

Western Canada Summer Games (WCSG) 2019 - Swift Current.

Cycling Team Selection Criteria:

- 1) Athletes must be members of Saskatchewan Cycling Association (SCA) and possess a valid 2019 UCI race licence.
- 2) Athletes must be born in the years – 2005, 2004, 2003, 2002, 2001, 2000.
- 3) Athletes must be willing to compete in all four cycling events at WCSG; the Road Race (RR), the Individual Time Trial (ITT), the Cross-country Olympic (XCO), and the Cross-country Eliminator (XCE).
- 4) Athletes must announce their intentions of trying out for the team and sign an athlete agreement to that effect.
 - Example WCSG Athlete Application:
I (athlete name)___ wish to apply for selection to Saskatchewan's WCSG cycling team. I intend to continue training and racing so that I might be competitive with other cyclists throughout the country of Canada. I intend to compete with other athletes from my province for the honour of representing Saskatchewan at the WCSG Cycling Events.
 - Athletes recommended to submit their WCSG intentions request to:
cycling@accesscomm.ca as soon as possible to avoid being overlooked for selection.
- 5) Athletes must be on a year-round training program, their coach's name is to be provided to SCA Provincial Head coach who will communicate this to the High Performance Committee (HPC): russelldown@icloud.com.
- 6) WCSG –Cycling Team try out fee is \$250.
 - Note: this \$250 fee is included with 2019 SCA-PCP "Team Sask" membership.
 - All ability levels: development, performance and high performance athletes within the PCP (Performance Cycling Program) are eligible to try out.
 - Reminder: Another name for SCA-PCP is "Team Sask 2019".
 - Membership for PCP is set for 2019 at \$250 for U23, U19 and U17 athletes. \$150 for U 15 athletes.
- 7) Athletes meeting above criteria will be eligible to compete for a position on Team Sask WCSG.

The first four team spots of each gender will be decided using the points system outlined below with the final two spots being discretionary selections made by the SCA-HPC.

Understand, WCSG Cycling team is going to the games with the intention of producing top results.

Most events at WCSG are "individual athlete events" with one event being a "Team event". The road race is a team event and requires a "team effort" for a top result with the possibility of some Team Sask athletes working in a "domestique" role while others play leadership roles. Team members selected to Team Sask, who have not won "in-province" or "out of province" priority races consecutively throughout 2019, can expect the possibility of a support role at the WCSG "Team race". Mountain bike athletes, with the XCO event as their priority race at games, can also expect to work tirelessly for the win at the "Team event", if called upon by coaching staff. Athlete teamwork, coachability, and the

willingness to support one another will be important for cycling team success at the games.

WCSG Selection Races In-Province of Saskatchewan

There will be Five Sask Cup Races eligible for WCSG selection points. Athletes put forth their best three In-Province results from the five races eligible towards their total In-Province Sask Points accumulation towards WCSG team selection.

The names of the Sask Cup Races eligible for WCSG points are listed below with the date of each event listed first:

- May 5, 2019. Sask Cup Road #1. Buffalo Pound Road Race (Note: There is no crit at WCSG, no uphill short prologue at WCSG – therefore only Road Race at this Moose Jaw event eligible for WCSG selection points).
- June 1, 2019. Saskatoon -Cycledelia hosted- Time Trial (TT) (Note: TT is a “general” evaluation of fitness across the aerobic cycling disciplines).
- June 2, 2019. Saskatoon -Cycledelia hosted - Road Race.
- June 9, 2019. Sask Cup MTB #3. WCSG Test Event XCO. (NOTE: Eliminator on Saturday is practice – few prospects have done one, nor commissaries and event organizers; therefore only XCO eligible for points.)
- June 24, 2019. Sask Cup #4. Moose Jaw Pavers Buffalo Pounder.

In-Province race points are allocated relative to the race results of all of the WCSG prospect athletes at the race, not absolute race results. Time cuts, however, are against absolute race results and do impact ability to collect WCSG selection points. Details of time cut percentages and consequences are explained in paragraph later in this document starting with the words “Time Cut”.

Points Break Down for Sask Cup Selection Races for WCSG 2019	Points:
1 st place result	10
2 nd place	7
3rd	5
4th	4
5th	3
6th	2
7th	1
8th	1
9th	1
10th	1

Race Cancellation. If an In-Province race or races are cancelled or rescheduled SCA High Performance Committee (HPC) reserves the right to change the number of eligible In-Province selection races.

Prospect athletes are expected to race together in the same category.

- Example males Cat 3 on the road; Male Expert category on the mountain bike.

