



**London
2024**

Ontario
Summer Games

Jeux d'été
de l'Ontario



**ONTARIO
CYCLING**

Ontario Summer Games

London, Ontario

August 1st-3rd 2024

Version 3

July 30th, 2024

Table of Contents

General Information	2
OC Event Contact	2
Commissaires	2
Registration & Pricing	2
Membership and Licensing.....	3
Accommodations	3
Transportation (U16/U18 Men/U19 Women)	4
Event Categories.....	4
Schedule of Events	5
Day 1 Events: August 2 nd , 2024.....	5
Day 2 Events – August 3 rd , 2024	7
Start Lists & Results	10
Gear and Equipment Restrictions	10
Onboard Technology	11
Upgrade Request	11
Rider Confirmation/Sign In	12
Number Placement.....	12
General Rules & Regulations.....	12
Awards.....	13
Parking.....	13
Course Map	14
Event & Course Safety.....	17
Hospital Information	17
Participant Survey	18
Volunteers.....	18
Appendix	19

General Information

Ontario Cycling is please to share that Road Cycling is making its return to the Ontario Summer Games along with the inclusion of Para-Cycling. The Ontario Summer Games is a provincial multi-sport game involving 18 sports and over 3,500 participants. Participation is open to athletes 13-17 (males), 13-18 (female) and Para athletes (open age) to compete in the multiple race events including Time Trial, Hill Climb, Criterium and Road Racing.

Ontario Summer Games

Date: August 1st – 3rd 2024

Location: Road Cycling will take place at two different courses. Springbank park will be the location for the Hill Climb and Criterium and Melville United Church will be the location for the Time Trial and the Road Race

Springbank Park – 1085 Commissioners Rd. W, London, ON

Melville United Church – 24159 Nairn Rd. RR 1, IIderton, ON

OC Event Contact

Position	Name
PSO Representative	Courtney Doret
Games Manager	David Ellyatt
Membership/Licensing	Chris Baskys
Timing	Racetiming.ca
Medical	Ontario Summer Games

Commissaires

Position	Name
PCP	Ed Sitarski
Finish Judge	Brad Slade
Member	Andy Makarewich
Member	Rosa Phillips
Member	Dan Visentin

Registration & Pricing

- Registration for Ontario Summer Games is open to riders 13-17 (males), 13-18 (females), Para athletes (open age).
- The event is pre-registration only. No day of registration will be accepted.
- Only OC issued 2024 Challenge, Compete, UCI race licenses are permitted.
- Registration for Ontario Summer Games closes on June 24th, 2024
- Categories for the Ontario Summer Games will be aged based. All riders

must race their national age listed on their license

[Click Here to Register](#)

Registration Timeline
Registration open June 1 st @ 12pm noon Registration closes June 24 th @12pm noon
Cost of the Event
U16/U18/U19 – 165\$ + HST Para – 135\$ + HST

Membership and Licensing

- Please see the membership and licensing chart below to ensure that you have the correct license to race in each category

Category	Age Range	Challenge Membership	Compete Membership	UCI License
Para	Open age	X	X	X
U16 Male	13-15	X	X	X
U16 Female	13-15	X	X	X
U18 Male	16-17	X	X	X
U19 Female	16-18	X	X	X

Accommodations

Athlete accommodation will be provided from August 1st-3rd, on the University of Western campus. A designated number of accessible accommodations will be provided for athletes who require accessibility.

Coaches and Ontario Cycling staff will be assigned to the accommodations responsible for chaperoning all qualified athletes. The coaches, managers and OC staff will be responsible for always ensuring the proper conduct of athletes under their supervisor, including while staying at the arranged place of accommodation.

All participants must check out at the time designated by the accommodations on their departure day. Athletes will check out prior to getting on the bus for Day 2 of racing on August 3rd. Athletes are to ensure rooms are free of personal belongings, garbage is placed in the receptacle and spaces are tidy upon check out. Participants agree to respect the rights and property of all other individuals being accommodated at any of the Games dormitories. Participants are legally and financially responsible for all losses or damage to property caused by their actions and omissions. There is no tolerance policy for tobacco, alcohol consumption or drug use throughout the Games.

Youth Athlete Accommodations

Ontario Hall - 230 Sarnia Road, London, Ontario, Canada N6G 0N2

Para Athlete Accommodations

Elgin Hall - 230 Sarnia Road, London, Ontario, Canada N6G 0N2

Transportation (U16/U18 Men/U19 Women)

Athletes are to have their own means of transportation from their home community to the accommodation's venue in London, Ontario. The Games will arrange transportation from the accommodation's venue to and from the various sports venues. Transportation will take athletes from their accommodations to the venue the morning of August 2nd and August 3rd. Transportation will also take athletes back to the accommodations on August 2nd. There will be no transportation back to the accommodations on August 3rd. All athletes will arrange transportation from Melville United Church at the completion of the awards ceremony on August 3rd. Transportation will be provided to transport athletes' bikes to and from the venue each day.

