



ONTARIO CUP
MOUNTAIN BIKE SERIES

2024 MTB Ontario Cup Series & Provincial Championships Information Bulletin

Version 3

4/2/24



TABLE OF CONTENTS

General Information.....	3
OCup #1 – Woodnewton, May 4-5	3
OCup #2/Canada Cup – Hardwood Ski & Bike, May 17-19.....	3
OCup #3 – Hiawatha Highlands, June 15-16	4
OCup #4 – Highlands Nordic, June 29-30	4
OCup #5 – Mansfield Outdoor Centre, July 28	5
2024 Ontario XC-MTB Provincial Championships, August 9-11	5
MTB OCup/Provincial Series Schedule.....	6
Registration & Pricing.....	6
Ontario Cup Registration	6
Provincial Championships Registration	7
Refund/Transfer Policy	8
Event Categories	8
Ontario Cup Points.....	9
Series Plate Numbers.....	10
Upgrading Categories.....	10
OCups 1, 3-5, & Provincials Event Schedule & Distances	11
OCup #2/Canada Cup Event Schedule & Distances.....	12
Awards	12
MONTU OCup Segment Challenge	13

GENERAL INFORMATION

Ontario Cycling (OC) is proud to present the 2024 Mountain Bike Race Series held at Woodnewton, Hardwood Ski & Bike, Mansfield Outdoor Centre, Hiawatha Highlands, Highlands Nordic, and Area 8 Conservation Area (Kelso Quarry). The 2024 Race Series will consist of **6 events** and provide riders with **12 racing opportunities** at unique locations across the province. The OCup Series is designed to provide high-quality racing opportunities, over a multitude of terrain, at various locations.

[SERIES REGISTRATION](#)

OCup #1 – Woodnewton, May 4-5

Woodnewton, the iconic season opener for the Ontario Cup series is returning! Woodnewton, located in Uxbridge, just 15 minutes north of Whitby, offers exceptional early season riding conditions with its sandy soils, southern exposure, and remarkable trails that are exclusively accessible during events. In keeping with the surrounding trails in Durham Forest, Woodnewton offers a great selection of fast, flowy and technical single and double track trails. Featuring a blend of hand-built and machine-built trails, as well as challenging sustained climbs, Woodnewton serves as the ideal launching pad for the series. Spectators can enjoy fantastic views of ultra-fast, flowy race-specific trails with an excellent mix of features, making it a perfect venue for racers and supporters alike.

For more information on the trails in Uxbridge click [here](#).

[REGISTRATION](#)

OCup #2/Canada Cup – Hardwood Ski & Bike, May 17-19

Hardwood Ski & Bike has kilometers of beautiful, rolling trails through hardwood and pine forests. Located in Oro Station just 15min North of Barrie there is a trail for every level of ability, from beginner to elite racer. Hardwood has 34 km of rolling double track trails and an additional 50 km of challenging single-track trails that create endless possibilities for course design and features. Join Hardwood for their 27th Annual Event! Cross Country and Short Track mountain bike races for all levels of riders from Youth and Sport to Canada's top World Cup racers. Come race, come watch, or do both!

For more information about Hardwood Ski & Bike click [here](#).

REGISTRATION

OCup #3 – Hiawatha Highlands, June 15-16

The Sault Cycling Club (SCC) in collaboration with Tourism Sault Ste. Marie is excited to welcome athletes from across the province to their trail network. With over 55km of newly constructed Mountain Bike trail, Sault Ste. Marie has quickly become a must-visit destination for the sport with options from easy to expert, cross country, enduro, winter fat bike, and trail riding. About 10 minutes from the downtown core, you'll find that Kinsmen Park / Hiawatha Highlands boasts some of the best trails in Ontario – technical steep climbs through the rocky Canadian Shield, fast, modern flow trails, and adrenalin – creating jumps lines. In addition to the trail network, you'll find that the community has truly embraced the sport with multiple shops, local breweries, riding groups, and bike tour operators supporting the industry. The trail network is varied and perfect for riders wanting to train technical skills while enjoying amazing vistas, and all within close proximity to the city. We hope that the trails and city exceed all expectations.

For more information on mountain biking in Sault Ste. Marie click [here](#).

REGISTRATION

OCup #4 – Highlands Nordic, June 29-30

Highlands Nordic and neighbour Duntroon Highlands Golf Course share 600 acres of land with over 30km of singletrack and 25km of doubletrack. These world class recently expanded trails are home to Collingwood Offroad Cycling (www.CORC.bike) and usually reserved exclusively for their membership. These trails feature great climbs and challenging tech along with new flow and jump trails that will make for an exciting venue to race and ride!

