

# Distance Exemption Form

## J19 Riders



## Distance Exemption Form – J19 Riders

J19 Riders When events are listed for J19 riders to compete with the elite category and the distances advertised are longer than those listed for the J19 category application to compete in the longer distance event must be made to AusCycling via [events@auscycling.org.au](mailto:events@auscycling.org.au)

Each application will be individually assessed on the riders age, ability and distances being raced. Both 1st and 2nd year J19 Male and Female riders can apply to ride over their maximum distance, with applications being considered by AusCycling. Riders are required to apply when racing over the UCI and AC regulated maximum distance/time.

### Maximum Distances / Times:

Road Race Distance:	Men 140km	Women 100km
Road Race Stage:	Men 120km	Women 80km
Time Trial:	Men 25km	Women 20km
Criterion:	30 mins + 3 Laps *	
Gravel Distance / Time:	70km / 2.5hrs *	
Mountain Bike:	XCO 1.25hrs, XCM 4hrs, Gravity Enduro 5hrs *	
Cyclo-Cross:	35 mins *	

\* Men and Women

Applications excessively over the maximum distances outlined by the UCI and AC will NOT be considered.

There is NO appeal process.

### Please complete the following application:

I am writing in support of the below rider/s to ride above their maximum distance set out in the AusCycling (AC) regulation 1.01.13. I understand that regulations set by the UCI and AC are in place to protect riders, but I believe due to the rider's current form and ability that this would benefit their development in the sport.

- Rider Name: \_\_\_\_\_
- Rider Team: \_\_\_\_\_
- Rider Home Club: \_\_\_\_\_
- J19 Year:         First Year (17yo)         Second Year (18yo)
- Rider AusCycling Membership Number: \_\_\_\_\_
- Event Name and Distance / Time : \_\_\_\_\_

Additional Information Required (please attach):

- Training – Hours per week for the last 4 weeks.
- Recent results – Need to include times compared to winners of noted events.
- Any power data you may have.

Accredited Coaches Name: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Accredited Coaches Signature: \_\_\_\_\_

When completed forward this form onto [events@auscycling.org.au](mailto:events@auscycling.org.au) at AusCycling a minimum of 14 days before the event that is being applied for.