Transportation (Para-Athletes)

Athletes are to have their own means of transportation from their home community to the accommodation's venue in London, Ontario. As discussed with the athletes, para-cyclists will be responsible for their own transportation to each of the competition venues from the residence. Arrangements were made to have designated parking spaces for all para-cyclists at each venue. On August 3, athletes must take all their belongings with them when they depart to the race venue as there is no option of returning to the residence following the race events.

Event Categories

Ontario Summer Games Categories are an age-based format where athletes will have to race their national age listed on their license. The age-based categories are designed to allow riders to race against those within the same age category.

Para-cycling categories will combine H1/H2 and H3/H4/H5 classifications. The UCI time factoring will be applied in all timed events (Hill Climb/Time Trial) to establish the order of placing within each category below (see Appendix A). For the criterium, classifications within each category will race against without any applied time factoring. An athlete not officially classified will be placed in the category determined by the Provincial Para-Cycling Designate (Murray Solem).

Category	Road Race	Hill Climb	Criterium	Time Trial
Para H1/H2 Men		X	X	X
Para H1/H2 Women		X	X	X
Para H3/H4/H5 Men		X	X	X
Para H3/H4/H5 Women		X	X	X
U16 Male	X	X	X	X
U16 Female	X	X	X	X
U18 Male	X	X	X	X
U19 Female	X	X	X	X

Schedule of Events

Date	Event	Time (approximate)
Thursday August 1 st	Athlete Registration Check in to the dorms Dinner Opening Ceremonies	2:00pm-4:00pm 3:00pm-4:00pm 3:00pm-5:00pm 5:30pm-8:30pm
Friday August 2 nd	Breakfast Bike loading/departure for venue Hill Climb Lunch Criterium Bike loading/departure for dorms Dinner	7:00am-7:30am 8:00am-8:30am 10:00am-11:30am 11:30am-12:30pm 1:00pm-3:30pm 4:00pm-4:30pm 6:00pm-6:30pm
Saturday August 3 rd	Breakfast Bike loading/departure for venue Time Trial Para Medal Ceremony Lunch Road Race U16/U18/U19 Medal Ceremony	7:00am-7:30am 8:00am-8:30am 10:00am-11:00am 11:30am-12:00pm 11:30am-12:30pm 1:00pm-3:00pm 3:30pm-4:00pm

Day 1 Events: August 2nd, 2024

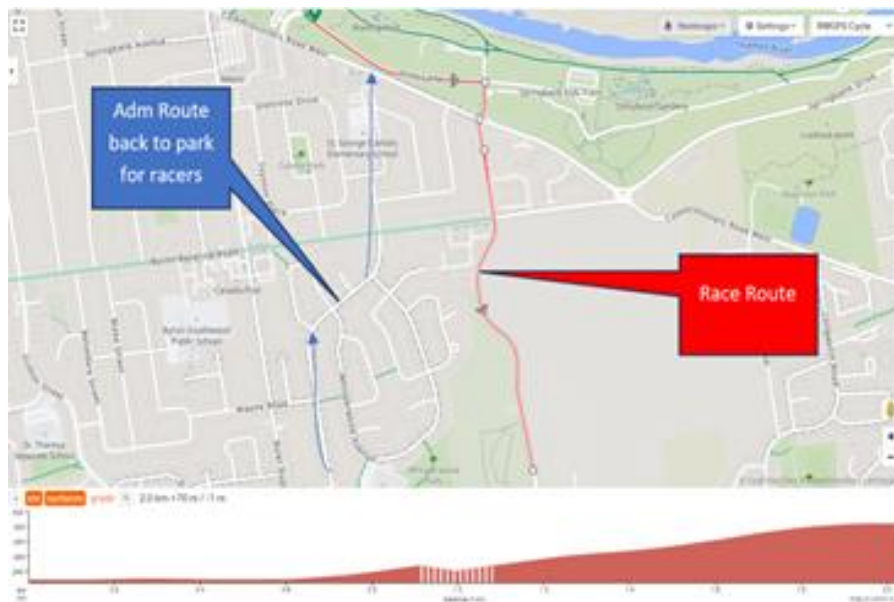
The first day of the Ontario Summer Games (OSG) Road Cycling events will include the Hill Climb in the morning and the Criterium in the afternoon.

