



**TRACK
PROVINCIAL CHAMPIONSHIPS**

TRACK PROVINCIALS MATTAMY NATIONAL CYCLING CENTRE

March 1st – 3rd, 2024

V6
February 29th

THIS EVENT IS SANCTIONED BY



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General Information

Ontario Cycling (OC) is proud to present the 2023-2024 Track Provincial Championship held at the [Mattamy National Cycling Center](#) located at 2015 Pan Am Boulevard in Milton, Ontario. The Track Provincial Championship, sanctioned and governed by Ontario Cycling, will be held over 3 days showcasing a variety of events.

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 Provincials

Date: March 1st – 3rd 2024

Friday March 1st: 8:00am-8:00pm

Saturday March 2nd: 8:00am-8:00pm

Sunday March 3rd: 8:00am-8:00pm

*times are approximate

OC Event Contacts

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

Please contact events.team@ontariocycling.org for any questions or concerns.

Commissaires

Position	Name
President of the Commissaire Panel	Marie-Eve Potvin
Secretary	Josee Larocque
Starter	Brad Day
Judge Referee	Steve Head
Finish Judge	Benjamin Hill
Bike Check	Mary Mayer
Member	Preston Phillip
Member	Brad Slade
Member	Andy Makarewich
Trainee	Richard Jacobs
Mentor	Ed Sitarski

Registration & Pricing

- Registration for provincials is open to riders 11 years of age and older.
- Registration is pre-registration only. Only the following licenses are permitted: **2024 Challenge Membership (U13 and U15 only), 2024 Compete Membership, 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 provincials closes on the Tuesday (February 27th) 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.
- Riders must present their valid 2024 Challenge Membership (U13 and U15 only), Compete Membership or UCI license at registration (either a physical copy or soft copy)

[CLICK HERE TO REGISTER](#)

Provincials	Event Date	Events
Provincials	Friday March 1 st , 2024	Sprint Individual Pursuit
	Saturday March 2 nd , 2024	Time Trial Scratch Tempo Elimination Madison
	Sunday March 3 rd 2024	Keirin Points

Registration Timeline
<i>Ontario residents ONLY:</i> January 29 th @ Noon – February 27 th @ Noon
<i>Open to All:</i> February 5 th @ Noon – February 27 th @ Noon
1 st Event - \$50
2 nd Event - \$45
3 rd Event - \$40
4 th Event - \$35
5 th Event - \$30
6 th Event - \$25
7 th Event - \$25
8 th Event - \$25
9 th Event - \$25

Membership & Licensing

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

Categories (Men and Women)	2024 Challenge Membership	2024 Compete Membership	2024 UCI License
** *U13	X	X	X

***Non championship categories**
**** Combined Categories**

Categories (Women)	2024 Challenge Membership	2024 Compete Membership	2024 UCI License
*U15 Women	X	X	X
U17 Women		X	X
Junior Women		X	X
Elite Women		X	X
Master A Women		X	X
Master B Women		X	X
Master C Women		X	X
Master D Women		X	X
Para Women		X	X

Categories (Men)	2024 Challenge Membership	2024 Compete Membership	2024 UCI License
*U15 Men	X	X	X
U17 Men		X	X
Junior Men		X	X
Elite Men		X	X
Master A Men		X	X
Master B Men		X	X
Master C Men		X	X
Master D Men		X	X
Para Men		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

- Riders must enter their National Age Category, regardless of previous upgrades.
- Categories may be combined based on the number of entries or at the discretion of OC.
- A minimum of ten (10) riders must be registered within each bunch race category for categories to stand as listed.
- If categories are combined medals will be awarded to each of the individual categories
- U15 Women, U15 Men and U13 categories will be run, and athletes will have the opportunity to race the scratch, elimination, and points races. The U13 category will be a combined category where men and women will race together.
- Provincial categories are as follows.

