



2023

PROVINCIAL CHAMPIONSHIPS

PETERBOROUGH, ON

CYCLO-CROSS

Sunday – November 12th, 2023

September 19th, 2023
Technical Guide
Version 1



THIS EVENT IS SANCTIONED BY



**ONTARIO
CYCLING**

2023 PROVINCIAL CHAMPIONSHIPS



Table of Contents

Event Sponsors & Partners	3
Event Information	4
OC Event Contacts	5
Commissaires	5
Registration, Eligibility, & Pricing	5
Rider Sign-In/Plate Pickup	6
Refund Policy	6
Event Categories	7
Schedule of Events & Event Categories	7
Category Duration & Tire Width Restrictions	8
Awards & Prizes	8
Event Schedule	9
Start Lists & Results	9
Course Map	10
Site Layout	10
Team Area	11
Event Rules	11
Ontario Cup Points	14
Category Upgrade Criteria	15
Ontario Cup Call-Up Protocol	16
Event & Course Safety	17
Directions to Nearest Hospital	18
2023 Provincial Championship Apparel - Special Edition	19
Media	20
Sponsors	20



2023 PROVINCIAL CHAMPIONSHIPS



Event Sponsors & Partners

Main Partners



Nutrition Partner



Neutral Mechanic

Lifestyle & Tourism Partner



Transportation Partner



Local Partner





2023 PROVINCIAL CHAMPIONSHIPS

Event Information

Date: November 12th

Time: 8:00am-3:00pm (time approximate)

Location: Nichols Oval Park, [725 Armour Rd, Peterborough, ON K9H 2A1](#)

Parking: Entry & exit to the park is located off Armour Rd, within the park follow the Ontario Cycling parking signs to the appropriate area. Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway or residents.

Pit/Tech Zone: The pit will be dual sided and located approximately halfway through the lap of the course to offer riders 2 opportunities for servicing/bike changes per lap.

Pre-Riding: Course pre-riding is only available on race day **Sun, Nov 12th**. 20 to 30 minute time breaks between start waves have been worked into the schedule to allow all riders to have an equal opportunity to ride 1 or more laps of the course prior to their race start. Riders are only permitted to pre-ride the course when either no race is currently on the course or behind the last rider in the current race on course on their final lap. Pre-riders must not interfere with the current race unfolding, any riders who are found to have interfered with or passed the last rider of the current race on course may be subject to receiving a fine or disqualified from competing in their race later in the day. Any person who rides the course outside of race day assumes their own risk and responsibility when riding.





2023 PROVINCIAL CHAMPIONSHIPS

OC Event Contacts

Position	Name
Event Organizer	Darren De Ruiter
Membership/Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Scott Doel
Secretary	Brad Day
Finish Judge	Marie-Eve Potvin
Member	Joseph Hall

Registration, Eligibility, & Pricing

- Registration for the Provincial Championships Mountain Bike Race is open to licensed riders 8 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 2023 Mountain Bike Provincial Championships will close on **Wednesday November 8th at 11:59pm.**
- If the Wednesday at 11:59pm 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 will be charged a \$50 late entry fee.



2023 PROVINCIAL CHAMPIONSHIPS

New for 2023 Ontario riders are required to have participated in at least 1 CX OCup in 2023 if competing in a 19+ years championship category. Youth and non-championship category riders will be able to participate without having competed in an OCup within the same calendar year. Championship riders who register for an OCup but do not start (DNS) will not be eligible to compete, only riders who start an OCup: ending in a result, DNF, and/or DSQ from 1 or more OCups in the same calendar year will be eligible to race at Provincials.

If for sufficient reason a championship rider cannot compete at a CX OCup and would like to participate at Provincials, they can request an exemption by completing the google form linked [here](#).

Ontario MTB Provincial Championships – Kelso Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wednesday November 8 th @ 11:59pm	HERE
Cost	Price of \$40-70 depending on category	

Rider Sign-In/Plate Pickup

Rider sign-in will take place under the OC tent (look for signage) near the start-finish line. 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.