Located on the Niagara Escarpment, Highlands Nordic hosts amazing views of Georgian Bay and bountiful nature. During the winter you can enjoy over 25km of ski trails and an 8000 square foot lodge complete with cafeteria, meeting rooms, pro-shop, rentals, and more. Enjoy access to this lodge along with camping and great food (at the next door golf course clubhouse) during the Ontario Cup weekend.

REGISTRATION

OCup #5 – Mansfield Outdoor Centre, July 28

Mansfield Outdoor Centre is a full-service, four-season property located in the heart of the Mulmur Hills, located just north of the village of Mansfield only one hour north of the GTA. MOC strives to provide exceptional experiences for all its visitors using the facility. The team of experienced riders and trail builders keep the network of single and double track ready to be enjoyed all year round. With one of the most diverse multi-sport trail networks with over 30km of maintained single and double track trails. Offering something for all riders, of all skill levels. The trails feature plenty of natural features to make your ride challenging and exciting, as well as some man-made features to develop riding skills.

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

REGISTRATION

2024 Ontario XC-MTB Provincial Championships, August 9-11

Area 8 Conservation Area (Kelso Quarry) is the newest park to Conservation Halton, previously known as the Kelso Quarry from the late 50s to mid 90s the area was one of the largest limestone producers in Canada. Today the former quarry has been transformed into a beautiful nature preserve, nestled into the escarpment, with trails that run alongside the outside and connect into Kelso's extensive network. Riders will be racing on familiar trails from a new angle with the start-finish area located in the former quarry at the summit of the escarpment. With room for plenty of parking, team tent space, an expo area, on site swimming, camping, and closer access to a wide range of trail options for all abilities OC is excited to host this 3-day celebration of Ontario mountain biking at Area 8. Reservations are required to access the park outside of race day.

For more information on Area 8 Conservation Area click [here](#).

REGISTRATION

MTB OCUP/PROVINCIAL SERIES SCHEDULE

OCup/Date	Dates	Events	Time
OCup #1 – Woodnewton	May 4	Short Track XCC Race	9a-5p
	May 5	OCup XCO Race	830a-4p
OCup #2/ Canada Cup – Hardwood Ski & Bike	May 17	Short Track XCC Race	9a-7p
	May 18	XCO Pre-Ride, Rider Sign-In	9a-5p
	May 19	OCup & Canada Cup XCO Races*	830a-4p
OCup #3 – Hiawatha Highlands	June 15	Short Track XCC Race	9a-5p
	June 16	OCup XCO Race	830a-4p
OCup #4 – Highlands Nordic	June 29	Short Track XCC Race	9a-5p
	June 30	OCup XCO Race	830a-4p
OCup #5 – Mansfield Outdoor Centre	July 28	OCup XCO Race	830a-4p
Provincial Championships – Area 8	August 9	Short Track Provincial Championships	5-730p
	August 10	Team Relay Provincial Championships XCO Pre-Ride, Rider Sign-In	9a-5p
	August 11	XCO Provincial Championships	830a-4p

**Canada Cup categories only available to UCI license holders*

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

REGISTRATION & PRICING

Ontario Cup Registration

- Registration for all MTB OCups is open to Ontario Cycling members 8 years of age and older.
- Challenge Members, Compete Members, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Memberships will not be sold on event day and must be purchased in advance.
- There will be 2 ways to register:
 - **A) Series Registration** – includes OCups 1-5 & Provincials (+ the option to register for Short Track races and Provincials Team Relay)
 - **B) Individual Registration** – one of OCups 1-5 and Provincials
- Registration for all MTB OCups will close on **Thursday at 11:59pm** of event week.

- If a rider misses the registration deadline, they must contact the OC office immediately for registration to be re-opened and could be subject to a \$50 late entry fee. After Friday 4pm of race week, no exceptions can be made for a rider to register after that time.