Category	Age
U13 (Men and Women)	11-12
U15 Men	13-14
U15 Women	13-14
U17 Men	15-16
U17 Women	15-16
Junior Men	17-18
Junior Women	17-18
Elite Men	19+
Elite Women	19+
Master A Men	35-44
Master B Men	45-54
Master C Men	55-64
Master D Men	65+
Master A Women	35-44
Master B Women	45-54
Master C Women	55-64
Master D Women	65+
Para (men and women)	-

****U13 category will be combined men and women***

Schedule of Events

Start Lists & Results will be available at www.racetiming.ca

Day	Time	Event	Category	Distance (Laps)	Distance (KM)	
Friday March 1 st	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				
	9:00am	Sprint Qualifying	Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men			
			Individual Pursuit	Para Women Para Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women	12 16 8 8 8 8 8 8 8 12 12 8	3.0 km 4.0 km 2.0 km 2.0 km 2.0 km 2.0 km 2.0 km 2.0 km 2.0 km 3.0 km 3.0 km 2.0 km

			U17 Men	8	2.0 km
			Junior Women	8	2.0 km
			Junior Men	12	3.0 km
			Elite Women	12	3.0 km
			Elite Men	16	4.0 km
Medal Ceremonies – Individual Pursuit					
	Sprint Quarter Finals		Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
	Sprint Semi Finals		Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
	Sprint Finals		Master D Women Master C Women Master B Women Master A Women Master D Men		

			Master C Men Master B Men Master A Men U17 Women U17 Men Junior Women Junior Men Elite Women Elite Men		
Medal Ceremonies - Sprint					

Day	Time	Event	Category	Distance (Laps)	Distance (KM)
Saturday March 2nd	7:30am	Rider Confirmation/Bib Pick-Up	All Categories		
	8:00-8:50am	Open Training (bibs required)	All Categories		
	9:00am	Kilo/500m Time Trial	Para Women	4	1.0 km
			Para Men	4	1.0 km
			Master D Women	2	0.5 km
			Master C Women	2	0.5 km
			Master B Women	2	0.5 km
			Master A Women	2	0.5 km
			Master D Men	2	0.5 km
			Master C Men	2	0.5 km
			Master B Men	3	0.75 km
			Master A Men	4	1.0 km
			U17 Women	2	0.5 km
U17 Men	2	0.5 km			
Junior Women	2	0.5 km			
Junior Men	4	1.0 km			
Elite Women	2	0.5 km			
Elite Men	4	1.0 km			

Medal Ceremony – Kilo/500m Time Trial				
	Scratch	Master D Women	20	5.0 km
		Master C Women	20	5.0 km
		Master B Women	20	5.0 km
		Master A Women	20	5.0 km
		Master D Men	30	7.5 km
		Master C Men	30	7.5 km
		Master B Men	40	10.0 km
		Master A Men	40	10.0 km
		U17 Women	20	5.0 km
		U17 Men	20	5.0 km
		Junior Women	30	7.5 km
		Junior Men	30	7.5 km
		Elite Women	30	7.5 km
		Elite Men	40	10.0 km
		U15 Women	20	5.0 km
		U15 Men	20	5.0 km
		U13	20	5.0 km
Medal Ceremonies – Scratch				
	Tempo	Master D Women	20	5.0 km
		Master C Women	20	5.0 km
		Master B Women	20	5.0 km
		Master A Women	20	5.0 km
		Master D Men	30	7.5 km
		Master C Men	30	7.5 km
		Master B Men	40	10.0 km
		Master A Men	40	10.0 km
		U17 Women	20	5.0 km
		U17 Men	20	5.0 km
		Junior Women	30	7.5 km
		Junior Men	30	7.5 km
		Elite Women	30	7.5 km
		Elite Men	40	10.0 km
Medal Ceremony - Tempo				
	Elimination	All categories		

Medal Ceremonies – Elimination					
		Madison	Master A/B/C/D Women Master A/B/C/D Men Junior Women U17 Women Elite Women	60	15.0 km
			Elite Men Junior Men U17 Men	80	20.0 km
Medal Ceremonies - Madison					

