

DAY OF THE HOUR™

A Best Hour Performance Event



Organized by
The Hour Team

Technical Guide

Overview

The **Day of The Hour** is a nationally sanctioned, day long track event, held bi-annually at the Mattamy National Cycling Centre (MNCC) Velodrome in Milton, Ontario, Canada. As many as eight pre-selected athletes will race, one at a time, in their attempt to establish a new World Record for the Hour in their declared category.

Venue

Mattamy National Cycling Centre
2015 Pan Am Boulevard
Milton, ON L9T 2X6
(Tremaine Rd/Louis St. Laurent Blvd)

Venue Access

Infield: Limited access according to accreditation. Athletes are assigned a warm up paddock separated from spectators.
Spectators: Admission is free (However, spectators are asked to reserve a seat online)

Event Date

The Day of the Hour will take place Saturday, August 25th, 2018.

Entry Fees

The Event Attempt fee is \$3000, payable upon notification, to The Hour Team. *Event Attempt* fees are non-refundable. If, however, for medical reasons, an athlete cannot race, they may defer their attempt to the next available event date.

General Information

- The Day of the Hour event will be held according to UCI and Cycling Canada rules governing the Hour Record. It is the responsibility of individual riders to know these rules. [UCI Rules](#)
- Equipment regulations, as they pertain to an Hour Record challenge, as per the UCI, will be enforced. Athletes are required to submit a complete inventory, with photos, of their clothing and bicycle components and specifications to the organizers, at least 5 weeks in advance of the event date, for submission and approval by the UCI. Each athlete must have a Letter of Authorization for the equipment they intend to use, from the UCI, in order to race. [See Equipment Requirements](#)
- Approved helmets are mandatory for all athletes when training or racing on the track.
- Athletes and their teams will be assigned a warm up paddock in the infield. Athletes are required to be on site at least 90 minutes before their start time. Start times will be assigned at least one month in advance of the event date, and, as much as possible, according to rider preference.
- Athletes will start from a start gate.

Event Officials

The Day of the Hour is organized and managed by The Hour Team, with technical assistance by Cycling Canada.

Officials will be appointed by Cycling Canada. The event requires a UCI accredited Chief Commissaire, and two Finish Judges and a timer. The names of the individual officials will be announced at a later date. Timing will be by Racetimeing.ca.

Eligibility

- Any qualified cyclist can attempt the Hour Record. *They should first check the current record in their category, be it age, gender, or status, and decide whether this is a record that they can surpass.* [Current Records](#) also reference Hour Records via [Wikipedia](#).
- All athletes must have a valid UCI International Track License.
- Athletes must be Canadian citizens or have legal landed immigrant status. Riders of a different UCI nationality may take part, provided they meet the rules and conditions listed above and have a letter of authorization from their national cycling association. Athletes from other countries may compete for the World Record or for their own national title.
- Athletes must compete in the category designated on their UCI license. There are three major categories for the Best Hour Performance or Hour Record:
 - Elite, male and female *Note: Elite riders may elect to contest the World Record, the overall Canadian (National) Hour record, or the National Hour Record of their country.*
 - Masters male and female, in the following categories: -
 - Masters age categories – 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, 105-109.

- Para Athlete, male and female, elite and masters, as noted above
- Athletes will not be permitted to race until the following administrative requirements have been completed:
 - Online application has been completed by the due date and accepted by Cycling Canada.
 - Full payment of Event Attempt fees has been received.
 - The *Release of Liability Waiver* has been signed.
 - Hour Record Attempt request has been approved by the UCI.
 - They have received the required *Letter of Equipment Authorization* from the UCI.
 - Their UCI license and Letter of Equipment Authorization have been validated by the UCI Chief Commissaire.

Registration

Athletes must apply to Cycling Canada. There is a \$50 non-refundable application fee. The deadline for applications for the August 25th, 2018 event is May 1, 2018. [Register Here](#)

Successful Applicants will be notified by Cycling Canada and/or The Hour Team by May 15th, 2018. The full Event Attempt Fee of \$3000 is due upon notification.

Anti-Doping

CCES will be on site during the event. Athletes will be required to submit a urine sample for testing should they establish a new World Record in their category. A CCES chaperone will be assigned to individual athletes as they come off the track and remains with them until the required sample is produced. Fees for Anti-doping tests are the responsibility of the athlete and are not included in the Event Attempt Fee.

Note that while not mandatory, Cycling Canada may, at their discretion, require an Anti-Doping test from Masters athletes who establish a Canadian Record.

Athlete Services

- Athletes will be assigned a tented warm up paddock in the infield when they arrive. Athletes should arrive at least 90 minutes before their start time.
- Wi-fi – There is free public wi-fi available in the Velodrome.
- There will be an information desk and volunteers on hand to assist athletes
- There will be an expert bicycle mechanic on hand to help athletes if required
- Training at the Velodrome – athletes may arrange to train at the velodrome in advance of the event. Athletes must be certified to ride at the MNCC Velodrome. Please contact the Velodrome directly to arrange for certification and/or track time.

Medical

First Aid will be on site for the full day. They will be located in the dedicated medical team pit. The medical team will treat athletes, staff, officials and volunteers.

The closest Hospital is located 3.9 km from the Velodrome
Milton District Hospital
Halton Healthcare
7030 Derry Road
Milton ON.

Accommodation

The official hotel of the Day of the Hour is
Home2 Suites by Hilton
8490 Parkhill Drive
Milton ON L9T 9B3
Tel 1-289-878-3800

Parking

There is parking available at the Velodrome. No parking pass is needed. There will be a designated parking for athletes.