



2020 PROVINCIAL CHAMPIONSHIPS



CYCLO-CROSS PROVINCIAL CHAMPIONSHIPS

Presented by



THIS EVENT IS SANCTIONED BY





Contents

GENERAL EVENT INFORMATION	3
SPONSORS	4
EVENT LOCATION	5
EVENT CONTACT INFORMATION	7
COMMISSAIRE PANEL	7
LICENSING REQUIREMENTS	8
REGISTRATION/PRICING	9
SITE MAP	10
COURSE MAP	11
SCHEDULE	12
EVENT DAY SIGN-IN	13
WARM UP/PRE-RIDE	13
GENERAL EVENT RULES AND REGULATIONS	14
EQUIPMENT RULES	16
BIB NUMBERS	17
RIDER CALL-UPS	18
TIMING & RESULTS	18
AWARDS/PODIUM PROTOCOL	19
EMERGENCY ACTION PLAN	21
ACCOMMODATION	23
PARTICIPATION SURVEY	24





GENERAL EVENT INFORMATION

Waterloo Cycling Club is proud to host KWCX, the local Waterloo cyclo-cross race, for the fourth time. However, this year, the event will be sanctioned as the 2022 Cyclo-Cross Provincial Championships! The course is similar to previous years but with more of a break between the two hills, some longer power sections and a start/finish straight. There is an odd tweak to the course here and there, but it is looking like the best course yet.

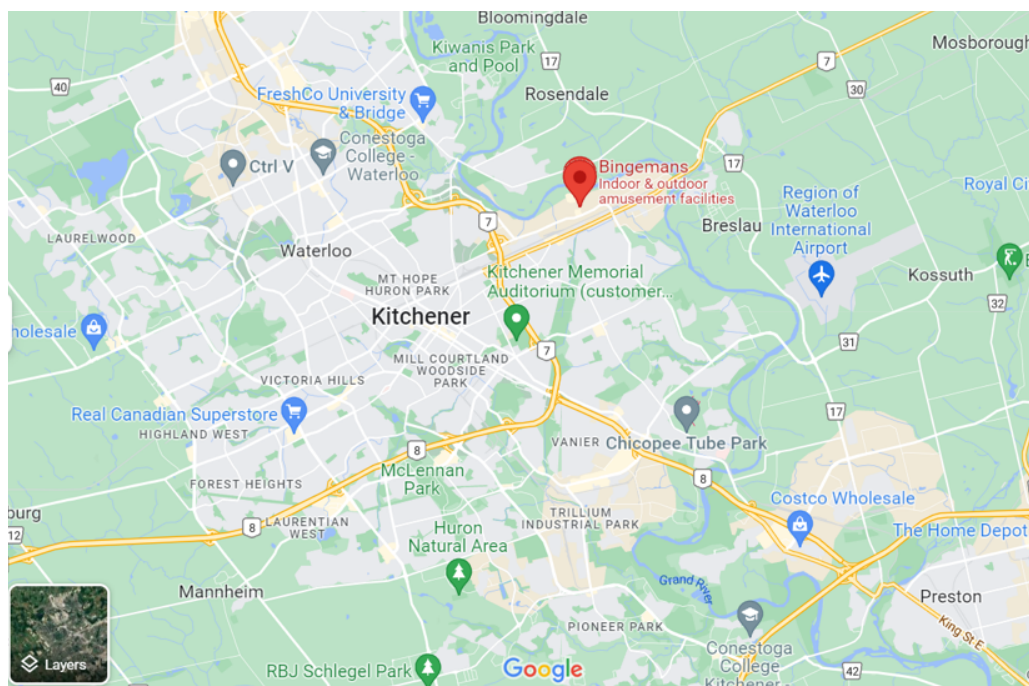
Name of Location: Bingemans

Address: 425 Bingemans Centre Dr, Kitchener, ON N2B 3X7

Organizer Name: Mark Weymouth (Waterloo Cycling Club)

Organizer Website: kwcx.ca

Registration Link: [HERE](http://kwcx.ca)





SPONSORS

The Waterloo Cycling Club would like to thank the following sponsors. **Ziggy's Cycle and Sport** is the title sponsor this year. They are providing mechanical support on race day and \$1000 worth of merchandise prizes for podiums.





