



ONTARIO CUP
MOUNTAIN BIKE SERIES

Ontario Cup #4 – Highlands Nordic

Presented by:

COLLINGWOOD
COLLECTIVE
POWERED BY
SUMMIT SOCIAL HOUSE



June 24, 2024
Technical Guide
Version 2

THIS EVENT IS SANCTIONED BY



Event Sponsors & Partners



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THRIVE



**DUNTROON
HIGHLANDS
GOLF**



Table of Contents

<i>Event Sponsors & Partners</i>	2
Event Description	4
Event Contacts	5
Commissaires	5
Media	5
Registration	6
<i>XCC Categories, Pricing & Race Duration</i>	7
<i>XCO Categories & Pricing</i>	8
<i>XCO Category Distance, Laps, and Duration</i>	9
Awards & Prizes	10
<i>Event Schedule</i>	11
Results & Timing	12
Course Marking	12
Course Maps & Elevation Profiles	14
Team Area	19
<i>Event Rules</i>	19
On-Board Technology	20
<i>Ontario Cup Points</i>	22
Category Upgrades/Downgrades	23
Ontario Cup Call-Up Protocol	24
<i>Medical/Hospitals</i>	26

Event Description

Date: June 29-30th, 2024

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

Parking: Onsite, please follow signage for entrance and exit. No parking on the road. Please park in grass lot East of lodge. Overflow parking and Camping is available in North lot.

Highlands Nordic and neighbour Duntroon Highlands Golf Course share 600 acres of land with over 30km of singletrack and 25km of doubletrack. These world class recently expanded trails are home to Collingwood Offroad Cycling and usually reserved exclusively for their membership. These trails feature great climbs and challenging tech along with new flow and jump trails that will make for an exciting venue to race and ride!

Located on the Niagara Escarpment, Highlands Nordic hosts amazing views of Georgian Bay and bountiful nature. During the winter you can enjoy over 25km of ski trails and an 8000 square foot lodge complete with cafeteria, meeting rooms, pro-shop, rentals, and more. Enjoy access to this lodge along with camping and great food (at the next door golf course clubhouse) during the Ontario Cup weekend.

Saturday June 29th will feature a short track (XCC) race along with the following extra community events:

- U9 Category for little rippers who want to try their first race
- Guided Preride for Youth 1:30
- Girls & Women Guided Ride 1:30pm
- Note that all participants must have an OCA membership or a one day permit, waivers will be required.

Sunday June 30th will be the Ontario Cycling OCup XCO races.

Duntroon Highlands Resort and Golf Course is adjacent to the Highlands property and welcomes cyclists to grab a great meal on the patio or stop by for snacks. Please note, alcohol is prohibited on the Highlands property during this event and must not be brought on site.

For updates stay tuned to our social channels [@collingwoodcollective](#). Questions or concerns can be directed to lehmann.erik@gmail.com

Event Contacts

Position	Name
Event Organizer	Erik Lehmann - Collingwood Collective
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	Zone4.ca
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Rob Visser
Finish Judge	Kevin Scheerer
Member	Swatty Wotherspoon

Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact events.team@ontariocycling.org in advance of the event to receive accreditation.

Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, 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.
- Registration for MTB OCup 4 closes on **Thursday June 27 at 11:59pm.**
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

MTB OCup #4 – Highlands Registration		
Event	Registration Timeline	Link
OCup #4 XCC & XCO	Closes Thurs, June 27 nd @ 11:59pm	Here
Cost per event	Price of \$25-70 depending on event and category	

Registration for the Youth Pre-Ride p/b Tony Osbourne Youth Cycling Fund and Guided Women’s Pre-Ride (1:30pm Saturday June 29th) can be found [BY CLICKING THIS LINK.](#)

Pre-Riding

Pre-riding will be available at the following times:

Fri June 28 th 12pm – 8 pm	XCO course pre-ride
Sat June 29 th 9 – 4 pm	XCC race/XCO course pre-ride

Cost:

- Thurs-Saturday pre-ride is \$10 per day or \$15 for multi-day. Registration for the XCC races includes Saturday pre-ride. Pre ride is included with valid XCC registration on Saturday. Riders must display XCC plate to ride Saturday or have proof of pre ride purchase.
- Riders can pay cash in person for pre ride privileges.
- Coaches and parents must purchase a pre ride pass as well.

