

OFF THE FRONT// SPORTS

Ontario Critreium Series

Tech Guide

2023 - Version 2.0

THIS EVENT IS SANCTIONED BY



GENERAL RACE INFORMATION:

This event is classified as a Criterium race and held on a closed, flat, 1.4 km loop.

REGISTRATION:

Online Registration for this event is available at: (<https://ccnbikes.com/#!/events/off-the-front-summer-classic-crit-london>)

Note: Pre-registration only

- Cost:
 - Open to all Youth U17 & U19: early bird \$45.00 plus HST and CCN fees before July 19th. \$55.00 plus HST & fees. (UCI, Provincial Race License)
 - All other Categories: early bird until July 1th \$60.00 plus HST and CCN fees. After \$70.00 plus HST and CCN fees
 - Registration closes July 19th, 2023 at 11:59 pm
- Sign in and number pick up will start at 8:00 am at the Race HQ tent on Admiral Drive

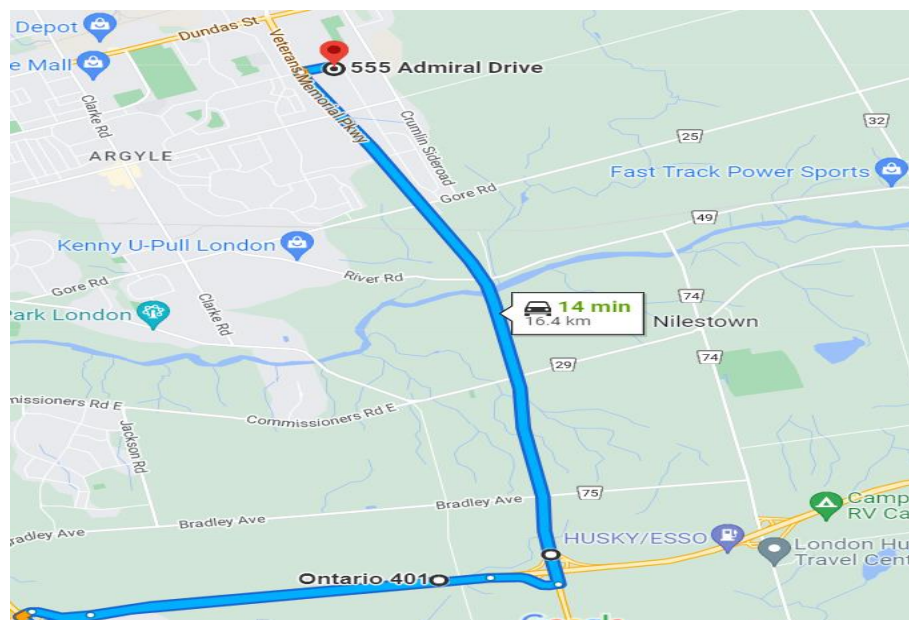
TIMING AND RESULTS:

Racetiming.ca has been contracted to provide all timing and publication of results. <http://racetiming.ca/>

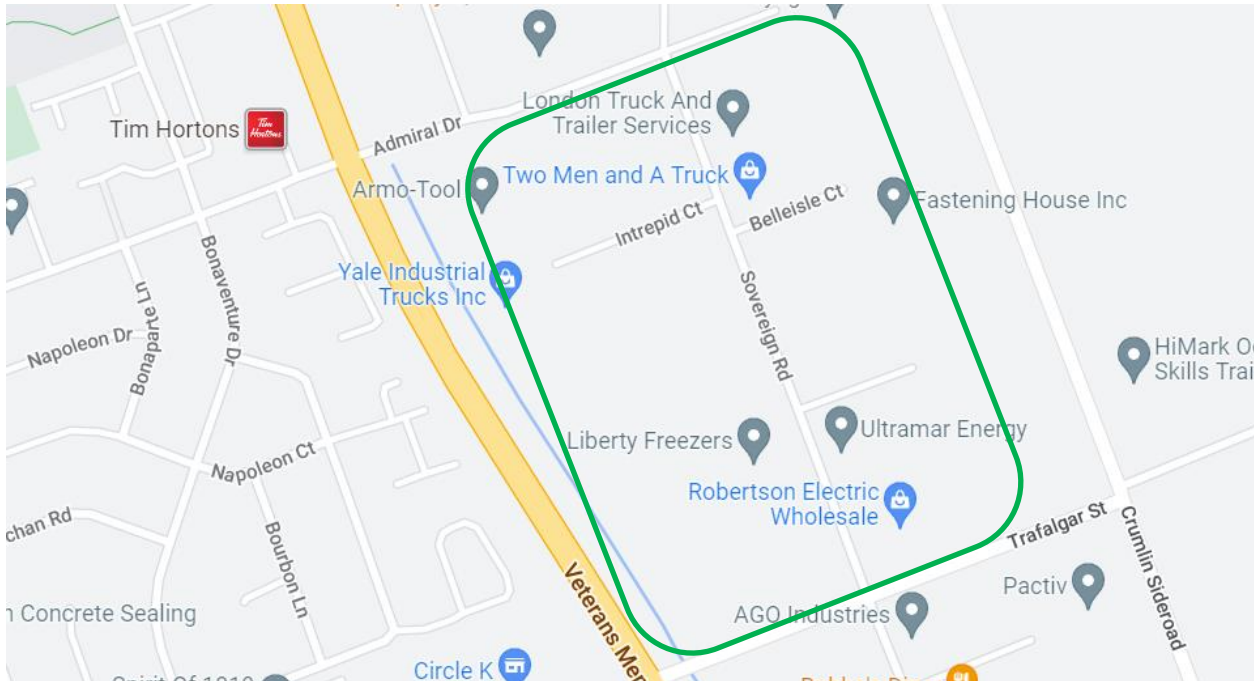
RACE LOCATIONS: The Start / Finish Line will be located at Admiral Drive in front of 555 Admiral Drive, London, ON.

