



2023 PROVINCIAL CHAMPIONSHIPS

ONTARIO CYCLING TRACK PROVINCIAL CHAMPIONSHIPS

MATTAMY NATIONAL CYCLING CENTRE

March 3-5, 2023

V6

March 2nd, 2023

THIS EVENT IS SANCTIONED BY



2023 PROVINCIAL CHAMPIONSHIPS



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General Information

Ontario Cycling (OC) is proud to present the 2023 Track Provincial Championships held at the [Mattamy National Cycling Center](#) located at 2015 Pan Am Boulevard in Milton, Ontario. The Track Provincial Championship, sanctioned and governed by Ontario Cycling, will be held over 3 days, showcasing a variety of events.

2023 Ontario Track Provincial Championships

Date: March 3-5, 2023

Friday: 8:00am-9:00pm (time approximate)

Saturday: 8:00am-6:00pm (time approximate)

Sunday: 9:00am-4:00pm (time approximate)

Location: Mattamy National Cycling Center

OC Event Contacts

Position	Name	Email
Event Organizer	Jackie Chan	Events.team@ontariocycling.org
Technical Delegate	Jackie Chan	Events.team@ontariocycling.org
Volunteer Manager	Franzi Middrup	ocvolunteer@ontariocycling.org
Membership/Licensing	Chris Baskys	support@ontariocycling.org
Timing	Racetiming.ca	N/A
Medical	Odyssey Medical	N/A

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

Commissaires

Position	Name
President of the Commissaire Panel	Ed Sitarski
Secretary	Steve Head
Starter	Mary Mayer
Judge Referee	Benjamin Hill
Finish Judge	Marie-Eve Potvin
Bike Check	Dan Visentin
Member	Andy Makarewich
Member	Brad Slade
Member	Jeff Walker



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Registration, Eligibility, & Pricing

- The event is pre-registration only. Only **2023 Provincial Race Licenses** and **2023 UCI Race Licenses** are permitted. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- All riders must race the category listed on their license.
- As this is a Provincial Championship event, registration is prioritized to Ontario citizens from January 2nd until January 16th, 2023 at 8:59am. After this, registration will open up for out-of-province riders until February 28th, 2023.
- **Registration closes Tuesday February 28th at 12:00pm noon.**
- Late entries will not be allowed.
- All Ontario riders must have competed in at least 1 OCup in order to qualify to compete at the Ontario Track Provincial Championships. If you would like to apply for an exemption, please fill out the [Exemption Form](#).
- Riders must present their valid 2023 UCI or Provincial Race License with a track code, to present at registration (either a physical card or soft copy).
- Please refrain from entering and setting up in the infield until registration has opened.

[**CLICK HERE TO REGISTER**](#)

Event	Date	Events
Provincial Championships	March 3	Sprint Individual Pursuit
	March 4	Time Trial Scratch Tempo Elimination Madison
	March 5	Keirin Points



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Registration Timeline

Ontario residents ONLY: January 2 @ 9:00am – February 28 @ 12:00pm

Open to All: January 16 @ 9:00am – February 28 @ 12:00pm

1 st Event – \$50
2 nd Event – \$45
3 rd Event – \$40
4 th Event – \$35
5 th Event – \$30
6 th Event – \$30
7 th Event – \$30
8 th Event – \$30
9 th Event – \$30

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

- Riders must enter their National Age Category, regardless of previous upgrades.
- Categories may be combined based on the number of entries or at the discretion of OC.
- A minimum of ten (10) riders must be registered within each bunch race category for categories to stand as listed.
- If categories are combined, medals will be awarded to each of the individual categories.
- *New this year, U15 Women, U15 Men, and U13 categories will be run and athletes will have the opportunity to race the Scratch, Elimination, and Points races. The U13 category will be a combined category where men and women will race together.



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- Provincial Categories are as follows:

Category	Age
*U13 (Men and Women)	11-12
*U15 Men	13-14
U17 Men	15-16
Junior Men	17-18
Elite Men	19+
Master A Men	35-44
Master B Men	45-54
Master C Men	55-64
Master D Men	65+
Para Men	-
*U15 Women	13-14
U17 Women	15-16
Junior Women	17-18
Elite Women	19+
Master A Women	35-44
Master B Women	45+
Para Women	-



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Schedule of Events

Please note that open training will not be allowed on the track before competition begins or during breaks/pauses during competition.