XCC Categories, Pricing & Race Duration

Start Wave	Time	Categories Subject to change based on registration	Race Fee	Race Duration ~1km Lap
1a	10:15	U9 Little Rippers	\$10	2.2km (2 laps)
1	11:00 am	U13 Girls U13 Boys	\$25	15 min All riders finish after winners last lap
2	11:25 am	U15 Girls U15 Boys	\$25	15 min All riders finish after winners last lap
3	11:50 am	Elite Women U19 Women U17 Girls Sport Women Master Women	\$30	20 min All riders finish after winners last lap
4	12:20 pm	U17 Boys Sport Men Master Men	\$30	20 min All riders finish after winners last lap
5	12:50 pm	U19 & Elite Men	\$30	20 min All riders finish after winners last lap

XCO Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closes Thu June 27
1	9:15am	U19 Sport Men Senior Sport Men 19-34 Master Sport Men/Open 35-44 Master Sport Men/Open 45-54 Master Sport Men/Open 55-64 Master Men/Open 65+ Senior Sport Women 19-34 Master Sport Women 35-44 Master Sport Women 44-54 Master Sport Women 55-64 Master Women 65+	\$70
2	10:45am	U11 Girls/Boys U13 Girls/Boys	\$35
3	11:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	\$45 (U15/U17) \$55 (U19) \$70 (Expert)
4	1:00pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men/Open 35-44 Master Expert Men/Open 45-54 Master Expert Men/Open 55+ Senior Expert Men 19-34	\$65 (U17/U19) \$70 (Expert/Elite)

XCO Category Distance, Laps, and Duration

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:15am	U19 Sport Men Senior Sport Men 19-34 Master Sport Men/Open 35-44 Master Sport Men/Open 45-54 Master Sport Men/Open 55-64 Master Men/Open 65+ Senior Sport Women 19-34 Master Sport Women 35-44 Master Sport Women 44-54 Master Sport Women 55-64 Master Women 65+	20-24km (Men/Open U55) 14-18km (Women & Men/Open 55+)	4 Laps (Men/Open U55) 3 Laps (Women & Men/Open 55+)	70-85min (Men/Open U55) 55-70min (Women & Men/Open 55+)
2	10:45am	U11 Girls/Boys U13 Girls/Boys	4-6km (U11) 6-8km (U13)	1 Lap (U11) 2 Laps (U13)	25-40min
3	11:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	12-14km (U19) 20-22km (Expert W)	2 Laps (u15/u17/u19 sport) 3 Laps (Expert W)	55-70min (U19) 70-85min (Expert W)
4	1:00pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men/Open 35-44 Master Expert Men/Open 45-54 Master Expert Men/Open 55+ Senior Expert Men 19-34	20-22km (U17 W) 20-22km (U17 M & U19 W) 26-28km (Expert M & Elite W) 32-35km (Elite M)	3 Laps (U17 W) 3 Laps (U17 M & U19 W) 4 Laps (Expert M & Elite W) 5 Laps (Elite M)	55-70min (U17 W) 55-70min (U17 M & U19 W) 75-90min (Expert M & Elite W) 85-100min (Elite M)

Awards & Prizes

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

Collingwood Collective is pleased to offer an XCO Elite and U19 Expert prize purse as follows:

“Cheque” will be given to each rider with payment to be made via etransfer.

Elite M/F		U19 Expert M/F	
Place	CDN	Place	CDN
1 st	\$200	1 st	\$100
2 nd	\$150	2 nd	\$75
3 rd	\$100	3 rd	\$50

Event Schedule

THURSDAY, June 27:

- 11:59 pm Registration Closes

FRIDAY, June 28:

- 8am – 8:00 pm XCO/XCC Course Pre-Ride

SATURDAY, June 29:

