

# 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
<b>55+</b>	<b>Recreational - Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>60+</b>	<b>Recreational - Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>65+</b>	<b>Recreational – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>70+</b>	<b>Recreational – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>75+</b>	<b>Recreational – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>80+</b>	<b>Recreational – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>55+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>60+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>65+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>70+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>75+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>80+</b>	<b>Competitive – Women &amp; Men</b>	<b>4 (2 female, 2 male)</b>
<b>TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 48</b>		

**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 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"