



ONTARIO CYCLING

Ontario Cup #3 – Highlands Nordic, Duntroon

Sunday October 22nd, 2023 – Presented by:



COLLINGWOOD
COLLECTIVE



October 18th, 2023
Technical Guide
Version 5

THIS EVENT IS SANCTIONED BY



Event Sponsors & Partners

Main Partners



Nutrition Partner



Lifestyle & Tourism Partner



Local Partner



Coffee Partner



Transportation Partner



Table of Contents

<i>Event Sponsors & Partners</i>	2
Table of Contents	3
Event Description	4
OC Event Contacts	5
Commissaires	5
Media	5
Registration	6
Pre-Riding	7
<i>Categories & Pricing</i>	7
<i>Category Duration & Tire Width Restrictions</i>	8
Provincial Championships Eligibility	9
Awards & Prizes	9
<i>Event Schedule</i>	10
Results & Timing	11
Site Map	12
Team Area	13
<i>Event Rules</i>	13
UPGRADING CATEGORIES *NEW FOR 2023*	18
Ontario Cup Call-Up Protocol.....	19
<i>Medical/Hospitals</i>	21
Location of the Event.....	22
2023 Provincial Championship Apparel - Special Edition	25



Event Description

Date: October 22nd, 2023

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

Location: Highlands Nordic: [1182 Nottawasaga Rd, Concession 10 N Nottawasaga Rd S, Duntroon, ON L0M 1H0](#)

Parking: Entry & exit to the park are located off Nottawasaga Rd, on the property follow the Ontario Cycling parking signs to the main parking area on the field to the left-hand side of the entrance road. Vehicles found outside of the designated parking area may be required to relocate their vehicle and could potentially be towed if blocking the roadway.

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.



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	Edward Sitarski
Finish Judge	Chantal Thompson
Member	Kevin Scheerer

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 October 18th, 2023.



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 a host club supporting an OCup are allowed to compete at that OCup **ONLY**. Their ACM must show that they are a member of the 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 supporting the event, riders will be required to have a Provincial or UCI Race License to participate.
- Registration for CX OCup 3 closes on **Wednesday October 18th 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 are charged a \$50 late entry fee.

CX OCup Series Registration (All 4 OCups)		
Event	Registration Timeline	Link
OCups 1 – 4	Closes Wed, Sept 27 th @ 11:59pm	HERE
Cost per event	Price of \$35.20-61.60 depending on category	

CX OCup 3 – Duntroon Highlands CX Registration		
Event	Registration Timeline	Link
OCup 3	Closes Wed, Oct 18 th @ 11:59pm	HERE
Cost per event	Price of \$40-70 depending on category	

**Riders looking to register for both a geared and single speed category can do so by selecting multiple categories when registering online. Adding single speed to your cart will trigger a \$25 discount to be applied to both registrations, simulating a reduction of \$50 off the individual single speed registration to be \$20 for the add on.*



Pre-Riding

Course pre-riding is only available on race day **Sun, Oct 22nd**. 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.

Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closes Wed Sept 27 th
1	9:00am	E4 Men	\$70
	9:01am	M3 Men	
2	10:00am	U17	\$40
	10:01am	U15	
	10:02am	U13	
3	11:00am	E3 Men	\$70
	11:01am	M2 Men	
4	12:15pm	E1/2 Women	\$70
	12:16pm	E3 & Master Women	
5	1:30pm	E1/2 & M1 Men	\$70
	1:31pm	Single Speed	



Category Duration & Tire Width Restrictions

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

**At Ontario Cup events 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 and Provincial Championships. The tire width restriction will only be enforced for National championship categories – U17, Master Women, Master 1 Men, Elite 1/2 Women & Men.*



Provincial Championships Eligibility

New for 2023 Riders in 17+ championship categories who wish to compete at a Provincial Championships in 2023 are required to have participated in 1 or more OCups of the same discipline in the same calendar year. 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 able to race at Provincials. Youth under 17 and non-championship challenge categories are exempt from having to compete at an OCup to race Provincials.

If for sufficient reason (location, injury, illness, work, etc.) 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](#).

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.