Day	Time	Event	Category	Distance (Laps)	Distance (KM)
Sunday March 3 rd	7:30am	Rider Confirmation/Bib Pick-Up	All Categories		
	8:00-8:50am	Open Training (bibs required)	All Categories		
	9:00am	Keirin	Master D Women	6	1.5 km
			Master C Women	6	1.5 km
			Master B Women	6	1.5 km
			Master A Women	6	1.5 km
			Master D Men	6	1.5 km
			Master C Men	6	1.5 km
			Master B Men	6	1.5 km
			Master A Men	6	1.5 km
			U17 Women	6	1.5 km
			U17 Men	6	1.5 km
			Junior Women	6	1.5 km
Junior Men	6	1.5 km			
Elite Women	6	1.5 km			
Elite Men	6	1.5 km			

Medal Ceremonies – Keirin					
			Master D Women	40	10.0 km
			Master C Women	40	10.0 km
			Master B Women	40	10.0 km
			Master A Women	40	10.0 km
			Master D Men	40	10.0 km
			Master C Men	40	10.0 km
			Master B Men	60	15.0 km
		Points	Master A Men	60	15.0 km
			U17 Women	40	10.0 km
			U17 Men	60	15.0 km
			Junior Women	80	20.0 km
			Junior Men	80	20.0 km
			Elite Women	80	20.0 km
			Elite Men	80	20.0 km
			U15 Women	40	10.0 km
			U15 Men	40	10.0 km
			U13	30	7.5 km
Medal Ceremonies – Points					

Start Lists & Results

Racetiming.ca is the official timer for the 2024 Track Provincials Championship. Start Lists & Results will be available at www.racetiming.ca

Gear Restrictions

U17	7.12 M rollout
U15	6.71 M rollout
U13	6.2M rollout

- Disc wheels will not be allowed for youth categories (U13/U15/U17). Maximum rim depth 40mm
- Carbon wheels will not be allowed for youth categories (U13/U15/U17)

Upgrade Request

- 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.
- The maximum height of sock to no higher than half the distance between the middle of the lateral malleolus and the middle of the fibula head.

Rider Confirmation/Sign-In

- All riders must sign in at the registration desk before the start of their first event in order to confirm their participation for the Provincial Championship
- The sign desk will be located on the infield and will be open for rider confirmation and bib pick up during the following hours.
 - Friday March 1st - 7:30am – 12pm
 - Saturday March 2nd – 7:30am – 12pm

- Sunday March 3rd – 7:30am 12pm
- Please bring your **2024 Challenge Memberships (U13/U15 only), 2024 Compete Membership, 2024 UCI licenses** to the Rider Confirmation/Sign-In table to pick up your bib number for the event.
- An OC staff will be present at the Rider Confirmation/Sign-In desk to assist with rider licensing issues.
- Madison team compositions must be submitted Saturday March 2nd by 12pm (noon). Forms will be available at the registration Desk on the infield beginning Friday (March 1st) morning.

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 30 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 using pins.
- All riders must wear 2 bib numbers (diagram on the left) except for the timed events (individual pursuit, Time Trial), 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
- Pre-race bike-check will be in effect this season.
- **Team Manager's meetings will be held at 8:30 AM on** Friday March 1st, 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

Assignment and Infield Policy

- Team pits will be assigned by Ontario Cycling based on registration and team size.
- Individual riders will have space available for them to use on a first-come first-serve basis each day. Please be courteous of other riders needing space.
- 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 Provincials** by completing out this [google form](#)
- 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.
- All team personnel are required to check-in at registration for an infield wristband.
- Riders can leave their bikes and equipment in the pits overnight/between session. However, OC, Town of Milton, and Mattamy National Cycling Center assume no responsibility for any equipment that is lost, damaged, stolen or relocated.

Awards

- Provincial Championship podium presentations will occur for the top 3 athletes in each category, for each event. Only Ontario Licensed riders are eligible.
- There will be a separate podium presentation for Out-of-Province riders, who will be awarded non-championship medals.
- Should categories be combined as a result of low participation numbers, medals will be awarded for all Provincial Categories regardless of number of riders present.
- 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 or eyewear are permitted.
- Medal presentations will take place immediately following each event.

