



# 2023

**PROVINCIAL CHAMPIONSHIPS**  
**NORTH BAY, ON**

## **CRITERIUM**

Saturday - August 5<sup>th</sup>, 2023

July 25, 2023  
Technical Guide  
Version 4

Presented by:



performance  
driven  
EVENTS

THIS EVENT IS SANCTIONED BY



**ONTARIO  
CYCLING**

# 2023 PROVINCIAL CHAMPIONSHIPS



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# 2023 PROVINCIAL CHAMPIONSHIPS



## Event Sponsors & Partners



### Main Partner



### Nutrition Partner



### Organizer



### Transportation Partner



### Lifestyle & Tourism Partner





# 2023 PROVINCIAL CHAMPIONSHIPS

## General Information

Ontario Cycling (OC) and Performance Driven Events is proud to present the 2023 Road Provincial Championships. This year's Provincial Championships, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, the Individual Time Trial, the Road Race and the Criterium.

Brand new for 2023, the Provincial Criterium Championships will be held at the Canadore / Nipissing campus located just 5km from downtown North Bay. The circuit is 1.3 kilometers in length, featuring smooth pavement and only two turns. The rest of the course twists and winds through the campus making for an extremely quick course!

## Criterium – Event Information

**Date:** August 5<sup>th</sup>

**Time:** 9:00am – 3:00pm (time approximate)

**Location:** [Canadore College, 100 College Drive, North Bay, ON P1B 8K9](#)

**Pre-Riding:** There will be no pre-riding opportunities. Riders are encouraged to bring trainers or rollers for warming up.

**Food & Drink:** TBD

**Parking:** Riders & spectators can park on Cedar Heights Road, west of College Drive.



# 2023 PROVINCIAL CHAMPIONSHIPS



## OC Event Contacts

Position	Name
Event Organizer	Rachel McTier
Technical Delegate	Greg Rawson
Membership / Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

## Commissaires

Position	Name
President of the Commissaire Panel	Dan Visentin
Secretary	Joseph Hall
Finish Judge	Brad Slade
Member	Mark Mayer
Member	Kevin Scheerer
Mentor	Brad Day
Trainee	TBD





# 2023 PROVINCIAL CHAMPIONSHIPS



## Registration, Eligibility, & Pricing

- Registration for the Provincial Championships Criterium is open to licensed riders 15 years of age and older.
- The event is pre-registration only. No day of registration will be accepted.
- Only Provincial Race Licenses and UCI Race Licenses are permitted. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Registration for the Provincial Championship Road Race will close on **Tuesday August 1<sup>st</sup> at 11:59pm**.
- If the Tuesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Wednesday at 5:00pm to contact the OC office for registration to be re-opened and will be charged a \$50 late entry fee.

### **\*New for 2023\***

- To participate at the 2023 Ontario Road Provincial Championships, an Ontario athlete must have participated in at least 1 Road Ontario Cup (either 1, or 3).
- Exemptions:
  - Para-athletes racing the Individual Time Trial or Criterium at the 2023 Ontario Road Provincial Championships.
  - Individuals registering for the Individual Time Trial event at the 2023 Ontario Road Provincial Championships.
  - Individuals registering for the 2023 Provincial Criterium are required to race at either 1 Road Ontario Cup (either 1, or 3) or a Regional Criterium event.
  - If for sufficient reason a rider cannot compete at a Road OCup and would like to participate at Road Provincials, they can request an exemption by completing the google form linked [here](#).
  - **Please Note:** Due to the postponement of OCup #2 – the Northumberland Classic Road Race, the mandatory requirement for OCup participation has been waived.



# 2023 PROVINCIAL CHAMPIONSHIPS



Race Date	Event	Registration Link	Price
<b>August 4th</b>	Provincial Individual Time Trial	<a href="#"><u>Register Here</u></a>	\$50.00-\$80.00 +HST *
<b>August 5th</b>	Provincial Criterium	<a href="#"><u>Register Here</u></a>	\$40.00-\$75.00 + HST *
<b>August 6th</b>	Provincial Road Race	<a href="#"><u>Register Here</u></a>	\$90.00 + HST

*\*price differs based on the registration category*

## Rider Confirmation Information

Rider confirmation will take place under the OC tent (look for signage). Please check the schedule to confirm your sign-in time for each event and your race time. Sign-in closes 30 minutes before each race.

## Refund Policy

- A rider must withdraw prior to the registration closing to be eligible to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on transaction value) plus a CCN refund administration fee.
- If an athlete withdraws from an event on race day, they are not eligible for a refund and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President may result in a fine.
- OC reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered.

## Event Categories

- Categories may be combined based on the number of entries or at the discretion of OC.
- If categories are combined, medals will be awarded to each of the individual categories.



