



ONTARIO CUP
ROAD SERIES

2024 Road Ontario Cup Series and Provincial Championships Information Bulletin

V.1

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General Information

Ontario Cycling (OC) is proud to present the 2024 Road Ontario Cup (OCup) Series which will kick into high gear on April 21st, 2024. The Road OCup Series, sanctioned and governed by Ontario Cycling, consists of 4 separate racing opportunities, at unique locations across the province. We are once again pleased to announce our partnership with Performance Driven Events with four OCups. Riders will once again be back with the Henderson Road Classic, Lansdowne Road Classic, the highly anticipated Harrisburg Road Classic as well as North Bay Road Classic for the 2024 season. The Ontario Cycling OCup Series is designed to provide high-quality racing opportunities for riders prior to competing at the Provincials Championships.

2024 Road OCup Series Schedule

OCup/Date	Time (approximate)
OCup #1 – Henderson April 21 st 2024	8:00am – 5:30pm
OCup #2 - Lansdowne May 11 th 2024	8:00am – 5:30pm
OCup #3 - Harrisburg June 9 th 2024	8:00am - 5:30pm
OCup #4 – North Bay July 7 th 2024	8:00am – 5:30pm

**A more detailed schedule and additional information will be posted in the Tech Guide closer to the event date*

Road OCup Series Registration

Riders will once again be able to have the option to register for all four (4) races that are part of the Road OCup Series and receive a discount on their registration.

[Register here for the 2024 Road OCup Series](#)

OCup #1 – Henderson Classic Road Race

Located just 25 minutes from Hwy 400/401, this brand-new course features a 12 km loop of smooth county and rural roads with approximately 90 meters of elevation each lap. Racers will start and finish out of the newly built Henderson Memorial Park, located just off Line 9, north/west of Bradford West Gwillimbury.

View the Henderson Classic course [here](#).

[Register Here](#)

OCup #2 – Lansdowne Classic Road Race

The Lansdowne Road Race is a 14km lollipop style course located 30 minutes east of Kingston Ontario and features only 20m elevation with a 4km out and back section from the start/finish line at the Thousand Islands Elementary school. This is by far the flattest road racecourse of the year, so we encourage all of Ontario's top sprinters to attend!

View the Lansdowne course [here](#).

[Register Here](#)

OCup #3 – Harrisburg Classic Road Race

The highly anticipated Harrisburg Classic Road Race is back on the calendar for 2024. A Belgian-style Kermesse, ideally situated in Southwestern Ontario, the course is just over 15km in length with 114 meters of climbing per lap. The roads themselves will have you thinking you're riding through the European countryside as you twist and turn through Brant County.

View the Harrisburg course [here](#).

[Register Here](#)

OCup #4 – North Bay Classic Road Race

Riders will make their way onto the picturesque 15km circuit leaving from the East Ferris Municipality office featuring a rectangular course on smooth pavement which features rolling hills with about 150m of elevation per lap.

View the North Bay course [here](#).

[Register Here](#)

2024 Road Provincial Championships Schedule

Date	Races	Time (approximate)
July 21 st 202	Provincial Individual Time Trial Niagara Region	10:30am - 2:30pm
August 31 st 2024	Provincial Criterium Dunneville	9:00am-3:00pm
September 1 st 2024	Provincial Road Race Niagara Region	8:00am-5:30pm

**A more detailed schedule and additional information will be posted in the Tech Guide closer to the event date*

Individual Time Trial Provincial Championships

More information about the course coming soon.

[Register here](#)

Criterium Provincial Championships

More information about the course coming soon.

[Register here](#)

Road Race Provincial Championships

More information about the course coming soon.

[Register here](#)

Registration & Pricing

- Registration for all road OCups is open to riders 15 years of age and older.
- The event is pre-registration only. No day of registration will be accepted.
- Only 2024 Challenge/Compete/UCI race licenses are permitted. Out of Province riders must have a UCI license. Licenses will not be sold on event day and must be purchased in advance.
- There are two (2) types of registration for our OCups:
 - Series registration – includes all four OCups
 - Registration for the series does not include registration for Provincial Championships
 - Individual registration – one of OCup 1, 2, 3, or 4
- Registration for each OCup will close on the Wednesday at 12pm (noon) before the event.

- If the Wednesday at 12:00pm (noon) registration deadlines passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the Ontario Cycling office for registration to be re-opened and will be charged a 50\$ late entry fee.
- To participate in the 2024 Ontario Road Provincial Championships, an Ontario athlete must have participated in at least 1 Road Ontario Cup.
 - Exemptions
 - Para-athletes racing the Individual Time Trial or Criterium at the 2024 Ontario Road Provincial Championships
 - Individuals registering for the Individual Time Trial event at the 2024 Provincial Championships.
 - Individuals registering for the 2024 Provincial Criterium Championships are required to race at either 1 Road Ontario Cup or a Regional Criterium event.
 - If for sufficient reason a rider cannot compete at a Road OCup and would like to participate at the Road Provincials, they can request an exemption by completing the google form linked [here](#).
- OCup categories will be an open ability-based format where athletes will self-seed themselves from Categories A-D and Categories A-B Women only, based on their ability and experience level.
 - The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant number of quality racing.

