



Ontario Cup #1 - Mansfield Outdoor Centre

Sunday May 7th, 2023 - Presented by:



Thursday May 4th, 2023
Technical Guide
Version 5

THIS EVENT IS SANCTIONED BY



Event Sponsors & Partners

Main Partner



Supportive Partner



Transportation Partner



Local Partner



Lifestyle & Tourism Partner



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Event Description

Escape the hustle and bustle of the city and immerse yourself in nature at the Mansfield Outdoor Centre (MOC). Conveniently located only an hour north of the GTA and just north of the charming village of Mansfield, MOC is thrilled to return to the Ontario Cup MTB series in partnership with Ontario Cycling and the Collingwood Collective Cycling Club. This dynamic collaboration ensures that riders can expect a top-notch racing experience.

Located in the picturesque Mulmur Hills, MOC is a full-service, four-season property that offers access to an extensive network of single and doubletrack trails. Riders of all levels can enjoy these trails year-round thanks to the dedicated team of experienced trail builders who work tirelessly to maintain the trails and ensure that visitors have an exceptional experience.

MOC's naturally hilly sand-based course is the perfect challenge for riders looking to test their climbing skills early in the racing season. This year, the OCup season starts a little later on May 7th, giving riders time to prepare for the exciting event. With its breathtaking scenery and thrilling terrain, MOC is a must-visit destination for any mountain biking enthusiast. Don't miss your chance to experience the beauty and excitement of the Ontario Cup MTB series at Mansfield Outdoor Centre.

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



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 that is 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 11:59pm 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.



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
Cost per event	Price of \$45-85 depending on category	

Pre-Ride Fees

Mansfield Outdoor Centre is a privately owned and operated facility. All riders who pre-ride the course are subject to purchasing a trail pass from MOC. Riders assume their own risk and responsibility when riding the course outside of official pre-ride and competition on Saturday and Sunday of event weekend. The course will be marked as of end of day Sunday, April 30. Please ride responsibly and remember the course is open to the public. For more information on MOCs trail pass rates click the link [here](#).



Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closing Wed of race week
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$45
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys 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+ Master Sport Men 55-64 Master Men 65+	\$55 (U15) \$65 (U17 Sport) \$70 All other categories
3	11:45am	Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ U19 Sport Men Senior Sport Men 19+ Master Sport Men 35-44 Master Sport Men 45-54	\$80
4	1:30pm	U17 Expert Girls U19 Expert Women Elite Women U23 Women U17 Expert Boys U19 Expert Men Senior Expert Men Elite Men U23 Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+	\$80 (U17 Expert) \$85 All other categories



Category Distance, Lap, and Duration Standards

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:00am	U11 Girls/Boys U13 Girls/Boys	4.5km (U11) 9km (U13)	1 Lap (U11) 2 Laps (U13)	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 44-54 Master Women 65+	12.5km	1 9am/Short Lap + 1 10am Long Lap	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+ Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	20.5km	1 9am/Short Lap + 2 10am Long Lap	70-85min
4	1:30pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men 19+	21.5km (U17 G/B & U19 W) 30km (Elite W & Expert M) 38.5km (Elite M)	1 Short Lap + 2 130pm Long Laps (U17 G/B, & U19 W) 1 Short Lap + 3 130pm Long Lap (Elite W & Expert M) 1 Short Lap + 4 130pm Long Lap (Elite M)	55-70min (U17 G/B & U19 W) 75-90min (Elite W & Expert M) 85-100min (Elite M)



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

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.



Provincial Championships Eligibility

New for 2023 All riders who wish to compete at a Provincial Championships in 2023 are required to have participated in 1 or more OCups of the same discipline in the same calendar year. Riders who register for an OCup but do not start (DNS) will not be eligible to compete, only riders who start an OCup: ending in a result, DNF, and/or DSQ from 1 or more OCups in the same calendar year will be able to race 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](#).

Awards & Prizes

- 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.



