



2023 MTB Ontario Cup Series & Provincial Championships Information Bulletin



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GENERAL INFORMATION

Ontario Cycling (OC) is proud to present the 2023 Mountain Bike Ontario Cup (OCup) Series held at Mansfield Outdoor Centre, Hardwood Ski & Bike, and Walden Trails in Sudbury. The MTB OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, at unique locations across the province. The OCup Series is designed to provide high-quality racing opportunities for riders prior to competing at the Provincial Championships.

[SERIES REGISTRATION](#)

OCup #1 – Mansfield, May 6-7

Mansfield Outdoor Centre is a full-service, four-season property located in the heart of the Mulmur Hills, located just north of the village of Mansfield only one hour north of the GTA. MOC strives to provide exceptional experiences for all its visitors using the facility. The team of experienced riders and trail builders keep the network of single and double track ready to be enjoyed all year round. With one of the most diverse multi-sport trail networks with over 30km of maintained single and double track trails. Offering something for all riders, of all skill levels. The trails feature plenty of natural features to make your ride challenging and exciting, as well as some man-made features to develop riding skills.

For more information on Mansfield Outdoor Centre click [here](#).

[REGISTRATION](#)



Canada Cup/OCup #2 – Hardwood, June 2-4

Hardwood Ski & Bike has kilometers of beautiful, rolling trails through hardwood and pine forests for Nordic skiing, snowshoeing, mountain biking and trail running/hiking. Located in Oro Station just 15min North of Barrie there is a trail for every level of ability, from beginner to elite racer on terrain that ranges from gently rolling to challenging. Hardwood has 34 km of rolling double track trails and an additional 50 km of challenging single-track trails that intertwine with the ski trail network creating endless possibilities of courses and obstacles.

For more information on Hardwood Ski & Bike click [here](#).

REGISTRATION

OCup #3 – Sudbury, July 29-30

Walden Trails is the place to be if you love to ride singletrack trails. Located in the 350-acre Walden Trails Park off Regional Road 55 in Naughton, in the west end of Greater Sudbury. The terrain is rolling to moderately hilly, with numerous rock outcrops, typical of the Precambrian Shield found across Northern Ontario. The trails are cut to take advantage these features. The 15km of singletrack trails are maintained by the WMBC. Open once the land dries out in early June and closed as early as Oct 15th when the snow starts falling.

For more information on Walden Trails click [here](#).

REGISTRATION



MTB OCUP SERIES SCHEDULE

OCup/Date	Dates	Events	Time (approx.)
OCup #1 – Mansfield	May 6	Pre-Ride, Rider Sign-In, Youth MTB Development Ride	9:00am-5:00pm
	May 7	<u>OCup Race Categories:</u> Youth, Sport, Expert, Elite	8:30am-4:00pm
Canada Cup/OCup #2 – Hardwood Ski & Bike	June 2	Pre-Ride, Short Track (XCC) Race <u>Short Track Categories:</u> Youth, Master, Senior	9:00am-7:00pm
	June 3	Pre-Ride, Rider Sign-In, Fast and Female Champ Chat	9:00am-5:00pm
	June 4	<u>OCup Race Categories:</u> Youth, Sport, Expert <i><u>Canada Cup Race Categories:</u> U17 Expert, Junior Expert, & Elite</i>	8:30am-4:00pm
OCup #3 – Walden Trails, Sudbury	July 29	Pre-Ride, Rider Sign-In, Youth MTB Development Ride	9:00am-5:00pm
	July 30	<u>OCup Race Categories:</u> Youth, Sport, Expert, Elite	8:30am-4:00pm

Italicized events are Canada Cup categories only available to UCI license holders

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



2023 Ontario Cycling MTB Provincial Championships Kelso, August 26-27

(separate to the OCup series)

Kelso Conservation Area is a playground for outdoor adventure. In the spring, summer and fall, Kelso has an extensive network of trails that can be used for hiking or mountain biking, and a Challenge Course that provides an opportunity for visitors to push their limits and reach new heights. Kelso is also home to a community of both beginner and expert cyclists who participate in local events, mountain bike lessons, and summer camps. The park is accommodating to all skill levels; new and seasoned mountain bikers of all kinds are sure to find their favourite trail at Conservation Halton. Located within the GTA just 35min from downtown Toronto, the trails are just a short drive away from most Ontario residents. Reservations are required to access the park outside of race day.

For more information on Kelso Conservation Area click [here](#).

