



ONTARIO CUP
MOUNTAIN BIKE SERIES

Ontario Cup #5 – Mansfield Outdoor Center

Presented by:

COLLINGWOOD
COLLECTIVE
POWERED BY
SUMMIT SOCIAL HOUSE



July 24, 2024
Technical Guide
Version 2

THIS EVENT IS SANCTIONED BY



Event Sponsors & Partners



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CANADIAN SKI PATROL™

Ontario Division

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Event Description

Date: July 28th, 2024

Location: Mansfield Outdoor Centre – [937365 Airport Rd, Mulmur, ON](#)

Parking: Onsite, please follow signage for entrance and exit. No parking on the road. Follow staff and signage for MOC.

Escape the hustle and bustle of the city and immerse yourself in nature at the Mansfield Outdoor Centre (MOC). Conveniently located only an hour north of the GTA and just north of the charming village of Mansfield, MOC is thrilled to return to the Ontario Cup MTB series in partnership with Ontario Cycling and the Collingwood Collective Cycling Club. This dynamic collaboration ensures that riders can expect a top-notch racing experience.

Located in the picturesque Mulmur Hills, MOC is a full-service, four-season property that offers access to an extensive network of single and doubletrack trails. Riders of all levels can enjoy these trails year-round thanks to the dedicated team of experienced trail builders who work tirelessly to maintain the trails and ensure that visitors have an exceptional experience.

MOC's naturally hilly sand-based course is the perfect challenge for riders looking to test their climbing skills early in the racing season. This year, the OCup season starts a little later on May 7th, giving riders time to prepare for the exciting event. With its breathtaking scenery and thrilling terrain, MOC is a must-visit destination for any mountain biking enthusiast. Don't miss your chance to experience the beauty and excitement of the Ontario Cup MTB series at Mansfield Outdoor Centre.

For more information on Mansfield Outdoor Centre, click [here](#).

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
Medical	Canadian Ski Patrol - Ontario

Commissaires

Position	Name
President of the Commissaire Panel	Jeff Kerton
Finish Judge	Rob Visser
Member	Joe Hall

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 5 closes on **Thursday July 25 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 #5 – Mansfield Registration		
Event	Registration Timeline	Link
OCup #5 XCO	Closes Thurs, July 25 @ 11:59pm	HERE
Cost per event	Price of \$25-75 depending on event and category	

Special Events: Youth under 8 who wish to have a souvenir race plate and ride around in the skills area adjacent to race parking and or practice some parts of the course are welcome to attend FREE OF CHARGE on July 28th.

Pre-Riding

Official Pre-riding will be available on a fully marked and taped course on July 27th 8am to 8pm.

Note that as MOC is open daily riders may choose to use course maps to practice ahead of schedule. Course will be marked with arrows by Tuesday July 23.

Cost:

- Riders must purchase a day pass on any day other than July 28th to pre-ride the course. Only racers are permitted on course July 28th and must have a race plate.
- Check in at the MOC lodge when pre-riding.
- Sign-in at registration on race day.

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) \$75 (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+)	3 Laps (Men/Open U55) 2 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 and prizes 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 10 min after the start of the next wave of racers following the conclusion of each race.

Collingwood Collective is pleased to offer an XCO Elite, U19 and U17 Expert prize purse as follows:

“Cheque” will be given to each rider with payment to be made via e-transfer. WINNERS MUST send an email requesting payment within 1 week following the race. Passwords to e-transfers will be “collective”.

Elite M/F		U19 Expert M/F		U17 Expert M/F	
Place	CDN	Place	CDN	Place	CDN
1 st	\$200	1 st	\$100	1 st	\$50
2 nd	\$150	2 nd	\$75	2 nd	\$30
3 rd	\$100	3 rd	\$50	3 rd	\$20

**If 5 or less riders participate in any of the above prize purse eligible categories, their respective prize purse will be halved.*

Event Schedule

THURSDAY, July 25:

- 11:59 pm Registration Closes

SATURDAY, July 27:

- 8:00 am – 8:00 pm XCO Course Pre-Ride, riders must check in by 4pm
- 9:00 am – 4:00 pm Rider Sign-In is Open

SUNDAY, July 28:

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

****Pine River Cafe will be open offering snacks and great food!**

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 Split for the U11 and U13 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.

Site Map/Parking



MANSFIELD ONTARIO CUP STAGING AREA START/FINISH MAP

Course Maps & Elevation Profiles

All **XCO courses** feature challenging climbs, machine built climb trails and finish with a machine built fast downhill “Happy Hour”. All trails can be found on Trail Forks, courses subject to change. **Pre riding is strongly encouraged.**

NOTABLE COURSE FEATURES - Spectators and Riders wanting to make their way up should follow the double track right of the feed zone labeled “Going Up”

[CLICK HERE TO FIND A STRAVA ROUTE OF THE FULL LOOP](#)

XCO Wave 1/3 Course Map ~7.2km

XCO Wave 2 Course Map ~5km -

XCO Wave 4 Course Map ~7.5km - Note: This includes Big Kahuna Climb, if walking this climb please make sure to walk on rubber track



Team Area

Team tent area available on a first come first serve basis. Teams are limited to 2 10x10 tents and one team vehicles, or a reasonable combination covering a similar space of up to 30'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. Note the team areas in the pictures below.

Teams are asked to arrive early and set up in a reasonable manner. No booking is required. Setup may be done as early as Saturday July 27.

Camping

Camping is permitted in designated areas by pre-registration only.

Campers should reach out to MOC for details on many great options:
<https://mansfieldoutdoorcentre.ca/accommodation/>

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) U11/U13 Riders may receive tech assistance without penalty at any point in the course providing they do not impede other riders in any way
- 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](#)

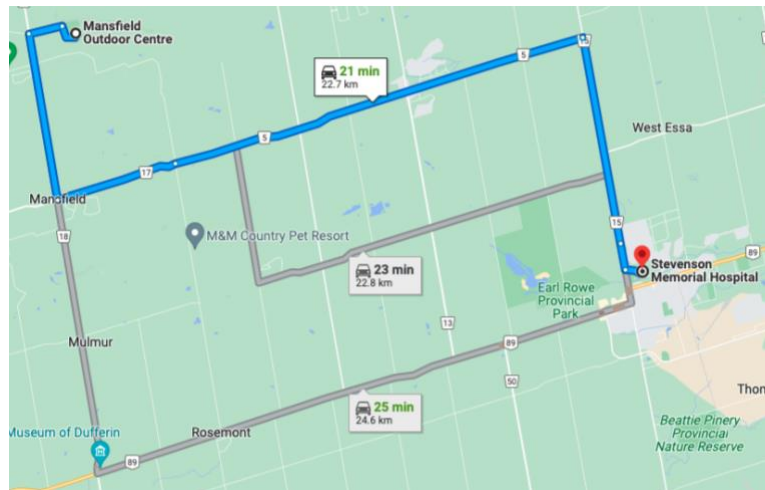
Medical/Hospitals

Course marshals are stationed throughout the course and at the start/finish area. Please report any injuries or DNF to a marshal or official.

Stevenson Memorial

Hospital: [200 Fletcher Crescent, Alliston, ON L9R 1W7](#)

- 1) Leaving Mansfield Outdoor Centre Turn Left onto Airport Rd
- 2) Turn Left onto 10 Sideroad/ Hwy 17
- 3) Continue Straight onto Main Street Everett/Hwy 5
- 4) Turn Right onto Hwy 15
- 5) Turn Left onto Fletcher Cr
- 6) Hospital will be on your Left



Safety and First Aid

First Aid will be provided by Canadian Ski Patrol. 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.