- Females: Women only category or Cat 4 depending upon size of registered field, Expert Category on Mountain bike.
- Note: At each race, race organizers and commissaries will work together to determine the best fit for how the WCSG prospect athletes will race together within the specific event.
- Dual objectives are for prospect athletes to compete with each other and at the same time ensure each athlete has an appropriately competitive race based upon their already existing race experience.
 - Example: If a female athlete is UCI Cat 3 in 2018 she may apply to HPC and make case for permission to race absolute Cat 3 at the selection races rather than WCSG prospect women's race. Minimum 2 week notice to HPC prior to the WCSG selection event. Contact cycling@accesscomm.ca attention HPC. SCA Racing regulations apply. HPC will decide. WCSG selection process is priority.

Time Cut. There is a finish time requirement (time cut) for selection races.

- Athletes race times < 90% of the average of the top three absolute race finisher's times in the road race category, and < 85% of the average time of the top three absolute mountain bike race finishers times in the race category will receive 50% of the possible finishing position points towards WCSG selection ranking.
- If three categories, example Cat 1, Cat 2, Cat 3 are grouped together in the race, absolute results refer to absolute placement among the Cat 3 racers and WCSG prospect racers in the race. Cat 1 and 2 racer results would be excluded.
- In-Province TT time cut will be < 85% of the average of the top 3 In-Province WCSG prospect athlete's. Note: In-Province TT cut off is relative to other WCSG prospect athletes. This is different from the In-Province road race and XCOs time cut.

WCSG Selection Races Out of the Province of Saskatchewan

Out of Province Race Results must satisfy certain competition criteria to be eligible for WCSG selection points.

These competition criteria include:

- Races must take place in 2019. No race later than July 1, 2019 may be included.
- Race details for inclusion must be disclosed by candidate athlete to WCSG HPC liaison (Craig de Gier, craigmtdegier@gmail.com) and SCA administration (cycling@accesscomm.ca); in order for HPC to determine if event and racer field meets WCSG Points Criteria. Athlete may ask for guidance on race eligibility, but aside from pre-approved races, the HPC will not be able to fully judge race eligibility until after the event has been completed.
- Races included for points must be provincial level races (Cat 3 for males, Cat 4, or Women's race for females with field size and competition depth evaluated by HPC post event to be determined worthy for inclusion in WCSG points selection.
- Athlete finishing an eligible Out of Province road race within 90%, or a MTB race within 85% of the top three podium winners averaged finishing time will receive 4 points for race completion.
- Reminder: WCSG points received at "Out of province races" are from absolute (actual) race result position earned at the Out of Province Race, not relative to other Sask racers at the eligible event.
- Athletes must provide the HPC liaison (craigmtdegier@gmail.com) and SCA Administration office (cycling@accesscomm.ca) with the link to the complete, original source race results for the event evaluation, cc Provincial Head Coach.
- Finishing position points will be awarded as follows:

Points Break Down for Out-of Province Race Results	Points:
1 st place result	10
2 nd place	7
3rd	5
4th	4
5th	3
6th	2
7th	1
8th	1
9th	1
10th	1

Therefore a Out of province race winner is eligible for total of 14 points (10 +4)

Pre-Approved Out of Province races include:

- Hayman Classic – Penticton May 26-27 (Road Race, TT, Circuit).
- Canada Cups MTB
- Road Nationals 2019

Races will be rejected for WCSG selection if:

- Category raced is not deemed to be a provincial level category (ie. Cat 4 for males, Cat 5, Citizen, Novice, Sport are all non-provincial level categories). Athletes are expected to race "Expert category" for XCO. HPC reserves the right to reject any named category deemed not to be provincial level.
- Race is not a provincial level event, example regional races.
- If field size or racers racing is found to be inadequate to provide a significant level of competition.
- If race is not a discipline at WCSG.
- Other factors deemed by HPC to not provide a significant level of competition exist.
- Note: 0 points for DNF, no exceptions.

Acceptable events include:

- XCO
- Road Race
- Circuit Road Race (course must be >3km per lap)
- TT (must be longer than 8 km)

Ultimately, the selection of the team is the responsibility of the High Performance Committee with the team to be ratified by the executive and announced before July 15, 2019.

Additional Information:

- The 7th place athlete would be the Team Sask alternate.
- A preliminary team selection will be communicated to candidate athletes by July 2, 2019.
- An athlete protest procedure will consist of formation of an appeals committee set up by the executive that contains two people not on the executive, as well as the President of Saskatchewan Cycling Association and the head of the High Performance Committee (VP-HP). All appeals must be initiated by the athlete before July 4, 2019, made out to the head of the High Performance Committee via email to HPC Liaison (craigmtdegier@gmail.com) and SCA Administration office (cycling@accesscomm.ca).
- Injury Sickness Provision. In the unfortunate case where an athlete is injured or ill, preventing them from racing, no special consideration will be made. Athletes do have In-Province selection races that can be "dropped" as only 3 of 5 in-province selection races will count towards selection, and athlete may attend out of province eligible races to gain extra points.
- Team selection/Medical replacement. The Saskatchewan Sport Medicine Policy explains what occurs in the event of an athlete becomes injured after selected to the team.

All the best to you in training and racing for WCSG and beyond!