

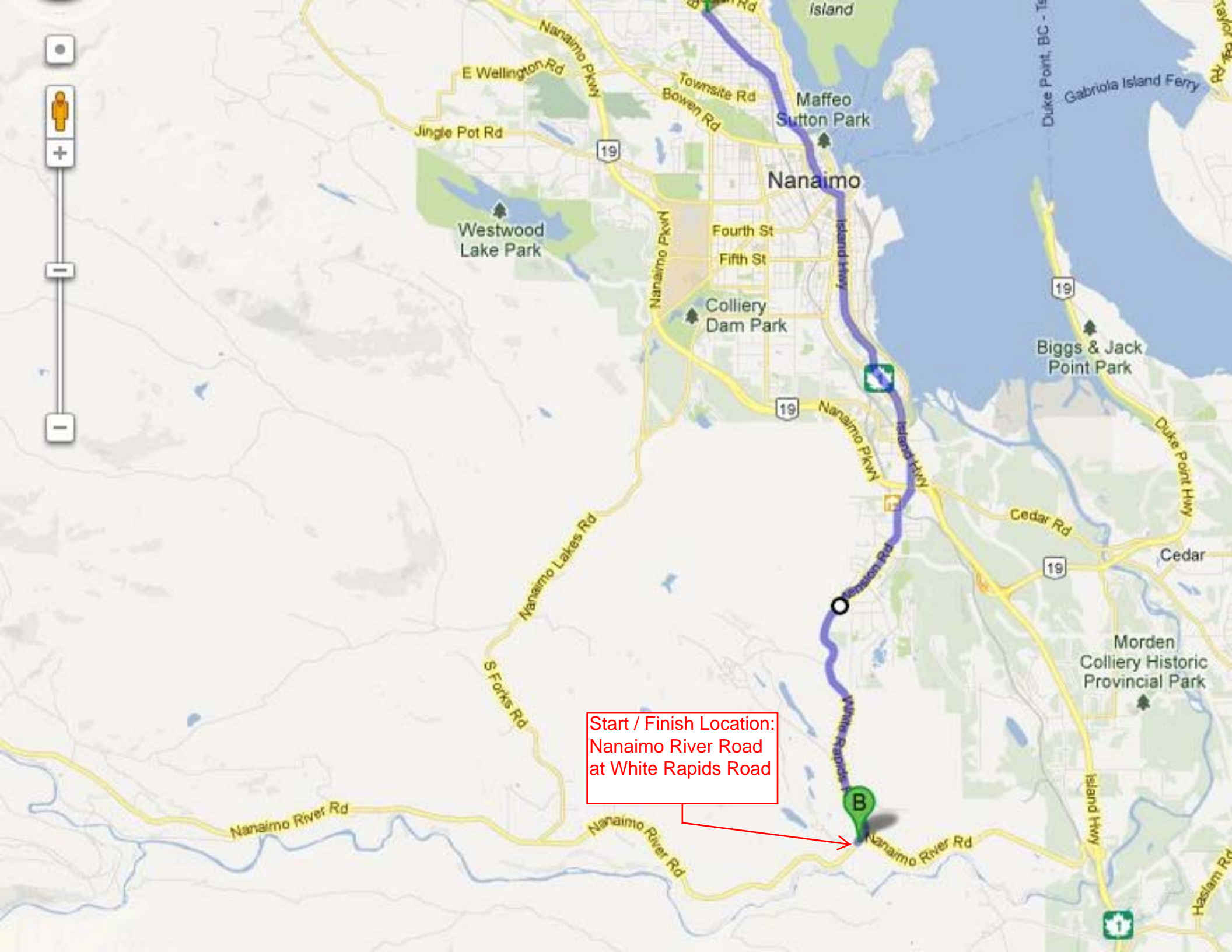


2013 Time Trial Championships

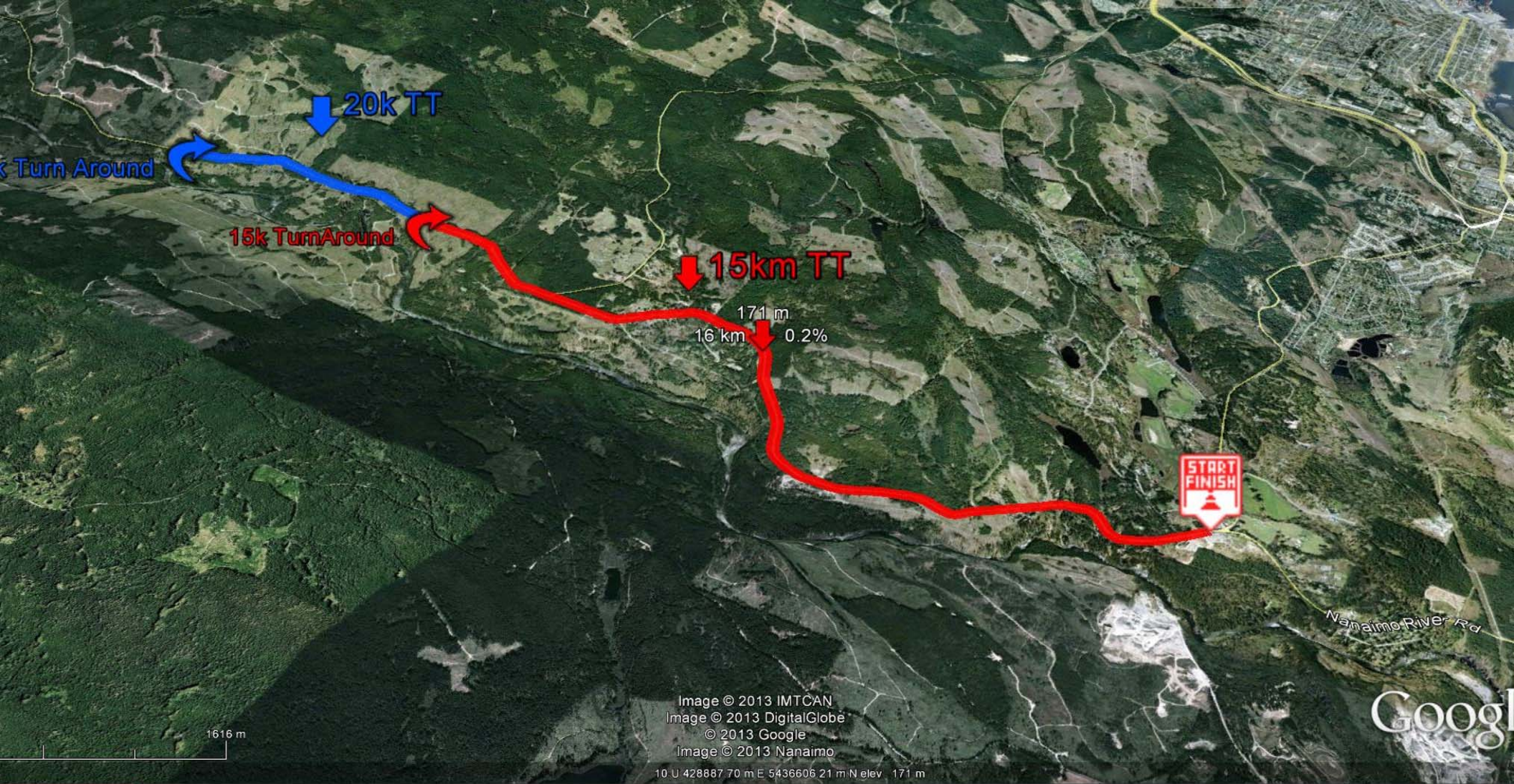
Event #	Date	Distance	Venue	Time
1	4/18/2013	15	NRR	1830
2	4/25/2013	15	NRR	1830
3	5/2/2013	20	NRR	1900
4	5/9/2013	20	NRR	1900
5	5/16/2013	40	NRR	1900
6	5/23/2013	15	NRR	1900
7	5/30/2013	20	NRR	1900
8	6/6/2013	40	NRR	1900
9	6/13/2013	15	NRR	1900
10	6/20/2013	20	NRR	1900
11	6/27/2013	20	NRR	1900
12	7/4/2013	40	NRR	1900
13	7/11/2013	15	NRR	1900
14	7/18/2013	15	NRR	1900
15	7/25/2013	20	NRR	1900
16	8/1/2013	20	NRR	1900
17	8/8/2013	15	NRR	1900
18	8/15/2013	40	NRR	1900
19	8/22/2013	40	NRR	1830
20	8/29/2013	15	NRR	1830