- 9:00 am – 5:00 pm XCO Course Pre-Ride
- 9:00 am – 1:00 pm Rider Sign-In is Open*
- 10:15 am 2 Laps U9 Little Rippers First Race
(prizes for all participants)
- 10:40 am Little Rippers Podium
- **11:00 am XCC Start Wave 1 (U13)**
- **11:25 am XCC Start Wave 2 (U15)**
- **11:50 am XCC Start Wave 3 (U17+ W)**
- **12:20 pm XCC Start Wave 4 (U17, Sport, & Master M)**
- **12:50 pm XCC Start Wave 5 (U19 & Elite M)**
 - 1:30 pm XCC Podium Ceremonies
- 1:30 pm Meet for Youth and Women's Ride
- 2:00 pm – 3:00 pm Women & Girls Guided Ride

SUNDAY, June 30:

- 7:30 am – 12:30 pm Rider Sign-In is Open*
- **9:15 am Start Wave 1 (Sport W/M)**
 - 11:00 am: Wave 1 Podium Ceremonies
- **10:45 am Start Wave 2 (U11/U13)**
 - 11:45 am: Wave 2 Podium Ceremonies
- **11:30 am Start Wave 3 (Sport Youth & Expert W)**
 - 1:15 pm: Wave 3 Podium Ceremonies
- **1:00 pm Start Wave 4 (Elite & Expert W/M)**
 - 3:00 pm: Wave 4 Podium Ceremonies
- 2:45 pm Racing Concludes

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

****Big Mouth food truck will be on side on June 30 serving up delicious options from 11am to 3pm**

Results & Timing

Zone4 is the official timer for the 2024 Ontario Cycling Mountain Bike Series. Start lists and live 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.

