



ONTARIO CUP
TRACK SERIES

ONTARIO
CYCLING

TRACK OCup #1

MATTAMY NATIONAL CYCLING CENTRE

December 11, 2022

V6

THIS EVENT IS SANCTIONED BY





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General Information

Ontario Cycling (OC) is proud to present the 2022-2023 Track OCup Series held at the [Mattamy National Cycling Center](#) located at 2015 Pan Am Boulevard in Milton, Ontario. The Track OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, with different events at each one.

The Mattamy National Cycling Center is an indoor 250m track made of Siberian spruce and was built in 2014 for the 2015 Pan Am/Para Pan Am Games. It is the only velodrome of its kind in Canada, and one of the few velodromes in North America that meets top international standards.

Track OCup #1

Date: Sunday December 11th, 2022

Time: 9:00am-5:00pm

Location: Mattamy National Cycling Center

OC Event Contacts

Position	Name
Event Organizer	Jackie Chan
Technical Delegate	Jackie Chan
Membership/Licensing	Chris Baskys
Volunteers	Jackie Chan
Timing	Racetiming.ca
Medical	Odyssey Medical

Please contact events.team@ontariocycling.org for any questions or concerns.

Commissaires

Position	Name
President of the Commissaire Panel	Josée Laroque
Starter	Marie-Eve Potvin
Judge Referee	Edward Sitarski
Finish Judge	Brad Day
Bike Check	Mary Mayer
Member	Philip Preston
Member	Brad Slade
Member	Jeff Walker





Registration & Pricing

- Registration for all OCups is open to riders 17 years of age and older. Riders with a Racing Age of 15 or 16 years of age (as of December 31st, 2022) may be eligible to race with an approved upgrade.
- Registration is pre-registration only. Licenses will not be sold on event day and must be purchased in advance.
- Registration for each OCup closes on the Tuesday at 12:00pm noon prior to the event.
- Late entries will not be allowed.
- In order to participate at the Provincial Championships, Ontario athletes must have participated in at least 1 OCup event (either #1, #2, or #3).

[CLICK HERE TO REGISTER](#)

Please note that although you may have registered in a specific category, you may be moved to a different category depending on the field and other participants who register.

OCup #	Event Date	Events
OCup #1	December 11	Scratch Keirin Elimination Points

Registration Timeline
<i>Ontario residents ONLY:</i> November 7 @ Noon – December 6 @ Noon <i>Open to All:</i> November 21 @ 9AM – December 6 @ Noon
1 st Event - \$50 2 nd Event - \$45 3 rd Event - \$40 4 th Event - \$35





Refund Policy

- A rider must withdraw prior to the registration closing 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 CCN refund administration fee.
- If an athlete withdraws from an event on race day, they are not eligible for a refund and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President may result in a fine.
- OC 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.

Event Categories

OCup categories will be an open ability-based format where athletes will self-seed themselves from Categories A through E, and Categories A and B (women only), based on their ability and experience level. Women who would like to race in Categories A through E are able to if they choose to do so. The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC Office.





Suggested Seeding Chart

- The Suggested Seeding Chart is a **GUIDELINE** based on the 2021-22 OCup season and age-based categories. Athletes are asked to seed themselves in the category that best reflects their abilities.
- OC will monitor and reserve the right to move entrants around based on category availability, previous OCup results, and NCIM 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, Elimination, Points)
- Depending on registration numbers, categories may be combined
- A minimum of ten (10) riders will need to be registered within each category for the category to stand as listed
- During the Keirin, categories with registration numbers of 7 or less will go straight to finals

Categories	Suggested Seeding
Cat A	*Cat A [From 2021/22 OCup] *Top Elite, Junior and Master A Men
Cat B	*Cat B [From 2021/22 OCup] *Higher placing Elite and Junior Men, top Master A and B Men
Cat C	*Cat C [From 2021/22 OCup] *Mid-pack Elite, Junior, Master A and B Men, top Master C Men
Cat D	*Cat D [From 2021/22 OCup] * Lower to mid-pack Elite and Junior Men, Top Master C Men
Cat E	*Cat E [From 2021/22 OCup] *New/developing Elite, Junior and Master A, B Men, lower to mid-pack Master C Men, Master D Men
Cat A Women	*Cat A Women [From 2021/22 OCup] *Cat B, C and top Cat D Racers [From 2019/20 OCup #1 and 2] *Elite racers and top Junior and Master finishers
Cat B Women	*Cat B women [From 2021/22 OCup] *Cat D, E and F racers [From 2019/20 OCup #1 and 2] *Master A/B Women, new/developing Elite, Junior and Master Women





ONTARIO CUP TRACK SERIES



Schedule of Events

Please note that open training on the track WILL NOT be allowed before the start of competition.