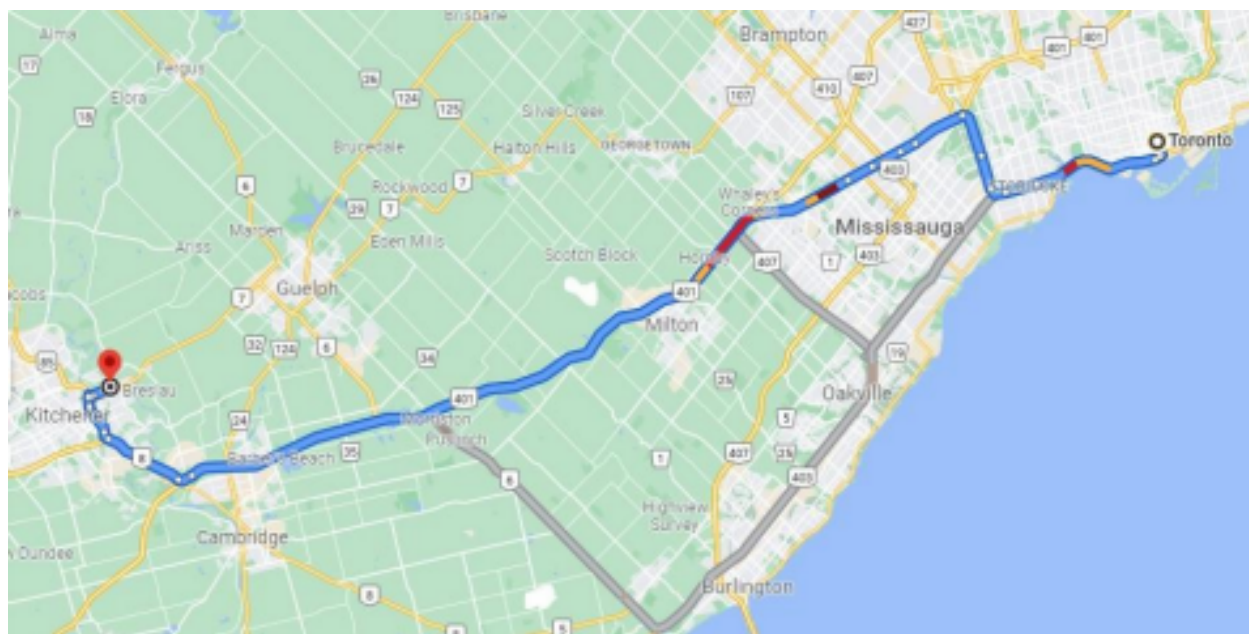
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EVENT LOCATION

Bingemans is a large property. Use the main entrance and drive down the hill to the lower complex and take a right. When you see the waterslides, you are in the right place.

From Toronto:

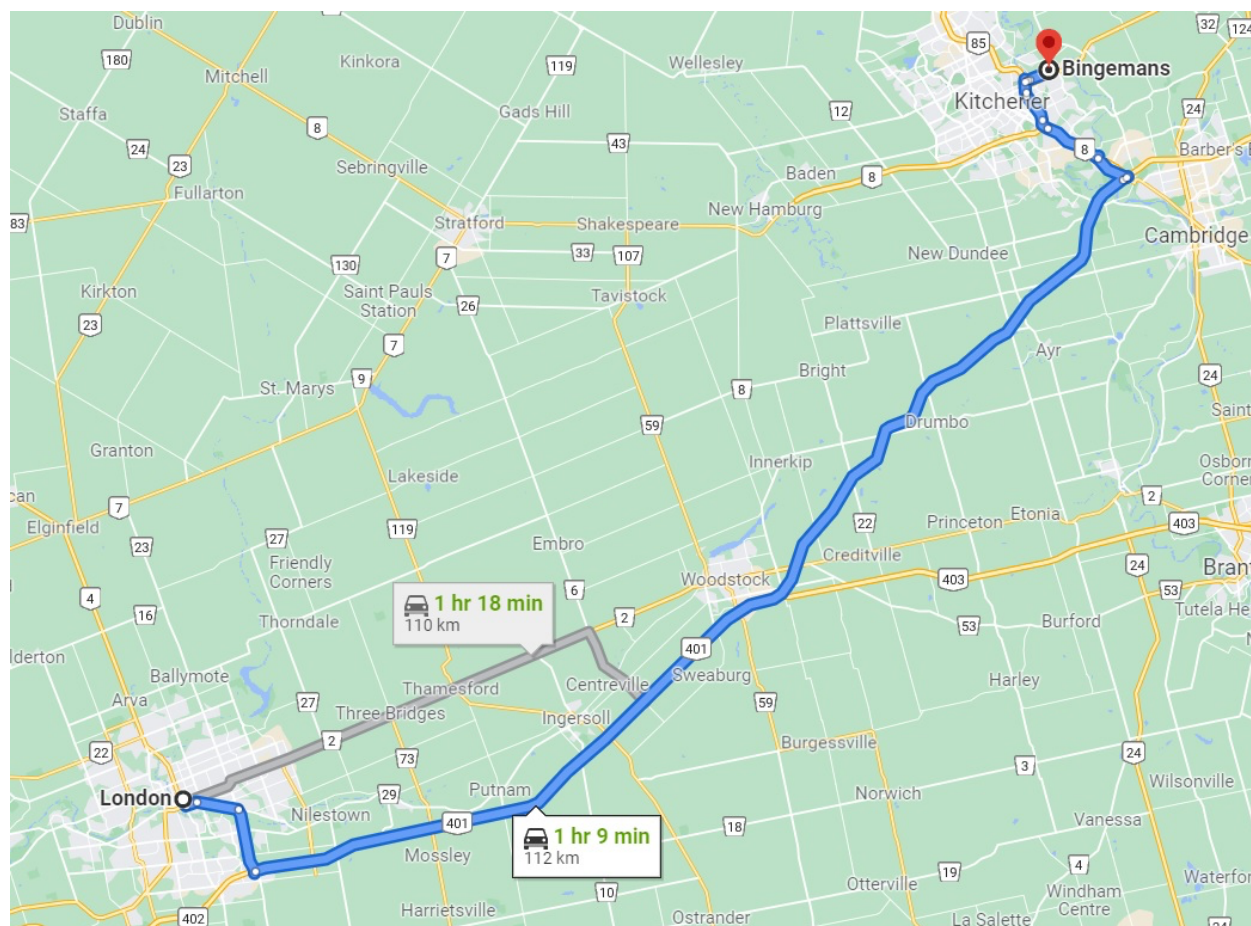


Take the 401 to HWY 8 north towards Kitchener. Stay right and take the ON 7 East / 85 North. Take the 7/Victoria St/Frederick St/**Wellington St** exit. Take the Wellington St exit. Turn left onto Wellington St. It will become Shirley Ave and in 2 km Bingemans will be on your left.





From London:



Take the 401 to Cambridge and exit 278 B to King St. E. Continue on King St. E. and take the exit to HWY 8. Take the right two lanes to ON 7 East / 85 North. Take the 7/Victoria St/Frederick St/**Wellington St** exit. Take the Wellington St exit. Turn left onto Wellington St. It will become Shirley Ave and in 2 km Bingemans will be on your left.





EVENT CONTACT INFORMATION

Name	Role	Email
Mark Weymouth	Event Organizer	cxracing@waterloocyclingclub.ca
Ontario Cycling	Provincial/Sanctioning Body	Events.team@ontariocycling.org
Doug Pogue	Timer/Results	doug@racetiming.ca

COMMISSAIRE PANEL

Name	Role
Brad Day	President
Steve Head	Secretary
Edward Sitarski	Finish Judge
Mark Buckaway	Member