Event Schedule

SUNDAY, October 22nd:

- 7:30 am – 1:00 pm Rider Sign-In is Open*

- **9:00 am** **Start Wave 1 (E4 & M3 Men)**
 - 10:15 am: Wave 1 Podium Ceremonies

- **10:00 am** **Start Wave 2 (U17, U15, & U13)**
 - 11:15 Am: Wave 2 Podium Ceremonies

- **11:00 Am** **Start Wave 3 (E3 & M2 Men)**
 - 12:30 pm: Wave 3 Podium Ceremonies

- **12:15 pm** **Start Wave 4 (E1/2, E3, & Master Women)**
 - 1:45 pm: Wave 4 Podium Ceremonies

- **1:30 pm** **Start Wave 5 (E1/2 & M1 Men + Single Speed)**
 - 3:00 pm: 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.*



Results & Timing

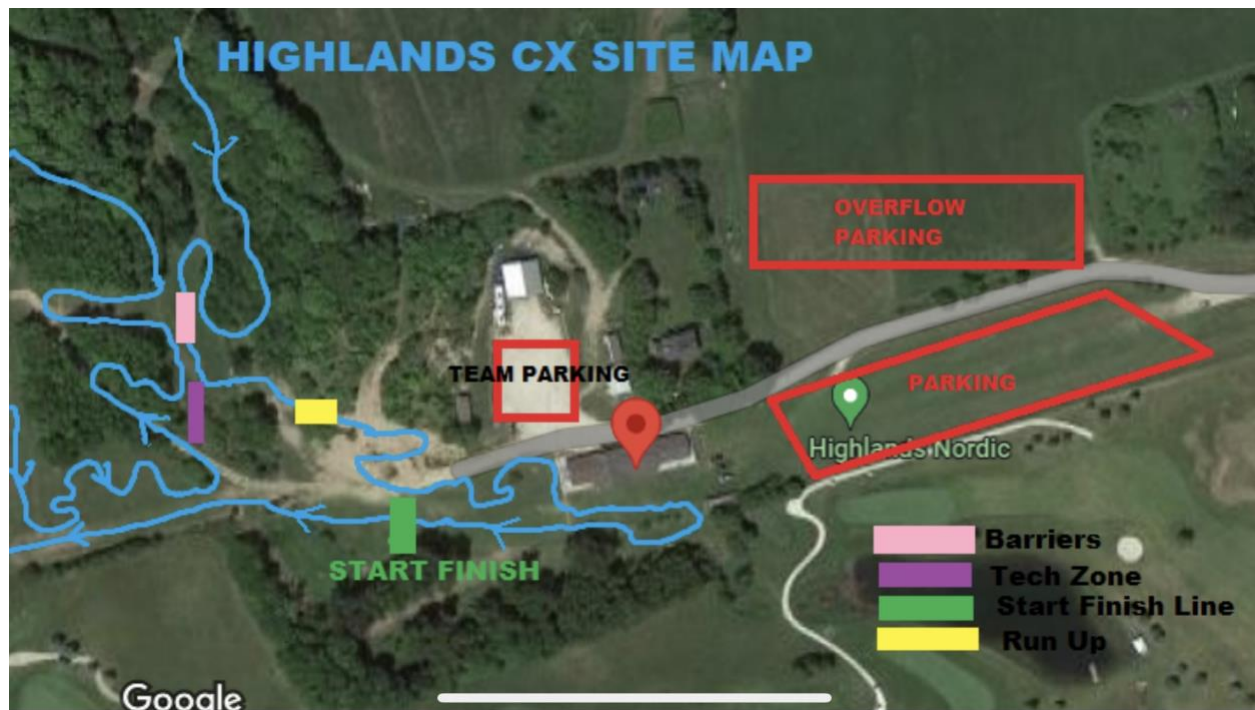
All CX Ontario Cup and Provincial Championship events in 2023 will be timed by Zone4. Race results will be available on Zone4's results page on event day at the link here: <https://zone4.ca/>. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



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.