Event Schedule

SATURDAY, May 6th:

- 9:00 am – 5:00 pm Official Course Pre-Ride is Open
- 10:00 am – 4:00 pm Rider Sign-In is Open

SUNDAY, May 7th:

- 7:30 am – 1:00 pm Rider Sign-In is Open
- 9:00 am – 3:30 pm Racing on Course
- All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race wave.

Results & Timing

All MTB Ontario Cup and Provincial Championship events in 2023 will be timed by Zone4. Race results will be available on Zone4's results page on event day at the [link here](#). Final results will be posted on the Ontario Cycling website after the conclusion of the event.



Course Description

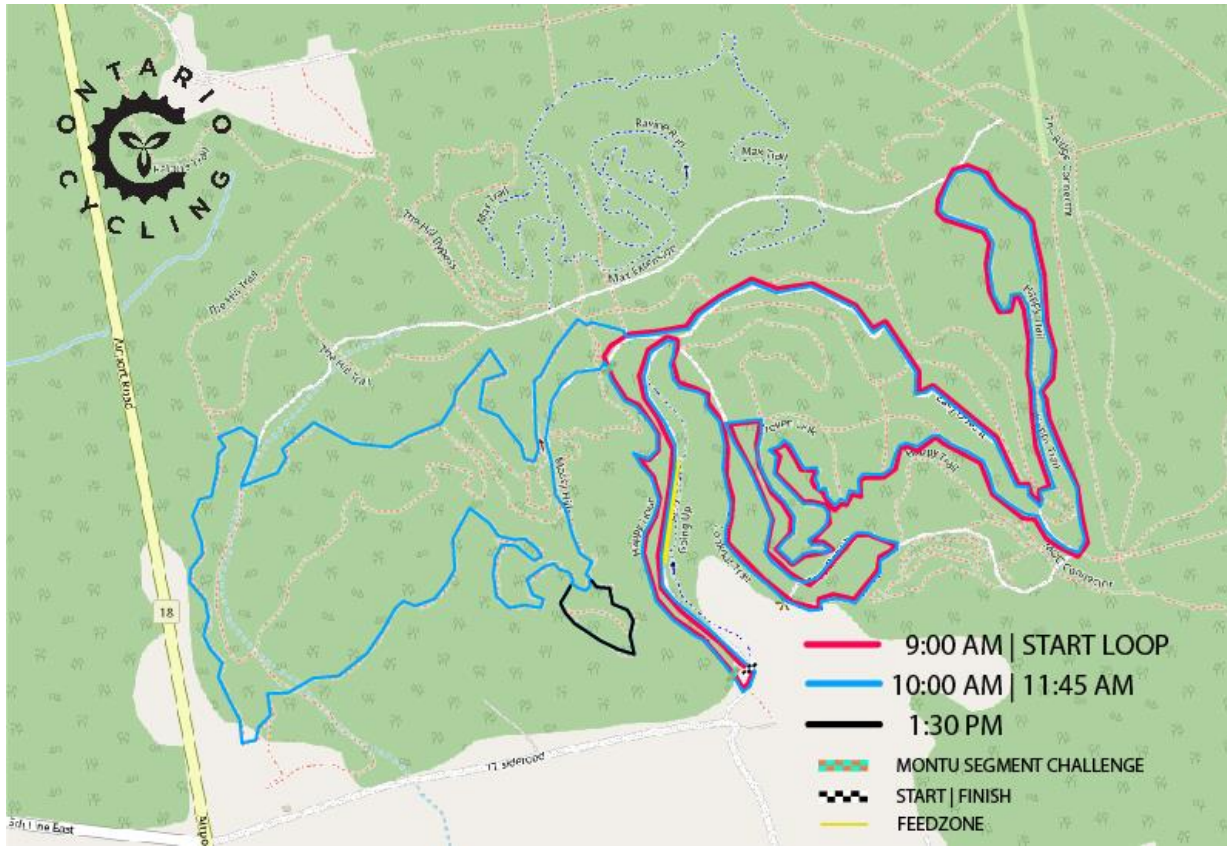
The full length 7-9km courses used for the 10am, 11:45am, and 1:30pm start waves will be full of fast, flowy, and fun trails in the first half. The second half will be followed by more technically challenging and climb-filled stretches. To wrap it up there will be an amazing 800m singletrack descent before coming to the finish line, then return back up the start climb for additional laps. The course will have a high concentration of single track trail with double track inter-dispersed for passing throughout. OCup veterans will recognize some of the vintage trails used and MOC has been building many new trails the past 2 years to add to the experience in 2023.