Start Lists & Results will be available at www.racetiming.ca

Day	Time	Event	Category	Distance	Category Limit (per field)
Sunday December 11 th	7:30am	Rider Confirmation/ Bib Pick-Up	All Categories		
	8:30-8:45am	Team Manager's Meeting	N/A		
	9:00am	Scratch	B Women A Women D C B A	5 km 7.5 km 7.5 km 7.5 km 7.5 km 10 km	Up to 24
	10:05am	Keirin	B Women A Women C/D/E A/B	1.5 km 1.5 km 1.5 km 1.5 km	Up to 28
	Medal Ceremonies – Scratch, Keirin 30-minute break				
	1:00pm	Elimination	B Women A Women D C B A	2.5 km 3.5 km 2.5 km 3.5 km 5.5 km 7 km	Up to 24
	Medal Ceremonies – Elimination				
	2:00pm	Points	B Women A Women D C B A	10 km 15 km 15 km 15 km 15 km 20 km	Up to 24
	Medal Ceremonies – Points				





ONTARIO CUP TRACK SERIES



Start Lists & Results

Racetiming.ca is the official timer for the 2022-23 Track OCup Series. Start Lists & Results will be available at www.racetiming.ca

Gear Restrictions

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

New Bike Check Rules

1. Please note that the UCI regulation amendments for [01.01.2023](https://www.uci.ch/en/press/2022/01/01/2022-23-uci-regulations) will all be effectively enforced for the first OCup.
2. Riders are no longer required to change handlebars for Mass Start and Sprint events. The handlebars can be up to 100mm ahead of the front wheel spindle for both events.
3. There are now allowances based on the rider's height (<180cm, 180-190cm, >190cm).
 1. For riders < 180cm in height:
 1. Horizontal distance between vertical planes passing through the bottom bracket axle and extremity of fixed TT extension handlebar may be a maximum of 800mm
 2. Height difference between midpoint of forearm support and the highest or lowest point of extension must be less than 100mm
 2. For riders between 180-190cm in height:
 1. Horizontal distance between vertical planes passing through the bottom bracket axle and extremity of fixed TT extension handlebar may be a maximum of 830mm
 2. Height difference between midpoint of forearm support and the highest or lowest point of extension must be less than 120mm
 3. For riders > 190cm in height:
 1. Horizontal distance between vertical planes passing through the bottom bracket axle and extremity of fixed TT extension handlebar may be a maximum of 850mm
 2. Height difference between midpoint of forearm support and the highest or lowest point of extension must be less than 140mm
3. Riders no longer need to be concerned if the TT handlebar extensions are above the saddle. Under the new rules, only the "base bar" must be below the saddle (the "base bar" is what the risers/extensions are attached to).





ONTARIO CUP TRACK SERIES



Youth Upgrade Requests

- 15 and 16 year old riders subject to the upgrade policy may be eligible for an upgrade to race
- Due to field caps, riders requesting an upgrade should ensure this is requested well in advance of the deadline. The approval of an upgrade to the OCup Series does not ensure a spot will be available if fields are filled.
- All upgrade requests must be submitted by the athlete's coach and received a week prior to each OCup and submitted to the [Track Youth Upgrade Policy](#) as per the upgrade policy posted
- Upgrade policy documents are available on the OC website under forms and literature

Rider Confirmation/Sign-In

- Please bring your 2022/2023 Provincial Race License or UCI Race License to the Rider Confirmation/Sign-In table to pick up your bib number for the event
- Rider Confirmation/Sign-In will close 30-minutes prior to the start of each race
- An OC staff will be present at the Rider Confirmation/Sign-In desk to assist with rider licensing issues

Warm Ups/Open Training

- Riding on the track will not be available prior to the start of competition.

