



## Guidance for junior categories

Junior riders 16 and under (age as of December 31 of current year) may elect to ride in one of three junior categories. The categories are based on race distance rather than on rider age. Typical race distances are as follows (and are recommendations only, subject to course availability and road conditions):

Category		Road race points series			Criterion
		Short (miles)	Medium (miles)	Long (miles)	Time (mins)
Junior A	M/F	20	25	35	30-45
Junior B	M/F	10	15	20	25-40
Junior C	M/F	2	3.5	5	10-15

Male and female riders will race together – there is no separate male and female categories. Prizes are awarded for the first three riders in each category, in including the top finishing male and female.

The Race Committee has provided the following comments on the rationale for junior categories:

Our overall aim is to provide opportunities for exciting and meaningful racing – to encourage juniors to ride at a level that suited their interest and ability. The following is an explanation of how we came up with the format for the junior racing this season.

1. In prior seasons our group of junior riders was split over eight categories. With the limited number of riders, that led to some small groups and sometimes just a single rider in a category. We therefore sought to reduce the number of categories to provide larger fields and increase competition in each category. So initially we moved from eight junior categories to six (3 boys and 3 girls).
2. We also recognized that, just as there are a range of abilities at the adult level, there can be a range of abilities in each junior age group. Boys and girls grow at different rates. Some prefer to ride a shorter distance; others want to push the envelope. We then decided to take the categories idea a step further and rather than define a category by age, define it by distance raced, to take into account the wide range of abilities and the developmental spread between juniors of similar age. This would allow a younger talented rider to compete against older juniors. It would also allow other riders to ride a shorter distance than perhaps their age might require, if they felt more comfortable. We felt that the fields would be larger and more competitive

3. Further extension of this idea led to the consideration to combine the boys and girls groups since juniors will be encouraged to ride in a category based on their ability and physical development, irrespective of gender. This might mean, for instance, that a 13 year old boy may be racing a 16 year old girl and be evenly matched. The intention is that competition is increased and everyone benefits and, hopefully, the days when one junior rides around the course just to finish because they were the only rider to show up are eliminated (is this racing?). We believe that with only three categories we will have several riders racing in each every week therefore introducing our juniors to cycle racing.
4. The goal is to encourage and allow those who want to improve to progress to a higher standard.