



2023 CX Ontario Cup Series & Provincial Championships Information Bulletin



V2
September 18, 2023

THIS EVENT IS SANCTIONED BY



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GENERAL INFORMATION

Ontario Cycling (OC) is proud to present the 2023 Cyclo-Cross Ontario Cup (OCup) Series held in St. Catharines, Duntroon, Woodstock, and Barrie. The CX OCup Series, sanctioned and governed by Ontario Cycling, consists of 4 separate racing opportunities, at unique locations across the province. The OCup Series is designed to provide high-quality racing opportunities for riders prior to competing at the Provincial Championships.

[SERIES REGISTRATION](#)

OCup #1 – We Need More Cowbell - St. Catharines, Oct. 1

[REGISTRATION](#)

OCup #2 – Dam Cross - Woodstock, Oct. 15

[REGISTRATION](#)

OCup #3 – Duntroon Highlands, Oct. 22

[REGISTRATION](#)

OCup #4 – Baseball Cross - Barrie, Nov. 5

[REGISTRATION](#)



CX OCup Series Schedule

OCup/Date	Dates	Events	Time (approx.)
OCup #1 - St. Catharines	Oct 1	U13, U15, U17 Women U13, U15, U17 Men Elite ½ Men, Elite 3 Men, Elite 4 Men Elite ½ Women, Elite 3 Women Master 1 Men, Master 2 Men, Master 3 Men Master Women Single Speed	8:00- 3:00pm
OCup #2 - Woodstock	Oct. 15		8:00- 3:00pm
OCup #2 - Duntroon	Oct. 22		8:00- 3:00pm
OCup #4 - Barrie	Nov. 5		8:00- 3:00pm

*A more detailed schedule and additional information will be posted in the Tech Guide closer to each event date



2023 Ontario Cycling CX Provincial Championships, Peterborough, Nov. 12

(separate to the OCup series and not included in the Series registration cost)

REGISTRATION

REGISTRATION & PRICING

Ontario Cup Registration

- Registration for all CX OCups is open to Ontario Cycling licensed riders 8 years of age and older.
- Provincial Race License (PRL) and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- On trial this year, ACM (Associate Club Membership) holders that are members of the host club supporting an OCup are allowed to compete at that OCup **ONLY**. Their ACM must show that they are a member of the supporting club at the time of registration and upon signing in at the respective event. If no club is supporting the event or a riders ACM is for a club not in support of the event, riders will be required to have a Provincial or UCI Race License to participate.
- New this year, there will be 2 types of registrations:
 - **A) Series Registration** – includes OCups 1, 2, 3, 4
 - **B) Individual Registration** – one of OCup 1, 2, 3, 4
- Registration for all CX OCups 1, 2, & 3 will close on **Wednesday at 12:00am midnight** of event week.
- If the Wednesday at 12:00am midnight registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.



Provincial Championships Registration

- *New for 2023* To participate at the 2023 Ontario CX Provincial Championships, Ontario athletes must participate in at least 1 CX OCup (either 1, 2, 3, or 4). Any rider who competes at their host club OCup with an ACM is not eligible to race at provincial championships, only Provincial and UCI Race License holders will be eligible to compete at provincials.
- If for sufficient reason a rider cannot compete at a CX OCup and would like to participate at CX Provincials, they can request an exemption by completing the google form linked [here](#).
- Registration for each Provincial Championships closes on **Wednesday November 8 at 12:00am midnight**.
- If the Wednesday at midnight registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

CX PROVINCIAL CHAMPIONSHIPS SCHEDULE

OCup/Date	Dates	Events	Time (approx.)
Provincials	Nov. 12	U13, U15, U17 Boys U13, U15, U17 Girls U19 Men U23 Men Elite Men Master A (35-44), Master B (45-54), Master C (55-64), Master D Men (65+) U23 & Elite Women, U19 Women Master A (35-44), Master B (45-54), Master C (55-64), Master D Women (65+) Single Speed Men/Women (17+)	8:00am-3:00pm



Series Registration

[CLICK HERE TO REGISTER FOR THE OCUP SERIES](#)

Please note that you must register in the specific category as stated on your 2023 license, you may be moved to a different category if selected incorrectly upon registering. You will be notified via email of this change.

A) OCup Series Registration (OCup 1, 2, 3, 4)		
Event	Registration Timeline	Link
Opens Tuesday September 5 th at 12:00pm Noon Closes Wednesday September 27 th at 11:59pm		
OCup #1	Price of \$40-70 depending on category with 12% discount	Here
OCup #2	Price of \$40-70 depending on category with 12% discount	
OCup #3	Price of \$40-70 depending on category with 12% discount	
OCup #4	Price of \$40-70 depending on category with 12% discount	

B) OCup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1	Closes Wednesday September 27 th at 11:59pm	Here
OCup #2	Closes Wednesday October 18 th at 11:59pm	Here
OCup #3	Closes Wednesday October 25 th at 11:59pm	Here
OCup #4	Closes Wednesday November 1 st at 11:59pm	Here
Cost per event	Price of \$40-70 depending on category**	

C) Provincial Championships Registration		
Event	Registration Timeline	Link
Provincial Championships	Opens Wednesday September 8 th at 12:00pm Noon Closes Wednesday November 8 th at 11:59pm *Early bird discount of 12% for all categories registering by Sept 29, 2023	Here
Cost	Price of \$40-70 depending on category**	



Refund/Transfer Policy

- Refunds will not be provided.
- Transfers from one individual to another or transfers from one event to another are not permitted.
- OC reserves the right to issue refunds in exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend, will be considered.

