



PAN AM TRACK CHAMPIONSHIPS TRIALS

April 5th-8th 2009, Los Angeles, California

Final Preparation: April 24th/26th to the day of the event

Pan Am Track Championships: May 4th -7th, Chihuahua, Mexico

- Athletes interested in attending the National Track Team Trials LA, please email richard.wooles@canadian-cycling.com
- These Trials will be used to select the Pan Am Track Championships Team, as well as to identify talented athletes for inclusion in future National Team programs. The trials will be run by Richard Wooles, National Track Coach.
- Automatic selection: Athletes who finish top 8 in an Olympic discipline at 2008/09 World Cups will not be required to participate in the trials.
- Riders will need to pay for their own flight and Hotel, airport transfers for the trials.
- Coach and track time will be covered by the CCA for the trials.
- All spots will be part-funded for the Pan Am Championships, as this will enable us to field the maximum number of riders and identify 2012 potential athletes.
- Other athletes may be selected as a development opportunity based on future performance potential. In these cases, athletes may be asked to fully fund their travel to the Championships.
- All athletes selected through the Trials must participate in the CCA-mandated pre-championship preparation camp.
- Participation in non-Olympic track disciplines (Kilo, 500m, Scratch Race) will only be offered to athletes already selected for an Olympic discipline, and this will be at the discretion of the Coach in charge of selection.

Please find below the schedule for the Trials:

5th April - 10am to 1pm

Warm-up (20 minutes)

Preparation time before first rider off (20 minutes)

Flying start 200m TT

Flying 500m into 2km Women / 3 km Men

Anybody wishing to do another flying effort. (Maximum – 2 efforts)

6th April - 10am to 1pm

Warm-up (20 minutes)

Preparation time before first rider off (20 minutes)

Standing start 250m or 500m (rider's choice)
 Standing start pursuits, 3000m Women / 4000m Men
 Anybody wishing to do another standing effort. (Maximum – 2 efforts)

7th April - 10am to 1pm

Warm-up (20 minutes)
 Preparation time before first rider off (20 minutes)
 Team Pursuit and Team Sprint efforts

8th April - 10am to 1pm

Race Trials for all riders meeting the set times for the points / Keirin / Sprint

Olympic Track Events at Pan Am Championships (maximum team size for Pan Am Championships*):

- Women's Points Race (2 athletes)
- Men's Sprint (2 athletes)
- **Men's Keirin (1 athlete)**
- **Men's Points Race (1 athlete)**
- Men's Madison (2 athletes)
- Women's Sprint (2 athletes)
- Women's Individual Pursuit (2 athletes)
- Men's Team Sprint (3 athletes)
- Men's Individual Pursuit (2 athletes)
- Men's Team Pursuit (4 athletes)

* Pending confirmation from COPACI

In order to be selected, athletes must have achieved at least one of the following performances:

Discipline/Event	Distance	Standard*
Sprint/Keirin Men	Flying 200 m	10.65
Sprint Women	Flying 200 m	11.75
Individual Pursuit Men	4,000 m	4:32.0
Individual Pursuit Women	3,000 m	3:42.00
Team pursuit men	4,000 m	4:19.50
Endurance men:	Flying 500m-3km	31.70 - 3:29.50
Endurance women:	Flying 500m-2km	34.60 - 2:39.00
Team sprint men	Standing 250m	18.70
Team sprint men	Standing 500m	33.45
Team sprint men*	Standing 750m (as team)	46.4

*Track times based on 24°C ambient temperature