Number Placement

- Bib numbers are available for pick-up at the registration desk and are to be placed on the back of the rider's jersey





ONTARIO CUP TRACK SERIES



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications
- The CC & OC rules are available at: www.ontariocycling.org/officials
- Pre-race bike-check will be in effect this season.
- **Team Manager's meetings will be held at 8:30 AM** the morning of race day, located within the hallway at the bottom of the stairs below Corner 4. An announcement will be made beforehand.
- Races will start promptly – riders late or missing their starts may be fined
- Pits will be pre-assigned by an OC staff member on the day of the race, based on club registration numbers. Team flags are permitted. Advertisements in pits are not permitted.
- **COACHING FROM APRON:** Races will follow UCI Regulation 3.1.012 "During all track events, except Team Pursuit and Individual Pursuit, all team staff shall remain on the infield (off the safety zone and track). Specific team staff may be permitted to access the safety zone (i.e. the mechanic following a crash) at the Commissaires' discretion."
- **Coaching from the infield** is permitted, however climbing and hanging onto structures not designed for those purposes, such as railings, is not. Ontario Cycling takes the health and safety of all event attendees into consideration.
- Spectators are not permitted to cross the track.

Infield Policy

- Only team-identified personnel are permitted in the in-field, at the sole discretion of OC.
- A maximum of (5) personnel per club is permitted while attempting to minimize gathering.
- Independent riders are permitted one (1) support person.
- Club presidents or identified representatives must **pre-register personnel one week prior to each OCup** by sending an email to events.team@ontariocycling.org
- All team personnel are required to check-in at registration for an infield wristband.
- The clubs are responsible for the conduct of their infield personnel and must ensure compliance with the OC Code of Conduct and policies.





ONTARIO CUP TRACK SERIES



Awards

- 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 eyewear are permitted.
- Medal presentations will take place immediately following each event.

Event Safety

- 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 being pulled from future events.
- Coaching from the infield is permitted; however, climbing and hanging onto structures not designed for those purposes, such as railings, is not permitted.
- Access to trackside for video and photography is reserved for media personnel who have completed Media Training as approved by the OC and is at OC's sole discretion.
- Should a Commissaire or OC feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

COVID-19

- All participants are strongly recommended to wear a mask when they are not riding, drinking, or eating.



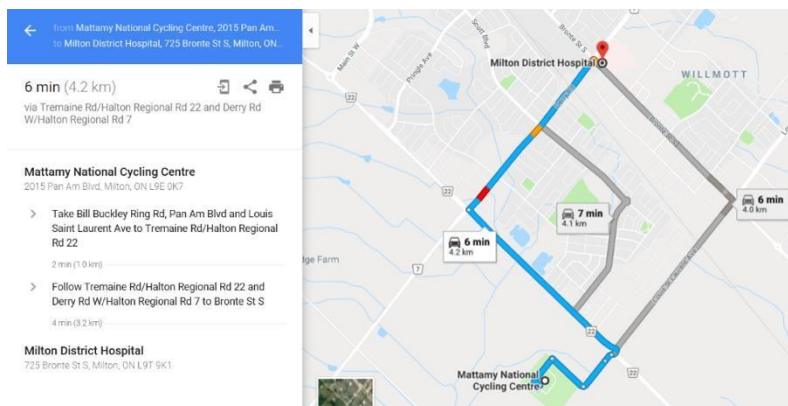


Neutral Mechanic

- There will be a neutral mechanic on-site available for independent racers who do not have access to support staff.
- The neutral mechanic is not a bike tune-up service.
- The neutral mechanic will be able to assist with the following items:
 - Race mishaps (if told in advance of race)
 - Tire repair
 - Handlebar readjustment
 - Dislodged chain
 - Wheel realignment
- The neutral mechanic will not be assisting with the following items:
 - Full bike tune-up
 - Changing gears
 - Pre-race bike wheel change
 - Pre-race position adjustments
 - Holding on the track
- All equipment must be provided to the mechanic

Hospital Information

Milton District Hospital
725 Bronte Street South, Milton
905-878-2383





ONTARIO CUP TRACK SERIES



Participant 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

Volunteers

Thank you to all volunteers who dedicate their time to making these events possible. If you are interested in volunteering at future events, please contact events.team@ontariocycling.org





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Partnerships



YTDS & OCup

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