

# SHIMANO

## *Track Ontario Cup Race Series #2*



Track Series

**Sunday January 12<sup>th</sup>, 2020**

**9:00 AM – 6:00 PM**

**Mattamy National Cycling Centre  
Milton, Ontario**

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**Technical Guide**

**Version 4.1**

January 7<sup>th</sup>, 2020



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## GENERAL INFORMATION

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### EVENT OVERVIEW

Ontario Cycling Association (OCA) and are proud to present the 2019-2020 Track Ontario Cup Series, held at the Mattamy National Cycling Centre in Milton, Ontario.

The official Technical Guide covers the relevant rules and procedures for the 2019-2020 Ontario Cup Track Series events.

### DATE & LOCATION

**Sunday January 12<sup>th</sup> 2020**  
**9:00 AM – 6:00 PM**

**Mattamy National Cycling Centre**  
2015 Pan Am Blvd. Milton, Ontario L9E 0K7

- The 2019-2020 Ontario Cup series is sanctioned and governed by the Ontario Cycling Association and will take place on the date and time scheduled.
- The Mattamy National Cycling Centre velodrome is an indoor 250m track, made of Siberian spruce built in 2014.
- If necessary, racing format may be changed at the discretion of the OCA Technical Delegate and Chief Commissaire.

### COMMISSAIRES

<i>Position</i>	<i>Name</i>
<i>Chief Commissaire</i>	William Trischuk
<i>Judge Referee</i>	Brad Day
<i>Starter</i>	Ben Hill
<i>Finish Judge</i>	Josee Larocque
<i>Bike Check</i>	Jeff Fedor
<i>Member</i>	Anne Cobban
<i>Member</i>	Jeff Poulsen

### OCA EVENT CONTACTS

<i>Position</i>	<i>Name</i>
<i>Technical Delegate</i>	Chantal Thompson
<i>OCA Track Manager</i>	Mel Crosby
<i>Membership/Licensing</i>	Chris Baskys
<i>Timing</i>	Doug Pogue (RaceTiming.ca)
<i>Medical</i>	Odyssey Medical

Questions or concerns can be directed to the OCA office at 416-855-1717 or [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)

## REGISTRATION INFORMATION

- This event is pre-registration only. Registration is available at [www.ccnbikes.com](http://www.ccnbikes.com)
- Registration closes on **Tuesday January 7<sup>th</sup> at 12:00 PM - NOON.**
- Late entry requests may be permitted at our discretion and subject to a \$50 late fee until Thursday January 9<sup>th</sup> at 5:00 PM, pending availability.
- Caps have been placed on the number of entrants for each event. Register early to reserve your spot in the event.
- Only UCI licensed riders may compete. Out of province/country riders, along with approved upgraded U17s are welcome, subject to availability. The OCA reserves the right to restrict entry on this basis. If you are uncertain about eligibility, please contact the OCA office.
- Due to setup requirements, participants are asked to refrain from entering and setting up on the in-field until registration has opened.

## ENTRY FEES

Number of Events	Early Bird Registration Dec 9 <sup>th</sup> until Dec 31 <sup>st</sup> at 11:59 PM	Registration Jan 1 <sup>st</sup> until Jan 7 <sup>th</sup> at 12:00 PM - NOON
1 <sup>st</sup> Event	\$35 +HST	\$45 +HST
2 <sup>nd</sup> Event	\$25 + HST (\$60 +HST total)	\$30 +HST (\$75 +HST total)
3 <sup>rd</sup> Event	\$20 +HST (\$80 +HST total)	\$25 +HST (\$100 +HST total)
4 <sup>th</sup> Event	\$15 +HST (\$95 +HST total)	\$20 +HST (\$120 +HST total)

## REFUND POLICY

- A rider must withdraw prior to the end of registration in order to be eligible to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on transaction value) plus a refund administration fee of \$5 +HST.
- If an athlete withdraws from the event on race day, they are not eligible for a refund and the rider must inform the Chief Commissaire of their withdrawal. Failure to notify the Chief Commissaire may result in a fine.
- OCA reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered a rare and exceptional case.

## EVENT CATEGORIES

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**NEW!** This year the Categories will be an Open Ability-Based from Cat A to Cat F with an opportunity for the riders to seed themselves based on their ability and experience. The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. The decision to move in this direction came from participant feedback and panel discussions. Any questions regarding the new format can be directed to the OCA Office. A review of this format will be conducted following the 2020 season. Provincial Championships will use an aged-based format.