- Race check in will occur at 9:00am, located at Springbank Park riders will pick up their plates and will keep their plate for the duration of the games.
- There will be accessible parking available for para-athletes close to the start/finish area.
- Bikes will be transported by OSG staff and available for pick-up upon arrival

at the sports venue. **All athletes must drop off their bikes at the pre-determined location no later than 8:00am each day of racing.**

Category	Start Time	Distance
Bike Transport	8:00am	
Hill Climb	10:00am	2km
Lunch	11:30am	
criterium	1:00pm	2.2km loop
Depart venue	4:00pm	

The Hill Climb will start at Flint Cottage and is a winding-up hill course about 2km in length. Once crossing the finish line at the top of the hill riders will ride back down to the start line. Return route will be marked for riders and there will be marshals on the route to help direct riders



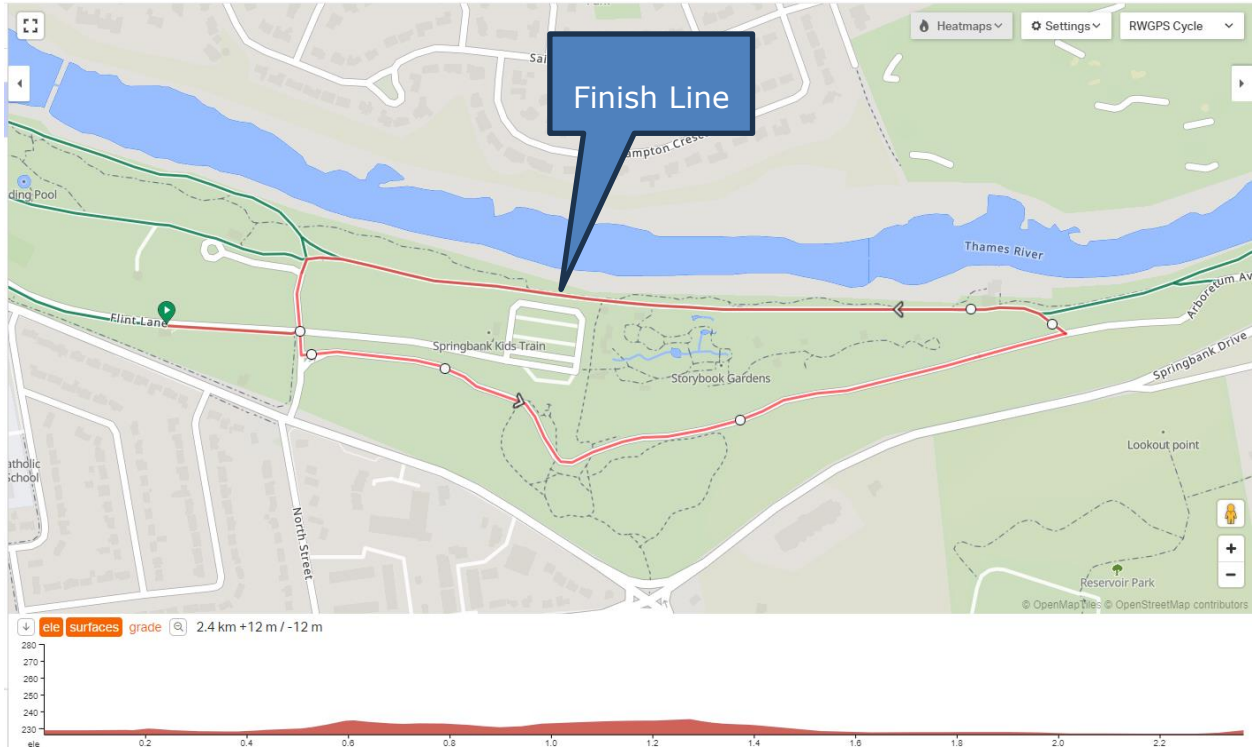
The criterium will start and finish at Flint Cottage. The Criterium is a flowing circumnavigating Storybook Gardens. The course is approximately a 2.2km loop. Traffic corners will be monitored by police and course marshals. The map for the criterium race will be updated shortly.

Rules and Regulations

- Races will start promptly at the indicated start times
- Riders will be given free laps for recognized mishaps (i.e. crashes and punctures) until the final 5km. Improperly maintained bicycles resulting in equipment failure is not considered a recognized mishap.
- Riders suffering recognized mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the commissaire and make repairs. At the direction of the Commissaire only,

riders will be allowed to resume the race at the same location in the field where they had their mishap

- There is absolutely no feeding allowed.



