

# **TRACK OCup #3**

## **MATTAMY NATIONAL CYCLING CENTRE**

February 10<sup>th</sup> and 11<sup>th</sup>, 2024

**V3**

February 5<sup>th</sup> 2024

**THIS EVENT IS SANCTIONED BY**



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## General Information

Ontario Cycling (OC) is proud to present the 2023-2024 Track OCup Series held at the [Mattamy National Cycling Center](#) located at 2015 Pan Am Boulevard in Milton, Ontario. The Track OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, with different events at each one.

The Mattamy National Cycling Center is an indoor 250m track made of Siberian spruce and was built in 2014 for the 2015 Pan Am/Para Pan Am Games. It is the only velodrome of its kind in Canada, and one of the few velodromes in North America that meets top international standards.

### Track OCup #3

Date: February 10<sup>th</sup> – 11<sup>th</sup> 2024

Time: 9:00am-5:00pm

Location: Mattamy National Cycling Center

## OC Event Contacts

Position	Name
Event Organizer	Courtney Doret
Technical Delegate	Courtney Doret
Membership/Licensing	Chris Baskys
Volunteers	Courtney Doret
Timing	Racetiming.ca
Medical	Odyssey Medical

Please contact [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org) for any questions or concerns.

## Commissaires

Position	Name
President of the Commissaire Panel	Brad Day
Starter	Edward Sitarski
Judge Referee	Josee Larocque
Finish Judge	Steve Head
Bike Check	Kevin Scheerer
Member	Andy Makarewich
Member	Phillip Preston
Member	Jeff Walker



## Registration & Pricing

- Registration for all OCups is open to riders 15 years of age and older.
- Registration is pre-registration only. Only the following licenses are permitted: **2024 Compete Licenses, 2024 UCI Licenses.** 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 each OCup closes on the Tuesday at 12:00pm noon prior to the event.
- Late entries will not be allowed.
- In order to participate at the Provincial Championships, Ontario athletes must have participated in at least 1 OCup event (either #1, #2, or #3). You may complete the [Track Provincials Exemption Form](#) if you would like to apply for an exemption.

**[CLICK HERE TO REGISTER](#)**

OCup #	Event Date	Events
OCup #3	Saturday February 10 <sup>th</sup> , 2024	Sprint Individual Pursuit Scratch
	Sunday February 11 <sup>th</sup> 2023	Kilo/500m Time Trials Team Pursuit Keirin Team Sprint

<b>Registration Timeline</b>	
<i>Ontario residents ONLY: January 8<sup>th</sup> @ Noon – February 6<sup>th</sup> @ Noon</i>	
<i>Open to All: January 15<sup>th</sup> @ Noon – February 6<sup>th</sup> @ Noon</i>	
	1 <sup>st</sup> Event - \$50
	2 <sup>nd</sup> Event - \$45
	3 <sup>rd</sup> Event - \$40
	4 <sup>th</sup> Event - \$35
	5 <sup>th</sup> Event - \$30
	6 <sup>th</sup> Event - \$25
	7 <sup>th</sup> Event - \$25



## Membership & Licensing

- Please see Licensing chart below to ensure that you have the correct license to race in each category.

Categories (Men)	2024 Compete Membership	2024 UCI License
<b>U17 Men</b>	X	X
<b>Junior Men</b>	X	X
<b>Elite Men</b>	X	X
<b>Master A Men</b>	X	X
<b>Master B Men</b>	X	X
<b>Master C Men</b>	X	X
<b>Master D Men</b>	X	X
<b>Para Men</b>	X	X

Categories (Women)	2024 Compete License	2024 UCI License
<b>U17 Women</b>	X	X
<b>Junior Women</b>	X	X
<b>Elite Women</b>	X	X
<b>Master A Women</b>	X	X
<b>Master B Women</b>	X	X
<b>Para Women</b>	X	X





## 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.

## Event Categories

- OCup #3 categories will run using an age-based format where athletes will register in their category based on their age. Categories are as follows: U17 Men, U17 Women, Junior Men, Junior Women, Elite Men, Elite Women, Master A Women, Master B Women, Master A Men, Master B Men, Master C Men, Master D Men.



