



2023 Road Ontario Cup Series and Provincial Championships Information Bulletin



v1

March 8th , 2023

THIS EVENT IS SANCTIONED BY



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GENERAL INFORMATION

Ontario Cycling (OC) is proud to present the 2023 Road Ontario Cup (OCup) Series. The Road OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, at unique locations across the province. The OC OCup Series is designed to provide high-quality racing opportunities for riders prior to competing at the Provincial Championships.

OCUP #1 – HENDERSON CLASSIC ROAD RACE

Located just 25 minutes from Hwy 400/401, this brand-new course features a 12 km loop of smooth county and rural roads with approximately 90 meters of elevation each lap. Racers will start and finish out of the newly built Henderson Memorial Park, located just off of Line 9, north/west of Bradford West Gwillimbury.

[View the Henderson Classic course here.](#)

Register Here

OCUP #2 – NORTHUMBERLAND CLASSIC ROAD RACE

Returning for 2023, the Northumberland Classic Road Race will feature some of the best roads in the county. The loop itself is 15.2km in length, featuring 194m in elevation and an 8.5km out and back section from the start/finish which is out of the Baltimore Recreation Complex. Athletes will race by picturesque areas of Northumberland including St. Ann's Spa and renowned equestrian facilities. Racers will also have full access to the recreation complex including indoor washrooms and change-room facilities.

[View the Northumberland Classic course here.](#)

Register Here



OCUP #3 – LANSDOWNE CLASSIC ROAD RACE

New for 2023, the Lansdowne Road Race is a lollipop style course located 30 minutes east of Kingston Ontario. The 14km loop features only 20m in elevation with a 4km out and back section from the start/finish at the Thousand Islands Elementary School. This is by far the flattest road racecourse of the year, so we encourage all of Ontario's top sprinters to attend!

[View the Lansdowne course here.](#)

[Register Here](#)

2023 ROAD OCUP SERIES SCHEDULE

Register for the OCup series here.

[Series Registration](#)

OCup/Date	Time (approximate)
OCup #1 May 14th	8:00am – 5:30pm
OCup #2 June 10th	8:00am – 5:30pm
OCup #3 July 8th	8:00am - 5:30pm

*A more detailed schedule and additional information will be posted in the Tech Guide closer to the event date



2023 ONTARIO CYCLING ROAD PROVINCIAL CHAMPIONSHIPS

INDIVIDUAL TIME TRIAL PROVINCIAL CHAMPIONSHIPS

New for 2023, the Individual Time Trial Championships will be incorporated into the Road Provincial Championships. The Municipality of East Ferris (20km south of North Bay) will be the host for this event and will share some of the same roads used for the Provincial Road Race. Riders will start in the Town of Corbeil ON, heading south along Corbeil Road for roughly 11km. The course would be considered relatively challenging, as it features over 100 meters of climbing for every 10km of racing. Riders will turn around at the Wasi Cross Country Ski Club, making their way back along the same stretch of roadway they came out on.

[View the Time Trial course here.](#)

Register Here

CRITERIUM PROVINCIAL CHAMPIONSHIPS

The City of North Bay will once again be the host of the 2023 Provincial Criterium Championships! Located by the North Bay Airport, the circuit is roughly 1km in length with almost 10 meters of elevation per lap. There is a mix of sweeping and technical turns throughout the course.

[View the Crit course here.](#)

Register Here



ROAD RACE PROVINCIAL CHAMPIONSHIPS

The Municipality of East Ferris (20km south of North Bay) will once again be the host venue for the 2023 Road Provincial Championships! The race will feature a neutral rollout to start, leaving from the East Ferris Municipal Office. Once riders make their way onto the course, they will compete on a 15km circuit, featuring rolling hills with roughly 150 meters of elevation per lap. The finish is located on Champaign Rd, right beside the KRMP Wellness Studio. The Ontario Provincial Police will be on hand to ensure rider safety.

[View the Road Race Course here.](#)

Register Here

2023 ONTARIO CYCLING ROAD PROVINCIAL CHAMPIONSHIPS SCHEDULE

Date	Races	Time (approximate)
August 4th	Provincial Individual Time Trial	10:30am - 2:30pm
August 5th	Provincial Criterium	9:00am-3:00pm
August 6th	Provincial Road Race	8:00am-5:30pm

*A more detailed schedule and additional information will be posted in the Tech Guide closer to the event date



REGISTRATION & PRICING

ONTARIO CUP REGISTRATION

- Registration for all Road OCups is open to Ontario Cycling licensed riders 15 years of age and older.
- The event is pre-registration only. No day of registration will be accepted.
- Only Provincial Race Licenses and 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.
- New this year, there will be 2 types of registrations for our OCups:
 - **A) Series Registration** – includes OCups 1, 2, 3
 - **B) Individual Registration** – one of OCup 1, 2, or 3
- Registration for each OCup will close on the **Tuesday at 12:00pm noon** of event week.
- If the Tuesday at 12:00pm noon registration deadline passes and a rider would still like to register, they have until Wednesday at 5:00pm to contact the OC office for registration to be re-opened and will be charged a \$50 late entry fee.
- Please note that the OCup Series Registration does not include Provincial Championships. Registration for Provincials will be through a separate registration.