Ontario Cup Series Registration (includes OCup 1, 2, 3 & 4)		
Event	Registration Timeline	Link
March 18 @ noon – April 17 th @ noon		
OCup #1 April 21 st	Riders will once again be able to have the option to register for all four (4) races that are part of the Road OCup series and receive a 12% discount on the total cost of all four (4) events. Cost after discount: 316.80\$ + HST	Register Here
OCup #2 May 11 th		
OCup #3 June 9 th		
OCup #4 July 7 th		

<https://ccnbikes.com/>

Ontario Cup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1 April 21st	March 18 th @ noon – April 17 th @ noon 90\$ +HST	Register Here
OCup #2 May 11 th	March 18 th @ noon – May 8 th @ noon 90\$ +HST	Register Here
OCup #3 June 9 th	March 18 th @ noon – June 5 th @ noon 90\$ +HST	Register Here
OCup #4 July 7 th	March 18 th @ noon – July 3 rd @ noon 90\$ +HST	Register Here

Provincial Championships Individual Registration (single Provincial Championship)		
Event	Registration Timeline	Link
Individual Time Trial July 21 st	March 18 th @ noon – July 17 th @ noon 80\$+HST <i>Note: Non-Championship categories (15km, 30km, 40km Sportif and Eddy Merckx) registration fee 60\$+HST</i>	Registration Link
criterium August 31 st	March 18 th @ noon – August 27 th @ noon 75\$+HST	Registration Link
Road Race September 1 st	March 18 th @ noon – August 27 th @ noon 90\$+HST <i>Note: U17 and U19 categories registration fee is 60\$ +HST</i>	Registration Link

**All riders are required to register in the age category listed on their license. Provincials will be following the national age categories.*

Refund/Transfer 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 for exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend, will be considered.

Race Fines

Any rider who is issued a fine from a commissaire will be notified upon completion of their race either by the PCP or an Ontario Cycling staff member. Any riders who are issued a fine will have 30 minutes from when the fine is issued to contest the fine, they have received. After 30 minutes the fine will be issued and riders will have to pay the fine following the completion of the event.

Event Categories & Distances

OCup categories are an open ability-based format where athletes will self-seed themselves. The ability-based component of categories is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. The chart below gives riders an idea of how-to self-seed themselves using the new categories for the 2024 road season.

New Category	Type	Gender
Cat A	Ability-based	All Inclusive
Cat B	Ability-based	All Inclusive
Cat C	Ability-based	All Inclusive
Cat D	Ability-based	All Inclusive
Cat A Women	Ability-based	Women
Cat B Women	Ability-based	Women
Master Women	Age-based, 40+	Women
Master Men/Open	Age-based, 50+	All Inclusive

Category Equivalency Chart		
2023 Category		2024 Recommended Category
Elite 3 Women	→	Cat B Women
Elite ½ Women	→	Cat A Women
Master A Women	→	Cat A Women / Cat B Women / Master Women (40+ only)
Master B Women	→	Master Women (40+ only) / Cat B Women
Elite 4 Men	→	Cat C / D
Elite 3 Men	→	Cat B / C
Elite ½ Men	→	Cat A
Master 3 Men	→	Cat C / D / Master Men/Open (50+ only)
Master 2 Men	→	Cat B / C / Master Men/Open (50+ only)
Master 1 Men	→	Cat A / B / Master Men/Open (50+ only)

Provincial categories are age based where athletes race in categories based on their age as of December 31st, 2024. The age-based categories are designed to allow riders to race against those within the same age category.

Category	Age Range	CHALLENGE Membership	COMPETE Membership	UCI License
*Para (Handcycle & Trike)	15+		X	X
*Para (Tandem and "C" Class)	15+		X	X
U19 Women	15-18		X	X
U23 Women	19-22		X	X
**Elite Women	23+		X	X
Master A Women	35-44		X	X
Master B Women	45-54		X	X
Master C Women	55-64		X	X
Master D Women	65+		X	X
U19 Men	15-18		X	X
U23 Men	19-22		X	X
**Elite Men	23+		X	X
Master A Men/Open	35-44		X	X
Master B Men/Open	45-54		X	X
Master C Men/Open	55-64		X	X
Master D Men/Open	65+		X	X
Cat C (Non-Championship)	15+	X	X	X
Cat D (Non-Championship)	15+	X	X	X
Cat B Women (Non-Championship)	15+	X	X	X

Any questions regarding the format of either OCups or Provincial Championships can be directed to the OC Events Team at events.team@ontariocycling.org

OCup Categories and Distances

Category	Distance
Cat A	110 – 130 km
Cat B	80 – 100 km
Cat C	60 – 80 km
Cat D	40 – 60 km
Master Men/Open	60 – 100 km
Master Women	60 – 80 km
Cat A Women	80 – 100 km
Cat B Women	60 – 80 km

