



2023

INDIVIDUAL TIME TRIAL

**PROVINCIAL CHAMPIONSHIPS
NORTH BAY, ON**

Friday - August 4th, 2023

Presented by:

July 31, 2023
Technical Guide
Version 11



performance *driven*
EVENTS

THIS EVENT IS SANCTIONED BY



**ONTARIO
CYCLING**

2023 PROVINCIAL CHAMPIONSHIPS

Table of Contents

<i>Event Sponsors & Partners</i>	3
<i>General Information</i>	4
Individual Time Trial	4
OC Event Contacts.....	5
Commissaires.....	5
<i>Registration, Eligibility, & Pricing</i>	6
Rider Confirmation Information.....	7
Refund Policy	7
Event Categories	7
<i>Schedule of Events & Event Categories</i>	8
Start Lists & Results	9
Gear and Equipment Restrictions & Rules	9
Upgrade Requests.....	10
Number Placement	11
<i>General Rules & Regulations</i>	12
Awards.....	12
Parking.....	12
Course Maps	13
Event & Course Safety.....	13
Directions to Nearest Hospital	14
2023 Provincial Championship Apparel - Special Edition	15
Media.....	16
Sponsors	16
Fun Weekend Activities	17



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 Individual Time Trial Championships will be held in the North Bay area in conjunction with the Provincial Road and Criterium Championships. Starting and finishing in Corbeil Ontario, the course will head south on Corbeil Rd, twisting and winding through the picturesque countryside of northern Ontario. With over 100 meters of elevation per 10 kilometres, the climbing is going to make for an extremely gruelling race.

Individual Time Trial

Date: August 4th, 2023

Time: 10:30am-2:30pm (time approximate)

Location: [390 ON-94, Corbeil, ON P0H 1K0](#)

Event Information:

Parking: Parking for riders & spectators can be found in the [East Ferris Town Hall parking lot](#).

Feed Zone: N/A

Pre-Riding: There will be no pre-riding opportunities.



2023 PROVINCIAL CHAMPIONSHIPS

OC Event Contacts

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

Commissaires

Position	Name
President of the Commissaire Panel	Dan Visentin
Secretary	Brad Day
Starter	Kevin Scheerer
Finish Judge	Joseph Hall
Bike Check	Brad Slade
Member	Mark Mayer





2023 PROVINCIAL CHAMPIONSHIPS

Registration, Eligibility, & Pricing

- Registration for all Road OCups is open to Ontario Cycling 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 ITT will close on **Tuesday August 1st 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

- We encourage all Ontario riders wanting to participate in the 2023 Ontario Road Provincial Championships, to 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 encouraged 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
August 4th	Provincial Individual Time Trial	<u>Register Here</u>	\$50.00-\$80.00 +HST *
August 5th	Provincial Criterium	<u>Register Here</u>	\$40.00-\$75.00 + HST *
August 6th	Provincial Road Race	<u>Register Here</u>	\$90.00 + HST

Rider Confirmation Information

Rider confirmation will take place under the OC tent (look for signage) at [East Ferris Town Hall \(390 ON-94, Corbeil, ON P0H 1K0\)](#)

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
Sign In / Registration	8:00 AM	
Para	9:00 AM	13.2 KM
Sportif	*	13.2 KM
U17 Women (15+)	*	13.2 KM
U17 Men (15+)	*	13.2 KM
Eddy Merckx	*	26.4 KM
Sportif	*	26.4 KM
U19 Women (17-18)	*	26.4 KM
U23 Women (19-22)	*	26.4 KM
Elite (Senior) Women	*	26.4 KM
Master A Women (35-44)	*	26.4 KM
Master B Women (45-54)	*	26.4 KM
Master C Women (55-64)	*	26.4 KM
Master D Women (65+)	*	26.4 KM
Master C Men (55-64)	*	26.4 KM
Master D Men (65+)	*	26.4 KM
Sportif	*	39.6 KM
U19 Men (17-18)	*	39.5 KM
U23 Men (19-22)	*	39.5 KM
Elite (Senior) Men	*	39.5 KM
Master A Men (35-44)	*	39.5 KM
Master B Men (45-54)	*	39.5 KM

**your start time will be confirmed when start lists are published*





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 [UCI Cycling Regulations Part 1 General Organisation of Cycling as a Sport](#) and [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.
- 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 licence.
- 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. 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
- 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.
- 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.

Awards

- Medals will be awarded to the top three (3) finishers in each **championship** 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.