Site Map



Team Area

There is limited space at Highlands Nordic for the set-up of Team Tent Space during the OCup. Register for team space by emailing a request to events.team@ontariocycling.org. Only 1 vehicle per registered team is able to park in the team area (upper parking lot). Failure to register for team space may result in a refusal of team area at the event, due to limited space.

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.
- 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.
- Consumption of alcohol by riders or spectators on site is strictly prohibited unless it is explicitly stated by the event organizing committee (alcohol permit and insurance coverage obtained). Any rider seen consuming alcohol may be subject to a fine or disqualified from the event.



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 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

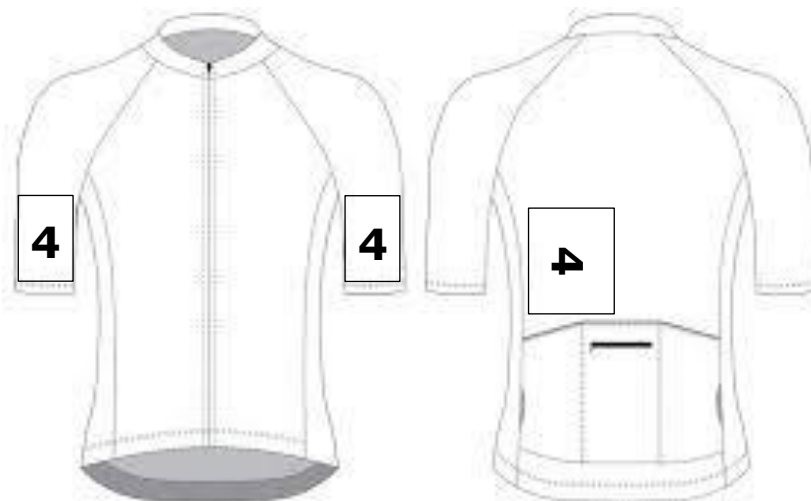
Staging & Start Protocol

- 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.



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
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



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, <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.*



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, 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.



Technical Assistance Regulations

- 1) Riders should be prepared to work on their bicycle outside of the pit area. They can receive assistance in the pit area only.
- 2) Spare bicycles and wheels are allowed in the pit area only.
- 3) 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.
- 4) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.
- 5) No rider may turn back on the course to reach the pit area.
- 6) Only those persons responsible for assisting riders may be in the pit area. Spectators, children, and pets are not permitted in the pit area. Spectators may watch from outside of the course.

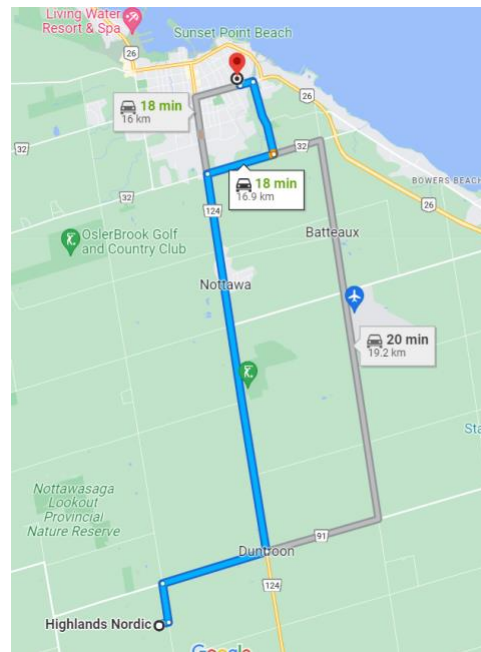
Bad Weather and Course Changes

- 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 Weather Policy & Guidelines: <https://ontariocycling.org/wp-content/uploads/2023/08/OC-Weather-Policy-Guidelines.pdf>



Medical/Hospitals

Collingwood General and Marine Hospital: 459 Hume St, Collingwood, ON L9Y 1W9



Directions to Closest Hospital

Highlands Nordic: [1182 Nottawasaga Rd, Concession 10 N Nottawasaga Rd S, Duntroon, ON L0M 1H0](#)

- Turn left onto Concession 10 N Nottawasaga Rd/S Nottawasaga Concession 10
- Turn right at County Rd 91
- Turn left onto County Rd 124/Simcoe County Rd 124
- Turn right onto Poplar Sideroad/County Rd 32
- Turn left onto Raglan St
- Turn left onto Hume St