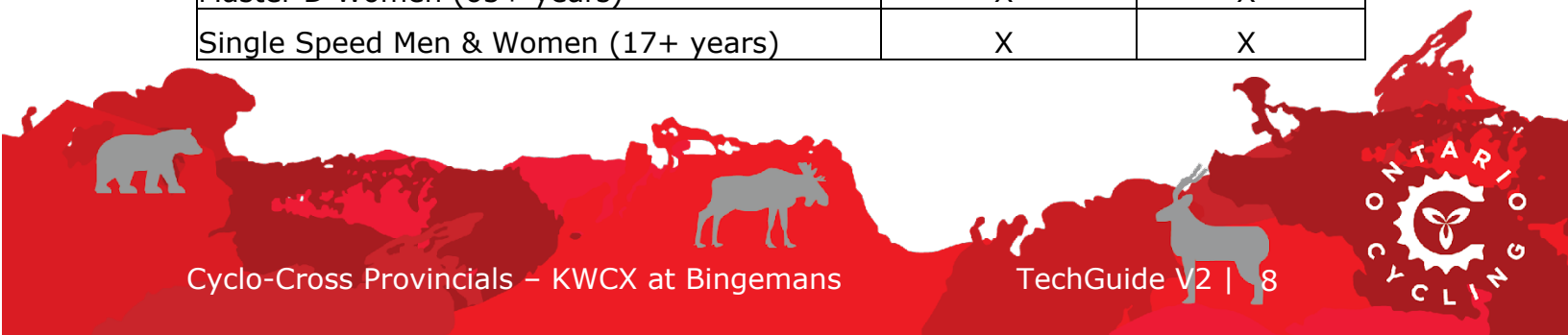




LICENSING REQUIREMENTS

All riders are required to have either a Provincial Race License or a UCI Race License and must have a CX code on their license. (i.e., CME, CWU23, CMMA, CMMB, etc.)

Categories	Provincial Race License	UCI License
U13 Girls (8-12 years)	X	X
U13 Boys (8-12 years)	X	X
U15 Girls (13-14 years)	X	X
U15 Boys (13-14 years)	X	X
U17 Girls (15-16 years)	X	X
U17 Boys (15-16 years)	X	X
U19 (Junior) Women (17-18 years)	X	X
U19 (Junior) Men (17-18 years)	X	X
U23 Women (19-22 years)	X	X
U23 Men (19-22 years)	X	X
Elite Men (23+ years)	X	X
Elite Women (23+ years)	X	X
Master A Men (35-44 years)	X	X
Master B Men (45-54 years)	X	X
Master C Men (55-64 years)	X	X
Master D Men (65+ years)	X	X
Master A Women (35-44 years)	X	X
Master B Women (45-54 years)	X	X
Master C Women (55-64 years)	X	X
Master D Women (65+ years)	X	X
Single Speed Men & Women (17+ years)	X	X





REGISTRATION/PRICING

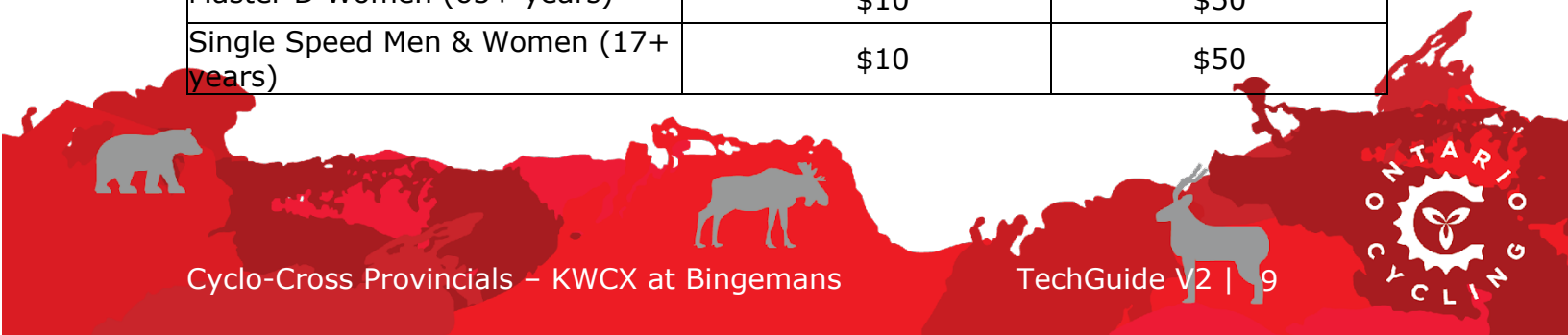
Pre-registration is available online only [here](#)

Online registration opens Oct 12, 2022

Online registration closes Oct 26 at 11:59 pm

Please note Day-Of registration is not available. Pricing is listed below. All participants must hold a valid Ontario Cycling Provincial or UCI Race License.

Category (as of Dec. 31, 2023)	Early Bird Pricing (Up to Oct 16, 11:59pm)	Regular Pricing (Oct 17 to 26, 11:59pm)
U13 Girls (8-12 years)	\$10	
U13 Boys (8-12 years)	\$10	
U15 Girls (13-14 years)	\$10	
U15 Boys (13-14 years)	\$10	
U17 Girls (15-16 years)	\$10	
U17 Boys (15-16 years)	\$10	
U19 (Junior) Women (17-18 years)	\$10	\$35
U19 (Junior) Men (17-18 years)	\$10	\$35
U23 Women (19-22 years)	\$10	\$50
U23 Men (19-22 years)	\$10	\$50
Elite Men (23+ years)	\$10	\$50
Elite Women (23+ years)	\$10	\$50
Master A Men (35-44 years)	\$10	\$50
Master B Men (45-54 years)	\$10	\$50
Master C Men (55-64 years)	\$10	\$50
Master D Men (65+ years)	\$10	\$50
Master A Women (35-44 years)	\$10	\$50
Master B Women (45-54 years)	\$10	\$50
Master C Women (55-64 years)	\$10	\$50
Master D Women (65+ years)	\$10	\$50
Single Speed Men & Women (17+ years)	\$10	\$50