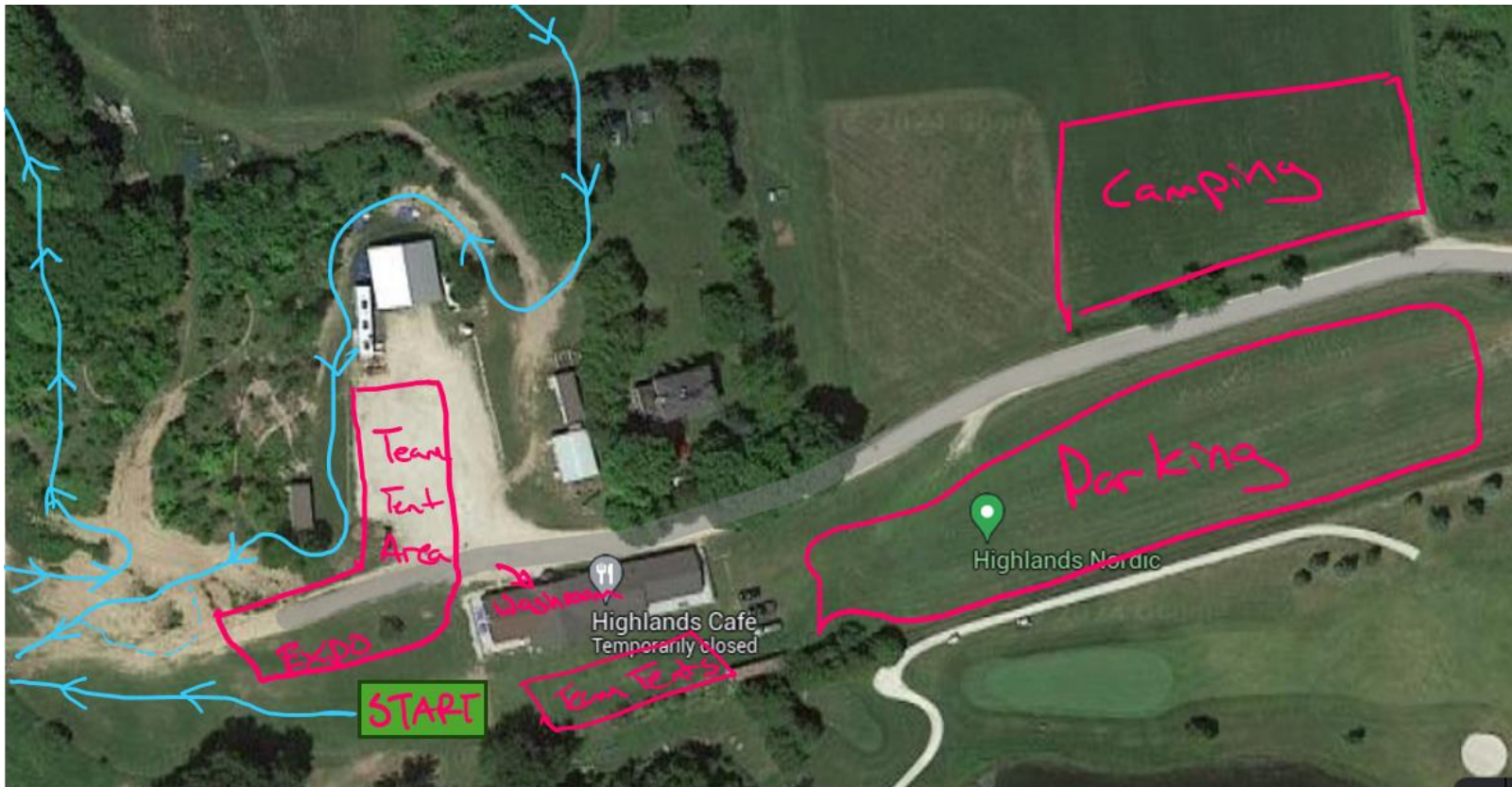


All participants will receive a timing chip corresponding to their race plate. Timing chips must be picked up by all racers at the sign-in tent on race day and returned via the chip drop-off bin after finishing the race. Ontario Cycling and OCup event organizers have made a significant investment to provide professional timing equipment and services, 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.

Course Marking

- Barricade or caution tape is used to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape will be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- 10"x12" Purple arrows on white chloroplast indicate direction on the XCO course.
- 10"x12" Blue arrows on white chloroplast indicate direction on the XCC course.
