual Time Trial – Saturday, March 27th, 11 am EST

The Kingston Cup time trial will take place on Queen's local time trial course, called the Deer Ridge TT. The out-and-back course is 16 km with rolling hills, totalling 158 m of elevation gain.

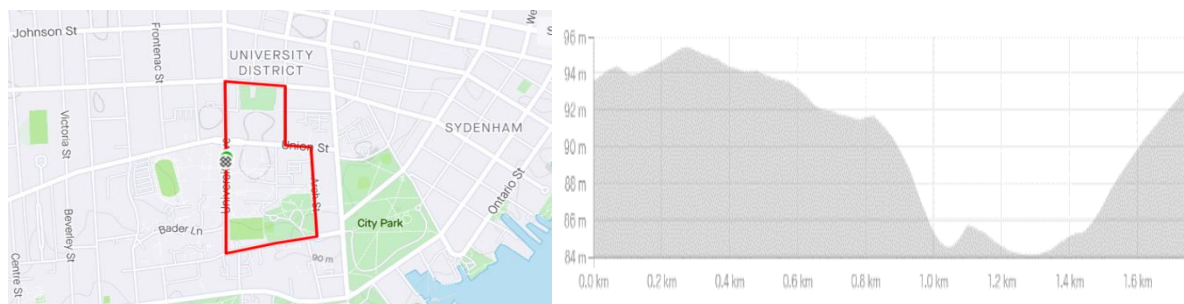
Both the Men's Cat 1/2 and Women's Open will race the same distance.



Criterion – Saturday, March 27th, 4 pm EST

The Queen's Campus Criterion will consist of 1.77 km laps. Each lap will have 8 m of elevation gain, with the main punch coming right before the start/finish line on University Ave. Riders might have a chance to rest their legs or gain positions on the slight downhill on Arch St.

The Men's Cat 1 will race 25 laps, totalling 44 km and 200 m elevation gain. Men's Cat 2 and Women's Open will race 20 laps, totalling 35 km and 160 m elevation gain.



Road Race – Sunday, March 28th, 11 am EST

The final road race in the series will be one for the puncheurs. Each lap is 30 km long with 217 m elevation gain. The course has three main climbs, each requiring strong 1-3 minute power. The first hill is the Abbey Dawn climb, at 0.5 km and an average grade of 3%, which is followed by a long false flat. The second climb is Kingston Mills, at 0.45 km long and an average grade of 6%. Finally, each lap ends at the historic Fort Henry, at 0.7 km long and an average grade of 3.3% it will surely make for an exciting finish.

The Men's Cat 1 will race 3 laps, totalling 90 km and 650 m elevation gain. Women's Open and Men's Cat 2 will race 2 laps, totalling 60 km and 433 m elevation gain.