PROVINCIAL REGISTRATION

- Registration for Provincial Championships will close on the **Tuesday at 12:00pm noon** of event week.
- If the Tuesday at 12:00pm noon registration deadline passes and a rider would still like to register, they have until Wednesday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.
- Registration for Provincial Championships will close on the **Tuesday at 12:00pm noon** of event week.



- If the Tuesday at 12:00pm noon registration deadline passes and a rider would still like to register, they have until Wednesday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

****New for 2023****

- To participate at the 2023 Ontario Road Provincial Championships, an Ontario athlete must have participated in at least 1 Road Ontario Cup (either 1, 2, or 3).
- Exemptions:
 - Para-athletes racing the Individual Time Trial or Criterium at the 2023 Ontario Road Provincial Championships.
 - Individuals registering for the Individual Time Trial event at the 2023 Ontario Road Provincial Championships.
 - Individuals registering for the 2023 Provincial Criterium are required to race at either 1 Road Ontario Cup (either 1, 2 or 3) or a Regional Criterium event.

If for sufficient reason a rider cannot compete at a Road OCup and would like to participate at Road Provincials, they can request an exemption by completing the google form linked [here](#).

Please note that you must register in the specific category as stated on your 2023 license, you may be moved to a different category if selected incorrectly upon registering. You will be notified via email of this change.



ONTARIO CUP SERIES REGISTRATION

Ontario Cup Series Registration (includes OCup 1, 2, & 3)		
Event	Registration Timeline	Link
March 15 @ noon – May. 9 @ noon		
OCup #1 May 14	Price of \$60-90 depending on category with 12% discount* *Sportif categories receive a 10% discount	Register Here
OCup #2 June 10	Price of \$60-90 depending on category with 12% discount* *Sportif categories receive a 10% discount	
OCup #3 July 8	Price of \$60-90 depending on category with 12% discount* *Sportif categories receive a 10% discount	



ONTARIO CUP INDIVIDUAL REGISTRATION

Ontario Cup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1 May 14	March 15 @ noon – May. 9 @ noon	Register Here
OCup #2 June 10	March 15 @ noon – June 6 @ noon	Register Here
OCup #3 July 8	March 15 @ noon – July 4 @ noon	Register Here
Cost per event	Price of \$60-90 depending on category	



PROVINCIAL CHAMPIONSHIPS INDIVIDUAL REGISTRATION

Provincial Championships Individual Registration (single Provincial Championship)		
Event	Registration Timeline	Link
Time Trial August 4th	March 15 @ noon – August 1 @ noon *early bird discount of \$10.00 for registrations by June 1 st , 2023	Register Here
Criterium August 5th	March 15 @ noon – August 1 @ noon *early bird discount of \$10.00 for registrations by June 1 st , 2023	Register Here
Road Race August 6th	March 15 @ noon – August 1 @ noon *early bird discount of \$10.00 for registrations by June 1 st , 2023	Register Here
Cost per event	Price of \$60-90 depending on category	



REFUND/TRANSFER POLICY

- Refunds will not be given.
- Transfers from one individual to another or transfers from one event to another is not permitted.
- OC reserves the right to issue refunds for exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend, will be considered.

EVENT CATEGORIES & DISTANCES

OCup categories are an open ability-based format where athletes will be placed in the category that appears on their license. The ability-based component of categories is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing.

Provincial categories are age based where athletes race in categories based on their age as of December 31st 2023. The age-based categories are designed to allow riders to race against those within the same age category.

Any questions regarding the format of either OCups or Provincial Championships can be directed to the OC Events Team at events.team@ontariocycling.org



ONTARIO CUP ROAD RACE EVENT CATEGORIES & DISTANCES

Category	Distance
Master A Women	60 – 80 KM
Master B Women	60 – 80 KM
Elite 3 Women	60 – 80 KM
Elite 1,2 Women	80 – 100 KM
Master 1 Men	100 KM
Master 2 Men	60 – 80 KM
Master 3 Men	60 – 80 KM
Elite 4 Men	60 – 80 KM
Elite 3 Men	80 – 100 KM
Elite 1,2 Men	130 KM
Sportif	20 – 40 KM

*Categories may be combined based on registration numbers. The information on final categories will be published in the most recent version of the Tech Guide prior to the event.

Sportif Category: for those who do not meet the bike check requirements or do not wish to race the championship category.