SITE MAP

Start-Finish Diagram
Mark Weymouth

6 views
Published seconds ago

[SHARE](#) [EDIT](#)

Start/Finish Area

- Course
- Start-Finish Line
- Barricades
- Barricades
- Direction
- Finish Stage
- First Aid Station
- Timing Area
- Washrooms
- Course Crossing (Marshalled)
- Corralling Area
- Registration
- Podium
- Course Crossing

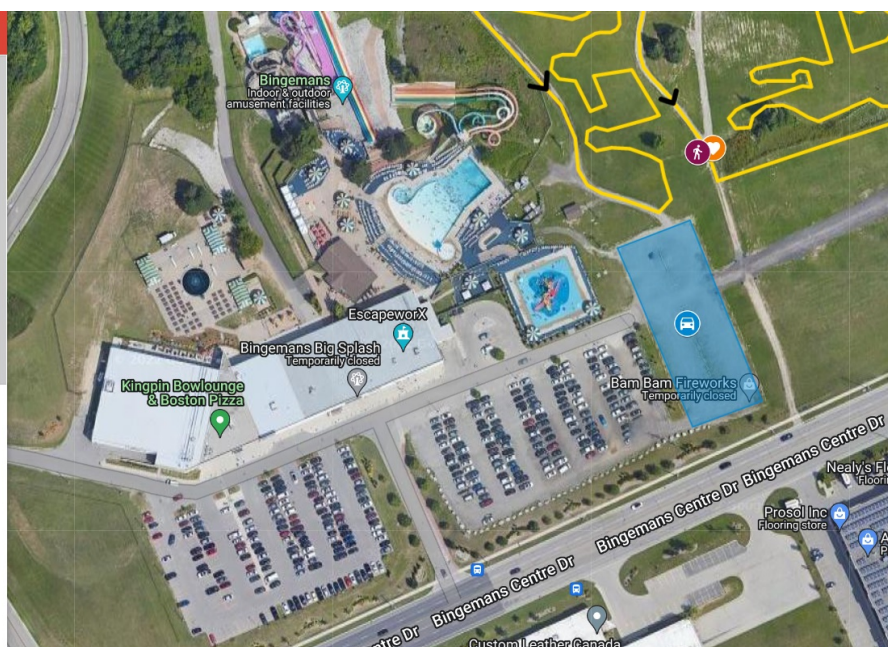


KWCX 2022

Two hills, a sand pit, a longer start-finish straight and some added recovery/power sections make up this years course.

Tentative Course

- Course
- Starting Corral
- Start/Finish Line
- Registration
- Parking
- Parking
- Washrooms
- First Aid
- Team Tent Field
- Power Washer
- Double Sided Pit
- Double Barriers





COURSE MAP





SCHEDULE

Provincial Championship		
Start Time	Category	Approximate Duration
9:30 AM	Master C Men (55-64)	40 minutes
9:30 AM	Master D Men (65+)	40 minutes
9:30 AM	Sportif/Novice Men (19+ years of age)	40 minutes
10:10 AM	<i>Break</i>	20 minutes
10:30 AM	U17 Girls / Boys	40 minutes
10:30:30 AM	U15 Girls / Boys	35 minutes
10:31 AM	U13 Girls / Boys	30 minutes
11:00 AM	<i>Break</i>	30 minutes
11:30 AM	U19 Men (17-18 years of age)	45 minutes
11:31 AM	Master B Men (45-54)	45 minutes
11:32 AM	Master A Men (35-44)	45 minutes
12:15 PM	<i>Break</i>	30 minutes
12:45 PM	U23 & Elite Women (19+ years of age)	45 minutes
12:45 PM	U19 Women (17-18 years of age)	45 minutes
12:46 PM	Master A Women (35-44)	40 minutes
12:46 PM	Master B Women (45-54)	40 minutes
12:46 PM	Master C Women (55-64)	40 minutes
12:46 PM	Master D Women (65+)	40 minutes
12:46 PM	Sportif/Novice Women (19+ years of age)	40 minutes
1:30 PM	<i>Break</i>	30 minutes
2:00 PM	U23 & Elite Men (19+ years of age)	60 minutes
2:01 PM	Singlespeed (17+ years of age)	45 minutes

