

CYCLING

All participants must be at least 55 years of age by December 31 of the year of the Games.

AGE CATEGORIES / EVENTS:

| AGE | EVENTS | NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY |
|---|---------------------------------------|--|
| 55+ | Recreational - Women & Men | 4 (2 female, 2 male) |
| 60+ | Recreational - Women & Men | 4 (2 female, 2 male) |
| 65+ | Recreational – Women & Men | 4 (2 female, 2 male) |
| 70+ | Recreational – Women & Men | 4 (2 female, 2 male) |
| 75+ | Recreational – Women & Men | 4 (2 female, 2 male) |
| 80+ | Recreational – Women & Men | 4 (2 female, 2 male) |
| 55+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| 60+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| 65+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| 70+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| 75+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| 80+ | Competitive – Women & Men | 4 (2 female, 2 male) |
| TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 48 | | |

Canadian Companion Cycle Rules will apply

Recreational Cycling:

1. Time trial - distance 10 km - all age groups.
2. Road race distance 20 km - all age groups - EXCEPT- Women 70+- is 15 km.
3. Cyclists may compete in one or both of the recreational events, but may not compete in the competitive cycling events.

Competitive Cycling:

1. Time trial – distance 20 km – all age groups
2. Road race distance 40 km – all age groups – EXCEPT – Women 70+ is 30km
3. Competitive cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

NOTE: All cyclists are to wear helmets.
 All Cycling Time Trial events are to start at one-minute intervals.
 All Cycling events should be held on a Loop, or a straight "there and back"

