

## Adult Upgrade/Downgrade Request Form

Please fill out this form if you wish to race in a category that is not your current age or ability category. **If you have the pre-requisite Upgrade Points to upgrade, you do not need to fill out a form. Just contact the office to arrange an update to your licence/membership card.**

Note: Only results from sanctioned races are considered. Fondos, Tours or Club Race results are not considered.

Upgrade requests based on a Private Team's request to have you race a specific category MUST be accompanied by a supporting letter from the team manager.

**1 request form per cycling sport**

Email: [support@ontariocycling.org](mailto:support@ontariocycling.org)

<b>Name:</b>	
<b>Date of Birth (YYYY/MM/DD):</b>	
<b>Club/Team (If Applicable):</b>	
<b>Cycling sport/discipline request is for:</b>	
<b>Current Category:</b>	
<b>Requested Category:</b>	
<b>Current Upgrade Points:</b>	

**Reason for Request:**

**Race Results:**

Date	Race Name	Result	Result Web Link