Course Marking

- Ontario Cycling uses barricade or caution tape to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can show participants where not to go, or it can be used to outline the outside (or inside) of a corner, or to keep riders out of a certain area.
- Ontario Cycling uses 8"x4" orange arrows on black chloroplast to indicate direction on the course.
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked.
- Some sections of course allow for "Easy" or "Hard" options (other terms might be used) where riders have a choice on which line they want to make. The "Hard" option is more difficult than the "Easy" option, and generally it is also taking less time.



Course Maps & Elevation Profiles



Start/Finish Diagram



Team Area

There is limited space at Mansfield Outdoor Centre for the set-up of Team Tent Space during the OCup weekend. Register for team space by emailing request to events.team@ontariocycling.org. Failure to register for team space may result in a refusal of team area at the event, due to limited space.

Event Rules

General Rules & Regulations

- The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the President of the Commissaire Panel. All determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Upgrade points will be awarded, as per Ontario Cycling guidelines.



Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA rule 1.3.031 N): At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.
- The use of cameras (helmet mounted, mounted on the bicycle, or worn on the body) is not permitted by athletes during competition.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.



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



Category Upgrade Criteria

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 	<p>Self-Selection (all riders have the option to self-seed as Sport or Expert)</p>

**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.*



Ontario Cup Call-Up Protocol

Call-ups for OCups are designed to encourage participation in the OCup series by Ontario riders. OCup races use ability-based categories:

- 1) Call-ups will be done by OCup points only for the first 2 rows.
- 2) Riders tied with the same number of OCup points will be randomized.
- 3) After the first 2 rows are filled, the rest of the riders will fill the remaining places on a first-come, first-served basis.
- 4) If the first 2 rows are not filled, other riders can take open positions there.
- 5) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.)

Organizers may wish to publicly acknowledge National, World Champions or other celebrity riders in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if a rider saves a place and allows another rider to move up to take it (riders may choose any position after their call-up).

Youth Categories (1st OCup of the 2023 series):

- Youth age-based categories will be called up based on OCup points from the 2022 season at the first race of the series moving down through the ability categories used, A Grade, B Grade, C Grade, D Grade, and E Grade until the first 2 rows of each age-based category have been filled (series ties broken randomly).
- When the first 2 rows are filled, the remaining riders will fill the positions on a first-come, first-served basis. If the first 2 rows are not filled, other riders in the same category can take open positions there.
- Each category shall begin in a new row. Half-wheeling between rows is not permitted.
- All youth categories will start together on the same whistle and use the same lap counter unless communicated otherwise.



Feed Zones and Technical Assistance – 4.2.033 – 4.2.042 reference UCI changes/updates

Feed Zone Regulations

- 1) Feeding is permitted only in the zones designated for that purpose.
- 2) Only those persons responsible for feeding riders may be in the feed zone.
Spectators / Children & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 3) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
- 4) Feeding from the opposite side of the zone will not be permitted.
- 5) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 6) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 7) Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at rider's request.
- 8) No rider may turn back on the course to reach a feed zone.



Technical Assistance Regulations

- 1) Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
- 2) Small tools and tubes can be handed to people in the technical zone only.
- 3) Anyone in the technical assistance zone may help riders to get their bicycle running.
- 4) Riders must finish with the bicycle frame and number plate that they started the race with.
- 5) Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
- 6) Neutral technical assistance may be provided for Ontario Cup Races.
- 7) Neutral support may supply spare wheels.
- 8) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 9) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.

Pulling Riders

Riders may be pulled from the event if they don't meet the 80% rule, at the discretion of the President of the Commissaire Panel. Riders may be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

Please pre-ride with extra care as the race course is not fully marked and our marshals and safety crews are not on course. Treat pre-riding as just another mountain bike ride and ride within control and with maximum caution.