*Championship categories listed in bold





EVENT DAY SIGN-IN

All riders must Sign-In on the day of the race at the registration tent next to the start finish along the edge of the parking lot, as pictured in the course map, and present their Provincial Race License or UCI license. Sign-In will be open from *8am to 30 minutes before the start of the next race.*

WARM UP/PRE-RIDE

Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with or pass racers completing their last lap. Please be courteous to other racers above all else.





GENERAL EVENT RULES AND REGULATIONS

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are [available online](#).
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders, must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race License (where applicable) or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- There will be no team managers meeting.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line, riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with or pass racers completing their last lap. Please be courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for a call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered an unreported DNF and assessed a penalty.
- A double-sided pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to the pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.





2029 PROVINCIAL CHAMPIONSHIPS

- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled.





EQUIPMENT RULES

- Cyclocross bicycles conforming with UCI regulations are required in all categories except for U17 and under. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
 - All other categories allow the use of any bicycle; including mountain bikes provided bar ends are removed to be used.
- Bicycles in championship races except U17 and under must have 33mm or narrower tires. Tire width may be checked at the entrance to the start grid.
- Bicycles in the sportif races and single speed may use tires wider than 33mm.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players is not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

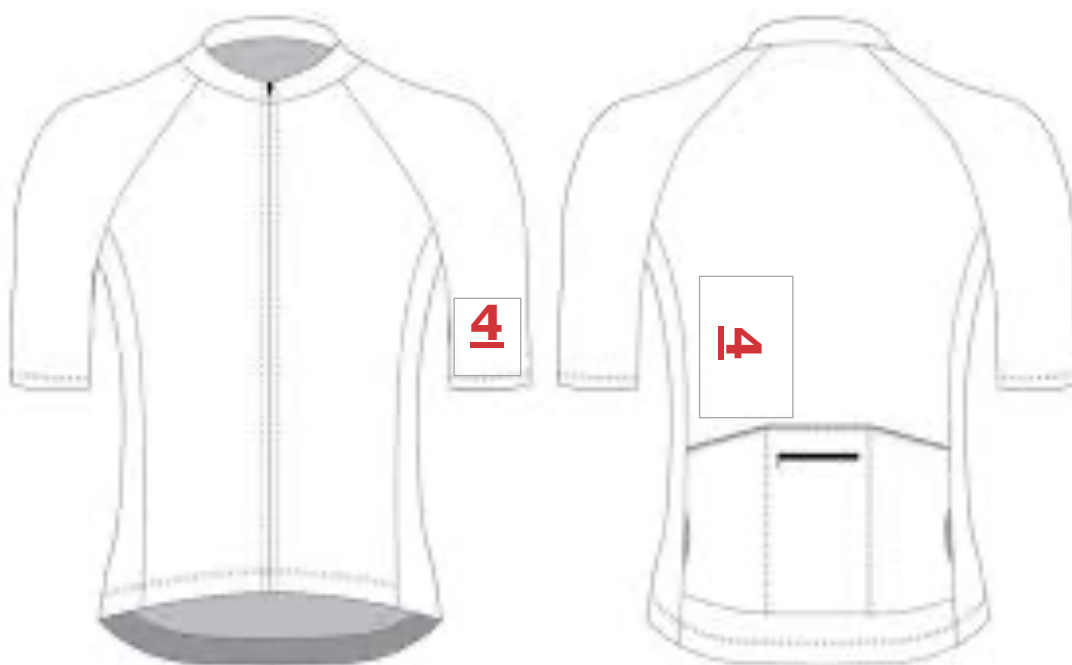




2020 PROVINCIAL CHAMPIONSHIPS

BIB NUMBERS

- One set of bib numbers will be distributed per rider for the Ontario Cup series, including Provincial Championships. **DO NOT LOSE YOUR NUMBERS.** They are yours for the year. All riders must bring their assigned bib numbers to every OCup race, including Provincial Championships.
- Replacement bibs will be issued at the rider's expense, at a cost of \$10 per set of bibs.
- Please ask for a second timing chip for your pit bike. All timing chips are to be kept for the entirety of the OCup season, if you will not be doing any other races please return your chip following your last race of the series.
- Replacement chips will be issued at the rider's expense, at a cost of \$5 per chip.
- Bibs are to be placed on the left arm and left back side of the jersey. Please refer to the below diagram.





