



ONTARIO CUP
MOUNTAIN BIKE SERIES

**2024 ONTARIO MOUNTAIN BIKE
PROVINCIAL CHAMPIONSHIPS**
Area 8 Conservation Area

Friday August 9th – XCC
Saturday August 10th – Team Relay
Sunday August 11th – XCO



August 7th, 2024
Technical Guide
Version 5

THIS EVENT IS SANCTIONED BY



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Event Sponsors & Partners

Main Partners



Lifestyle & Tourism Partner



Transportation Partner



Local Partner



Media Partner



General Information

The 2024 Provincial Championships will be held over 3 days August 9th-11th with 3 championship races – Short Track (XCC), Team Relay, and XCO.

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](#).

Dates: August 9th (XCC), August 10th (Team Relay), August 11th (XCO)

Location: Area 8 Conservation Area – [5437 Steeles Ave W, Milton, ON L9T 2Y1](#)

Event Information

Parking: Parking will be available for all riders & spectators in Kelso's multiple parking lots on property. Entry to the Kelso property will be available free of charge to all event registrants on **race days August 9th – 11th ONLY**. Spectators and all individuals not registered for the event will be subject to a gate fee when entering the park as is standard across entry to any Conservation Halton Park. For 25% off the gate fee please use the code **OCUP25** when reserving your visit online in advance. YOU MUST BOOK IN ADVANCE if you wish to take advantage of this 25% off discount, the discount will not be given at the gate house. If you are a Conservation Halton Park pass holder, you can reserve your visit and access the park as you normally do with no fee.

To learn more about Kelso or reserve your visit, visit their webpage [HERE](#).

Feed Zone: Riders will be able to feed after the conclusion of the first lap via the location as marked on the course map below. Feeding is not permitted during the XCC or Team Relay races, just Sunday's XCO. Unless the commissaire panel decides otherwise based on race conditions.

Pre-Riding: The course will be marked with signage by Friday, August 2nd. Official race taping will be completed Thursday, August 8th and official pre-ride begins Friday, August 9th. All pre-riding outside of the official designated times is at each rider's own responsibility and no medical will be present on site.

Swimming: Area 8 has access to a small lake on property that will be made

available by Kelso staff and lifeguards for swimming Saturday and Sunday (times TBD by Kelso). Swimming is not part of the sanctioned event and any riders who wish to swim do so at their own risk and must follow the rules of Halton Conservation Authority.

Camping: Kelso is offering camping on-site for the event weekend for \$10/person per night – in addition to the gate fee for individuals to camp (whether using a Tent or Parking an RV). Camping will be available near the west parking lot at the base of Kelso, RVs/camper vehicles will need to park in the west parking lot as it was in 2023. Kelso does not have any RV hookups of any kind. Guests can check in and pay for camping day of, no need to call ahead. With 2 sites reserved for the weekend, 1 of the sites being big enough to fit more than the amount of people who have camped for the event in the past. With an additional site available as overflow. Campers will not be subject to an additional gate fee when entering via the Area 8 park entrance.

****The campsite is only reserved for race days Aug 9th-11th, arrivals can happen within normal park operating hours (9a-7p) on those days. If you have any questions, please contact Kelso at 905-878-5011 ext: 1273.***



OC Event Contacts

Position	Name
Ontario Cycling Event Lead	Darren De Ruiter
Membership/Licensing	Chris Baskys
Timing	Zone4
Medical	Kelso Ski Patrol

Commissaires

Position	Name
President of the Commissaire Panel	Scott Doel
Secretary	Steve Head
Finish Judge	Marie-Eve Potvin
Member - XCC	Mark Buckaway
Member – Team Relay & XCO	Maria Paisley

Registration

- Registration for MTB Provincial Championships is open to Ontario Cycling members and license holders 8 years of age and older.
- The event is pre-registration only. No day of registration will be accepted.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate. 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 MTB Provincial Championships 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 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

Ontario MTB Provincial Championships – Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wednesday August 7 th @ 11:59pm	HERE
Cost	Price of \$10-85 depending on category	

Rider Sign-In/Plate Pickup

Rider sign-in will take place under the OC tent (look for signage) near the start-finish line. Please check the schedule to confirm your sign-in time for each event and your race time. Sign-in closes 30 minutes before each race and will be available Friday, Saturday, and Sunday of race weekend.