Ontario Cup Points

Ontario Cup points are awarded to all categories. Only riders who purchase their racing membership through OC are eligible for OCup points. DNF riders (riders who do not finish) are not entitled to OCup points. Riders who upgrade during the season will not carry their accumulated points into their upgraded category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending Ontario Cup Cyclo-Cross series point totals by a simple tally of all the OCup points earned at OCup events for the current year.

Series points will be awarded as follows for all Ontario Cups:

Position	Points
1 st	25
2 nd	20
3 rd	16
4 th	13
5 th	11

Position	Points
6 th	10
7 th	9
8 th	8
9 th	7
10 th	6

Position	Points
11 th	5
12 th	4
13 th	3
14 th	2
15 th	1

Tie Breaking Policy – Ontario Cup Series Points

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the highest place in the standings.

1. Most race wins overall in the series.



2. Overall Points Average (number of points divided by events attended).
3. Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
4. Highest placing in the last event of the series.

Upgrading Categories *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 points 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 Road 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 Road 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.



Categories Exempt from Mandatory Upgrade

For Master Male riders who have a racing age of 50 years or older (Master C or Master D), there will be no Mandatory Upgrade to M1. Riders in this age bracket who achieve the criteria to upgrade to M1 may still choose to upgrade but it will not be mandatory.

Youth Categories are exempt from upgrading to Elite categories. Youth riders who have demonstrated an exceptional ability may be considered for an early upgrade to Elite 3 however, this will be at the discretion of the Ontario Cycling Office.

Upgrading Without Required Criteria

Anyone without the criteria required to upgrade, or who are looking to downgrade, may submit a formal request to the OC Office. We ask, because of the condensed cross schedule, that all requests for the following weekend's event be submitted **prior to NOON Tuesday**. This will allow Ontario cycling to review and communicate a decision prior to the weekend race(s).



OCup #1, 2, 3, 4 Event Schedule & Distances

Ontario Cups			
Start Time	Category	Duration	Tire Width
9:00 AM	Elite 4 Men (17+)	40 minutes	N/A
9:01 AM	Master 3 Men (35+)	40 minutes	N/A
9:40 AM	<i>Break</i>	<i>20 minutes</i>	
10:00 AM	U17 Girls/Boys	30-40 minutes	33mm
10:01 AM	U15 Girls/Boys	30-40 minutes	N/A
10:02 AM	U13 Girls/Boys	30-40 minutes	N/A
10:30 AM	<i>Break</i>	<i>30 minutes</i>	
11:00 AM	Elite 3 Men (17+)	45 minutes	N/A
11:01 AM	Master 2 Men (35+)	45 minutes	N/A
11:45 AM	<i>Break</i>	<i>30 minutes</i>	
12:15 PM	Elite 1/2 Women (17+)	45 minutes	33mm
12:16 PM	Elite 3 Women (17+)	40 minutes	N/A
	Master Women (35+)	40 minutes	33mm
1:00 PM	<i>Break</i>	<i>30 minutes</i>	
1:30 PM	Elite 1/2 Men (17+)	60 minutes	33mm
	Master 1 Men (35+)	60 minutes	33mm
1:31 PM	Single Speed	45 minutes	N/A



PROVINCIAL CHAMPIONSHIPS

Event Schedule & Distances

Provincial Championships			
Start Time	Category	Duration	Tire Width
9:00 AM	Master C Men (55-64)	40 minutes	33mm
9:01 AM	Master D Men (65+)	40 minutes	33mm
9:40 AM	<i>Break</i>	<i>20 minutes</i>	
10:00 AM	U17 Girls/Boys	30-40 minutes	33mm
10:01 AM	U15 Girls/Boys	30-40 minutes	N/A
10:02 AM	U13 Girls/Boys	30-40 minutes	N/A
10:30 AM	<i>Break</i>	<i>30 minutes</i>	
11:00 AM	U19 Men (17-18)	45 minutes	33mm
11:01 AM	Master B Men (45-54)	45 minutes	33mm
11:02 AM	Master A Men (35-44)	45 minutes	33mm
11:45 PM	<i>Break</i>	<i>30 minutes</i>	
12:15 PM	Elite Women (19+)/U19 Women (17-18)	45 minutes	33mm
12:16 PM	Master A Women (35-44)	40 minutes	33mm
	Master B Women (45-54)	40 minutes	33mm
	Master C/D Women (55+)	40 minutes	33mm
1:00 PM	<i>Break</i>	<i>30 minutes</i>	
1:30 PM	Elite Men (19+)	60 minutes	33mm
1:31 PM	Single Speed	45 minutes	N/A



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 may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.