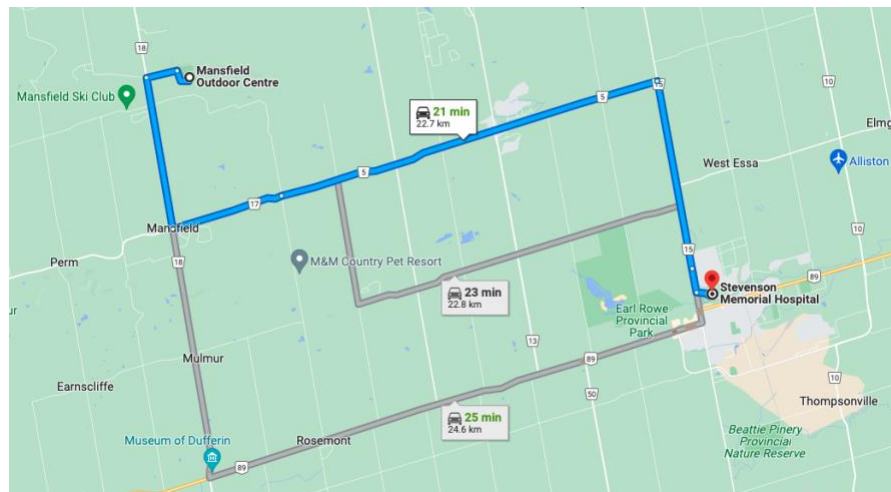
Bad Weather and Course Changes – UCI Rule 4.2.013 changes/updates

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling’s social media accounts.
- [OC Lightning Policy](#)

Medical/Hospitals

Course marshals are stationed throughout the course and at the start/finish area.

Stevenson Memorial Hospital: [200 Fletcher Crescent, Alliston, ON L9R 1W7](#)



Map and Directions to Closest Hospital

Mansfield Outdoor Centre: [937365 Airport Rd, Mulmur, ON L9V 3T6](#)

- Exiting Mansfield Outdoor Centre turn left onto Airport Rd
- Turn left onto Hwy 17 – 10 Sideroad
- Continue straight onto Hwy 5
- Turn right onto Hwy 15 – King St N
- Turn left onto Fletcher Crescent
- Destination will be on the left

Safety and First Aid

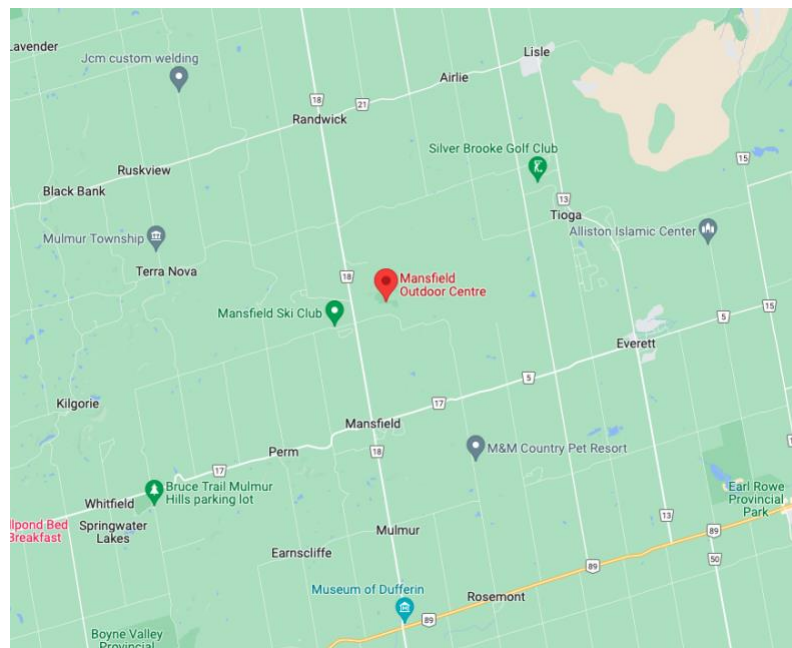
First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.