March 3				
Time	Events	Category	Laps	Distance
6:30am-12:00pm	Rider confirmation/Bib Pick-Up			
7:00-7:50am	Open Training (Bibs Required)			
7:30am	Team Manager's Meeting			
8:00am	Sprint Qualifying	Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
	Individual Pursuit	Para Women Para Men Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men	12 16 8 8 8 8 12 12 8 8 8 12 12 16	3.0 km 4.0 km 2.0 km 2.0 km 2.0 km 2.0 km 3.0 km 3.0 km 2.0 km 2.0 km 2.0 km 3.0 km 3.0 km 4.0 km
	Sprint ¼ Finals	Master B Women Master A Women Master D Men Master C Men Master B Men		



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		Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
	Sprint 1/2 Finals	Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
	Sprint Finals	Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		



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March 4

6:30am-12:00pm	Rider confirmation/Bib Pick-Up			
7:00-7:50am	Open Training (Bibs Required)			
8:00am	Time Trial	Para Women	4	1.0 km
		Para Men	4	1.0 km
		Master B Women	2	0.5 km
		Master A Women	2	0.5 km
		Master D Men	2	0.5 km
		Master C Men	2	0.5 km
		Master B Men	3	0.75 km
		Master A Men	4	1.0 km
		U17 Women	2	0.5 km
		U17 Men	2	0.5 km
		Junior Women	2	0.5 km
		Junior Men	4	1.0 km
		Elite Women	2	0.5 km
		Elite Men	4	1.0 km
	Scratch	Master A/B Women	20	5.0 km
		Master C/D Men	30	7.5 km
		Master A/B Men	40	10.0 km
		U17 Women	20	5.0 km
		U17 Men	20	5.0 km
		Junior Women	30	7.5 km
		Junior Men	30	7.5 km
		Elite Women	30	7.5 km
		Elite Men	40	10.0 km
		U15 Women	20	5.0 km
		U15 Men	20	5.0 km
		U13	20	5.0 km
	Tempo	Master A/B Women	20	5.0 km
		Master C/D Men	30	7.5 km
		Master A/B Men	40	10.0 km
		U17 Women	20	5.0 km
		U17 Men	20	5.0 km
		Junior Women	30	7.5 km
		Junior Men	30	7.5 km
		Elite Women	30	7.5 km
		Elite Men	40	10.0 km



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March 5

7:30am-12:00pm	Rider confirmation/Bib Pick-Up			
8:00-8:50am	Open Training (Bibs Required)			
9:00am	Keirin	Master A/B Women	6	1.5 km
		Master C/D Men	6	1.5 km
		Master A/B Men	6	1.5 km
		U17 Women	6	1.5 km
		U17 Men	6	1.5 km
		Junior Women	6	1.5 km
		Junior Men	6	1.5 km
		Elite Women	6	1.5 km
		Elite Men	6	1.5 km
	Points	Master A/B Women	40	10.0 km
		Master C/D Men	40	10.0 km
		Master A/B Men	60	15.0 km
		U17 Women	40	10.0 km
		U17 Men	60	15.0 km
		Junior Women	80	20.0 km
		Junior Men	80	20.0 km
		Elite Women	80	20.0 km
		Elite Men	80	20.0 km
		U15 Women	40	10.0 km
		U15 Men	40	10.0 km
		U13	30	7.5 km





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Start Lists & Results

Racetiming.ca is the official timer for the 2023 Track Provincial Championships. Start lists and results can be found at www.racetiming.ca

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the [2022 Cycling Canada Companion Guide](#): ch 3. Equipment. Page 12-13.

Upgrade Requests

- All athletes must race in the National Age Category on their license, regardless of previous upgrades

Rider Confirmation/Registration

- All riders must sign-in at the registration desk before the start of their first event in order to confirm their participation for the Provincial Championship
- The Sign-In desk will be located on the infield and will be open for rider confirmation and bib pick-up during the following hours:
 - Friday March 3rd – 6:30am-12:00pm
 - Saturday March 4th – 6:30am-12:00pm
 - Sunday March 5th – 7:30am-12:00pm
- Please bring your 2023 Provincial Race License or UCI Race License to the Rider Confirmation/Sign-In table to pick up your bib number for the event
- An OC staff will be present at the Rider Confirmation/Sign-In desk to assist with rider licensing issues
- Madison team compositions must be submitted Saturday March 4th at 12:00pm Noon. Forms will be available at the Registration Desk on the infield beginning Friday morning.

Warm Ups/Open Training

- Riding on the track will be available during the hour before the start of the first event.
- There will be a limit of 30 people on the track at a given time.
- All riders must enter and exit from the backstraight and be wearing their bib numbers.
- Standing starts will not be allowed.
- A staff/commissaire will control and manage the open training session.