2023 PROVINCIAL CHAMPIONSHIPS



Event Categories

- Categories may be combined on the start line 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.

Schedule of Events & Event Categories

Start Wave	Start Time	Category*	Registration Fees Closes Wed Nov 8 th
1	9:00 AM	Master C Men (55-64)	\$70
	9:01 AM	Master D Men (65+)	
	9:40 AM	Break	
2	10:00 AM	U17 Girls/Boys	\$40
	10:01 AM	U15 Girls/Boys	
	10:02 AM	U13 Girls/Boys	
	10:30 AM	Break	
3	11:00 AM	U19 Men (17-18)	\$70
	11:01 AM	Master B Men (45-54)	
	11:02 AM	Master A Men (35-44)	
	11:45 PM	Break	
4	12:15 PM	Elite Women (19+)/U19 Women (17-18)	\$70
	12:16 PM	Master A Women (35-44)	
		Master B Women (45-54)	
		Master C, D Women (55+)	
5	1:00 PM	Break	\$70**
	1:30 PM	Elite Men (19+)	
	1:31 PM	Single Speed	

*Categories highlighted in **RED** are Provincial Championship Categories. All other races are Challenge events.

**Single Speed registration is \$20 if a rider registers for another category in addition. Single Speed registration must be completed online and day-of registration is not allowed. The discount of \$50 will be applied at checkout when multiple registrations are in cart.



2023 PROVINCIAL CHAMPIONSHIPS



Category Duration & Tire Width Restrictions

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	Break	20 minutes	
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	Break	30 minutes	
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	Break	30 minutes	
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	Break	30 minutes	
1:30 PM	Elite Men (19+)	60 minutes	33mm
1:31 PM	Single Speed	45 minutes	N/A

**At Provincial Championships the above tire width restrictions will be enforced for each corresponding category. The categories that are required to follow the UCI tire width restriction are in alignment with those enforced at National Championships. Categories that are not eligible for a CX National Championship title such as youth U15 and Single Speed will not have their tire width enforced.*

Awards & Prizes

- 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.



2023 PROVINCIAL CHAMPIONSHIPS



Event Schedule

SUNDAY, November 12th:

- 7:30 am – 1:00 pm Rider Sign-In is Open*
- **9:00 am**
 - 10:15 am: **Start Wave 1 (MC & MD Men)**
Wave 1 Podium Ceremonies
- **10:00 am**
 - 11:15 pm: **Start Wave 2 (U17, U15, & U13)**
Wave 2 Podium Ceremonies
- **11:00 am**
 - 12:30 pm: **Start Wave 3 (U19, MA, & MD Men)**
Wave 3 Podium Ceremonies
- **12:15 pm**
 - 1:45 pm: **Start Wave 4 (Women 17+)**
Wave 4 Podium Ceremonies
- **1:30 pm**
 - 3:00 pm: **Start Wave 5 (Elite Men & Single Speed)**
Wave 5 Podium Ceremonies
- 2:45 pm Racing on Course Concludes

**All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

Start Lists & Results

- Zone4 is the official timer for the 2023 Ontario Cycling Mountain Bike Events. Start lists and results can be found at the link <https://zone4.ca/> after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



New for 2023 All participants will receive a timing chip corresponding to their race plate number. Timing chips must be picked up by all riders at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Ontario Cycling has made a significant investment into timing equipment and services in 2023, as such all riders who do not return their timing chip on event day will be invoiced \$75. The cost to replace the chip unless other arrangements can be made to return the chip to the Ontario Cycling office.





2023 PROVINCIAL CHAMPIONSHIPS



Course Map

To be confirmed.

Site Layout

To be confirmed.





2023 PROVINCIAL CHAMPIONSHIPS

Team Area

There is limited space at Kelso Conservation Area for the set-up of Team Tent Space during the OCup weekend. Register for team space by emailing a request to events.team@ontariocycling.org. Failure to register for team space may result in a refusal of team area at the event, due to limited space. All team tent space requests must be received by **Tue. Nov 7th**.

Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions.
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.





2023 PROVINCIAL CHAMPIONSHIPS

- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double wheel pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1/2 and Master 1 Men categories. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
 - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are





2023 PROVINCIAL CHAMPIONSHIPS

mounted on a bicycle shall wear a helmet at all times.

- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race

Staging & Start Protocol

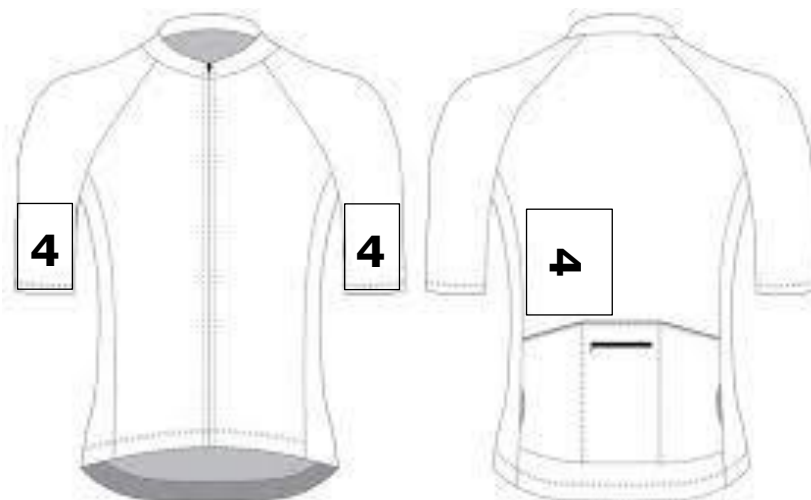
- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

Bib Numbers

- **One set of bib numbers** will be distributed per rider **for the whole Ontario Cup series**, at each riders first Ontario Cup race of the season. DO NOT LOSE YOUR NUMBERS. They are yours for the year. All riders must bring their assigned bib numbers to every Ontario Cup race, including Provincial Championships.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Replacement chips will be ordered after each race at the rider's expense, at a cost of \$75 per chip.
- Bibs are to be placed on both arms and the left back side of the jersey. Please refer to below diagram.



2023 PROVINCIAL CHAMPIONSHIPS



Ontario Cup Points

The top 15 riders at each OCup event in their respective category will earn*:

Place	Points	Place	Points	Place	Points
1st	25	6th	10	11th	5
2nd	20	7th	9	12th	4
3rd	16	8th	8	13th	3
4th	13	9th	7	14th	2
5th	11	10th	6	15th	1

**Any riders competing with an ACM as a member of the host club supporting the particular OCup they are eligible to participate at is not eligible to earn OCup points.*

New for 2023 Riders will earn a x1.2 multiplier to their total 2023 OCup Points tally for having competed in the 2023 Provincial Championships of the respective discipline. To earn the multiplier a rider must both register for Provincial Championships and start their race, riders who do not start their race (DNS) are not eligible. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup #4	OCup Total	Provincials	Final Points
Rider 1	16 (3 rd)	16 (3 rd)	25 (1 st)	25 (1 st)	82	x1.2 (Yes)	98.4



2023 PROVINCIAL CHAMPIONSHIPS



Rider 2	20 (2 nd)	25 (1 st)	16 (3 rd)	20 (2 nd)	81	x1.2 (Yes)	97.2
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	16 (3 rd)	81	x1 (No)	81

Category Upgrade Criteria

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, <u>or</u> National Trade Team Status
E3 to E2 M2 to M1	Win 2 OCups, Place 3 times on the podium at OCups, <u>or</u> National Trade Team Status	Finish race in first 20% of OCup category, Elite 1/2 Road Status, Elite MTB Status, <u>or</u> 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, <u>or</u> 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.*

****Mandatory upgrades will not be enforced until the end of the season, riders who have achieved the mandatory upgrade criteria will need to compete in the higher category in the following season.*





2023 PROVINCIAL CHAMPIONSHIPS

Ontario Cup Call-Up Protocol

Call-ups for OCups are designed to encourage participation in the OCup series by Ontario riders. OCup races use ability-based categories:

- 1) Call-ups will be done by OCup points only for the first 2 rows.
- 2) Riders tied with the same number of OCup points will be randomized.
- 3) After the first 2 rows are filled, the rest of the riders will fill the remaining places on a first-come, first-served basis.
- 4) If the first 2 rows are not filled, other riders can take open positions there.
- 5) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.)

