



**2023**

**Canadian Road Championships  
U19 / Para Team Ontario**

**Selection Criteria**

**Edmonton, AB  
June 23-27, 2023**



## Overview

Ontario Cycling will be supporting a Team Ontario project to the 2023 Canadian Road Championships in Edmonton, AB. The project will support men's and women's teams in the U19 category, and Para athletes.

Athletes will receive on-site support with pre-race training, race plans, and mechanical support (including bike preparation prior to race). Athletes will also receive a travel subsidy and Team Ontario Kit.

Athletes will be required to make their own transportation and accommodation arrangement to Edmonton.

## Project Objectives

- To win a medal in a Junior Men's/Women's event (RR/Crit/TT)
- To win a National Championship, male or female
- To develop and learn to work as a team in support of team riders
- To have a positive presence for Ontario
- To place athletes within the National Team World Championship Pool
- To prepare for athletes Tour l'Abitibi (Junior Men) and Makadence (Junior Women)

## Project Staff and Contacts

- David Jack, Provincial Track and Road Coach  
[david.jack@ontariocycling.org](mailto:david.jack@ontariocycling.org)
- Support Coaches TBA
- Ontario Cycling Office  
416.855.1717

## Athlete Applications

Athletes must complete application prior to ~~Monday May 15<sup>th</sup>~~  
**EXTENDED to May 29<sup>th</sup>**

**Application Form:** <https://forms.gle/av2nH2XrUdsKHZQm7>

Final team selections will be announced on **Monday June 12<sup>th</sup>**.

## **Team Ontario Selection Criteria**

### **(U19) Junior / U17 : Men & Women**

Team composition of 4-6 athletes each at the discretion of the HP committee

Final Selections will be based on the following criteria in priority sequence. Please note criteria is subject to change as approved by the High Performance Committee due to cancellation/addition of events or other reasons which require changes.

1. Athletes who were selected for Cycling Canada 2022/2023 CC Road Projects and/or Road Worlds
  - a. Identified athletes will be prioritized **ONLY** if they have maintained performance and training which allows them to positively contribute to the success of the team
2. Top U19 athlete (M/F) with the highest point total based on O-Cup #1 and #2
  - a. Refer to Selection Scoring Grid in this document
  - b. Minimum 1 spot reserved for this criteria
3. Coach/Committee selection. Consideration will be placed on the following [in priority order]:
  - a) Results of U19 within E 1/2 in O-Cup Series
  - b) Results of U19 within E 3 in O-Cup Series
  - c) Athlete racing experience at high level events in 2022/23
  - d) Strengths of the athlete as it relates to the needs of the team
  - e) Ability to take instruction and work as a team

## Jr Men & Jr Women Scoring Grid

<b>Selection Races</b>	<b>Points Awarded</b>
O-Cup #1 Henderson RR Elite 1/2	1st – 10 points 2nd – 9 points 3rd – 8 points 4th – 7 points 5th – 6 points 6th – 5 points 7th – 4 points 8th – 3 points 9th – 2 points 10th – 1 point
O-Cup #1 Henderson RR Elite 3	1st – 5 points 2nd – 4 points 3rd – 3 points 4th – 2 points 5th – 1 point
O-Cup #2 Northumberland RR Elite 1/2	1st – 10 points 2nd – 9 points 3rd – 8 points 4th – 7 points 5th – 6 points 6th – 5 points 7th – 4 points 8th – 3 points 9th – 2 points 10th – 1 point
O-Cup #2 Northumberland RR Elite 3	1st – 5 points 2nd – 4 points 3rd – 3 points 4th – 2 points 5th – 1 point

## **Team Ontario Selection Criteria**

### **Para Men & Para Women**

Final Selections will be based on the following criteria. Please note criteria is subject to change as approved by the High Performance Committee due to cancellation/addition of events or other reasons which require changes.

1. Previous race experience at National and/or International events in 2022.
2. Consistent training throughout the past 6 months with defined Annual Training Plan aligned with performance goals. Athletes may be asked to provide documentation, training peaks, or other.

### **Travel Subsidy & Accommodations**

Athletes will be expected to find their own way to the races and look after their own accommodation. Athletes will receive team Ontario kit and a travel subsidy. Riders will receive race support (not everyone will have a follow vehicle for the ITT) and coaching at the races.

### **Tentative Schedule**

June 20 – Arrival  
June 21 – Training Rides  
June 22 – Training Rides  
June 23 – Time Trial  
June 24 – Road Race  
June 25 – Road Race  
June 26 – Criterium

### **Health and Safety**

Any perceived head injury will require the application of OCA Concussion Policy. <http://www.ontariocycling.org/forms/oca-concussion-policy/>  
Any return to training/competition will require doctor's clearance *and* family clearance [if under 18].

## Anti-Doping Training

All athletes representing Team Ontario are required to have completed the **CCES True Sport Online Anti-Doping Course** within the past two years. Athletes must provide evidence of completion to [amber.hutchinson@ontariocycling.org](mailto:amber.hutchinson@ontariocycling.org)

### If you have taken the CCES online course previously:

- Use this link to Login: <http://education.cces.ca>
- **Use the login information you previously created**
  - [Contact the CCES](#) if you have forgotten your login information.  
**Do not use the enrollment key below to create a new account**
- **Send course completion award to**  
[amber.hutchinson@ontariocycling.org](mailto:amber.hutchinson@ontariocycling.org)

### If you are taking the CCES online course for the first time:

- Please follow this link: <http://education.cces.ca/#/signup>
- Enrollment Key: **CycOnt**
- Password: **FR3PKLxF**
  1. **Your email address will become your username**
  2. Create a password you will remember
  3. Log in with your new username and password
  4. Go to "**My Courses**"
  5. You must complete the "**Profile**" module before you can start the course
  6. Return to "**My Courses**" to begin the course
- Send course completion award to  
[amber.hutchinson@ontariocycling.org](mailto:amber.hutchinson@ontariocycling.org)

## Prohibited Substance

If you are taking any medications, please ensure they are not on a Prohibited Lists by checking:

[Check Your Medications | Canadian Centre for Ethics in Sport \(cces.ca\)](#)