



ARIZONA UPGRADE REQUIREMENTS

GENERAL:

All upgrades through category 2 will be processed by the Arizona Bicycle Racing Association (ABRA) administrator, Donald Melhado.

Submit upgrade request and resume (last 18 months results) to: www.usacycling.org, please go to "My USA Cycling". At the bottom of your page are your current USCF road and track categories. To the right of your categories are three links, "reissue", "renew" and "upgrade / downgrade". Click on the "upgrade / downgrade" link. On the next page you will find buttons for both road and track categories, click the appropriate button for the upgrade or downgrade you are requesting. Please provide your race or experience resume in the box provided. When you have completed these steps, click the "upgrade / downgrade" button at the bottom of the page. You will receive email notification of approval or denial within a day.

Your resume MUST include: race name, race date, state, category, field size, and placing.

Your resume will be rejected without complete information listed above.

for help:

Email Don Melhado at dmelhado@cox.net

Call 520-325-7978

REQUIREMENTS:

- 5 to 4** Road - Experience in at least 10 mass start races / Track - participation in safety class - track
- 4 to 3** Road - 20 points in last 18 months or experience in 25 mass start races with at least 10 top 10 finishes in category 4 or 20 pack finishes in fields of 50 or more w/ at least 10 finishes in category 4. 30 points in 12 months is an automatic upgrade.
Track - 5 race days and 20 points
- 3 to 2** Road - 25 points in last 18 months. 60 points is an automatic upgrade
Track - 5 race days and 20 points - track
- 2 to 1** Road - 30 points in last 12 month period. 60 points is an automatic upgrade
Track - 5 race days and 30 points - track

QUALIFYING RACES

CATEGORY	CLASS	RR	CRIT	TRACK
5 to 4	Men	15mi	10mi	see below
4 to 3	Men	25mi	20mi	
4 to 3	Women	25mi	15mi	
3 to 2	Men	50mi	20mi	
3 to 2	Women	40mi	15mi	
2 to 1	Men	80mi	35mi	
2 to 1	Women	50mi	20mi	

POINTS

ALL CATS CRITERIUM or CIRCUIT RACE

MEN	WOMEN	1	2	3	4	5	6
30+	10+	7	5	4	3	2	1
21 TO 30	1 TO 9	5	4	3	2	1	
11 TO 20		4	3	2	1		
5 TO 10		3	2	1			

ALL CATS ROAD RACE

MEN	WOMEN	1	2	3	4	5	6	7	8	9
30+	10+	10	8	7	6	5	4	3	2	1
21 TO 30	1 TO 9	8	6	5	4	3	2	1		
11 TO 20		7	5	4	3	2	1			
5 TO 10		3	2	1						

CAT 3-2 STAGE RACE GC

MEN	WOMEN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
50+	20+	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1
21 TO 50	10 TO 19	10	8	6	5	4	3	2	1							
11 TO 20	1 TO 9	7	5	3	2	1										
5 TO 10		5	3	2	1											

Experience Upgrades - 25 mass start races w/ 10 top 10 finishes in fields of 20 or more

4 to 3 the 10 top 10 finishes must be in category 4

or

20 pack finishes in fields of 50 or more at least 10 finishes must be category 4

TRACK

Top 5 finish at a National Championship, National Qualifier, Category A or B track race receive 5-4-3-2-1 points

Top 5 finish at a category C, D or E Omnium receive 5-4-3-2-1 points

NOTE

Time Trials, Cyclocross, Track, Masters and MTB races do NOT count for road upgrade points

Field sizes will be determined by the entire starting field, including combined categories.