## Schedule of Events

Start Lists & Results will be available at [www.racetiming.ca](http://www.racetiming.ca)

Day	Time	Event	Category	Distance (Laps)	Distance (km)	
Saturday February 10 <sup>th</sup>	7:30am	Rider Confirmation/ Bib Pick-Up	All Categories			
	8:00- 8:50am	Open Training (bibs required)	All Categories			
	8:30- 8:45am	Team Manager's Meeting	N/A			
	9:00am	<b>Sprint</b>	All Categories			
	<b>Medal Ceremonies – Sprint</b>					
		<b>Individual Pursuit</b>	U17 Men	8	2.0 km	
			U17 Women	8	2.0 km	
			Junior Men	12	3.0 km	
			Junior Women	8	2.0 km	
			Elite Men	16	4.0 km	
		Elite Women	12	3.0 km		
		Master A Men	12	3.0 km		
		Master B Men	12	3.0 km		
		Master C Men	8	2.0 km		
		Master D Men	8	2.0 km		
		Master A Women	8	2.0 km		
		Master B Women	8	2.0 km		
		Para Women	12	3.0 km		
		Para Men	16	4.0 km		
		<b>Scratch</b>	U17 Men	30	7.5 km	
			U17 Women	20	5.0 km	
			Junior Men	40	10.0 km	
			Junior Women	30	7.5 km	



		Elite Men	60	15.0 km
		Elite Women	30	7.5 km
		Master A Men	40	10.0 km
		Master B Men	40	10. km
		Master C Men	30	7.5 km
		Master D Men	30	7.5 km
		Master A Women	20	5.0 km
		Master B Women	20	5.0 km
<b>Medal Ceremonies – Individual Pursuit, Scratch</b>				

*\*Some categories may be combined dependent on number of participants registered.*

Day	Time	Event	Category	Distance (Laps)	Distance (km)
Sunday February 11 <sup>th</sup>	7:30am	Rider Confirmation/ Bib Pick-Up	All Categories		
	8:00- 8:50am	Open Training (bibs required)	All Categories		
	9:00am	<b>Kilo/500m TT</b>  *direct final	U17 Men	2	0.5 km
			U17 Women	2	0.5 km
			Junior Men	4	1.0 km
			Junior Women	2	0.5 km
			Elite Men	4	1.0 km
			Elite Women	2	0.5 km
			Master A Men	4	1.0 km
			Master B Men	3	0.75 km
			Master C Men	2	0.5 km
			Master D Men	2	0.5 km
Master A Women	2	0.5 km			
Master B Women	2	0.5 km			
Para Women	4	1.0			
Para Men	4	1.0			
<b>Medal Ceremonies – Kilo/500m TT</b>					





	<b>Team Pursuit</b>	U17 Men U17 Women Junior Men Junior Women Men ( <i>elite, master A-D</i> ) Women ( <i>elite, master A-B</i> )	12 12 16 16	3.0 km 3.0 km 4.0 km 4.0 km
	<b>Keirin</b>	All Categories	6	1.5 km
<b>Medal Ceremonies – Team Pursuit, Keirin</b>				
	<b>Team Sprint</b>	U17 Men U17 Women Junior Men Junior Women Men ( <i>elite, master A-D</i> ) Women ( <i>elite, master A-B</i> )		
<b>Medal Ceremonies – Team Sprint</b>				

*\*Some categories may be combined dependent on number of participants registered*

*\*Categories Men and Women for team event can be created using riders from the elite and master age categories.*

## Start Lists & Results

Racetiming.ca is the official timer for the 2023-24 Track OCup Series. Start Lists & Results will be available at [www.racetiming.ca](http://www.racetiming.ca)

## Gear Restrictions

- Gear restrictions apply to U17 riders. There will be a 7.12m rollout
- Disc and carbon wheels will not be permitted for U17 riders. There is a maximum rim depth of 40mm

## Upgrade Requests

- All athletes must race in the National Age Category on their license,



regardless of previous upgrades.

## Rules & Regulations

- Please note that the UCI track regulation amendments ([01.08.2023](#)) and UCI bike check regulations ([01.01.2024](#)) will all be enforced.