Time	Race	Distance
12:30pm	Female	30 min + 5 laps
1:30pm	Para	30 min +5 laps
2:30pm	Men	30 min +5 laps

**Times are approximate and are subject to change as we finalize details of the event.*

Day 2 Events – August 3rd, 2024

The second day of events for the Ontario Summer Games Road Cycling will include a Time Trial in the morning and a Road Race in the afternoon.

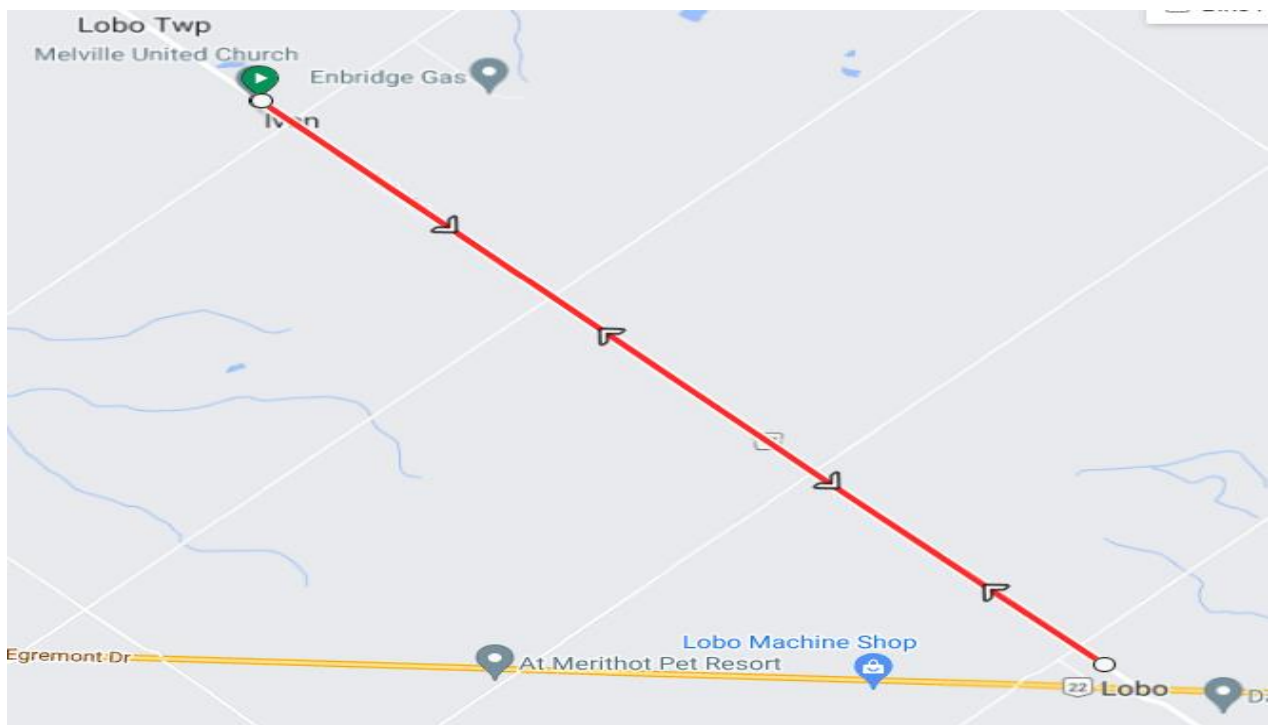
- Race check in will occur at 9:00am, located at Melville United Church riders will have to sign in for the day upon arriving at the venue
- There will be accessible parking available for para-athletes close to the start/finish area.
- Bikes will be transported by OSG staff and available for pick-up upon arrival at the sports venue. **All athletes must drop off their bikes at the pre-determined location no later than 8:00am each day of racing.**

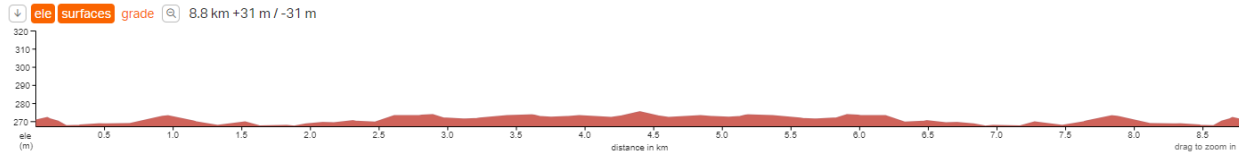
Category	Start Time	Distance
Bike Transport	8:00am	
Time Trial	10:00am	8km loop
Para Medal Ceremony	11:30am	
Lunch	11:30am	
Road Race	1:00pm	15.7km loop
U16/U18/U19 Medal Ceremony	3:30pm	
Depart Venue	4:00pm	

The Time Trial will take place outside Melville United Church. The course is approximately 8km fast and flat open course. Riders will race South to Goldcreek Drive returning to Ivan. The roads will be monitored by OPP officers and closed to traffic during the event.

