



Distance Exemption Form – U19 Riders

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 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.

- Riders Name: _____
- Riders Team: _____
- Riders Home Club: _____
- U19 Year: First Year (17yo) Second Year (18yo)
- Riders License Number: _____
- Event Name/s and Stage Distance/s: _____

Additional Information Required:

- 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 road@auscycling.org.au at AusCycling a minimum of 14 days before the event that is being applied for.

Please Note:

Each application will be individually assessed on the riders age, ability and distances being raced. Both 1st and 2nd year U19 Male and Female riders can apply to ride over their maximum distance, with all applications being considered by AusCycling. Riders are required to apply when racing over their maximum distance:

- U19 Men – 140km (One Day Classic), 120km (Stage Race)
- U19 Women – 100km (One Day Classic), 100km (Stage Race)