Provincial Championships Registration

- Registration for all Provincial Championship race closes on **Wednesday August 7th at 11:59pm.**
- If the Wednesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

[CLICK HERE TO REGISTER FOR THE OCUP SERIES](#)

A) OCup Series Registration (OCups 1-5 & Provincials)		
Event	Registration Timeline	Link
Closes Thu, May 2 @ 11:59pm		
OCup #1	Price of \$35-70 depending on category with 10% discount	Here
OCup #2	Price of \$46-98 depending on category with 10% discount	
OCup #3	Price of \$30-75 depending on category with 10% discount	
OCup #4	Price of \$35-70 depending on category with 10% discount	
OCup #5	Price of \$35-70 depending on category with 10% discount	
Provincials	Price of \$45-85 depending on category with 10% discount	

B) OCup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1	Closes Thu, May 2 @ 11:59pm	Here
OCup #2	Closes Thu, May 16 @ 11:59pm	Here
OCup #3	Closes Thu, Jun 13 @ 11:59pm	Here
OCup #4	Closes Thu, Jun 27 @ 11:59pm	Here
OCup #5	Closes Thu, Jul 25 @ 11:59pm	Here
Cost per event	Price of \$30-98 depending on category	

C) Provincial Championships Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wed, Aug 7 @ 11:59pm *Early bird discount of 10% for all XCO categories ends July 24 th , 2024.	Here
Cost	Price of \$45-85 depending on category	

Refund/Transfer Policy

- Refunds are subject to organizer approval.
- Transfers from one individual to another or transfers from one event to another are not permitted.
- OC reserves the right to issue refunds in exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend will be considered.

EVENT CATEGORIES

OCup categories are in an age first and ability second based format where athletes are first seeded by their age (8 and up) and then ability (Sport, Expert, Elite). The

ability-based component of categories is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC Office.

ONTARIO CUP POINTS

Ontario Cup points are awarded to all categories. Only riders who purchase their membership through OC are eligible for OCup points. DNF results (riders who do not finish) are not entitled to OCup points. Ontario Cup series champions will be decided by season ending Ontario Cup MTB series point totals by a simple tally of all the OCup points earned at OCup events and Provincial Championships for the current year.

The breakdown of OCup points are as follows for each category:

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

**OC reserves the right to grant double OCup points status to any Ontario Cup event, subject to it being announced at least 30 days in advance of the event in question.*

***Non-Members competing at OCup events are not eligible to earn OCup points.*

Riders will earn a x1.2 multiplier to their total 2024 OCup Points tally for competing 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

SERIES PLATE NUMBERS

OCup participants will receive a series plate when signing in at the first race of the series they attend. This plate is to be used for each OCup race for the duration of the series, except for OCup #2/Canada Cup at Hardwood. OCup plates are to be used at Provincial Championships. Please find below example of the 2024 plate:



UPGRADING CATEGORIES

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 meet required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

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).*

OCUPS 1, 3-5, & PROVINCIALS EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	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+	20-22km (Men/Open U55) 12-14km (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 (U19) 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	14-16km (U17 W) 20-22km (U17 M & U19 W) 26-28km (Expert M & Elite W) 32-34km (Elite M)	2 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)

OCUP #2/CANADA CUP EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	Laps	Duration
1	8:30am	U11 Girls/Boys U13 Girls/Boys	4-8km	2 Laps	30-45min
2	9:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women/Men Senior Sport Women 19+ Senior Sport Men 19+ Master Sport Women 35-44 Master Sport Men 35-44 Master Sport Women 45-54 Master Sport Men 45-54 Master Sport Women 55-64 Master Sport Men 55-64 Master Women 65+ Master Men 65+	15-22.5km	2-3 Laps	55-70min
3	11:30am	U17 Expert Girls/Boys Senior Expert Women 19-34 Senior Expert Men 19-34 Master Expert Women 35-44 Master Expert Men 35-44 Master Expert Women 45-54 Master Expert Men 45-54 Master Expert Women 55+ Master Expert Men 55+	15km (U17 F) 22.5km (U17 M & Expert W) 30km (Expert M)	2 Laps (U17 F) 3 Laps (U17 M & Expert W) 4 Laps (Expert M)	45-60min (U17 F) 70-85min (U17 M & Expert W) 75-90min (Expert M)
4	1:45pm	Elite Women U19 Expert Women Elite Men U19 Expert Men	22.5km (U19 F) 30km (U19 M & Elite W) 37.5km (Elite M)	3 Laps (U19 F) 4 Laps (U19 M & Elite W) 5 Laps (Elite M)	55-70min (U19 F) 75-90min (U19 M & Elite W) 85-100min (Elite M)

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 given 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 following the conclusion of each start wave.

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 a 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 and 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 sync 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 MONTU OCup Segment Challenge is based on overall Male & 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