**Categories may be combined based on registration numbers. The information on final categories will be published in the most recent version of the Tech Guide prior to the event.*

Ontario Cycling Road Race Provincial Championships Event Categories & Distances

Category	Age Range	Distance
Cat C (Non-Championship)	15+	60 – 80 km
Cat B Women (Non-Championship)	15+	60 – 80 km
Cat D (Non-Championship)	15+	60 – 80 km
Master D Women	65+	60 – 80 km
Master C Women	55+	60 – 80 km
Master B Women	45-54	60 – 80 km
Master A Women	35-44	60 – 80 km
Elite Women	23+	80 – 100 km
U23 Women	19-22	80 – 100 km
U19 Women	15-18	60 – 80 km
Master A Men/Open	35-44	80 – 100 km
Master B Men/Open	45-54	80 – 100 km
Master C Men/Open	55-64	60 – 80 km
Master D Men	65+	60 – 80 km
Elite Men	23+	140-160 km
U23 Men	19-22	140 – 160 km
U19 Men	15-18	100 – 120 km

Ontario Cycling Criterium Provincial Championships Event Categories & Distances

Category	Age Range	Suggested Time
Para (Handcycle & Trike)	15+	
Para (Tandem and "C" Class)	15+	
Master A Women	35-44	60 min
Master B Women	45-54	60 min
Master C Women	55+	60 min
Elite Women	23+	60 min
U23 Women	19-22	60 min
U19 Women	15-18	60 min
Master A Men/Open	35-44	60 min
Master B Men/Open	45-54	60 min
Master C Men/Open	55-64	50 min
Master D Men/Open	65+	50 min
Elite Men	23+	75 min
U23 Men	19-22	75 min
U19 Men	15-18	75 min

Ontario Cycling Individual Time Trial Provincial Championships Event Categories & Distances

Category	Age Range	Distance
Para (Handcycle & Trike)	15+	15 KM
Para (Tandem & "C" Class)	15+	15 KM
Master A Women	35-44	30 KM
Master B Women	45-54	30 KM
Master C Women	55-64	30 KM
Master D Women	65+	30 KM
Elite Women	23+	30 KM
U23 Women	19-22	30 KM
U19 Women	17-18	30 KM
U17 Women	15-16	15 KM
Master A Men/Open	35-44	40 KM
Master B Men/Open	45-54	40 KM
Master C Men/Open	55-64	30 KM
Master D Men/Open	65+	30 KM
Elite Men	23+	40 KM
U23 Men	19-22	40 KM
U19 Men	17-18	40 KM
U17 Men	15-16	15 KM
15 KM Sportif	15+	15 KM
30 KM Sportif	15+	30 KM
40 KM Sportif	15+	40 KM
Eddy Merckx	15+	30 KM

Sportif Category: for those who do not meet the bike check requirements or do not wish to race the championship category.

Eddy Merckx Category: (non-Aero) riders are not permitted to use any aero equipment including aerobars, clip-on bars, disc wheels, shoe covers or aero helmets. Bicycles must meet the requirements of mass start races including wheels.

Ontario Cup Points

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

Place	Points	Place	Points
1 st Place	25 Points	9 th Place	7 Points
2 nd Place	20 Points	10 th Place	6 Points
3 rd Place	16 Points	11 th Place	5 Points
4 th Place	13 Points	12 th Place	4 Points
5 th Place	11 Points	13 th Place	3 Points
6 th Place	10 Points	14 th Place	2 Points
7 th Place	9 Points	15 th Place	1 Points
8 th Place	8 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 Upgrade Process

New for 2024

For eligible OCup riders there is no upgrade process as the categories are ability based and it is self-seeding. Riders can place themselves in the category that would be best fit their development. Riders may have the option to change categories from one OCup to another if they feel the category they are registered for is not challenging enough for them.

Youth riders who do not meet the OCup criteria will have to apply for an upgrade should they meet the youth upgrade criteria. More details on the upgrade criteria to come. Please note there will be no youth upgrades for Provincials all riders will be required to race their national age listed on their license. If you have any questions regarding the youth upgrade process, please direct all questions to the events.team@ontariocycling.org email.

Awards

- 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 issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

MONTU OCup Segment Challenge

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

What to expect on race day?

Set up your Strava account and join the [Ontario Cycling Club](#). Bring your GPS device on race day to record your ride. During the race watch out for the MONTU OCup Segment Challenge flags or signs marking the Start and Finish of the segment on each course. Segment distances will vary (500m – 2km) and focus on different skills. Upload your ride to Strava by the Monday 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 synch your activities to your Strava account.

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 series. 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 MONTUE OCup Segment Challenge is based on overall male and female results and not separated by age categories

Rules:

1. Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
2. Riders must upload their ride by the Monday following the race.
3. The ride must be set to public.

Use the code **ontariocycling2024** for 15% off on all MONTU apparel (excluding kit bundles)

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