## Rider Confirmation/Sign-In

- Please bring your **2024 Compete Membership, 2024 UCI licenses** to the Rider Confirmation/Sign-In table to pick up your bib number for the event.
- Rider Confirmation/Sign-In will close 30-minutes prior to the start of each race.
- An OC staff will be present at the Rider Confirmation/Sign-In desk to assist with rider licensing issues.

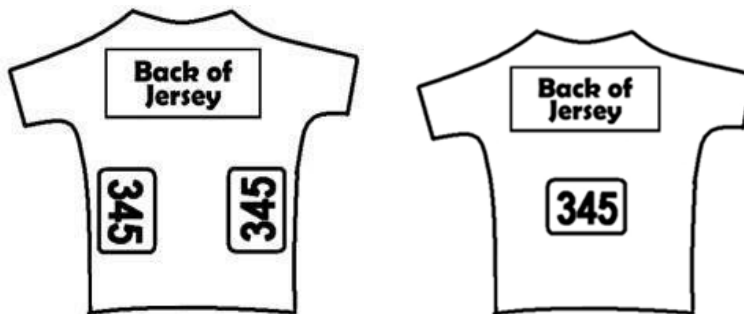
## Warm Ups/Open Training

- Riding on the track will be available during the hour before the start of the first event.
- There will be a limit of 24 people on the track at a given time.
- All riders must enter and exit from the backstraight and be wearing their bib numbers.
- Standing starts will not be allowed.
- The Provincial Lead Coach will control and manage the open training session.



## Number Placement

- Bib numbers are available for pick-up at the registration desk and are to be placed on the back of the rider's jersey.
- All riders must wear 2 bib numbers (diagram on the left) except for timed events (Individual Pursuit, Time Trials), where only 1 bib is required (diagram on the right)
- Bib numbers shall be placed according to the following diagrams.



## General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- The CC & OC rules are available at: [www.ontariocycling.org/officials](http://www.ontariocycling.org/officials)
- Pre-race bike-check will be in effect this season.
- **Team Manager's meetings will be held at 8:30 AM** the morning of raceday, located in front of the podium on the home straight. An announcement will be made before hand.
- Races will start promptly – riders late or missing their starts may be fined.
- Pits will be pre-assigned by an OC staff member on the day of the race, based on club registration numbers. Team flags are permitted. Advertisements in pits are not permitted.
- **COACHING FROM APRON:** Races will follow UCI Regulation 3.1.012 "During all track events, except Team Pursuit and Individual Pursuit, all teamstaff shall remain on the infield (off the safety zone and track). Specific teamstaff may be permitted to access the safety zone (i.e. the mechanic following a crash) at the Commissaires' discretion."
- **Coaching from the infield** is permitted, however climbing and hanging onto structures not designed for those purposes, such as railings, is not. Ontario Cycling takes the health and safety of all event attendees into consideration.
- Spectators are not permitted to cross the track.





## Infield Policy

- Only team-identified personnel are permitted in the in-field, at the sole discretion of OC. Personnel include coaches, mechanics, and support people. Photographers, and other team administrators are not allowed.
- A maximum of (5) personnel per club is permitted while attempting to minimize gathering.
- Independent riders are permitted one (1) support person.
- Club presidents or identified representatives must **pre-register personnel one week prior to each OCup** by sending an email to [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)
- All team personnel are required to check-in at registration for an infield wristband.
- The clubs are responsible for the conduct of their infield personnel and must ensure compliance with the OC Code of Conduct and policies.

## Awards

- Medals will be awarded to the top three (3) finishers in each category for each event.
- Should categories be combined as a result of low participation numbers, results will not be broken out for awards. Awards will be awarded based on the results of the combined category.
- Riders must attend the awards ceremonies or risk forfeiting their medals.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- No hats, eyewear or bicycles are permitted.
- Medal presentations will take place immediately following each event.





## Event Safety

- First aid will be provided by Odyssey Medical and will be located in the in-field area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.
- Do not ride down the ramp. Riders are to walk their bikes down. Failure to do so may result in being pulled from future events.
- Coaching from the infield is permitted; however, climbing and hanging onto structures not designed for those purposes, such as railings, is not permitted.
- Access to trackside for video and photography is reserved for media personnel who have completed Media Training as approved by the OC and is at OC's sole discretion.
- Should a Commissaire or OC 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.