Rules and Regulations

- Races will start promptly at the indicated start times.
- Start times will be separated by a 30 second gap with a 10-minute gap between categories
- The use of Time Trial bikes, aero helmets and disc wheels will not be permitted.
- Time Trial aero clip-on bars are permitted.





Time	Race	Distance
10:00am	Female	8km
10:15am	Male	8km
10:30am	Para	8km

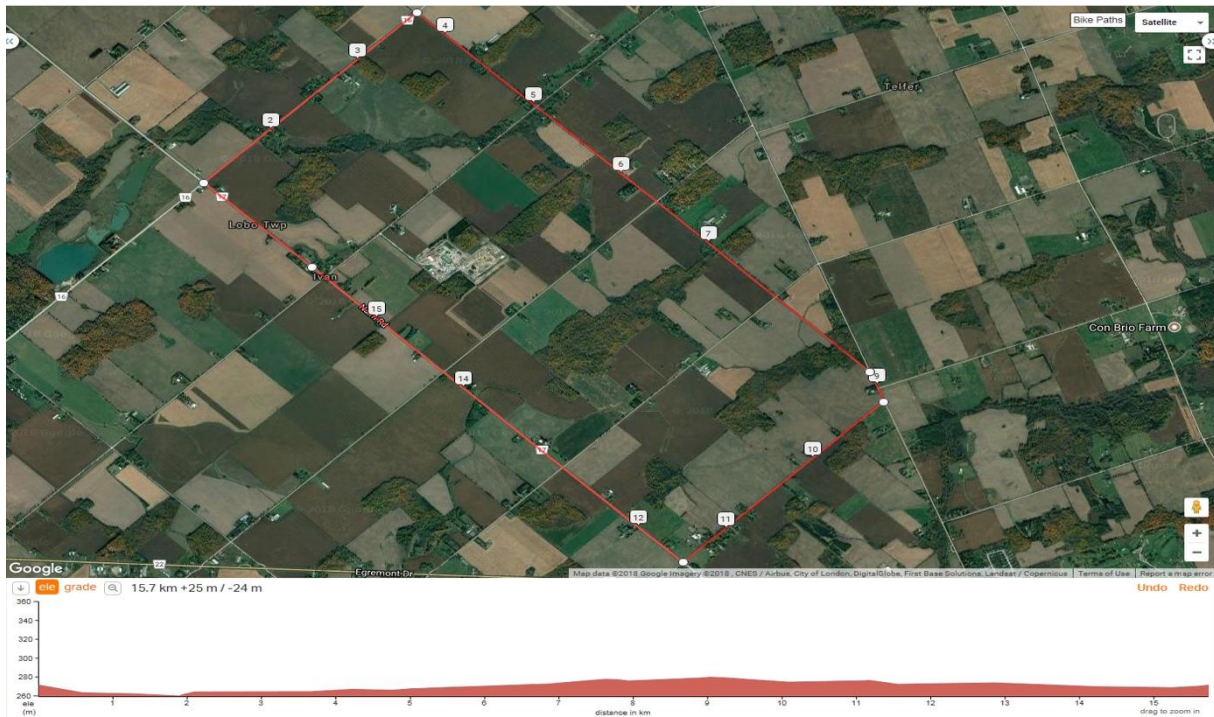
The road race is an open 15.7km loop. Racers will begin their race in front of Melville United Church and will run clockwise on to Nairn Rd. Traffic will be controlled by road marshals and OPP officers

Rules and Regulations

- Races will start promptly at the indicated start times
- There are no free laps for mishaps (i.e crashes and punctures). Riders suffering mishaps must continue to race from the point of the mishap.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete few laps than the winner
- Radio communication is not permitted between riders and anyone else

Time	Race	Distance
1:00pm	Female	4 laps
1:02pm	Male	4 laps

**Times are subject to change as we continue to finalize details of the games*



Start Lists & Results

- Racetiming.ca is the official timer for the 2024 Ontario Summer Games. Start list and results can be found at [racetiming.ca](https://www.racetiming.ca)

Gear and Equipment Restrictions

- There will be no gear restrictions in place for the Ontario Summer Games
- Equipment restrictions will follow the [2024 Cycling Canada Companion Guide](#)
- The wearing of an approved helmet is mandatory.
- UCI Rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels here.
- As of April 1st, 2024, the UCI regulation (1.3.022) will be amended with a clear requirement that brake levers must have a maximum inclination of 10 (ten) degrees. We will be requiring riders in Ontario to follow this updated regulation at all road events this year.
- Only bicycle conforming to UCI rules 1.3.001-1.3.025 are permitted for use.
- OC does not permit the use of go pro's or any other type of filming devices attached themselves or mounted on their bicycles while racing at an Ontario Cycling event.
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Independent riders are required to wear a plain-colored jersey with no significant logos, team names or advertising displayed on them.

