

2011 Lower Island School Cycling League

The 2011 Lower Island School Cycling League is for all middle and high schools in school districts 61, 62, and 63.

It is a developmental series, designed to introduce riders to competition, and with a variety of disciplines of competitive events modified for beginners, yet accommodating riders aiming for the BC School Championship. Coaches are available for interested schools. For more info please contact Commissioner Eric Simonson (Oak Bay) at Esimonson@SD61.bc.ca or Lister Farrar at 595-1955, c 882-5420 or listerfarrar@telus.net.

Notes:

- Rain: All dates rain or shine.
- Many of the races are on courses organized and marshaled by local clubs, supporting the league. Please take a moment to thank them for arranging the courses.
- A regular mountain bike is appropriate for all events, though a basic road bike is better for the road events. For road events, many mountain bikes can be adapted with inexpensive slick tires from any bike shop.
- All riders must register through their school. Contact the school Athletic Director for details.
- Schools declarations due March 1. Final registration 4 days before each event.
- More info <http://www.sd61.bc.ca/athleticassoc/index.htm>

Date	Event	Location	Host Cycling Club	Notes
Tuesday April 5	SkilzJam (Judged skills competition)	Hartland		Various stations such as: <ul style="list-style-type: none"> • Steep gravel climb • Crossing a log • Switchbacks • Plank ride • Roll down, steep-ish slow controlled descent • Technical rock climb <p>3 levels of difficulty at each spot, 1 point for trying anything</p>
Tuesday April 12	Super D (New course!)	Hartland	Trek Pro City	Approx 2 km course, time trial style, one rider at a time, 30 sec intervals to avoid passing. Two rides for each rider.
Tuesday April 19	Short track (mtb)	Hartland		Short circuit around 500 to 1000m with heats and finals. Possibly a longer final event for BC Champs riders.
April 22-25	Easter w/e			
Tuesday April 26	No race			To allow day before race to warn the students.
Tuesday May 3	City (Zone) Championship cross country (mtb)	Hartland	Dirty Gurlz?	Mountain bikes
Tuesday May 10	Maggie's Junkhouse Crossfest (cyclocross)	Margaret Jenkins School, Fairfield and Foul Bay	Margaret Jenkins School Bike Club, and Underground Cross Club	Off road, but wider, smoother course than mtb, with room for passing, dismounts and run-ups. Open to mountain bikes and cross bikes. Mini clinic before the race.
Tuesday May 17	Western Speedway criterium	Langford	Tripleshot Cycling	600 m car racing oval. May have additional corners.
Sunday	Windsor Park	Oak Bay	Victoria	Criterium 1 km circuit, four corners.

Date	Event	Location	Host Cycling Club	Notes
May 22 (long w/e May 22- 24)	Criterium		Wheelers	
Sat May 28	BC Champs	Whistler Secondary?		Entry Deadline: May tba , dfaulkner@sd48.bc.ca http://www.bcschoolsports.ca/pages/sports/biking.php#ProvChamp
Sunday May 29	Bastion Square GP Road criterium	Downtown Fort and Government	Victoria International Cycling Festival	time slot between Cycling BC licensed events. A shorter middle school event followed by a longer high school event.
Date?	Wrap up barbecue			BBQ and mtb riding. (June 5,6 is proposed Comox Youth series road race)