REGISTRATION

REGISTRATION & PRICING

Ontario Cup Registration

- Registration for all MTB OCups is open to Ontario Cycling licensed riders 8 years of age and older.
- Provincial Race License (PRL) and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- On trial this year, ACM (Associate Club Membership) holders that are members of the host club supporting an OCup are allowed to compete at that OCup **ONLY**. Their ACM must show that they are a member of the supporting club at the time of registration and upon signing in at the



- respective event. If no club is supporting the event or a riders ACM is for a club not in support of the event, riders will be required to have a Provincial or UCI Race License to participate.
- New this year, there will be 2 types of registrations:
 - **A) Series Registration** – includes OCups 1, 2, 3 (+ optional Short Track add-on for OCup #2 ONLY)
 - **B) Individual Registration** – one of OCup 1, 2, 3
 - Registration for all MTB OCups 1, 2, & 3 will close on **Wednesday at 12:00am midnight** of event week.
 - Registration for Canada Cup categories **ONLY** (U17 Ex, U19 Ex, & Elite) as part of Canada Cup/OCup #2 at Hardwood will close Thursday at 5:00pm of race week.
 - If the Wednesday at 12:00am midnight registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.



Provincial Championships Registration

- *New for 2023* To participate at the 2023 Ontario Mountain Bike Provincial Championships, Ontario athletes must participate in at least 1 MTB OCup (either 1, 2, or 3). Any rider who competes at their host club OCup with an ACM is not eligible to race at provincial championships, only Provincial and UCI Race License holders will be eligible to compete at provincials.
- If for sufficient reason a rider cannot compete at a MTB OCup and would like to participate at MTB Provincials, they can request an exemption by completing the google form linked [here](#).
- Registration for each Provincial Championships closes on **Wednesday August 23 at 12:00am midnight**.
- If the Wednesday at midnight registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

[CLICK HERE TO REGISTER FOR THE OCUP SERIES](#)

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.



A) OCup Series Registration (OCup 1, 2, & 3)		
Event	Registration Timeline	Link
Closes Wed, May. 3 @ midnight		
OCup #1	Price of \$45-85 depending on category with 12% discount	Here
OCup #2	Price of \$45-95 depending on category with 12% discount + optional Short Track add-on for OCup #2 ONLY	
OCup #3	Price of \$45-85 depending on category with 12% discount	

B) OCup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1	Closes Wed, May. 3 @ midnight	Here
OCup #2	Closes Wed, May. 31 @ midnight & Thu, Jun. 1 @ 5pm for Canada Cup categories ONLY (U17 Ex, U19 Ex, & Elite) + optional Short Track add-on*	Here
OCup #3	Closes Wed, Jul. 26 @ midnight	Here
Cost per event	Price of \$45-85 depending on category**	

**The Friday June 2 Short Track race as part of the Canada Cup/OCup #2 is treated as a stand-alone event and will not have an impact on OCup points or call-ups*

***Junior Expert & Elite categories will be priced at \$90 & \$95 respectively ONLY at OCup #2 being Canada Cup categories – requiring an additional fee*

C) Provincial Championships Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wed, Aug. 23 @ midnight *Early bird discount of \$5 for U11, U13, & U15 categories – all other categories receive a discount of \$10 when registering by Jun. 29, 2023	Here
Cost	Price of \$45-85 depending on category	



Refund/Transfer Policy

- Refunds will not be provided.
- Transfers from one individual to another or transfers from one event to another are not permitted.
- OC reserves the right to issue refunds in 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

OCup categories are in an age first and ability second based format where athletes are first seeded by their age (8 and up) and then ability (Sport, Expert, Elite) in accordance with the category on a rider's 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. Any questions regarding the format can be directed to the OC Office.

***New for 2023* Youth (Ages 8-16) Category Structure**

In 2023, youth (8-16 years of age) will be moving back to age-based categories. Having piloted ability-based categories during the 2022 season, to bring MTB youth categories into closer alignment with those in Road, CX, & Track events. The decision to return to age-based categories was difficult given the benefits we had witnessed from both structures. Similar to age-based categories, ability-based had its own unique set of challenges. In particular, age-based categories continue to be used at the national level and in provinces outside of Ontario, creating difficulties when out of province riders came to participate in Ontario. Ultimately, open seeding created confusion around which category athletes should register for as ability is difficult to gauge in off-road events as everyone's local trail network is different.

Categories in the age-based structure will be seeded by age of the participant as of December 31st, 2023 into the following U11 (8-10yrs), U13 (11-12yrs), U15 (13-14yrs), & U17 (15-16yrs) age groups. Beginning in U17 and up, age categories are further broken into the ability groups of Sport and Expert. New in 2023, athletes have the option to self-seed into either Sport or Expert ability levels. Category standings will be tracked for all age groups and parents/coaches are encouraged to focus on the youth rider's development within the sport, over winning overall series recognition.