Suggested seeding (see schedule for included events)

- Suggested seeding are **GUIDELINES ONLY** based on the 2018-19 O-Cup Season and Age-based Categories. Athletes are asked to seed themselves in the category that best reflects their abilities.
- The OCA will monitor and reserve the right to move entrants around based on category availability, previous O-Cup results, and NCIM in Milton weekly racing results to ensure categories are comprised of similar abilities.
- Riders are allowed to choose a different ability based category for the sprint events (Keirin) vs endurance events (Scratch, Tempo, Points)
- Depending on registration numbers, categories may be combined. (with the exception of Cat F)
- It is recommended that a minimum of ten (10) riders be registered within each category for categories to stand as listed. (with the exception of Cat F)
- During the Keirin, categories with registration numbers of 7 or less will go straight to final.
- All riders **MUST** be in possession of a UCI Race License with the Track designation, OCA Citizen Permit is not accepted

The logo features the word "LAZER" in a large, bold, red, italicized sans-serif font. Below it, the word "SHIMANO" is written in a large, bold, blue, blocky sans-serif font.

Events	Categories	Suggested Seeding	UCI License
Scratch Tempo Points	Cat A	*Cat 1 Men [From 2018/19 O-Cups] *Top Elite Men, High Level Junior Men, Top Master A Men, Top Elite Women	X
	Cat B	*Riders who finished in the top half of Cat 2 Men [From 2018/2019 O-Cups] *Mid-Pack Elite and Junior Men, Master A Men, Top Master B Men, Top Elite Women	X
	Cat C	*Lower half Cat 2 Men, Top Cat 3 Men, Top Cat 1 Women [From 2018-19 O-Cups] * Master B Men, Top Master C Men, Lower half Junior Men, Elite Women, High-Level Junior Women	X
	Cat D	*Lower half Cat 3 Men, Top half Cat 4 Men, Lower half Cat 1 Women [From 2018-19 O-Cups] *Elite Women, Strong Junior Women, Top Master A/B Women, Master C Men, Top Master D Men	X
	Cat E	*Cat 4 Men [From 2018/19 O-Cups] *New/Slower Elite, Junior and Master male riders *Females registering for E may be moved to Cat F if category doesn't reach capacity	X
	Cat F (Women)	*Cat 2 Women [From 2018/19 O-Cups] *Master A/B Women, New/Developing Elite and Junior Women	X
Keirin	Cat A/B	Cat A – as described above Cat B – as described above	X
	Cat C/D	Cat C – as described above Cat D – as described above	X
	Cat E	Cat E – as described above	X
	Cat F (Women)	Women are able to seed themselves for the Keirin into Category A-E or F. The Category F Keirin will be run as a Women's only event, that is open to women of all abilities.	X

# SHIMANO

**SCHEDULE OF EVENTS**

Please note there will NOT be open training on the track before competition begins

Day	Time	Event Progression	Category Order
Sunday	7:30 AM	Rider Sign-In + Bib Distribution	All Categories
	8:30 - 8:50 AM	Coach/Manager Meeting	N/A
	9:05 AM	Keirin	Women
			Cat E
			Cat C,D
		Scratch Tempo Points	Cat A,B
			Cat F
			Cat E
			Cat D
			Cat C
		Cat B	
		Cat A	
6:00 PM	Session Complete		

Start Lists & Results will be available at [racetiming.ca](http://racetiming.ca)

**EVENT DISTANCES**

Event	Category	Distance	Field Limits
Keirin	A – E and Women	1.5 KM	Up to 28 per field
Scratch	E and F	5 KM	Up to 24 per field
	B - D	7.5 KM	Up to 24 per field
	A	10 KM	Up to 24 per field
Tempo	E and F	5 KM	Up to 24 per field
	B - D	7.5 KM	Up to 24 per field
	A	10 KM	Up to 24 per field
Points	E and F	10 KM	Up to 24 per field
	B - D	15 KM	Up to 24 per field
	A	20 KM	Up to 24 per field

## GEAR RESTRICTIONS

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- There are no gear restrictions for the junior riders (including upgraded U17s).

## UPGRADE REQUESTS

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- U17 riders subject to the upgrade policy may be eligible for an upgrade to race.
- All upgrade requests must be submitted by the athlete's coach and received by **December 31st, 2019 at NOON** and submitted to the Youth Upgrade Committee as per the upgrade policy posted on the website.
- Upgrade policy documents are available on the OCA website under forms and literature.

## NUMBER PLACEMENT

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- Bib Numbers are available for pick up at the registration desk.
- Riders are asked to sign in one (1) hour prior to their first race.
- Bib Numbers are to be placed on the back of the rider's jersey per the image below.
- **NEW for 2019/2020 Season** bibs are to be returned to the designated area after each event. If lost, a fee of \$10.00 will be charged to rider.





