

SWICA

2017 Racer Handbook

v 2.0 - 5/1/17

USA Cycling (USAC) Licenses

SWICA is the USAC Local Association for Southwest Idaho and Eastern Oregon. Most races on our calendar for 2017 are permitted through USAC and therefore require racers to hold a license, either annual or one-day. Annual licenses are available on the USAC website (www.usacycling.org) and start at \$70. This allows you to race in an unlimited number of sanctioned races across all disciplines available in the area – road, mountain bike, cyclocross. One-day licenses are available online or at the race site for \$10 for Category 5 (Road and Cyclocross) and Categories 1-3 (Mountain)

SWICA Numbers

SWICA is providing back, shoulder, and frame numbers for year-long use. Promoters and officials for any particular race will provide definitive information regarding placement. But in general 1-2 back numbers and the frame number will be used for road races and 1-2 back and 1-2 shoulder numbers will be used for cyclocross races. Although the frame numbers are fairly durable, they can break if left on your bike when your bike is in a car rack. Please be sure to remove your frame number before transporting your bike. It is your responsibility to keep track of your number between races. If you lose or forget to bring your number to a race, you will be charged \$10 for a replacement. The new number becomes your permanent number, even if you find your old number.

Numbers will be category-correct for all disciplines so if you're a Category 1 on the road but Category 3 in Cyclocross, you will have two sets of numbers. Numbers will only be assigned for Senior Categories without separate Masters or Juniors numbers.

Numbers will be available for pickup in the middle of March, location TBD.

Don't misplace your number!

BAR/BAT

New for 2017, Best Area Rider and Best Area Team will encompass all disciplines, rather than just road. Racers who win BAR for their category (minimum 10 entrants) will receive half-price entry for all SWICA events the following year, even if they upgrade. BAR is only available to USAC annual license holder.

Due to the fact that many racers have different categories across disciplines, BAR points will be allocated based on the racer's highest category according to the following table:

SWICA Category	Road Category	MTB Category	Cross Category
Beginner	4/5	3	4/5
Intermediate	3	2	3
Advanced	1/2	1	1/2

Points for races will be allocated according to the following schedule, based on race type and number of starters.

Race Type	>30 Starters	15-30 Starters	<15 Starters
Standard	50/40/35/30/25/20/15/10/5/2	30/25/20/15/10/5/2	15/10/5/2
State Championship	100/80/70/60/50/40/30/20/10/4	60/50/40/30/20/10/4	30/20/10/4

Points earned in a lower category will follow up to higher categories at a 50% penalty per SWICA Category. For example, a Category 1 road racer (Advanced) enters and wins a Category 2 Mountain Bike Race (Intermediate), earning 50 points. That counts as 25 points towards the Advanced BAR competition. The same racer later enters their first cyclocross race as a Category 5 (Beginner) and earns 20 points. That counts as 5 points towards the Advanced BAR competition.

Best Area Team will have two competitions – one for men and one for women - and is only open to USAC-licensed teams. Team points will only be calculated if racers register using their proper USAC team names (e.g. “Team Bobs-Bicycles.com” rather than “Team Bob’s”). Points from a team’s top five racers in each event (male and female) count towards BAT with the caveat that at least one racer comes from each SWICA category.

Although races are free to offer Juniors and Masters categories, results from these will not count towards BAR/BAT standings.

If categories race together but scored separately, the number of starters is determined by the number within each SWICA category rather than the field as a whole. Placing will also be determined by order within the SWICA category rather than raw finish line order.

The SWICA crits contain multiple mixed fields. In these races, BAR/BAT points are available to the top category only (with the exception of the women 1/2/3/4/5 race which awards points to both Advanced and Intermediate women). The number of starters is defined as the number of starters in the top category only. Points are awarded based on raw finish order, however. For example: B flight consists of Cat 3 and Cat 4 racers. BAR points are available to the 3s only. Points are based on the number of Cat 3s who start. Any Cat 4 who places in the points doesn’t earn anything but prevents a Cat 3 from earning those points.

Upgrades/Downgrades

Upgrades and downgrades are handled via the USAC website. To request an upgrade or downgrade, log in to your account at www.usacycling.org and click on “license.” Find your Domestic Racer license and click on “Upgrade/Downgrade.” Select which category you want to upgrade/downgrade to and enter your justification. Upgrades are based on points earned as per USAC Rule 1E which can be found at www.usacycling.org/usa-cycling-rule-book.htm

Requests should only contain pertinent information and should include the number of points earned towards an upgrade. A good race resume entry would look like this:

4/1/17 - Bob's Bicycles Spring Breakout Series #1; placed 2/27 – 6 points

Due to the historically limited number of races in the SWICA region, upgrades from Category 5 directly to 3 are allowed on a case-by-case basis. However, results are based on the number of Category 4 racers in a field, not the combined number of 4/5s. For example, a field of 10 Category 4 racers and 40 Category 5 racers counts as a field of 10, not 50 when calculating points for a Cat 5 -> Cat 3 upgrade.

Drug Testing

Any and all USAC sanctioned events are eligible for drug testing under by the US Anti-Doping Agency (USADA). There have been a number of national cases recently in which cyclists were banned due to drugs that, while legally prescribed by a doctor, violated anti-doping rules. It is the racer's responsibility to verify that any medication taken (either prescription or over the counter) is not violating anti-doping rules. USADA has a primer available at www.usada.org/athletes/antidoping101/

Race Calendar

The current race calendar for the SWICA region is available at www.idahobikeracing.org/calendar2.html Events are color-coded based on the discipline and whether it's a race or non-race event put on by a local team. Details including race flyers and registration information are available by clicking on the event.

SWICA Newsletter

To subscribe to the SWICA newsletter, fill out the form at eepurl.com/cBmdEb . You will receive emails detailing upcoming events and deadlines as well as time-sensitive news. For general chat, SWICA has a Facebook page - www.facebook.com/groups/SWICAassoc/ and general news is available on the SWICA website – www.idahobikeracing.org