



2023-24 Track Upgrade Policy

Table of Contents

2023-24 Track Upgrade Policy.....	1
Track Youth Upgrade Policy.....	2
Background.....	2
Categories.....	2
Out-of-Province Riders.....	2
Upgrade Process.....	3
OCup #3.....	4
Provincial Championships.....	4
Unsuccessful Upgrades.....	4
Upgrade Penalties.....	4
2023-24 Track Upgrade Form.....	4
Track Adult Upgrade Policy.....	5



Track Youth Upgrade Policy

Background

The Youth Track Development Series (YTDS) is for athletes between the ages of 9 and 16. The Track OCup Series is for athletes aged 17 and up.

Purpose

To provide athletes with a meaningful and developmentally appropriate competition opportunity when they demonstrate superior competitive ability in their current competitive Youth Track Development Series category.

Eligibility

Athletes in the U17 age group are eligible to upgrade to race in the Track OCup series events (Track OCup #1, #2).

Athletes are expected to demonstrate a history of results showing they are not being challenged in their current Youth Track Development Series category (Ex. Lapping the field or consistently winning each race). Athletes with results that show they are racing in a suitable category within the YTDS for their competitive abilities should not be looking to upgrade.

When completing the form, coaches must indicate if they are upgrading for ENDURANCE or SPRINT or BOTH types of events.

Categories

Category selection: Coaches will have the opportunity to select a preferred category for their upgrade submission. Categories will be vetted by the Track Provincial Coach and Technical Delegate for each OCup.

Category limits: Each category has a capacity of 24.

Out-of-Province Riders

Riders from outside Ontario will also be allowed to submit for upgrades, however they should demonstrate a clear ability to be competitive. It is recommended that all out-of-province youth riders compete in the YTDS to develop their skills and abilities first.



Upgrade Process

Athletes will automatically be upgraded once their coach submits a formal request.

Please ensure that you understand all of the steps within the process below:

1. An NCCP Certified Coach (with a minimum Competition Development Trained certification or equivalent for out-of-country riders) must complete and submit the [2023-24 Track Youth Upgrade Form](#). If the athlete is an independent rider and does not have an NCCP Certified Coach, please reach out to support@ontariocycling.org to arrange an upgrade through the Provincial Track Coach.
2. Upgrade requests must be submitted by the eligible cut-off dates below for consideration. No Exceptions.
3. Once your Track Upgrade Form has been submitted, you will receive an email confirmation from Ontario Cycling.

Cut-Off Date For Request	Event	Event Date
December 1, 2023, NOON ET	OCup #1	December 10, 2023
January 5, 2024, NOON ET	OCup #2	January 14, 2024

Athletes who have submitted for an upgrade will be notified of the confirmation of receipt.

Please note that the preferred category is not guaranteed. All final decisions on category allotment will ultimately be up to the Event Organizer and Technical Delegate based on each event's registration numbers. Riders may be forced into a lower category (no more than one lower than recommended) should it be required.

All athletes with the ability to upgrade and compete in the OCup Series are still encouraged to compete in Youth Track Development Series events.



OCup #3

New this year, OCup #3 will be run using age-based categories. This means that riders will be required to race within their age group during this event. In the event that an athlete will not be challenged in their age category, they can apply to be upgraded. The approval will be made by the Provincial Track Coach or the High-Performance Director.

Provincial Championships

At the Provincial Championships, U15 and U13 categories will be run for select bunch races and riders will be expected to race their age category. U15 athletes who received an upgrade to race in the U17 races at the OCup #3 have the option of racing either the U17 or U15 category at Provincial Championships (in all entered events). No specific requests to upgrade for Provincial Championships (outside of the above-mentioned circumstance) will be considered.

In the event that an athlete will not be challenged in their age category, they can apply to be upgraded. The approval will be made by the Provincial Track Coach or the High-Performance Director.

Unsuccessful Upgrades

Athletes who have been upgraded but clearly do not meet the level of ability and competition at the OCup level may have their upgrade removed by Ontario Cycling. They will be required to continue to race within the Youth Track Development Series to build upon their skills and racing abilities.

Upgrade Penalties

Coaches who submit more than 2 unsuccessful upgrades within the season will be placed on the Upgrade Penalty List for the track season and will lose the privilege of submitting upgrades for the remainder of the track season.

2023-24 Track Upgrade Form

[Click here to access the 2023-24 Track Upgrade Form.](#)



Track Adult Upgrade Policy

Track OCups are run using ability-based categories. Athletes are required to self-select their category (A-E, A-B Women) upon registration. All registrants and their categories will be reviewed in advance of each competition to ensure that racing is safe and fair. If athletes are moved from one category to another, they will be notified in advance of racing. Please note that registering for a specific category will not guarantee a spot in that category.