2013 Hill Climb Championships

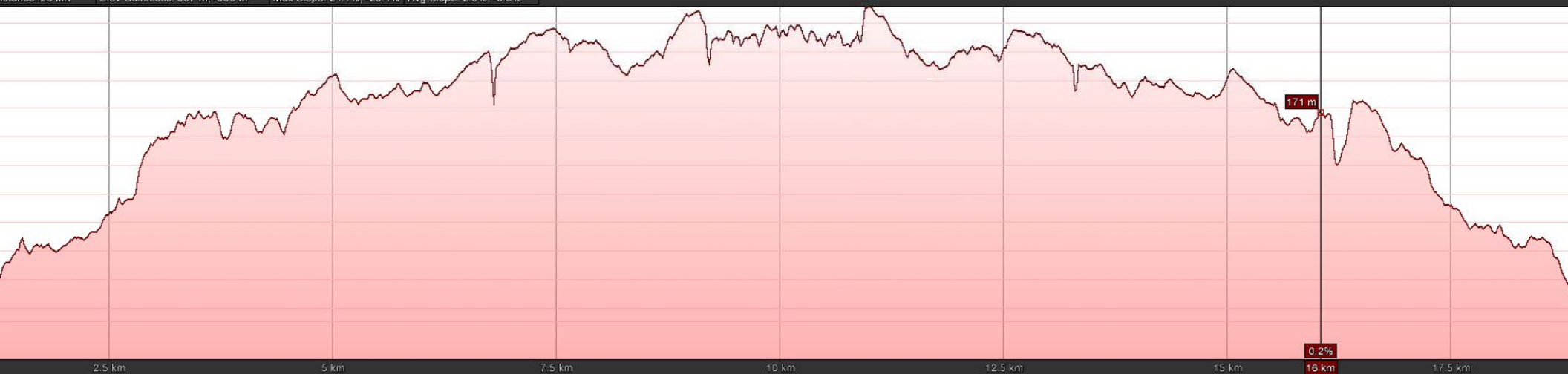
Event #	Date	Distance	Venue	Time
1	9/5/2013	Climb	Aho Road	1830
2	9/12/2013	Climb	Dep.Bay	1830
3	9/19/2013	Climb	Kilpatrick	1830
4	9/26/2013	Climb	Maxey	1800
5	10/3/2013	Climb	Doumont	1800



Start / Finish Location:
Nanaimo River Road
at White Rapids Road



Elevation: 116, 167, 199 m
Distance: 20 km
Elev Gain/Loss: 357 m, -356 m
Max Slope: 24.1%, -28.4%
Avg Slope: 2.9%, -3.0%



MIVA Time Trial Series 2013

RULES

- If a rider does not do the TT distance as schedule dictates, 2 pts will be awarded maximum.
- In case of extreme weather, MIVA will make the final call on cancelling the TT minimum 2 hours before race start time. Announcement via bikeracing.ca, twitter, and facebook will publish this info.
- There is to be no drafting. Standard rules apply, riders must stay 7m behind (4 bike lengths)
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken. Failure to complete a pass within 20 seconds will result in a drafting violation.
- Once overtaken, rider must fall back 7m before attempting to regain the lead.
- No blocking or impeding the forward progress of other athletes.
- No parking west of the start line
- Weekly draw prize, only riders who are wearing MIVA kit (jersey, jacket, vest, or shorts) will be entered. Winning name drawn at end of the TT.
- No Volunteer Points, but as a MIVA member we are all expected to contribute to volunteer for at least one event per year.
- To be eligible for year-end prizes and awards, a member must have volunteered for at least one event.

Categories are as follows:

- Male (M)
- Female (F)
- Youth Male (YM)
- Youth Female (YF)

Awards as as follows:

- Plaque - BAR Award (Best All Around Rider): A riders top time in all 3 distances (15, 20, 40k), divided by 65km to get their overall average speed.
- Plaque - Top 5 scores out of a minimum 7 events
- Trophy - Overall Points – M, F, YM, YF
- Medals - Best 15k time of the season, 20k, and 40k, each category.