RIDER CALL-UPS

In the event of multiple categories starting in the same start wave, each category will be called to the line separately. For example, if 2 or more categories will be racing on course at the same time but starting 1min apart, each category will be called up to the line separately.

Call-Up Protocol is as follows:

1. Current Canadian National Champion
 2. Outgoing Ontario Provincial Champion
 3. UCI ranking (decreasing UCI points)
 4. Alternate between Eastern Cross Series Rank (aged-based results) and Derived OCup Series Rank (see below) **
 5. Random
- ** Derived OCup Series Rank
- Ability-based OCup standings are converted to an age-based ranking as follows:
 1. For all OCup riders competing in the same provincial age group, sort them by these two sort keys
 - a) Ability (increasing)
 - b) Then OCup Points (decreasing)

This will sequence riders in groups of ability categories.

2. Within each ability category, riders will then be sequenced by decreasing OCup points.

Call-Ups are for pre-registered riders only

- If you are not present for call-up you forfeit your starting position.

TIMING & RESULTS

OCups and Provincial Championships will be timed by racetiming.ca, with the exception of the Eastern Cyclo-Cross Challenge/OCup October 2nd. Please check the Racetiming website for most up-to-date results.





AWARDS/PODIUM PROTOCOL

All podium finishers are expected to be in attendance in clean cycling apparel representing the club or team corresponding to their license. Hats and/or sunglasses are not permitted.



When U23 and Elite races are combined (start at the same time), 2 separate podiums will be awarded. The winner of the race will be named the Elite Provincial Champion and will receive the Elite Provincial Champion jersey. The first U23 rider across the line will be named the U23 Provincial Champion and will win the U23 Provincial Champion's jersey. If the overall race winner is a U23 rider, they will be named both the Elite and U23 Champion and win both jerseys. In the case that the Junior category is combined with the U23 and Elite races (with the same start time and race duration) and the overall race winner is a Junior rider, they will be named both the Elite and Junior Champion and win both jerseys. The best placed U23 rider would win the U23 jersey if a Junior rider were to place ahead of them.

Podium ceremonies will be conducted 20 minutes after a race has finished and may only be delayed because of a rider(s) protesting results.





2020 PROVINCIAL CHAMPIONSHIPS

Categories	Provincial Medal	Provincial Champion Jersey
U13 Girls (8-12 years)	X	X
U13 Boys (8-12 years)	X	X
U15 Girls (13-14 years)	X	X
U15 Boys (13-14 years)	X	X
U17 Girls (15-16 years)	X	X
U17 Boys (15-16 years)	X	X
U19/Junior Men (17-18 years)	X	X
U23 Men (19-22 years)	X	X
Elite Men (23+ years)	X	X
U19/Junior Women (17-18 years)	X	X
U23 Women (19-22 years)	X	X
Elite Women (23+ years)	X	X
Master A Men (35-44 years)	X	X
Master B Men (45-54 years)	X	X
Master C Men (55-64 years)	X	X
Master D Men (65+ years)	X	X
Master A Women (35-44 years)	X	X
Master B Women (45-54 years)	X	X
Master C Women (55-64 years)	X	X
Master D Women (65+ year)	X	X
Sportif/Novice Women (19+ years)		
Sportif/Novice Men (19+ years)		
Single Speed Women (19+ years)		
Single Speed Men (19+ years)		





EMERGENCY ACTION PLAN

The Grand River Hospital is located at 835 King St. West in downtown Kitchener and is approximately 12 mins from the race course.