# 2023 PROVINCIAL CHAMPIONSHIPS



## Schedule of Events & Event Categories

Category	Start Time	Distance	Start Wave
Sign In / Registration	8:00 AM	-	-
Master C Men (55-64)	9:10 AM	50 minutes	B
Master D Men (65+)	9:10 AM	50 minutes	B
U19 Men (15-18)	10:10 AM	75 minutes	C
U19 Women (15-18)	11:30 AM	60 minutes	D
Master A Women (35-44)	11:30 AM	60 minutes	D
Master B Women (45-54)	11:30 AM	60 minutes	D
Master C Women (55-64)	11:30 AM	60 minutes	D
Master D Women (65+)	11:30 AM	60 minutes	D
Elite Women (23+)	11:30 AM	60 minutes	D
U23 Women (19-22)	11:30 AM	60 minutes	D
Master B Men (45-54)	12:40 PM	50 minutes	E
Master A Men (35-44)	12:40 PM	50 minutes	E
U23 Men (19-22)	1:40 PM	75 minutes	F
Elite Men (23+)	1:40 PM	75 minutes	F







# 2023 PROVINCIAL CHAMPIONSHIPS



## Start Lists & Results

- Zone4 is the official timer for the 2023 Ontario Cycling Road Events. Start lists and results can be found at <https://zone4.ca/>

## Gear and Equipment Restrictions & Rules

- The gear and equipment restrictions will follow the 2023 Cycling Canada Companion Guide.
- The wearing of an approved helmet is mandatory. UCI Rule 1.3.018 states that: Only wheel designs granted prior approval by the UCI may be used.
- UCI Rule 1.3.018: Only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels at [www.uci.ch/english/about/wheels.html](http://www.uci.ch/english/about/wheels.html)
- Only standard handlebars are permitted. Handlebar extensions, including time-trial bar extensions or other types of tri-bars, are not permitted.
- Only bicycles conforming to UCI rules 1.3.001 - 1.3.025 are permitted for use.
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Independent riders are required to wear plain-coloured jerseys with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- There will be no neutral service available. There will only be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course.
- Per CC 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 glass containers is strictly prohibited during the race.
- Disc brakes are permitted.



# 2023 PROVINCIAL CHAMPIONSHIPS



## Upgrade Requests

### \*New for 2023\*

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 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.

Road Category	Mandatory	Optional
E2 to E1*	UCI Trade Team Status	Finishing Top 3 at an OCup event, or National Trade Team Status
E3 to E2 M2 to M1	Win 2 OCups, Place 3 times on the podium at OCups, or National Trade Team Status	Finish race in first 20% of OCup category, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB (Based on approval)
E4 to E3 M3 to M2	Win 2 OCups, Place 3 times on the podium at OCups, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB Status	Self-Selection (all riders have the option to self-seed as E4 or E3 and M3 or M2 in accordance with their age category)

\*Does not apply to U17 aged riders or Master categories.

\*\* You must race the category on your license, please notify the Ontario Cycling 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.



# 2023 PROVINCIAL CHAMPIONSHIPS



## Number Placement

- All riders must wear their bib numbers on the right side.
- Bib numbers shall be placed according to the following diagrams.





# 2023 PROVINCIAL CHAMPIONSHIPS



## General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- Yellow Line Rule will be strictly enforced. Riders will be required to stay to the right of the middle of the road on roads that do not have a yellow line.
- The CC & OC rules are available at [www.ontariocycling.org/officials](http://www.ontariocycling.org/officials)
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- U.S. Domestic Licenses are not accepted at any Ontario events. U.S. riders will require a UCI International License to participate in any Ontario events.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles /team vehicles are not permitted to follow the races while in progress.
- For the road race, there are no free laps for mishaps (e.g. crashes and punctures). Riders suffering mishaps will be serviced from the service vehicles and must continue the race from the point of the mishap.
- In the event of a mishap, riders are strictly forbidden from drafting behind vehicles for lengthy periods in attempting to catch up to their group. Such drafting may result in disqualification.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, dropped riders must remain separate, even when being overtaken by riders in their own category.
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.



A stylized map of Ontario in red, featuring silhouettes of a bear, a moose, and a deer. The text '2023 PROVINCIAL CHAMPIONSHIPS' is overlaid in white.

# 2023 PROVINCIAL CHAMPIONSHIPS



## Specific Course Rules

### Criteriaums

- As this is a criterium race, riders will be given free laps for mishaps (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 travelling backwards 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.
- The pit will be closed when there is 5 km left in the race from the perspective of the race leader. 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 just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there is less than 5 km left in the race from the perspective of the race leader, the overtaking riders will be sprinted separately from the field. Instructions on this process will be given by the Commissaires at the start line before the race.