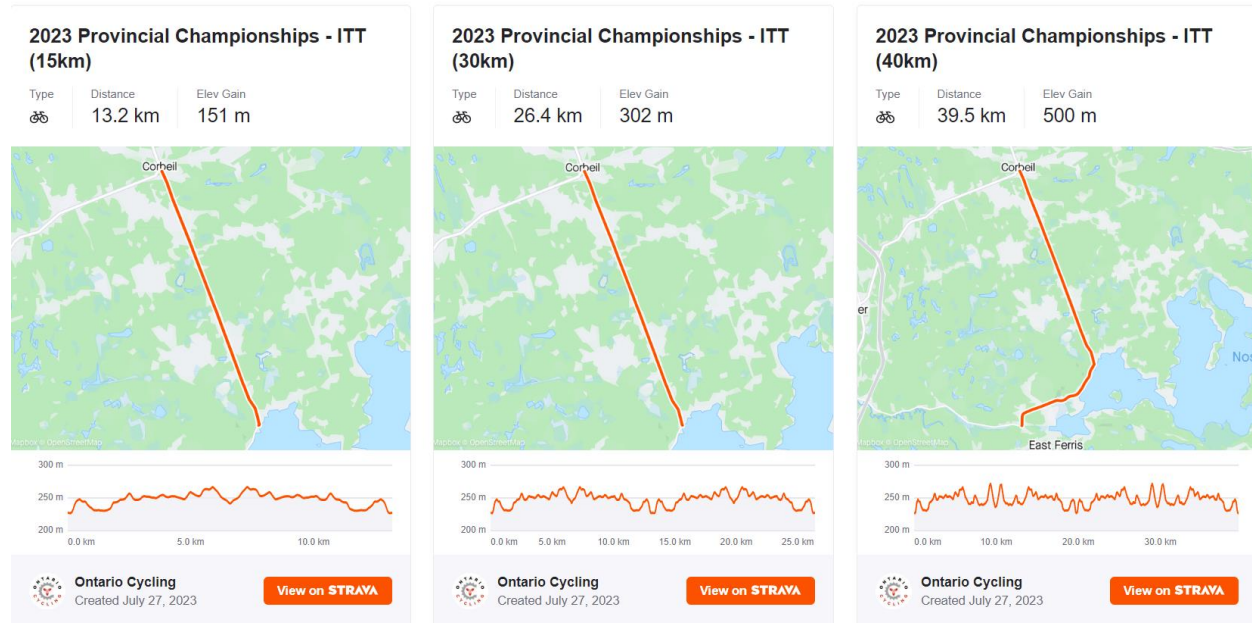
Parking

- Parking for riders & spectators can be found in the East Ferris Town Hall parking lot.

2023 PROVINCIAL CHAMPIONSHIPS

Course Maps

A preview of all three course maps with elevation (13.2km, 26.4km, and 39.5km) can be [found here](#).



Start/Finish – be aware of riders and look for directional signage to guide you to parking areas, registration & washrooms.

Event & Course Safety

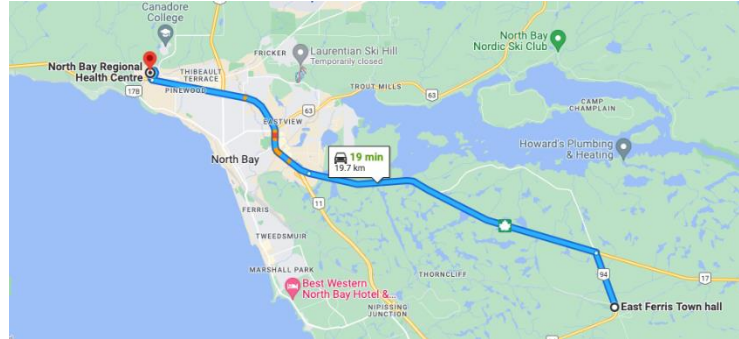
- First aid will be provided by Odyssey Medical who will be located under a tent near the start / finish area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject 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.

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 by Wednesday May 10th, 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**.

2023 PROVINCIAL CHAMPIONSHIPS

Fun Weekend Activities



HOT SUMMER NIGHT MUSIC FESTIVAL

North Bay Civic Long Weekend 2023

Friday, August 4
7pm - CALEY & THE CADILLAGS

Saturday, August 5
2pm - Gary Davison
4pm - Broome Turners
6pm - NorthFacing Folk
8pm - THE COUNTY

NORTH BAY SUMMER CONCERT SERIES 2023
Kiwaniis Bandshell
Free Admission

Long & McQuade
MUSICAL INSTRUMENTS



2023 PROVINCIAL CHAMPIONSHIPS



100% Fresh and Local

FOUR SEASONS MARKET

SUMMER	Sat 8:30am-1pm Wed 10am-2pm	100 Ferguson St North Bay, ON P1B 1W8
WINTER	Sat 10am-2pm	222 McIntyre St W North Bay, ON P1B 2Y8

www.northbayfarmersmarket.com
info.northbayfarmersmarket@gmail.com