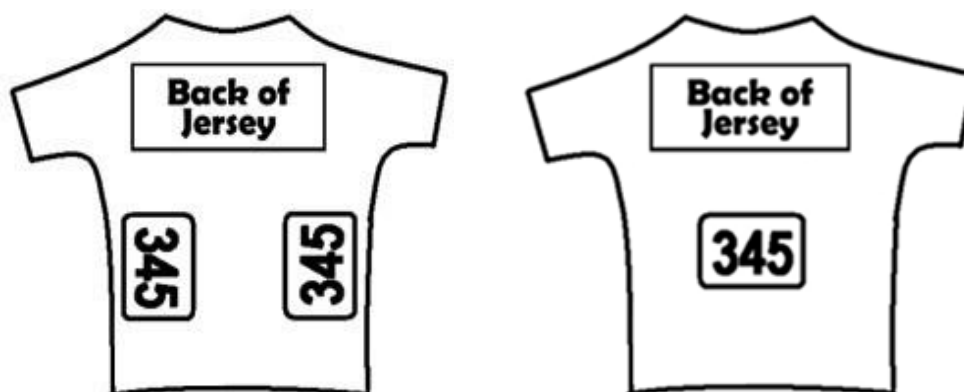


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Number Placement

- All riders must wear 2 bib numbers (diagram on the left) except for the timed events (Individual Pursuit, Time Trial), where only 1 bib is required (diagram on the right)
- Bib numbers shall be placed according to the following diagrams



Infield Assignments and Policy

- Team pits will be assigned by Ontario Cycling based on registration and team size.
- Individual riders will have space available for them to use on a first-come first-serve basis each day. Please be courteous of other riders needing space.
- Advertising on and alterations are not permitted to the infield pits.
- Access to the infield is limited. Only licensed athletes, coaches, team-identified personnel, and event personnel are allowed. All other individuals must view from the spectator area on the 3rd floor.
- All identified representatives must **pre-register personnel one week prior to each OCup** by filling out this [Google Form](#)
- Independent riders are allowed 1 support person.
- All team personnel are required to check-in at registration for an infield wristband.
- Riders can leave their bikes and equipment in the pits overnight/between sessions. However, OC, Town of Milton, and Mattamy National Cycling Center assume no responsibility for any equipment that is lost, damaged, stolen, or relocated.





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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.
- **Team Manager's meeting will be held at 7:30 AM** on Friday, located on the infield in front of the podium. 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 not 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.

Awards

- Provincial Championship podium presentations will occur for the top 3 athletes in each category, for each event. Only Ontario licensed riders are eligible.
- There will be a separate podium presentation for Out-of-Province riders, who will be awarded Non-Championship medals.
- Should categories be combined due to low participation numbers, medals will be awarded for all Provincial Categories regardless of number of riders present.
- Riders must attend the awards ceremonies or risk forfeiting their medals.
- Podium protocol will be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. No hats or eyewear permitted on the podium.
- Podium presentations will be done throughout the day.





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Anti-Doping

- All racers are subject to doping control. A CCES inspector may require you to participate in testing protocols at their discretion.
- Athletes participating in the Track Ontario Provincial Championship who require the use of a medication that is included on the prohibited list must apply for a Therapeutic Use Exemption (TUE) prior to participating in the event. This applies to all categories of athletes. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard: <http://cces.ca/medical-exemptions>

Media

- Any individual wanting to create media content while using equipment other than a phone is required to obtain accreditation from Ontario Cycling
- Please contact Patrik.zimmermann@ontariocycling.org by 12:00pm the day prior to the competition in order to apply for accreditation
- 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.

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.
- Riders are required to wear an approved, regulation cycling helmet at all times while riding their bike.
- Riders are to walk their bikes down the ramp, not ride. Failure to do so may result in being pulled from future events.
- 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.





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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