We will continue to evaluate and encourage participants to provide feedback via our Event Participation Survey throughout the season on the change and category structures. In direct emails to participants post event and on site on event day you will find links to the survey posted.



ONTARIO CUP POINTS

The top 20 riders at each OCup event in their respective category will earn*:

Place	Points
1st	25
2nd	22
3rd	20
4th	18
5th	17
6th	16
7th	15
8th	14

Place	Points
8th	13
9th	12
10th	11
11th	10
12th	9
13th	8
14th	7

Place	Points
15th	6
16th	5
17th	4
18th	3
19th	2
20th	1

**Any riders competing with an ACM as a member of the host club supporting the particular OCup they are eligible to participate at is not eligible to earn OCup 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	22 (2 nd)	25 (1 st)	20 (3 rd)	67	x1.2 (Yes)	80.4
Rider 2	20 (3 rd)	20 (3 rd)	25 (1 st)	65	x1.2 (Yes)	78
Rider 3	25 (1 st)	22 (2 nd)	22 (2 nd)	69	x1 (No)	69



***New for 2023* Upgrading Categories**

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 points 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.

Category	Mandatory Upgrade	Optional Upgrade
Expert to Elite*	<ul style="list-style-type: none"> -Win 2 OCups -Place 3 times on the OCup podium -UCI Trade Team Status 	<ul style="list-style-type: none"> -Finish an OCup in the first 20% of your category -Elite 1/2 Road or CX Status -National Trade Team Status
Sport to Expert	<ul style="list-style-type: none"> -Win 2 OCups -Place 3 times on the OCup podium -Elite 1/2 Road or CX Status -National Trade Team Status 	Self-Selection (all riders have the option to self-seed as Sport or Expert)

**Does not apply to U17, U19, & Master categories.*

*** You must race the category on your license, please notify the OC 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.*



OCUP 1, 3, & PROVINCIALS EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	Laps	Duration
1	9:00am	U11 Girls/Boys U13 Girls/Boys	6-8km (U11) 8-10km (U13)	2 Laps	30-45min
2	10:00am	U15 Girls/Boys U17 Sport Girls/Boys Master Sport Men 55-64 Master Men 65+ U19 Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 45-54 Master Sport Women 55-64 Master Women 65+	12-14km	2 Laps	55-70min
3	11:45am	Senior Sport Men 19+ U19 Sport Men Master Sport Men 35-44 Master Sport Men 45-54 Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	20-22km	3 Laps	70-85min
4	1:30pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U19 Expert Men U17 Expert Boys Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men 19-34	14-16km (U17 F) 20-22km (U17 M & U19 F) 26-28km (Expert M & Elite W) 32-34km (Elite M)	2 Laps (U17 F) 3 Laps (U17 M & U19 F) 4 Laps (Expert M & Elite W) 5 Laps (Elite M)	45-60min (U17 F) 55-70min (U17 M & U19 F) 75-90min (Expert M & Elite W) 85-100min (Elite M)



CANADA CUP/OCUP #2 EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	Laps	Duration
1	8:30am	U11 Girls/Boys U13 Girls/Boys	6-8km (U11) 8-10km (U13)	2 Laps	30-45min
2	9:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women/Men Senior Sport Women 19+ Senior Sport Men 19+ Master Sport Women 35-44 Master Sport Men 35-44 Master Sport Women 45-54 Master Sport Men 45-54 Master Sport Women 55-64 Master Sport Men 55-64 Master Women 65+ Master Men 65+	12-14km	2 Laps	55-70min
3	11:30am	U17 Expert Girls/Boys Senior Expert Women 19-34 Senior Expert Men 19-34 Master Expert Women 35-44 Master Expert Men 35-44 Master Expert Women 45-54 Master Expert Men 45-54 Master Expert Women 55+ Master Expert Men 55+	14-16km (U17 F) 20-22km (U17 M & Expert W) 26-28km (Expert M)	2 Laps (U17 F) 3 Laps (U17 M & Expert W) 4 Laps (Expert M)	45-60min (U17 F) 70-85min (U17 M & Expert W) 75-90min (Expert M)
4	1:45pm	Elite Women U19 Expert Women Elite Men U19 Expert Men	20-22km (U19 F) 26-28km (U19 M & Elite W) 32-34km (Elite M)	3 Laps (U19 F) 4 Laps (U19 M & Elite W) 5 Laps (Elite M)	55-70min (U19 F) 75-90min (U19 M & Elite W) 85-100min (Elite M)



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 may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.

