



**2023**  
**Canadian MTB Championships**  
**Team Relay**

**Selection Criteria**

**July 23, 2023**



## Overview

Ontario Cycling will be supporting a Team Ontario relay at the 2023 Canadian MTB Championships in Kentville, NS. Athletes will receive Team Ontario Kit. Minimum of 1 team of 4 riders will be supported, with the opportunity to support a 'B' team of riders.

## Project Objectives

- To win a medal
- To have a positive presence for Ontario

## Project Contacts

- Ontario Cycling Office  
416.855.1717

## Athlete Applications

Athletes must complete application prior to **Monday July 17**

**Application Form:** <https://forms.gle/zZ8qBqPkm52gRghu7>

Final team selections will be announced on **Wednesday July 19**

## Team Ontario Relay Selection Criteria

The Team relay selection will require consideration to the Team Composition points system set by Cycling Canada in the [2023 Canadian XCO/XCC MTB Championships Technical guide](#):

*Each category of rider is assigned a points value, and all 4 riders on the team must add up to a maximum of 275 points.*

	<b>Men</b>	<b>Women</b>
<b>Elite</b>	100	50
<b>U23</b>	75	25
<b>Junior (U19)</b>	50	20
<b>Cadet (U17)</b>	30	20



Final Team Ontario 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. Team composition of maximum 4 athletes at the discretion of the HP committee.

1. Current OHPSI Identified MTB Athletes
2. Top male and top female athletes with the highest point total based on Dieppe Canada Cup XCO and Sherbrooke Canada Cup XCO
  - a. Refer to Selection Scoring Grid in this document
  - b. In the event of athletes in a tie breaker situation, lap times and lap time variability will be taken into consideration, along with performance measures and results at other high-level events in 2023
3. Any remaining spots will be filled by Coach/Committee selection to achieve the strongest Team Relay without exceeding the permitted 275 points in the Cycling Canada points system listed above. Consideration will be placed on the following [in priority order]:
  - a) Gender Equity
  - b) Athlete racing experience at high level events in 2022/23
  - c) Strengths of the athlete as it relates to the needs of the team
  - d) Involvement in Ontario Cycling Programming in prior years

## Team Ontario Scoring Grid

Selection Races	Points Awarded
Dieppe Canada Cup XCO & Sherbrooke Canada Cup XCO	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

## 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 \(cces.ca\)](https://www.cces.ca)