## GENERAL RULES & REGULATIONS

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- The races will be held under the rules of the UCI with CC and OCA modifications.
- The CC & OCA rules are available at: <http://www.ontariocycling.org/commissaires/commissaires-rules/>
- Riders must have in their possession a valid 2019 or 2020 UCI license with a track code to register.
- Riders must present their license at registration.
- Riders are required to sign in at the registration desk, located on the in-field to collect their bib numbers. **Sign in will close 30-minutes prior to the start of each race.** Athletes who have not signed in 30-minutes prior to their race will be disqualified.
- Races will start promptly – riders late or missing their starts may be fined.
- An OCA representative will be present at the race to assist with rider licensing issues. UCI licenses are not sold on race day and must be purchased in advance.
- All riders (or parents/guardians) are required to sign the OCA and CC waivers, unless they have an OCA issued license.
- **A team managers meeting will be held at 8:30 AM** the morning of race day, located in the hallway at the bottom of the stairs below corner 4. An announcement will be made prior to the meeting.
- Team pits will be pre-assigned by the OCA, based on team/club registration numbers. Advertisements/signage in team pits are not permitted.
- In case of an accident spectators are NOT PERMITTED to cross the track, however, they can gain access to the in-field through the tunnel.
- The Canadian College of Massage and Hydrotherapy students will be onsite offering complimentary massages to athletes. No advance booking is necessary however athletes are encouraged to visit early in the event, to determine when best to receive a massage as it relates to individual race schedules.

## EVENT SAFETY

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- First aid will be provided by Odyssey Medical and will be located in the in-field area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.
- Do not ride down the ramp. Riders are to walk their bikes down. Failure to do so may result in a fine or the rider being pulled from future events.
- Only those with a coaching designation on their UCI License will be permitted trackside. Mechanics are to remain behind the railing by the ramp and stairs on the back straight and are only permitted trackside in the event of a crash or mechanical incident.
- Access to trackside for video and photography is reserved for media personnel who have completed Media Training as approved by the OCA and is at our sole discretion.
- Should the Commissaire or OCA feel that a rider is unfit to race for any reason, the OCA reserves the right to remove the rider from the event, for their own safety and the safety of others.
- Maps to the nearest hospitals are featured on the following page:

**Milton District Hospital**

**725 Bronte Street South, Milton**

**905-878-2383**

← from Mattamy National Cycling Centre, 2015 Pan Am Blvd, Milton, ON L9T 9K1  
to Milton District Hospital, 725 Bronte St S, Milton, ON L9T 9K1

**6 min (4.2 km)**  
via Tremaine Rd/Halton Regional Rd 22 and Derry Rd W/Halton Regional Rd 7

**Mattamy National Cycling Centre**  
2015 Pan Am Blvd, Milton, ON L9T 9K7

- > Take Bill Buckley Ring Rd, Pan Am Blvd and Louis Saint Laurent Ave to Tremaine Rd/Halton Regional Rd 22  
2 min (1.0 km)
- > Follow Tremaine Rd/Halton Regional Rd 22 and Derry Rd W/Halton Regional Rd 7 to Bronte St S  
4 min (3.2 km)

**Milton District Hospital**  
725 Bronte St S, Milton, ON L9T 9K1

**Oakville Trafalgar Memorial Hospital**

**3001 Hospital Gate, Oakville**

**905-845-2571**

← from Your location  
to Oakville Trafalgar Memorial Hospital, 3001 Hospital Gate, Oakville, ON L6M 0L8

**15 min (13.4 km)**  
via Tremaine Rd/Halton Regional Rd 22  
Fastest route, the usual traffic

**Your location**

- > Take Pan Am Blvd and Louis Saint Laurent Ave to Tremaine Rd/Halton Regional Rd 22  
2 min (800 m)
- > Follow Tremaine Rd/Halton Regional Rd 22 to Burnhamthorpe Rd W  
6 min (6.7 km)
- ↩ Turn left onto Burnhamthorpe Rd W  
2 min (2.0 km)
- ↪ Turn right onto Regional Rd 25 S  
2 min (1.7 km)
- > Continue on William Halton Pkwy to your destination  
3 min (2.1 km)

**Oakville Trafalgar Memorial Hospital**  
3001 Hospital Gate, Oakville, ON L6M 0L8

## AWARDS

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- Medals will be awarded to the top three (3) finishers in each category for each event.
- Should categories be combined as a result of low participation numbers, results will not be broken out for awards. Awards will be awarded based on the results of the combined category.
- Riders must attend the awards ceremonies or risk forfeiting their medals.
- Podium protocol shall be enforced and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. No hats or sunglasses are permitted on the podium.
- Medal presentations will take place immediately following each event during the break.

## HOTEL ACCOMMODATIONS

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Members can access the Ontario Cycling Association rate from Invest Hotels by just clicking on the hotel location of your choice from the URL flyer posted on the OCA website. [CLICK HERE](#)



*Please present your OCA member card upon check in to qualify for the rate.*

For out of province/country cyclist attending OCA events and that are not members of the OCA, please send your reservation requirements to [Saverio.gioffre@innvesthotels.com](mailto:Saverio.gioffre@innvesthotels.com) and our National Sales Office will process your reservation at the OCA rate available at the time of booking.

Innvest Hotels are pleased to offer you these links which make it easier for you to book the [Hilton Garden Inn Toronto-Burlington](#) or [Homewood Suites Burlington](#) which are approximately 20 minutes away from the Velodrome.

## Thank You!

Thank you to all of our volunteers who dedicate their time to making events like this possible. If you or anyone you know are interested in volunteering at future events, please contact [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)