



# Cadet/Junior Track Nationals 2020

## Individual and Team Training

### OVERVIEW

The 2020 Canadian Junior Track National Championships will be taking place in Ontario, April 3 – April 5. The Ontario Cycling Association will focus on the team events (team pursuit/team sprint) for the 2020 Championships. However, opportunities for individual athlete preparation with club/personal coaches will be facilitated to help improve overall Ontario athlete performance at national championships. The teams will use a composite approach through the selection of Ontario's strongest athletes. For all individual events and Madison, athletes will compete with their club/trade team.

\* Athletes must submit an expression of interest before March 1<sup>st</sup> using <https://ccnbikes.com/#!/events/9536-teams-of-ontario-2020-track> to be considered into the pool. Only riders who have applied to be part of team events with Ontario will have access to scheduled track time [for team and **individual practice**]. Athletes will be required to sign the OCA Code of Conduct and race with Ontario should they be selected.

### REQUIREMENTS

1. Be eligible for the cadet or junior categories at the 2020 Track Nationals and possess of valid 2020 UCI License for track issued by Ontario. [Athlete must be a Canadian citizen to be eligible for selection to the **team events**]
2. Must be certified to ride the Milton velodrome.

### SELECTION CATEGORIES

1. **Provincial Standard:** Athletes meeting this standard will be automatic selections to participate in the OCA track camp and national's preparation sessions. These athletes will be priority selections as representatives for Ontario in the team events [team training will focus on these athletes].
2. **Pool Standard:** Athletes meeting this standard may be invited to OCA track camp and national's preparation sessions for training to practice their team (club/composite) and individual event skills. If during the training, an athlete demonstrates improved skill/endurance they could be selected to represent Ontario in the team event(s).

Final Ontario team selections will be made following the camp. The OCA will also reserves the right not put forward a team if it is felt they are not committed and/or competitive.

#### **COACHING STAFF**

This initiative will be organized by interm OCA Track Coach, David Jack, with several coaches invited to participate in leadership and assisting roles. Coaches will be announced shortly.

Selected athletes will be expected to attend all training sessions any exceptions will need to be discussed with coaching staff.

**KEY DATES** [All training will take place at the Milton Velodrome]

**March 6 – 8:** 2020 Ontario Provincial Track Championship.

**March 11:** Athletes notified/invited to participate in camp

**March 16-20: Teams of Ontario Camp** [Individual and team event training, details tba)

**March 28:** Team/Individual Training [3:30 – 6:30pm]

**April 1:** Final preparation/activation

**April 3 – 5:** 2020 Cadet/Junior National Track Championships

# 2020 Teams of Ontario & OCA Track Camp Selection Criteria

Time standards were set by taking an average of the top five (5) IP times at track nationals over the last four (4) years. Following Cycling Canada practices, we have allowed a variance of 103% of the average time for priority selection to be part of the team representing Ontario. Should their not be enough athletes meeting this standard, it will be decided as to whether Ontario will field a team to represent the province or have athletes participate with their clubs/composite in the team event. Training opportunities will still be provided. A secondary standard of 106%\* of the standard will also be used to select athletes into the nationals training camp and preparation opportunities.

In addition to the criteria below, consideration will be given to overall performance at the 2020 Ontario Provincial Track Championship, O-Cups, Youth Series Events, OCA Camps, and Shark Tank training nights.

\*Making the Time Standard does not guarantee selection. It will be at the discretion of the coaching staff and the OCA's HP Manager to determine the final number of athletes selected to the pool.

## SELECTION AND TRAINING

Selected athletes will be expected to attend all training sessions any exceptions will need to be discussed with coaching staff.

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### Junior Men

1. Member of 2019 Junior worlds track cycling team.
2. Meets Provincial Standard at 2020 Ontario Track championships - Milton.
3. Meets Pool Standard at 2020 Ontario Track championships - Milton.

**Endurance Standard** [3km] – *Provincial Standard 3:34.385 Pool Standard 3:40.629*

**Sprint Standards:** Kilo – *Provincial Standard 1:08.456 Pool Standard 1:10.450*

*Flying 200m- Provincial Standard 11.5 Pool Standard 11.83*

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### Junior Women

1. Member of 2019 Junior worlds track cycling team.
2. Meets Provincial Standard at 2020 Ontario Track championships - Milton.
3. Meets Pool Standard at 2020 Ontario Track championships - Milton.

**Endurance Standard** [2km] – *Provincial Standard 2:36.48 Pool Standard 2:33.837*

**Sprint Standards:** 500m– *Provincial Standard 39.573 Pool Standard 40.725*

*Flying 200m- Provincial Standard 12.995 Pool Standard 13.373*

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**U17 Men**

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1. Meets Provincial Team time standard at 2020 Ontario Track championships - Milton.
2. Meets Pool time standard at 2020 Ontario Track championships - Milton.

**Endurance Standard** [2km]– *Provincial Standard 2:27.6 Pool Standard 2:31.899*

**Sprint Standards:** 500m– *Provincial Standard 36.447 Pool Standard 37.508*

Flying 200m– *Provincial Standard 11.988 Pool Standard 12.337*

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**U17 Women**

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1. Meets Provincial Team time standard at 2020 Ontario Track championships - Milton.
2. Meets Pool time standard at 2020 Ontario Track championships - Milton.

**Endurance Standard** [2km]– *Provincial Standard 2:46.403 Pool Standard 2:51.249*

**Sprint Standards:** 500m– *Provincial Standard 41.004 Pool Standard 42.199*

Flying 200m- *Provincial Standard 13.608 Pool Standard 14.005*

**Additional Considerations**

- Athlete performance in bunch racing
- Athlete times achieved at O-Cup#3/Eastern Championships
- Athlete technical ability in Team Pursuit/Team Sprint
- Athletes participation in OCA camps and training dates over this past season

Please check the Ontario Cycling Association for updates.