

# CDC CATEGORY GUIDE

The Cascadia Dirt Cup will award points and keep season standings for the following categories:

Pro Categories	Expert Categories	Sport Categories	Lite Categories*
Pro Women	Hard Tail Open	Sport Girls 17&U	Lite Women
Pro Men	Expert Girls 17&U	Sport Women (18-39)	Lite Men
	Expert Women (18-39)	Sport Women 40+	Lite Girls 13&U
	Expert Women 40+	Sport Boys 12-14	Lite Boys 13&U
	Expert Boys 17&U	Sport Boys 15-17	
	Expert Men 18-29	Sport Men 18-29	<i>*Lite racers compete on a 2-3 stage condensed course. They should be able to complete a comparable ride of approx. 10 miles in length and 2000' of elevation gain.</i>
	Expert Men 30-39	Sport Men 30-39	
	Expert Men 40-49	Sport Men 40-49	
	Expert Men 50-59	Sport Men 50-59	
	Expert Men 60+	Sport Men 60+	

## WHAT CATEGORY SHOULD I RACE IN?

Determine your race category using these guidelines based on (1) your “race” age and (2) your proficiency level:

1. Your race age group is determined by **your age on December 31** of the current race year. For example, for the 2020 race season, if a racer’s birthday is on October 10 and they are 18 in April at the start of the season, their race age will actually be 19 for the entire season, determined by their age of 19 on Dec. 31, 2020.

2. To determine your race proficiency category (i.e. Pro, Expert, Sport, etc.) use the category descriptions below as a guide along with your best judgement:

## CATEGORY DESCRIPTIONS

**Pro** – Pro riders are the elite athletes of our sport. They are extremely competent at jumping, drops, cornering and technical rock or trail features. A pro rider can ride any trail in any condition at race speed without hesitation.

**Expert** – Expert riders are comfortable with most obstacles they encounter on a trail. They are comfortable with steep and loose terrain and technical rock gardens. They ride most trail features but may occasionally take an alternate line.

**Sport** – Sport riders are experienced mountain bikers but may be happier traveling down a trail at slower speeds. They may be newer to racing, and eager to compete against other racers at similar skill level. Sport racers can ride many trails but will not hesitate to take an alternate line around more technical sections/features above their skill.

**Lite** – Lite riders compete on a shorter, 2-3 stage condensed course geared toward youth, beginners or racers unable to commit to a full course/day of racing. Riders should be able to complete a comparable ride of approximately 10 miles in length and up to 2000’ of elevation gain to participate. Lite riders are often still working on the fundamentals of riding and do not hesitate to walk technical sections that they feel are above their riding ability.

## CATEGORY CHANGES

A racer may change from one category to another category right up until race day check for any event. However, series points earned in one category will not transfer to another category. In the spirit of fair competition, riders are encouraged to cat up to the next proficiency level when they would have placed in the top 5 of that higher category.