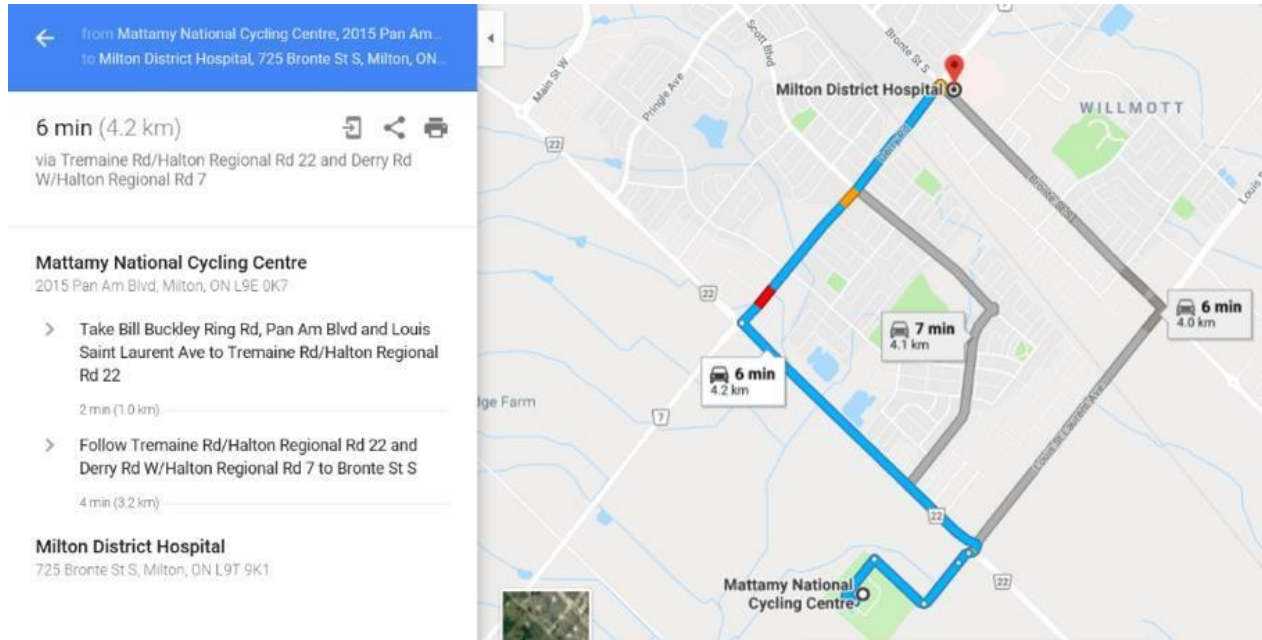
## Neutral Mechanic (courtesy of VeloFix)

- There will be a neutral mechanic on-site available for independent racers who do not have access to support staff.
  - The neutral mechanic is not a bike tune-up service.
  - The neutral mechanic will be able to assist with the following items:
    - Race mishaps (if told in advance of race)
    - Tire repair
    - Handlebar readjustment
    - Dislodged chain
    - Wheel realignment
  - The neutral mechanic will not be assisting with the following items:
    - Full bike tune-up
    - Changing gears
    - Pre-race bike wheel change
    - Pre-race position adjustments
    - Holding on the track
- All equipment must be provided to the mechanic



## Hospital Information

Milton District Hospital  
725 Bronte Street South,  
Milton 905-878-2383



← from Mattamy National Cycling Centre, 2015 Pan Am...  
to Milton District Hospital, 725 Bronte St S, Milton, ON

**6 min (4.2 km)**  
via Tremaine Rd/Halton Regional Rd 22 and Derry Rd W/Halton Regional Rd 7

**Mattamy National Cycling Centre**  
2015 Pan Am Blvd, Milton, ON L9E 0K7

- > Take Bill Buckley Ring Rd, Pan Am Blvd and Louis Saint Laurent Ave to Tremaine Rd/Halton Regional Rd 22  
2 min (1.0 km)
- > Follow Tremaine Rd/Halton Regional Rd 22 and Derry Rd W/Halton Regional Rd 7 to Bronte St S  
4 min (3.2 km)

**Milton District Hospital**  
725 Bronte St S, Milton, ON L9T 9K1

Map details: Milton District Hospital, WILLMOTT, Mattamy National Cycling Centre, 6 min 4.2 km, 7 min 4.1 km, 6 min 4.0 km.