# 2023 PROVINCIAL CHAMPIONSHIPS



## Awards

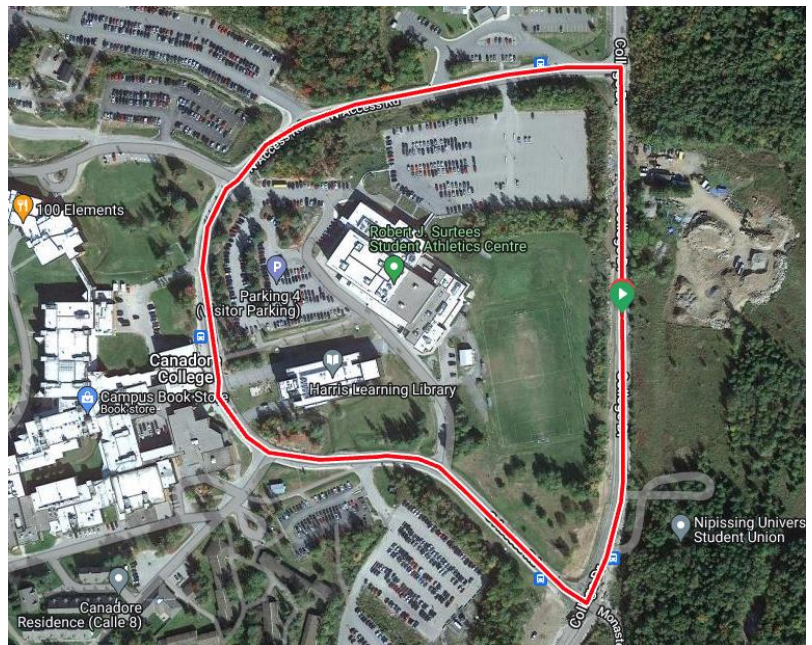
- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

## Parking

- Riders & spectators must park on Cedar Heights Road, west of College Drive. Parking inside the College will not be available to spectators or riders.

## Course Map

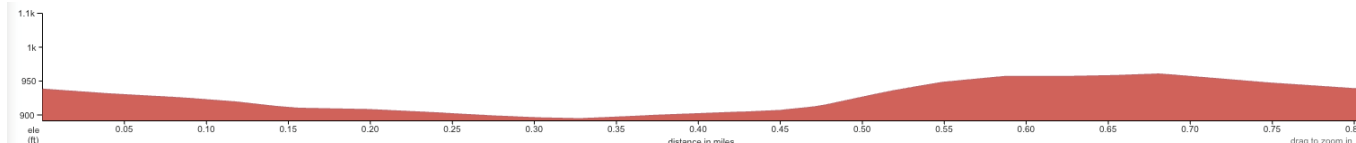
A preview of the course map can be [found here](#).



# 2023 PROVINCIAL CHAMPIONSHIPS



## Course Elevation



## Event & Course Safety

- First aid will be provided by Odyssey Medical who will be located under a tent near the start / finish area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.
- Riders are required to wear an approved, regulation cycling helmet at all times while riding their bike.
- Should a Commissaire or OC representative feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

## Spectators

Spectators should be aware of the start/finish line area.



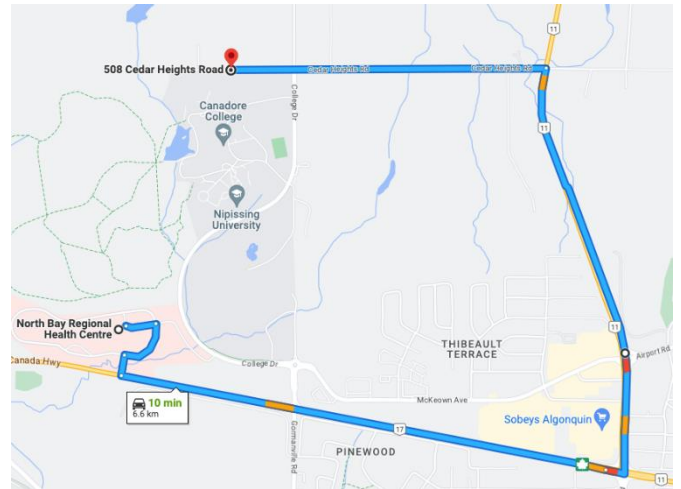
# 2023 PROVINCIAL CHAMPIONSHIPS



## Directions to Nearest Hospital

### North Bay Regional Health Centre

Location: 50 College Drive, North Bay, ON P1B 5A4





# 2023 PROVINCIAL CHAMPIONSHIPS



## 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



# 2023 PROVINCIAL CHAMPIONSHIPS



## 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](mailto:Patrik.zimmermann@ontariocycling.org) by Wednesday July 20<sup>th</sup>, 2023.

## Sponsors

### 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**.