Anti-Doping

- All racers are subject to doping control. A CCES inspector may require you to participate in testing protocols at their discretion.
- Athletes participating in the Track Ontario Provincial Championship who require the use of a medication that is included on the prohibited list must apply for a Therapeutic Use Exemption (TUE) prior to participating in the event. This applies to all categories of athletes. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard:
<http://cces.ca/medical-exemptions>

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 evan.doyle@ontariocycling.or by 12:00pm the day prior to the competition in order to apply for accreditation
- 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.

Event Safety

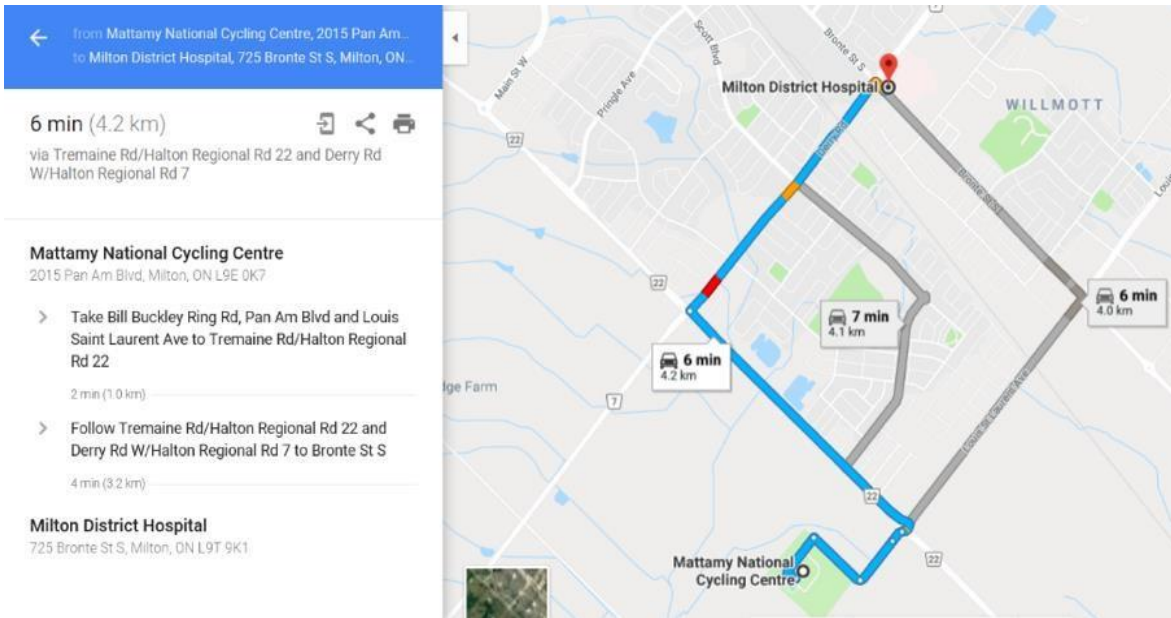
- First aid will be provided by Odyssey Medical and will be located in the in-field area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.
- Riders 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