DIRECTIONS TO THE EVENT:

- From Highway 401 exit # 195 drive northbound on **Veterans Memorial Parkway**.
- Turn Right at **Admiral Dr** eastbound toward Sovereign Rd.
- Start / Finish line will be straight ahead.



PARKING: Can be found south of Admiral Drive on Sovereign Dr. or adjacent businesses that are closed.



Parking on the Municipal streets south of the race is recommended. Please be respectful of businesses in the area that are still open.

All parking is at the user's own risk. Please ensure valuables are secured and your vehicle is locked.

TIMINGS

CATEGORY	TIME +5 LAPS	START TIME -est	Primes
Sign in/ Registration		08:00 am – 1:10 pm	
Elite 4 Men	50 mins	09:00 am	3 x Primes
Master 3 Men	50 mins	10:15 am	3 x Primes
Elite 3 / Master 2 Men	50 mins	11:30 am	3 x Primes
Elite Women 1,2 & 3 Master Women	60 mins	12:45 pm	4 x Primes
Elite 1 & 2 Men / Master 1 Men	75 mins	2:00 pm	4 x Primes
Podiums	Held 15-20 mins after each race. No glasses or helmets, must wear team kit. An overall Podium for the Race will be held to acknowledge the overall winner in races with combined categories. A second Podium will be held to award prize money for each category as listed below.		

PRIZE LIST – Estimated Value – dependent on sponsorship and registration

CATEGORY	1st	2 nd	3rd	Primes Value
Elite 4 Men	\$75	\$50	\$25	3 x \$25
Master 3 Men	\$75	\$50	\$25	3 x \$25
Elite 3	\$75	\$50	\$25	3 x \$25
Master 2 Men	\$75	\$50	\$25	
Elite 1/2 Women	\$150	\$100	\$75	4 x \$100
Elite 3 Women	\$100	\$75	\$50	
Master Women	\$100	\$75	\$50	
Master 1 Men	\$150	\$100	\$50	4 x \$100
Elite 1/2 Men	\$200	\$150	\$100	

GENERAL RULES & REGULATIONS

- The races will be held under the rules of the UCI with CC and OC modifications.
- The CC & OC rules are available online at:
<https://ontariocycling.org/events-organizers/commissaires/>
- The penalty scale of the OC rule book will be applicable.
- All riders must sign in at registration.
- U.S. riders must present a UCI license to enter this event. USAC Domestic Licenses are not generally available in Canada.
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation and have a UCI license.
- An OC representative or Commissaire will be present at the race to assist with rider licensing issues.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- There will not be any team vehicles or coach/parent ride-a-longs permitted on the course.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Awards will be presented according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.
- While the roads of the race are closed, they occur on public roads and riders should remain vigilant when riding. Marshalls will be stationed when possible, at the corners of the course.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Any unreported DNF may result in a penalty.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a penalty.
- Only standard handlebars are permitted. Handlebar extensions, including time-trial bars or extensions, are not permitted.

SPECIFIC COURSE RULES

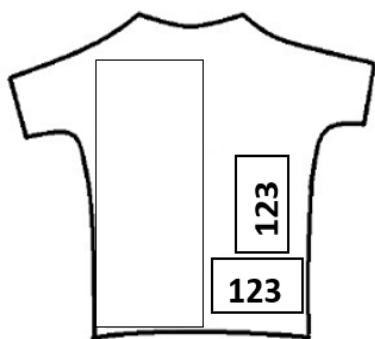
- As this is a criterium race, riders will be given a free lap for a recognized mishap only (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than traveling backward on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- There will be no more free laps when there are 3 laps left in the race. No more free laps will be

given after this point.

- There is no outside feeding allowed in this race
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- This is a closed-loop however riders must be aware that there may still be vehicles attempting to access local businesses. For this event, the Centerline rule will be suspended however riders should be aware and on the lookout for local traffic leaving businesses. If dropped from the bunch we ask you to move to the right side of the road.

NUMBERS PLACEMENT

Numbers will be placed on the back of the jersey's right side as shown below.