<http://www.grhosp.on.ca/>

Tel: 519-742-3611

9 min (5.4 km)

via Wellington St N

Fastest route, the usual traffic

Waterloo Brewing Beer Store

400 Bingemans Centre Dr, Kitchener, ON N2B 3X9

↑ Head west on Bingemans Centre Dr

170 m

↑ Continue onto Shirley Ave

1.2 km

↑ Continue onto Wellington St N

3.2 km

➤ Turn right onto King St W

700 m

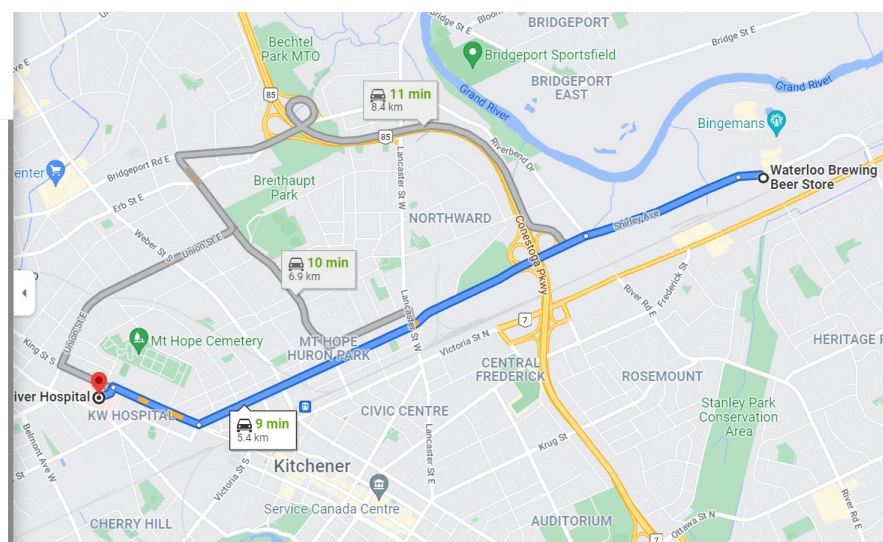
➤ Turn left

Destination will be on the right

130 m

Grand River Hospital

GRH KW Campus, 835 King St W, Kitchener, ON N2G 1G3





Ambulance Route into the Venue



The first aid station will be adjacent to the start finish along the edge of the grass and parking lot. Proceed to the first aid station to get assistance or call out for someone to contact an official/first aid. Emergency equipment will be at the first aid station.

If there are any schedule changes, racers will be notified by email before race day. We will also post changes on our website, Facebook and Twitter pages.

Local weather will be monitored by the Event Organizer. Events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. In the event of thunder or lightning, the course must be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle. The President of the Commissaire Panel in consultation with the Organizer will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns. For more information, please view the [OC Lightning Policy](#).





ACCOMMODATION

Inn of Waterloo

The Inn is conveniently located on King St N next to the Conestoga Parkway which can be used to quickly reach the race venue.

<https://www.theinnowaterloo.com/>

Kitchener Motel

Affordable and mere minutes away from the race venue.

<http://www.kitchenermotel.ca/>

Mayflower Motel

About a kilometer from the venue and affordable.

<http://mayflower-motel.ontariocahotel.com/en/>



2022 PROVINCIAL CHAMPIONSHIPS HOODIE

TAKE A PIECE OF THE 2022 PROVINCIAL CHAMPIONSHIPS HOME

Everyone needs a good hoodie, even better if it is the special edition of the 2022 Provincial Championships in Kitchener/Waterloo, ON. The soft, naturally breathable fabric makes this one a perfect companion for rides, chilly summer nights or your day-to-day business.

Product features:

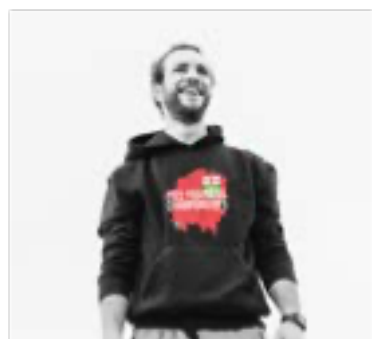
- Unique great lakes camouflage design including Hudson Bay
- Limited Edition for 2022 Provincial Championships in Kitchener/Waterloo, ON
- Coat of Arms of Ontario
- Front Pocket

The hoodie (UNISEX) will be delivered to Kitchener/Waterloo, ON and is ready to pick-up at the registration desk. Optionally, the hoodie will be send to your home address after the event.

FROM
\$40



**REGISTER FOR THE EVENT
OR SCAN TO ORDER.**





2020 PROVINCIAL CHAMPIONSHIPS

PARTICIPATION SURVEY

In order to continue to better our events, we need your feedback! [Click here](#) to fill out a survey or scan the QR code below.

EVENT PARTICIPATION FEEDBACK



PLEASE SUBMIT YOUR FEEDBACK