Organizers may wish to publicly acknowledge National, World Champions or other celebrity riders in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if a rider saves a place and allows another rider to move up to take it (riders may choose any position after their call-up).

Youth Categories:

1. Youth categories will be called up based on OCup points separately by U17 Boys, U17 Girls, U15 Boys, U15 Girls, U13 Boys, U13 Girls (ties broken randomly). Combined gender race starts will be called up in the order of 1st Boy, 1st Girl, 2nd Boy, 2nd Girl, 3rd Boy, 3rd Girl and so forth unless it is agreed upon otherwise between all riders and the commissaires in advance of the start.
2. Call-ups for each category will be for the first 2 rows only. When the first 2 rows are filled, the rest of the riders will fill the positions on a first-come, first-served basis. If the first 2 rows are not filled, other riders in the same category can take open positions there.
3. Each category shall begin in a new row. Half-wheeling between rows is not permitted.





2023 PROVINCIAL CHAMPIONSHIPS



Technical Assistance Regulations

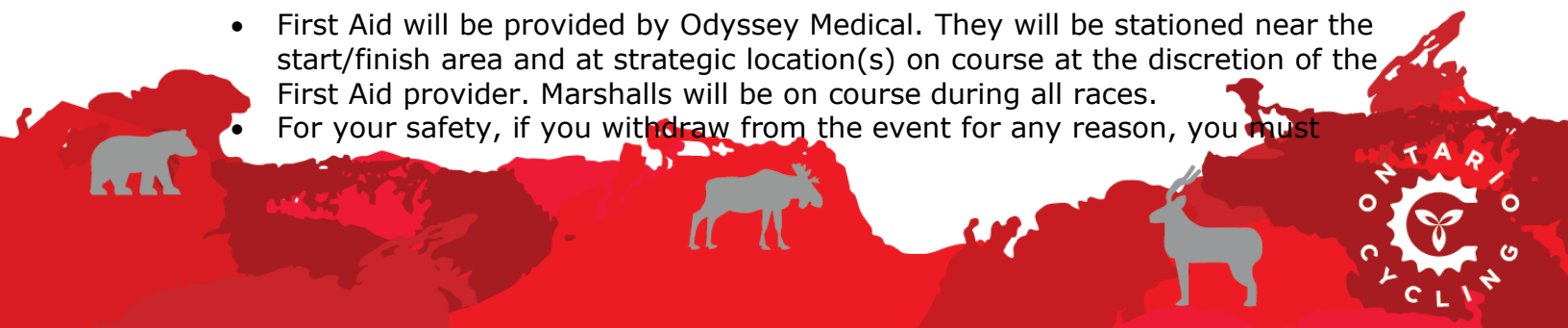
- 1) Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
- 2) Small tools and tubes can be handed to people in the technical zone only.
- 3) Anyone in the technical assistance zone may help riders to get their bicycle running.
- 4) Spare bicycles and wheels are allowed in the technical assistance zone only.
- 5) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 6) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.
- 7) No rider may turn back on the course to reach a tech zone.
- 8) Only those persons responsible for assisting riders may be in the tech zone. Spectators/children & pets are not permitted in the tech zone. Spectators may watch from outside of the course.
- 9) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from assisting their rider.