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate a feature and to CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked.
- Some sections of course allow for "Easy" (B Line) or "Hard" (A Line) options where riders have a choice on which line they want to take. The "Hard" option is more difficult than the "Easy" option, and generally offers a time advantage to participants who are able to ride the option.

Location Map / Parking / Camping



Course Maps & Elevation Profiles

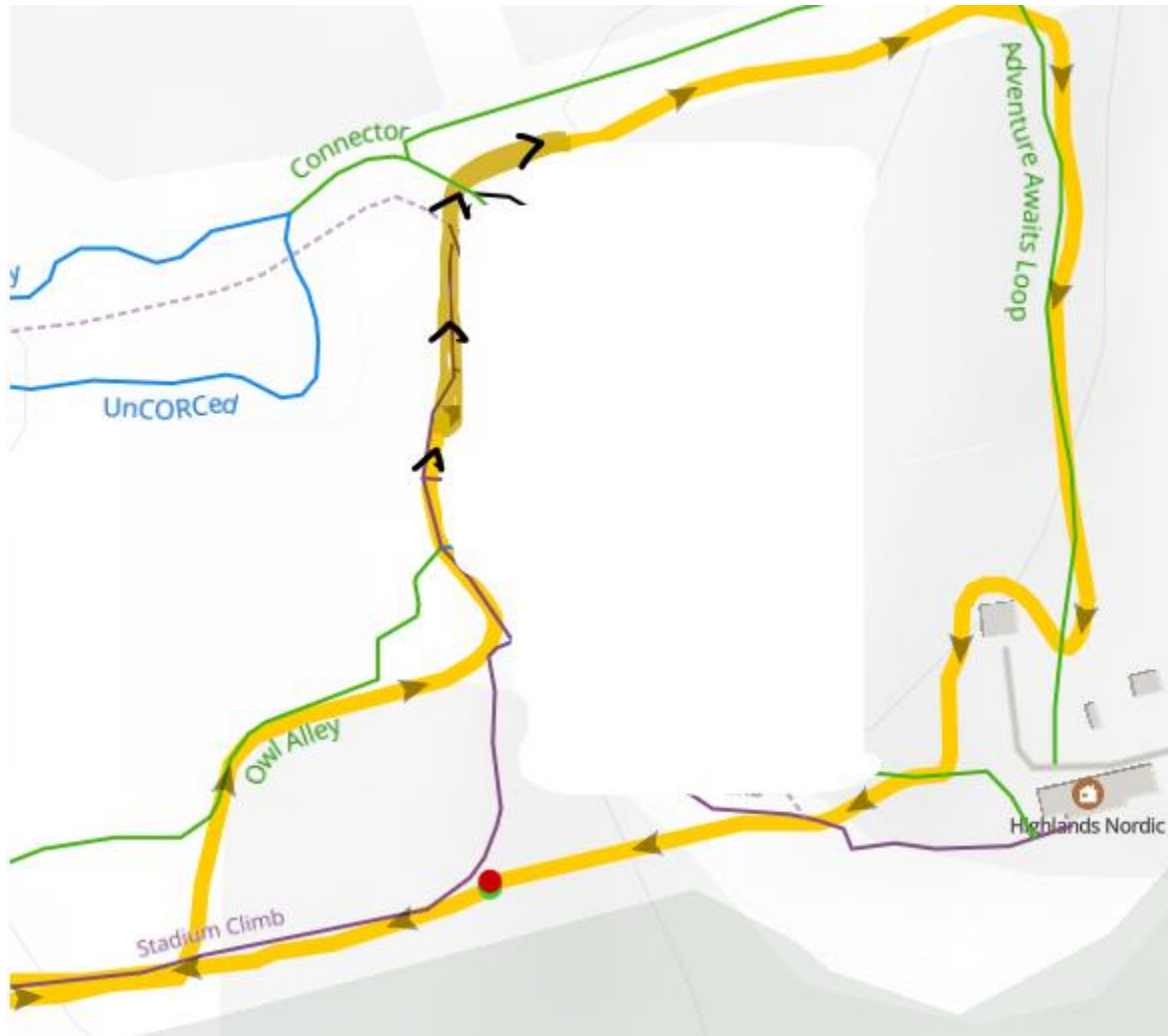
All **XCO courses** feature, rugged escarpment terrain, challenging climbs, machine built climb trails and finish with a machine built jump line on a spectator friendly course. All trails can be found on Trail Forks.