Location of the Event

Mansfield Outdoor Centre:
[937365 Airport Rd, Mulmur, ON L9V 3T6](#)

Parking

Parking will be located at Mansfield Outdoor Centre. Upon arrival on event day Sunday, May 7th please follow the instructions of the designated parking volunteers to maximize parking space available to fellow racers.



MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your Ontario Cup (OCup) race day experience by setting up the MONTU OCup Segment Challenge on Strava. The challenge will be a virtual series within the Ontario Cycling OCup series in each discipline.

What to expect on race day?

Have your Strava account set up and join the [Ontario Cycling Club](#) group. Bring your GPS device on race day to record your ride. During the ride watch out for the MONTU OCup Segment Challenge flags or signs marking the Start and Finish of the segment on each course. The segment's distance will vary (300m and 800m) and focus on different skills. Upload your ride to Strava by the Tuesday after the event to be automatically entered into the MONTU OCup Segment Challenge. Only completed and recorded segments on race day will be counted!



How to upload your activity to Strava

Use the Strava app to "Record" and "Save" your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can sync your activities to your Strava account. Find out what devices and services [Strava supports here](#).

The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the OCup Series races. Each discipline's highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

NOTE: Unlike race results, the MONTU OCup Segment Challenge is based on overall



Male & Female results and not separated by age categories.

Rules:

- 1) Cyclists must join the [Ontario Cycling Strava Club](#).
- 2) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 3) Riders must upload their ride by the Tuesday after the race.
- 4) The ride must be set to public.

Segment Place	Female	Male
1 st	10 pts	10 pts
2 nd	9 pts	9 pts
3 rd	8 pts	8 pts
4 th	7 pts	7 pts
5 th	6 pts	6 pts
6 th	5 pts	5 pts
7 th	4 pts	4 pts
8 th	3 pts	3 pts
9 th	2 pts	2 pts
10 th	1 pt	1 pt



2023 Provincial Championship Apparel - Special Edition

Everyone needs a good shirt or crewneck, even better if it is the special edition of the 2023 Provincial Championships in North Bay, ON; Kelso, ON MTB or Peterborough, ON for Cyclo-Cross. The soft, naturally breathable fabric makes this one a perfect companion for rides, chilly summer nights or your day-to-day business.

Product features:

- Unique great lakes camouflage design
- Limited Edition for 2023 Provincial Championships in North Bay, ON | Kelso, ON & CXLogo application in the neck
- Camping mug for the long weekends

T-Shirt - Youth sizes: CAN \$20* + HST

T-Shirt - Adult sizes: CAN \$20* +HST

Crewneck - Youth sizes: CAN \$40* + HST

Crewneck - Adult sizes: CAN \$45* +HST

Camping Mug: CAN \$15 +HST

The items will be available for purchase throughout the season.

The items (UNISEX) will be delivered to North Bay, ON, Kelso, ON, or Peterborough and are ready to pick-up at the registration desk. Optionally, the items can be sent to your home address after the event.

*Please be aware that a \$5 shipping fee will be added to each order



ORDER TODAY



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 Wednesday May 3rd, 2023.

Montu Site Discount

Ontario Cycling is proud to have Montu Bikes as a main partner for the 2023 Ontario Cup series. Montu is pleased to offer Ontario Cycling members a 15% discount on Montu apparel orders using the code **ontariocycling15**.

Accommodations

Mansfield Outdoor Centre offers basic cabin rentals as well as tent and trailer camping onsite – with the ability to accommodate most requests. For more information and booking, please refer to the Mansfield Outdoor Centre website [here](#).

Food & Beverage

Food & beverage vendors may be present onsite at the venue and available for public purchase. Please note that Ontario Cycling is not responsible for food & beverage vendors and does not assume liability related to any incidents which may arise in relation to the service of food & beverages onsite.

Riding in Dufferin County

Stay longer – if visiting the area before or staying after the event, explore more on two wheels. Find more information about [visiting Dufferin County here](#).