Bad Weather and Course Changes – UCI Rule 4.2.013 changes/updates

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- OC Lightning Policy: <http://www.ontariocycling.org/forms/lightning-policy/>

Event & Course Safety

- First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.
- For your safety, if you withdraw from the event for any reason, you must



2023 PROVINCIAL CHAMPIONSHIPS

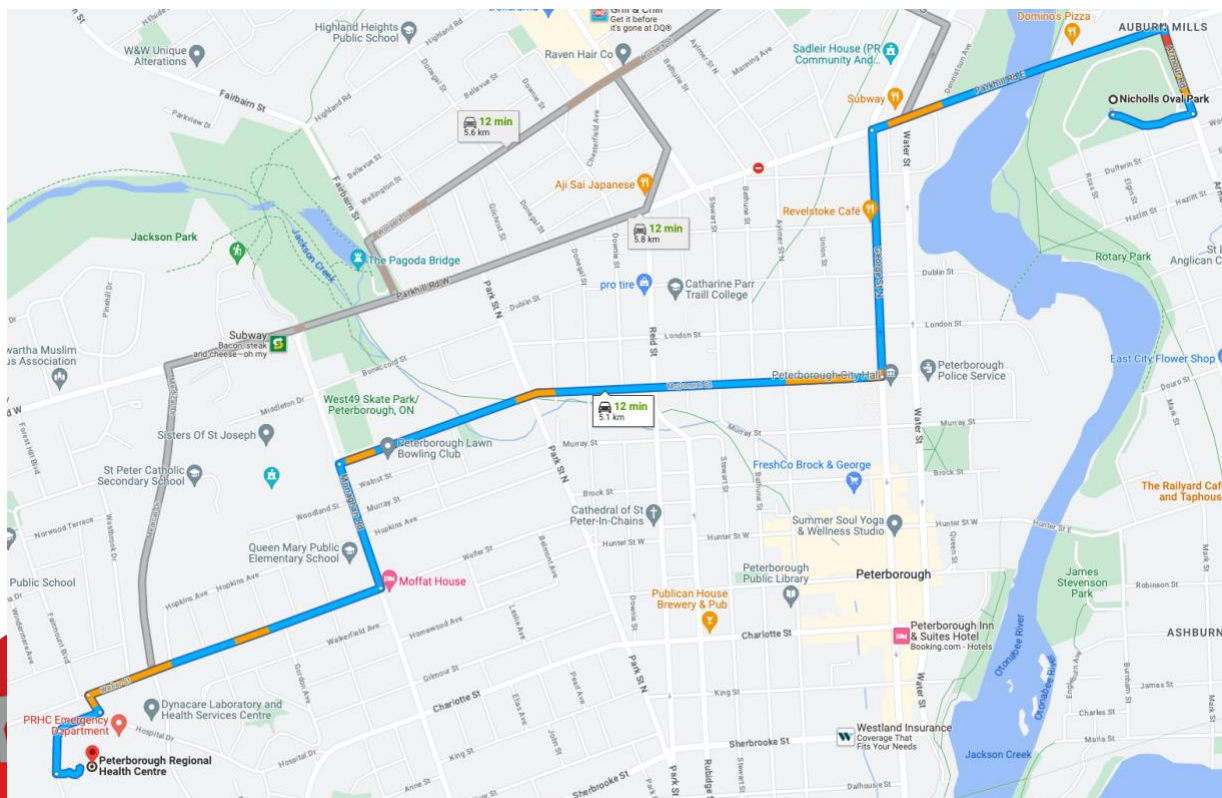
inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.

- 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.

Directions to Nearest Hospital

Peterborough Regional Health Centre: [1 Hospital Dr, Peterborough, ON K9J 7C6](#)

- Exiting Nicholls Oval Park turn left onto Armour Rd
- Turn left onto Parkhill Rd E
- Turn left onto George St N
- Turn right onto McDonnel St
- Turn left onto Monaghan Rd
- Turn right onto Weller St
- Turn left onto Hospital Dr – destination on your right



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 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 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 Thursday, November 2nd, 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**. Visit <https://montu.cc/> to see the collection today!