- Sleeveless jerseys are not permitted.
- There will be no neutral service available. There will be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course
- Per Cycling Canada 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 glass containers is strictly prohibited during the race
- Disc brakes are permitted

Onboard 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 using footage for individual promotion or private use secure written consent in advance from anyone 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.

Upgrade Request

There will be no upgrades for the Ontario Summer Games. All riders will be required to race their national age listed on their license.

Rider Confirmation/Sign In

- Rider confirmation will take place at the OC tables at each of the venues in the morning of each of the event days.
- Riders must keep their plate for the game.

Number Placement

Plates must be affixed on the front of the handlebars, the plates remaining as flat as possible, to avoid bending the plates

General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- The CC and OC rules are available at: www.ontariocycling.org/officials
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles/team vehicles are not permitted to follow the races while in progress.
- 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
- As this is a criterium race, riders will be given a free lap for a recognized mishap (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than traveling backward on the course, report to the commissaires and make repairs. At the direction of the commissaire only, riders can resume the race at the same place in the pack where they had their mishap.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups. Racers who lap the field and rejoin the bunch will sprint with the group.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, dropped riders must remain separate, even when being overtaken by riders in their own category.
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.
- Radio communication is not permitted between riders and anyone else.

- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.

Awards

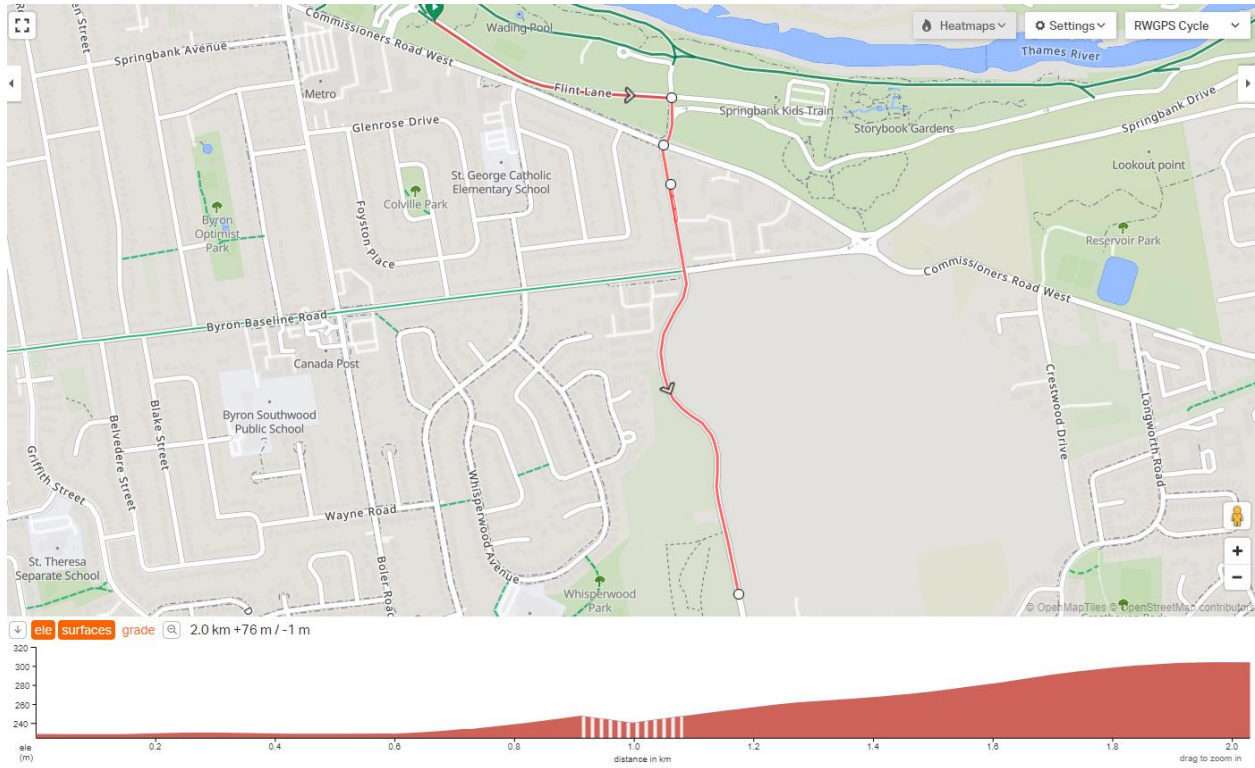
- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the award ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines will be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentation will take place on August 3rd
 - Para athlete medal ceremony will be at the completion of the Time Trial
 - U16/U18/U19 medal ceremony will be at the completion of the Road Race