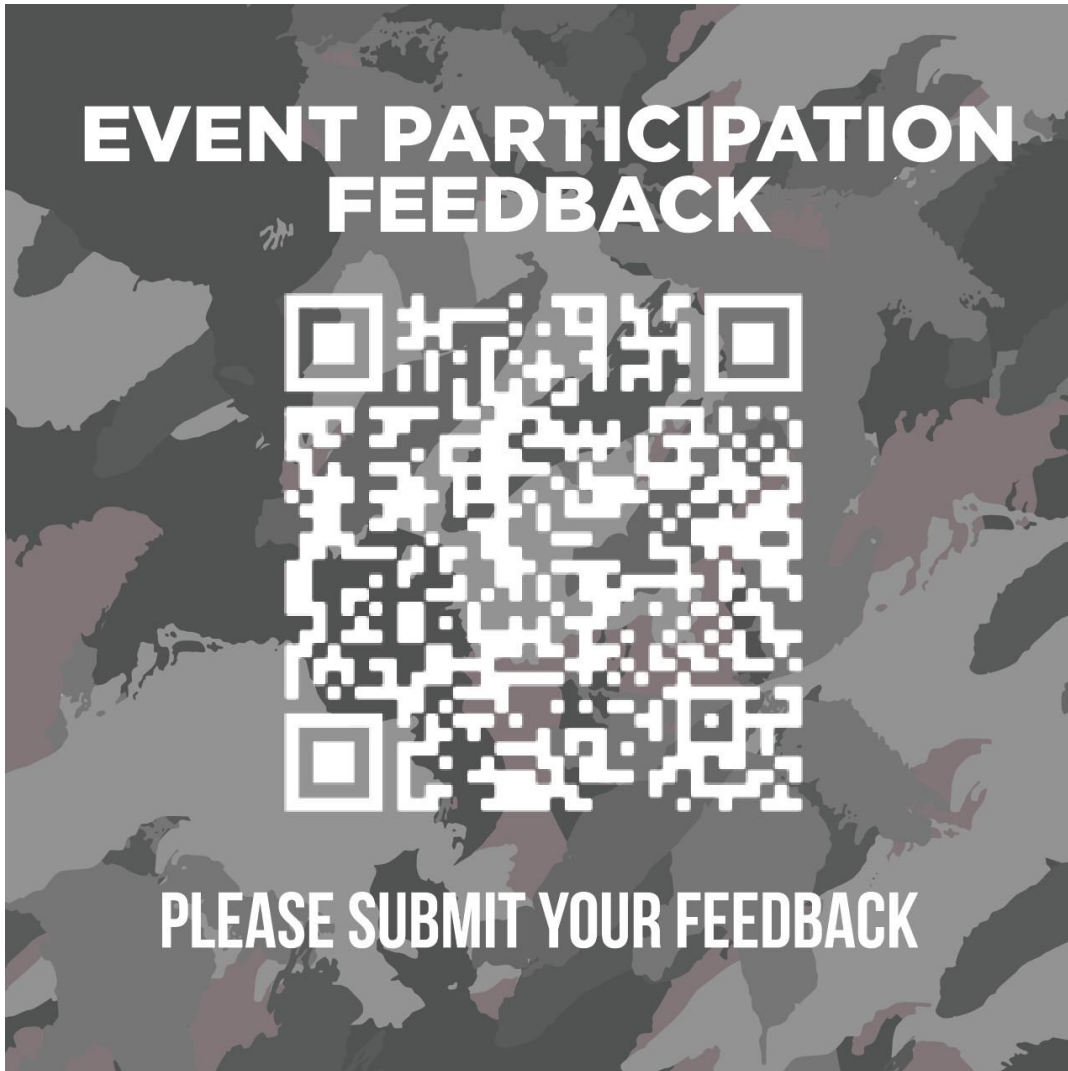


Volunteers

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

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.



Ontario Cycling Track Provincials 50/50 Online Raffle

In support of Ontario Cycling (OC) Youth Events & Programming we are running a 50/50 draw as part of our Track Provincials. Proceeds from the 50-50 Draw will go directly to the Ontario Cycling Tony Osborne Youth Development Fund which provides grants to clubs and event organizers who run youth events or dedicated youth programming.

For more information regarding rules and ways of purchasing tickets please visit our [website](#).

Partnerships



Thank you to [Sippy Cup Coffee Roasters](#) for being our official provider for Volunteer and Officials' Coffee.



Thank you to [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](#) 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





LOCATED INSIDE THE VELODROME ACROSS FROM THE FRONT DESK

THE FIX COFFEE & BIKES



DRINKS



COFFEE

TEA

ESPRESSO

LATTES



BITES

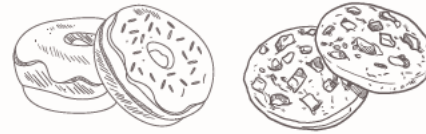


MUFFINS

GRILLED SANDWICHES

BAKED GOODS

SNACKS



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



@THEFIXVELODROME



WWW.THEFIXVELDROME.COM