COVID-19

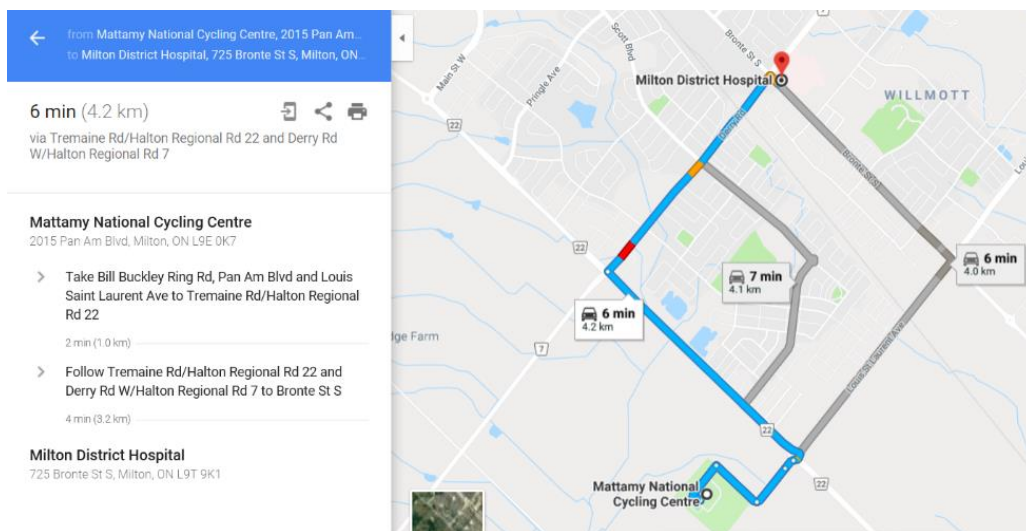
- Ontario Cycling strongly recommends that all participants wear a mask unless riding, drinking, or eating.

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Hospital Information

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

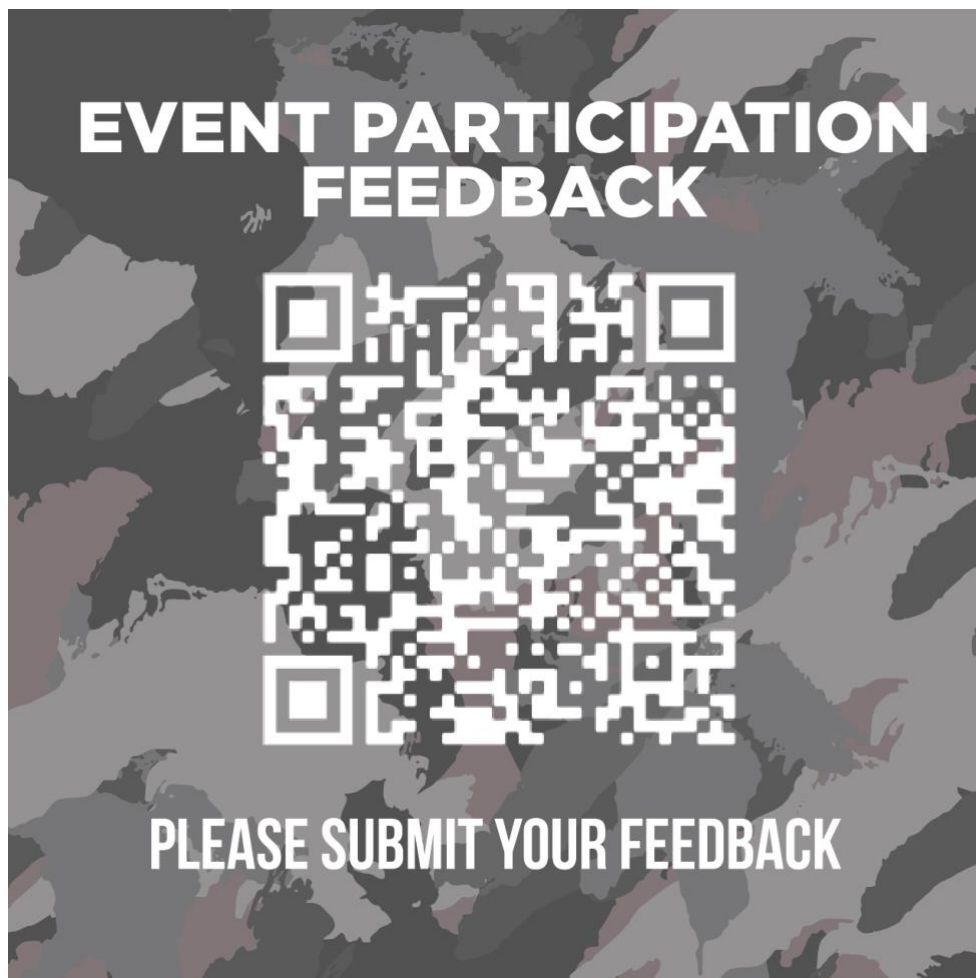


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Participant Survey

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.



Volunteers

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



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TRACK BIKE RENTALS

Single Rental - \$13.50

10 Pack - \$90

Bronze Annual Package - \$540



Available at the Bike Shop
The Fix Coffee shop or online
www.thefixvelodrome.ca



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Bike Rentals

Repairs & Service





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**Ontario Cycling would like to thank all of the sponsors
and supporters of the Ontario Cup Track Series. Our
events would not be possible without you.**

Thank you