ONTARIO CYCLING ROAD RACE PROVINCIAL CHAMPIONSHIPS EVENT CATEGORIES & DISTANCES

Category	Age Range	Distance
Master A Women	35-44	60 – 80 KM
Master B Women	45-54	60 – 80 KM
Master C Women	54-65	60 – 80 KM
Master D Women	65+	60 – 80 KM
Elite Women	23+	80 – 100 KM
Elite 3 Women (Non-Championship)	15+	60 – 80 KM
U23 Women	19-22	80 – 100 KM
U19 Women	15-18	60 – 80 KM
Master A Men	35-44	80 – 100 KM
Master B Men	45-54	80 – 100 KM
Master C Men	55-64	60 – 80 KM
Master D Men	65+	60 – 80 KM
Master 2 Men (Non-Championships)	35+	60 – 80 KM
Master 3 Men (Non-Championships)	35+	60 – 80 KM
Elite Men	15+	160 KM
Elite 3 Men (Non-Championships)	15+	80 – 100 KM
Elite 4 Men (Non-Championships)	15+	60 – 80 KM
U23 Men	19-22	160 KM
U19 Men	15-18	100 – 120 KM



**ONTARIO CYCLING CRITERIUM PROVINCIAL CHAMPIONSHIPS
EVENT CATEGORIES & DISTANCES**

Category	Age Range	Suggested Time
Para (Handcycle & Trike)	15+	
Para (Tandem and "C" Class)	15+	
Master A Women	35-44	60 min
Master B Women	45-54	60 min
Master C Women	55-64	60 min
Elite Women	23+	60 min
U23 Women	19-22	60 min
U19 Women	15-18	60 min
Master A Men	35-44	75 min
Master B Men	45-54	50 min
Master C Men	55-64	50 min
Master D Men	65+	50 min
Elite Men	23+	75 min
U23 Men	19-22	75 min
U19 Men	15-18	75 min



ONTARIO CYCLING INDIVIDUAL TIME TRIAL PROVINCIAL CHAMPIONSHIPS EVENT CATEGORIES & DISTANCES

Category	Age Range	Distance
Para (Handcycle & Trike)	15+	15 KM
Para (Tandem & "C" Class)	15+	15 KM
Master A Women	35-44	30 KM
Master B Women	45-54	30 KM
Master C Women	55-64	30 KM
Master D Women	65+	30 KM
Elite Women	23+	30 KM
U23 Women	19-22	30 KM
U19 Women	17-18	30 KM
U17 Women	15-16	15 KM
Master A Men	35-44	40 KM
Master B Men	45-54	40 KM
Master C Men	55-64	30 KM
Master D Men	65+	30 KM
Elite Men	23+	40 KM
U23 Men	19-22	40 KM
U19 Men	17-18	40 KM
U17 Men	15-16	15 KM
15 KM Sportif	15+	15 KM
30 KM Sportif	15+	30 KM
40 KM Sportif	15+	40 KM
Eddy Merckx	15+	30 KM

Sportif Category: for those who do not meet the bike check requirements or do not wish to race the championship category.

Eddy Merckx Category: (non-Aero) riders are not permitted to use any aero equipment including aerobars, clip-on bars, disc wheels, shoe covers or aero helmets. Bicycles must meet the requirements of mass start races including wheels.



ONTARIO CUP POINTS

The top 15 riders at each OCup event in their respective category will earn:

Place	Points
1 st Place	25 Points
2 nd Place	20 Points
3 rd Place	16 Points
4 th Place	13 Points
5 th Place	11 Points
6 th Place	10 Points
7 th Place	9 Points
8 th Place	8 Points

Place	Points
9 th Place	7 Points
10 th Place	6 Points
11 th Place	5 Points
12 th Place	4 Points
13 th Place	3 Points
14 th Place	2 Points
15 th Place	1 Points

New for 2023 Riders will earn a x1.2 multiplier to their total 2023 OCup Points tally for having competed in the 2023 Provincial Championships of the respective discipline. To earn the multiplier a rider must both register for Provincial Championships and start their race, riders who do not start their race (DNS) are not eligible. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup Total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	61	x1.2 (Yes)	73.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	x1.2 (Yes)	68.4
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	65	x1 (No)	65



CATEGORY UPGRADE PROCESS

New for 2023

New for 2023, upgrade criteria will be used in place of points to determine if a rider is eligible to upgrade categories. With mandatory upgrade category criteria that is easier to achieve, the new upgrade process will provide greater flexibility for optional movement between categories, while protecting categories against strong riders. Riders will be eligible to earn criteria to upgrade at OCups of the respective discipline they are looking to upgrade in.

Road Category	Mandatory	Optional
E2 to E1*	UCI Trade Team Status	Finishing Top 3 at an OCup event, or National Trade Team Status
E3 to E2 M2 to M1	Win 2 OCups, Place 3 times on the podium at OCups, or National Trade Team Status	Finish race in first 20% of OCup category, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB (Based on approval)
E4 to E3 M3 to M2	Win 2 OCups, Place 3 times on the podium at OCups, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB Status	Self-Selection (all riders have the option to self-seed as E4 or E3 and M3 or M2 in accordance with their age category)

*Does not apply to U17 aged riders or Master categories.

** You must race the category on your license, please notify the Ontario Cycling office in advance of your event if you are planning to upgrade or downgrade categories. You may be asked to provide additional information such as race results upon submitting a request to upgrade or downgrade.



AWARDS

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