Course will be fully taped and marked on June 28. Pre riding is strongly encouraged.

NOTABLE COURSE FEATURES - Spectators and Riders should make note of these feature rich areas close to START Pens



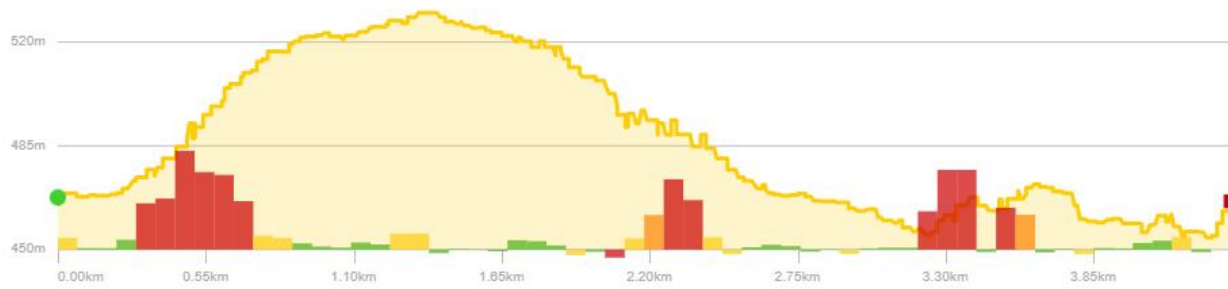
XCC lap length ~ 1 km



XCO Wave 1 9:15am Course Map ~6km

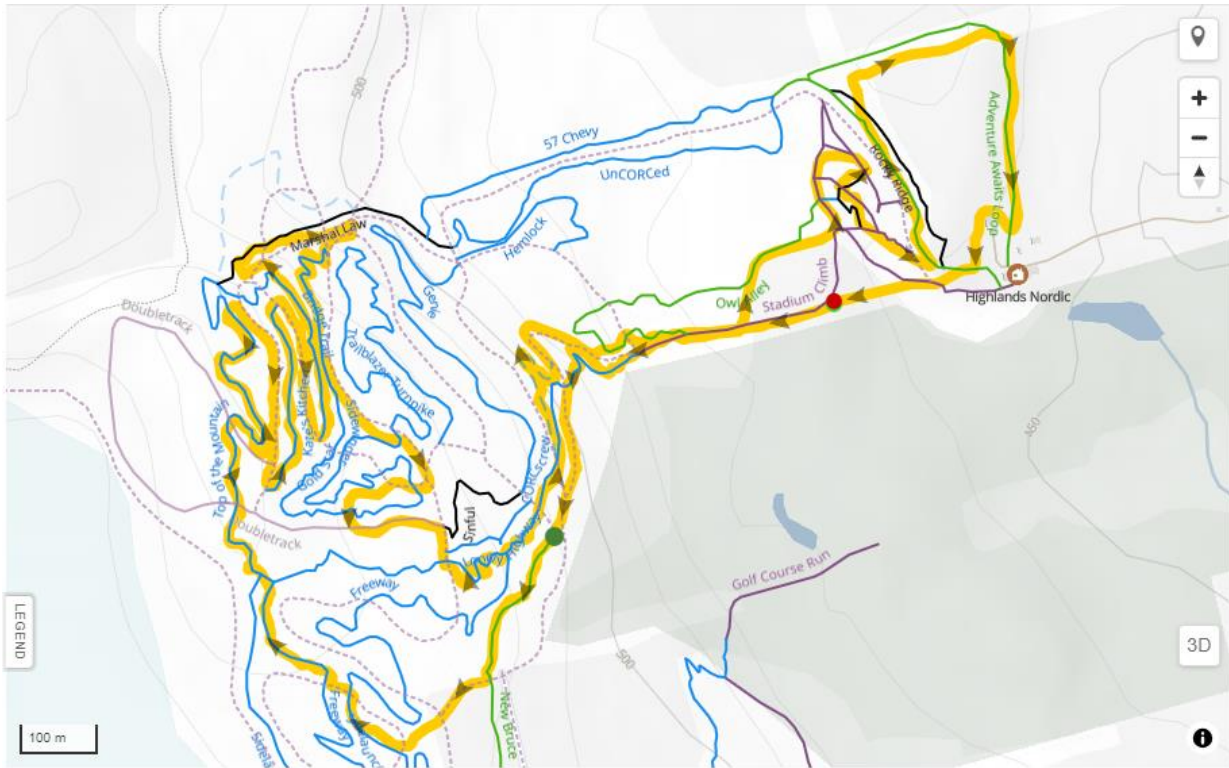


XCO Wave 2 10:45am Course Map ~4.4km



XCO Wave 3/4 11:30am/1:30pm Course Map ~7km

Note final version of course may include modifications to the downhill section starting at Sinful.



Team Area

Team tent area available on a first come first serve basis. Teams are limited to 2 10x10 tents and two team vehicles, or a reasonable combination covering a similar space of up to 40'x10'. Priority will be given to OC affiliated teams. Set-up permitted Friday 5:30 – 7:30 pm, Saturday 8:00 - 10:30 am or 1:30 - 5 pm, Sunday 7:00 to 8:30 am. Departure times during the event will be limited and may not be permitted. Highlands is private property and access outside of predetermined hours is prohibited.

Team areas must be booked through - [BOOK A SPOT HERE](#)

Camping

Camping is permitted in designated areas by pre-registration only. Campers must display paid camping receipt.

[BOOK CAMPING HERE](#)

Event Rules

General Rules & Regulations

- The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the President of the Commissaire Panel and all determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.

Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA 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 cameras (helmet mounted, mounted on the bicycle, or worn on the body) is not permitted by athletes during competition.

On-Board Technology

The following are OC regulations for onboard technology for all OC events which are managed by OC Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the OC Insurance Policy, Section 6 (a) and (b) applies.

1. All onboard technology device which is fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
 - c. The camera footage is not immediately available to the rider.
2. Helmets must have a CSA certification. Any modification, alteration, manipulation, addition or removal of any element, or addition of an accessory unapproved by the helmet manufacturer is prohibited.
3. If the technology appears to be improperly affixed based on the commissaires discretion, the rider must remove or adjust the technology before the rider will be allowed to start.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posted any footage from the incident.
5. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing on the footage.
6. **Note:**
 - a. OC Insurance does not cover loss or damages which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

Ontario Cup Points

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

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

Place	Points
6th	10
7th	9
8th	8
9th	7
10th	6

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

**Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

Riders will earn a x1.2 multiplier to their total 2024 OCup Points tally for having competed in the 2024 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 Total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	61	x1.2 (Yes)	73.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	x1.2 (Yes)	68.4
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	65	x1 (No)	65

Category Upgrades/Downgrades

New for 2024 Criteria for ability upgrades have been removed for MTB categories, riders competing in Regional or Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U15 to U17 Expert they are required to submit a formal upgrade request via the OC upgrade form [HERE](#). Age category upgrades require the submission of race results, race experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

As a [True Sport](#) organization, Ontario Cycling continues to believe in the True Sport Principles. To this effect, OC reserves the right to move riders into a more suitable category that matches their abilities to ensure the principles of PLAY FAIR, RESPECT OTHERS and KEEP IT FUN are preserved.