CRITERIUM COURSE MAP:

Course Start / Finish in front of 555 Admiral Drive

[Load](#)
[Routes](#)
[Rides](#)
[Ride Reports](#)
[Goals](#)
[Help](#)



Start / Finish Line Setup Diagram



SANITATION:

Three Portable Washrooms and a hand wash station will be on the site. The Porta-Johns and a Handwash station will be set up on the south side of Admiral Drive on the grass between the parking lots, as indicated by the three blue squares.

COURSE SAFETY:

The safety of athletes, volunteers, and spectators is everyone's responsibility! If a safety concern is observed, please report it to organizers immediately.

LIGHTNING POLICY AND WEATHER PROCEDURE:

The OC Policy and Procedure will be adhered to in all cases of weather-related incidents. Participant safety remains a priority and all organizers, marshals, and volunteers will be prepared to take the appropriate action in case of lightning, extreme weather, and other potential dangers. When these dangers are identified or anticipated all participants will be instructed to immediately seek shelter.

EMERGENCY SERVICES:

All events fall within the police jurisdiction of the London Police Service. In an emergency, the appropriate emergency service is to be contacted.

London Police Service	Emergency	911
Non Emergency		519-661-5670
Thames Valley EMS	Emergency	911



St. John Ambulance

St John Ambulance volunteers first Aid will be set up near the Start Finish Line.

HOSPITALS

The following hospitals are within driving distance of the event.

Emerge at Victoria Hospital - LHSC	800 Commissioners Rd E	519-685-8500
University Hospital- LHSC	339-Windemere Road, London	519-685-8500

Victoria Hospital – LHSC Children’s Emergency

Directions: Start Finish Line on Admiral Dr from 531 Admiral Dr

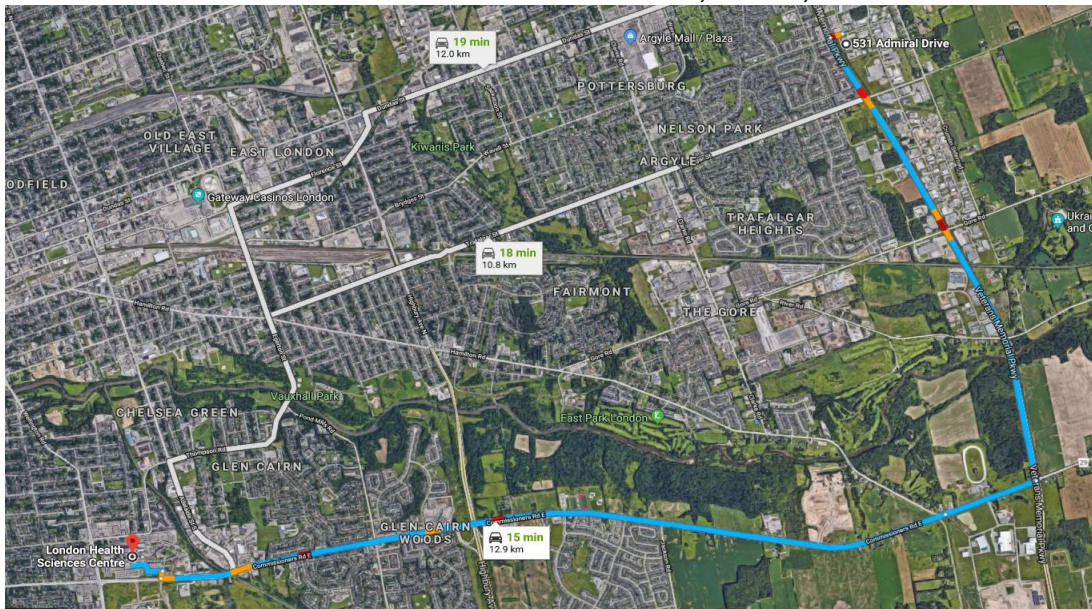
Head west on Admiral Dr toward Veterans Memorial Pkwy, Turn left onto Veterans Memorial Pkwy and drive 4.6 km to Hamilton Rd.

Turn right onto Hamilton Rd drive west

Continue straight onto Commissioners Rd E for 7.0 km

Turn right onto Western Counties Rd Follow signs to emerge.

London Health Sciences Centre – 800 Commissioners Rd E, London, ON N6A 5W9



ALTERNATE: UNIVERSITY HOSPITAL

LONDON- HEALTH SCIENCES CENTRE:

Directions

Start Finish Line on Admiral Dr

Head west on Admiral Dr toward Veterans Memorial Pkwy
 Turn right onto Veterans Memorial Pkwy and drive 2.2 km to Oxford ST E
 Turn left onto Oxford St E and drive 8.1 km to Richmond St.
 Turn right onto Richmond St Drive 2.8 km to Windermere Rd
 Turn left onto Windermere Rd drive 350 m to Perth Drive
 Turn left onto Perth Dr UH Emergency

University Hospital - London Health Sciences Centre 339 Windermere Rd, London, ON