- The destination will be straight ahead

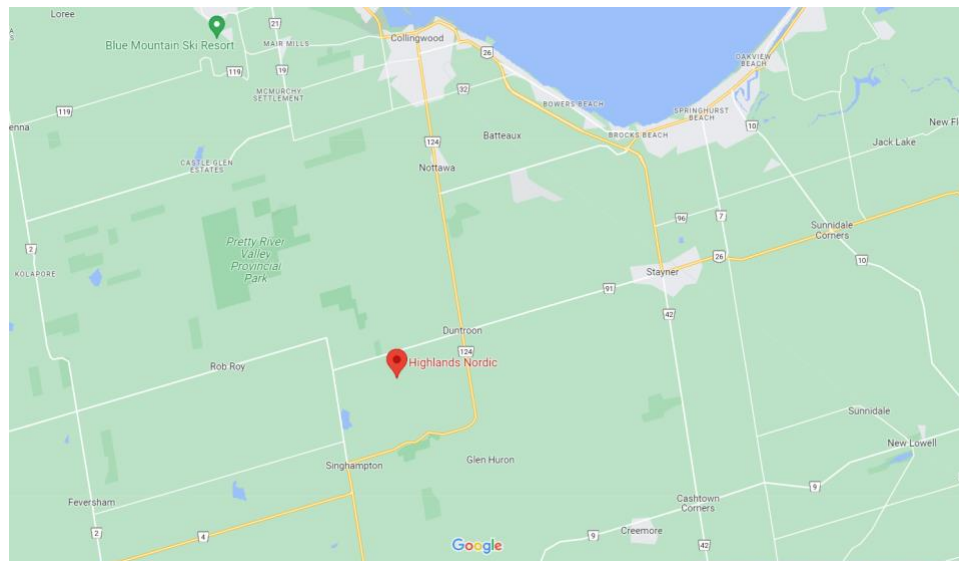
Collingwood General and Marine Hospital: [459 Hume St, Collingwood, ON L9Y 1W9](#)

Safety and First Aid

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. Course maintenance volunteers will be on course at all times to make sure the competition area maintains consistent for all races.

Location of the Event

Highlands Nordic: [1182 Nottawasaga Rd, Concession 10 N Nottawasaga Rd S, Duntroon, ON L0M 1H0](#)



MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your Ontario Cup (OCup) race day experience by setting up the MONTU OCup Segment Challenge on Strava. The challenge will be a virtual series within the Ontario Cycling OCup series in each discipline.

What to expect on race day?

Have your Strava account set up and join the [Ontario Cycling Club](#) group. Bring your GPS device on race day to record your ride. During the race the top 10 fastest lap times for both Women and Men regardless of category will be recorded and earn points towards the grand prize special edition jersey that will be awarded at CX Provincial Championships in Peterborough! Upload your ride to Strava by the Tuesday after the event to be automatically entered into the MONTU OCup Segment Challenge. Only completed and recorded segments on race day will be counted!



How to upload your activity to Strava

Use the Strava app to "Record" and "Save" your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can sync your activities to your Strava account. Find out what devices and services [Strava supports here](#).



The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the OCup Series races. Each discipline's highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

NOTE: Unlike race results, the MONTU OCup Segment Challenge is based on overall

Male & Female results and not separated by age categories.

Rules:

- 1) Cyclists must join the [Ontario Cycling Strava Club](#).
- 2) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 3) Riders must upload their ride by the Tuesday after the race.
- 4) The ride must be set to public.
- 5) If there is a tie in points, the rider with the fastest cumulative time across all segments where both riders competed at will win.

Segment Place	Female	Male
1 st	10 pts	10 pts
2 nd	9 pts	9 pts
3 rd	8 pts	8 pts
4 th	7 pts	7 pts
5 th	6 pts	6 pts
6 th	5 pts	5 pts
7 th	4 pts	4 pts
8 th	3 pts	3 pts
9 th	2 pts	2 pts
10 th	1 pt	1 pt



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 Peterborough, ON & CX Logo 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