**If an age category upgrade is requested for a nationally sanctioned category (Canada Cup [U17 Expert, U19 Expert, Elite]) the request will need to be submitted to and approved by Cycling Canada.*

***You must race the category on your license (if you have a UCI license, please notify the OC office in advance of your event if you are planning to upgrade or downgrade categories).*

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, 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).

Feed Zones and Technical Assistance

Feed Zone Regulations

- 1) Feeding is permitted only in the zone(s) designated for that purpose.
- 2) Only those persons responsible for feeding riders may be in the feed zone. Spectators & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 3) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
- 4) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 5) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 6) Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at the rider's request.
- 7) No rider may turn back on the course to reach a feed zone.

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) Riders must finish with the bicycle frame and number plate that they started the race with.
- 5) Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
- 6) 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.
- 7) Technical assistance applies to 1:30 pm starts at Ontario Cups only.
- 8) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.

Pulling Riders

Riders may be pulled from the event if they don't meet the 80% rule in the 1 PM start wave, at the discretion of the President of the Commissaire Panel. Riders may be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

Bad Weather and Course Changes

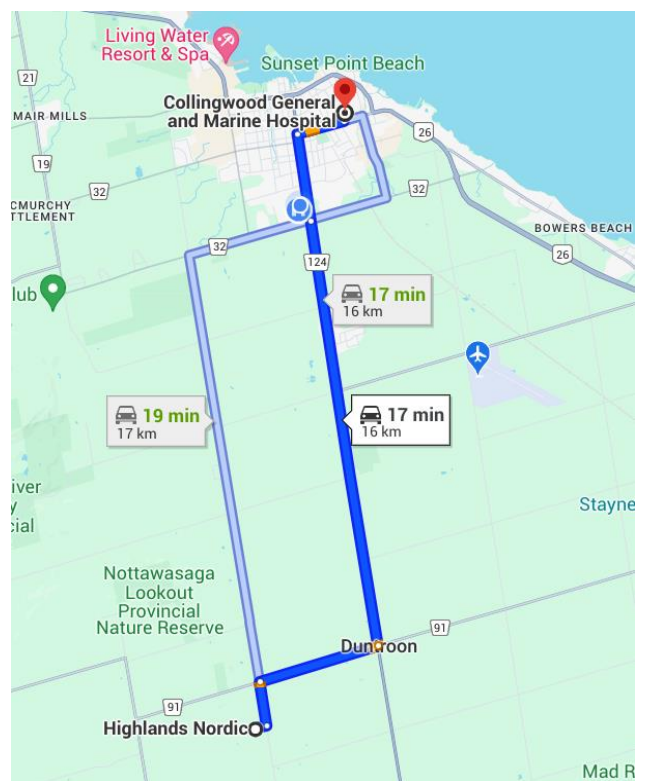
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In 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.
- [View OC's Weather Policy & Guideline Here](#)

Medical/Hospitals

Directions to Closest Hospital

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

- 1) Highlands Nordic (1182 Nottawasaga Rd, Concession 10 N Nottawasaga Rd S, Duntroon, ON L0M 1H0)
- 2) Take County Rd 91 to County Rd 124/Simcoe County Rd 124 in Duntroon (4 min - 3.8 km)
- 3) Continue on County Rd 124/Simcoe County Rd 124 to Collingwood (11 min - 11.0 km)
- 4) Continue on Hume St to your destination (3 min - 1.2 km)
- 5) Collingwood General and Marine Hospital (459 Hume St, Collingwood, ON L9Y 1W9)



Course marshals are stationed throughout the course and at the start/finish area.

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. Marshalls will be on course during all races.