
CYCLING RULES

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	6 (3 male, 3 female)
65+	Recreational - Women & Men	6 (3 male, 3 female)
70+	Recreational - Women & Men	6 (3 male, 3 female)
55+	Competitive – Women & Men	6 (3 male, 3 female)
65+	Competitive – Women & Men	6 (3 male, 3 female)
70+	Competitive – Women & Men	6 (3 male, 3 female)
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 36		

EVENTS:

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 40 km – all age groups
2. Road race distance 60 km – all age groups – EXCEPT – Women 70+ is 50 km.
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"