## Volunteers

Thank you to all volunteers who dedicate their time to making these events possible. If you are interested in volunteering at future events, please contact [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)



## Participant Survey

In order to continue to better our events, we need your feedback! [Click here](#) to fillout a survey or scan the QR code below.





## Partnerships



**SIPPY CUP  
COFFEE  
ROASTERS**

Thank you to [Sippy Cup Coffee Roasters](https://www.sippycupcoffee.com) for being our official provider for Volunteer and Officials' Coffee.

**idrinkcoffee.com**  
Roasters and Merchants

Thank you to [idrinkcoffee.com](https://www.idrinkcoffee.com) for providing all gold medalists with a bag of coffee!



**CANADIAN SPORT MASSAGE  
THERAPISTS ASSOCIATION**

**ASSOCIATION CANADIENNE DES  
MASSOTHÉRAPEUTES DU SPORT**

Thank you to [CSMTA](https://www.csmta.ca) for providing complimentary sports massage therapy at our events!







**Book your accommodation now with Home2 Suites  
Milton!**



**8490 Parkhill Drive, Milton, Ontario, L9T 9B3  
Tel: 289-878-3800**

Special discount for Ontario Cycling event participants:

- **\$189** plus tax for **Studio King Room (with sofa bed)**
- **\$189** plus tax for **Studio 2 Queen Room (with sofa bed)**

Be sure to call in to make a reservation and use the discount code "**Ontario Cycling Group**" when booking for your special rate

The Home2 Suites features include:

- Kitchenettes with full fridge, dishwasher and dishes
- Complimentary breakfast
- Outdoor BBQs and patio area
- Guest laundry facilities
- Complimentary high-speed internet
- Complimentary parking
- Complimentary use of recreational facilities
- Meeting and banquet space available
- Earn Hilton Honours Points



**Book your accommodation now with Best Western  
Milton!**



**161 Chisholm Drive Milton, Ontario, L9T 4A6  
Tel: 905-875-3818**

Special discount for Ontario Cycling event participants:

- **\$159** plus tax for **2 Queen Beds**
- **\$159** plus tax for **1 Queen Bed or Queen Bed with Sofa bed**
- **\$159** plus tax for **1 King Bed or King Bed with Sofa bed**

**[Click here to book your room\(s\) at the discounted rate!](#)**

Alternatively, call in to make a reservation and use the discount code "**Ontario Cycling**" when booking for your special rate

The Best Western rates include:

- Single or double occupancy
- Complimentary wireless internet
- Complimentary parking
- Complimentary use of fitness facility and indoor pool
- All rooms with fridge and microwaves
- Earn Best Western Rewards points
- Fully licensed restaurant onsite
- Meeting and Banquet space available



**Book your accommodation now with  
Staybridge Suites on the border of Oakville and  
Burlington!**



**2511 Wyecroft Road Oakville-Burlington  
Tel: 905-847-2600**

Special discount for Ontario Cycling event participants:

- **\$189** plus tax for **1 x Queen Bed** (with optional pull-out)
- **\$199** plus tax for **1 x King Bed** (with optional pull-out)
- **\$209** plus tax for a **1 Bedroom Suite** (2 Double Beds)
- **\$209** plus tax for **2-Bedroom Suite** (1 King + 2 Double Beds)

Be sure to call in to make a reservation and use the discount code "**ILRR3**" when booking for your special rate

The Staybridge Suites Oakville features include:

- Wireless Internet
- 24 renovated Fitness Center
- Indoor Heated pool
- On-site laundry facilities
- Complimentary breakfast
- Daily housekeeping





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# THE FIX COFFEE & BIKES



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## BITES



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BAKED GOODS

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THE FIX WILL HAVE A BIKE MECHANIC IS ON SITE DURING THE  
EVENT FOR SMALL REPAIRS.



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