Parking

- Day 1 - Springbank Park there will be free parking available around the park for spectators to watch
- Day 2 - Parking will be in the church parking lot for spectators to watch

Course Map

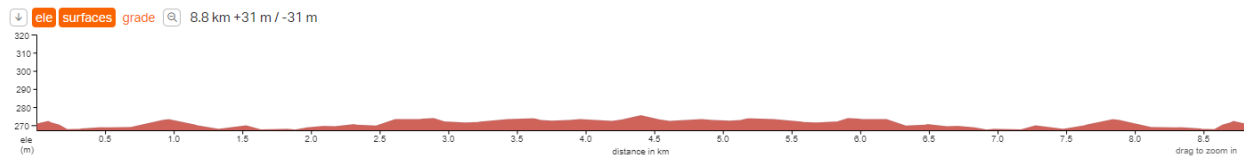
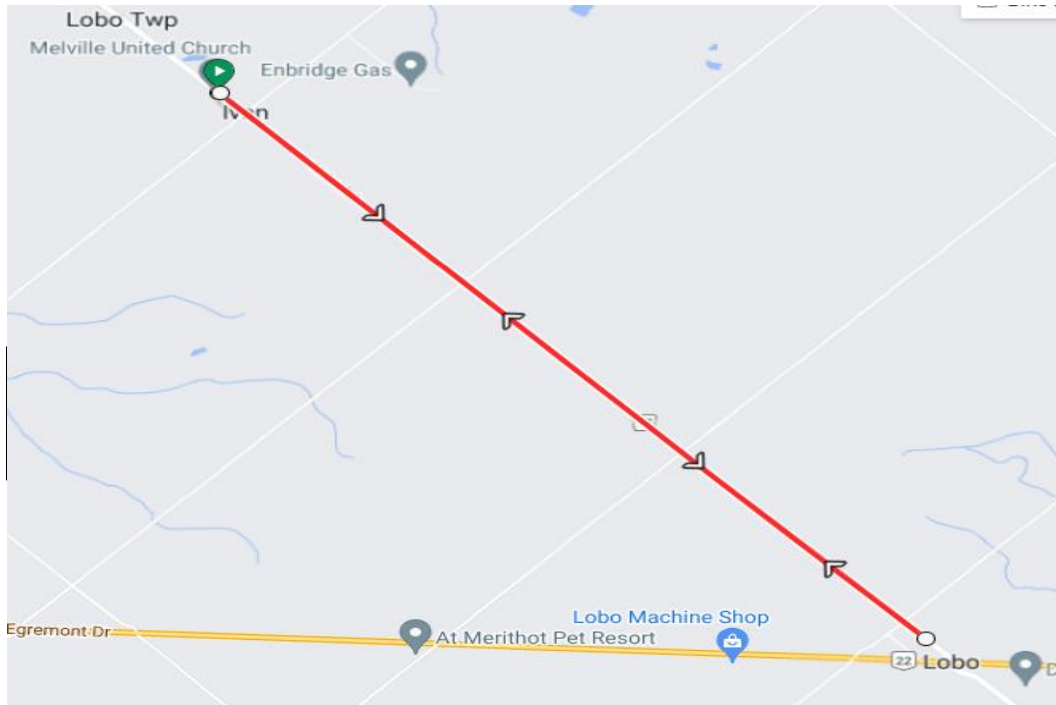
Hill Climb



Criterion



Time Trial



Road Race



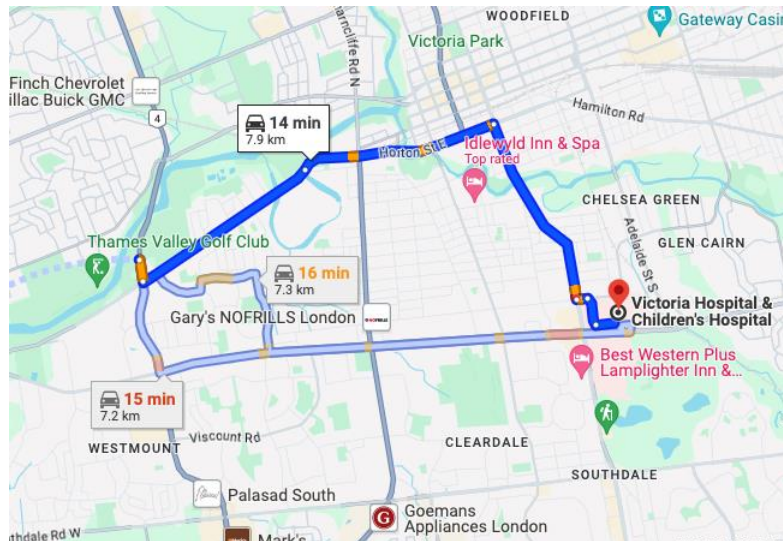
Event & Course Safety

- First aid will be provided by the Ontario Summer Games and will be located by the start/finish line for each of the events
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaires that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine

Hospital Information

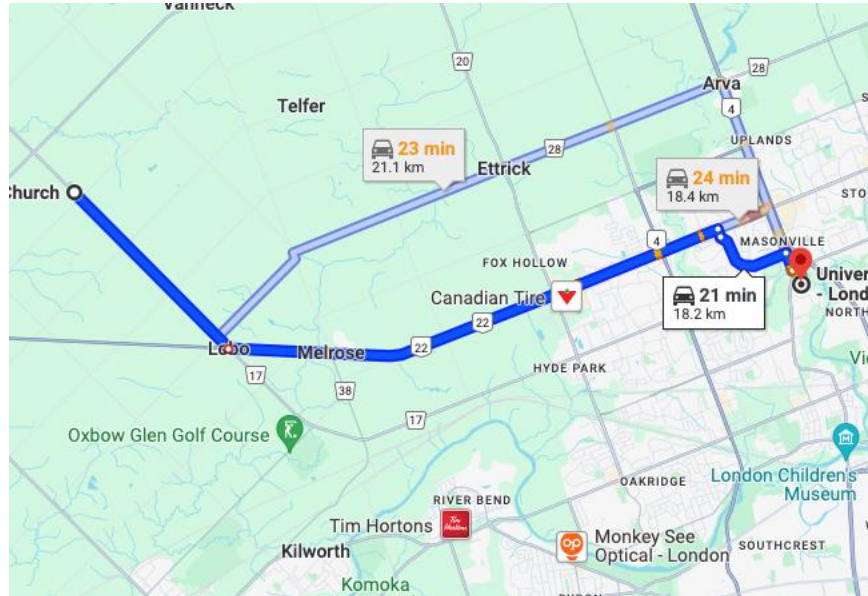
Springbank Park venue

Victoria Hospital and Children's Hospital
800 Commissioners Rd E
519-685-8500



Melville United Church Location

University Hospital
339 Windermere Road



Participant Survey

In order to continue to improve our events, we need your feedback! [Click here](#) to fill out a survey

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible.

Appendix



Road Factors

C5	Men	100.00%																		
C4	Men	95.56%	100.00%																	
C3	Men	93.23%	97.56%	100.00%																
C2	Men	90.45%	94.65%	97.02%	100.00%															
C5	Women	86.13%	90.13%	92.38%	95.22%	100.00%														
C1	Men	84.70%	88.64%	90.85%	93.64%	98.34%	100.00%													
C4	Women	82.31%	86.13%	88.28%	91.00%	95.56%	97.17%	100.00%												
C3	Women	80.30%	84.03%	86.13%	88.78%	93.23%	94.80%	97.56%	100.00%											
C2	Women	77.90%	81.52%	83.56%	86.13%	90.45%	91.98%	94.65%	97.02%	100.00%										
C1	Women	72.95%	76.34%	78.25%	80.65%	84.70%	86.13%	88.64%	90.85%	93.64%	100.00%									

T2	Men	100.00%																		
T1	Men	87.44%	100.00%																	
T2	Women	86.13%	98.50%	100.00%																
T1	Women	75.31%	87.44%	88.77%	100.00%															

B	Men	100.00%																		
B	Women	86.13%	100.00%																	



H5	Men	100.00%										
H4	Men	100.00%	100.00%									
H3	Men	95.91%	95.91%	100.00%								
H5	Women	86.13%	86.13%	89.80%	100.00%							
H4	Women	86.13%	86.13%	89.80%	100.00%	100.00%						
H3	Women	82.61%	82.61%	86.13%	95.91%	95.91%	100.00%					
H2	Men	82.61%	82.61%	86.13%	95.91%	95.91%	100.00%	100.00%				
H2	Women	71.15%	71.15%	74.19%	82.61%	82.61%	86.13%	86.13%	100.00%			
H1	Men	60.09%	60.09%	62.65%	69.77%	69.77%	72.74%	72.74%	84.45%	100.00%		
H1	Women	51.76%	51.76%	53.96%	60.09%	60.09%	62.65%	62.65%	72.74%	86.13%	100.00%	