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

- Categories may be combined on the start line based on the number of entries or at the discretion of OC.
- If categories are combined, medals will be awarded to each of the individual categories.

Schedule of Events & Event Categories

XCC Short Track				
Start Wave	Time Fri Aug 9 th	Categories	Race Fee	Race Duration* 1.6km Lap
XCC 1	Friday 5:00 pm	U13 Girls U13 Boys	\$30	15 min
XCC 2	Friday 5:30 pm	U15 Girls U15 Boys	\$30	15 min
XCC 3	Friday 6:10 pm	Elite Women U19 Women U17 Girls Master Women 35-49 Master Women 50+	\$30 (U17) \$40	20 min
XCC 4	Friday 6:45 pm	U17 Boys Master Men 35-49 Master Men 50+	\$30 (U17) \$40	20 min
XCC 5	Friday 7:20 pm	Elite Men U19 Men	\$40	20 min

**All riders finish on their current lap after the winner finishes their last lap. Number of laps for each start wave will be determined based on the time it takes for the first lap to be completed.*

Team Relay				
Start Wave	Time Sat Aug 10 th	Categories	Registration Fees Closes Wed Aug 7 th	Race Distance/ Laps
1	Saturday 12:00pm	Open (4 Riders, minimum 1 Female)	\$10 per Rider	16-20km/4 Laps (1 Rider completes 1 lap each)

XCO			
Start Wave	Time Sun Aug 11 th	Categories	Registration Fees Closes Wed Aug 7 th
XCO 1	Sunday 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+	\$70-\$80
XCO 2	Sunday 10:45am	U11 Girls U11 Boys U13 Girls U13 Boys	\$45
XCO 3	Sunday 11:30am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	\$55 (U15) \$65 (U17) \$80
XCO 4	Sunday 1:00pm	U17 Expert Girls Elite Women U23 Women U19 Expert Women Elite Men 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	\$80 (U17) \$85

*Categories highlighted in **BOLD** are Provincial Championship Categories. All other races are Challenge events and ineligible to earn the title of Provincial Champion.

Team Relay Eligibility & Information

All riders wishing to participate in the team relay must pre-register individually for the team relay category online before Wednesday August 7th at 11:59pm. Teams must submit a rider list one day prior to the event (Friday, August 9th, 6:40pm)

either to the on-site registration desk or by emailing events.team@ontariocycling.org. Rider list forms will be available at the registration desk. A maximum of 20 teams will be allowed to race. Priority will be given based on registration order. All riders on a team are encouraged to wear matching jerseys to be identified as a team. Number plate pick-up for team relay will occur on Saturday August 10th, from 9:00 am until 11:30 am.

Teams will complete 4 laps of a shortened XCO course, or a slightly modified XCO course. The exchange between riders will take place in an exchange zone near the start-finish area.

Team Composition: A points system has been developed to assist in team building. To be eligible for the Team Relay Provincial Championship title all 4 riders on a team must add up to a maximum of 275 points. Each category of rider based on age is assigned a points value:

Category (Age Range)	YOB	Men/Open	Women
Elite (23+ yrs)	≤2001	100	50
U23 (19-22 yrs)	2002-2005	75	25
U19 (17-18 yrs)	2006-2007	50	20
U17 (16 and under)	≥2008	30	20

Each team must include at least one male and one female rider. A team who has only 3 riders may have one rider do 2 laps (these laps cannot be consecutive), this rider will be counted as two individuals for the team composition.

Teams that exceed the maximum of 275 points, have 1 or more out-of-province riders, or 1 or more non-Ontario Cycling members on their team can compete in the team relay but will not be eligible for the Provincial Championship title. If any ineligible teams place in the top 3 overall a separate non-championship podium ceremony will be held to award these riders.

Start Order: As this is the first time a Team Relay will be held at Ontario MTB Provincial Championships, call-ups for the first 8 spots on the start line will be randomized.

XCO Category Distance, Lap, & Duration Standards

Start Wave	Time Sun Aug 11 th	Categories	Distance	# Of Laps	Duration
XCO 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	21-24km (M U55) 14-16km (W & M 55+)	3 Laps (M U55) 2 Laps (W & M 55+)	70-85min (M U55) 55-70min (W & M 55+)

		Master Sport Women 55-64 Master Women 65+			
XCO 2	10:45am	U11 Girls U11 Boys U13 Girls U13 Boys	4-6km (U11) 8-10km (U13)	1 Lap (U11) 2 Laps (U13)	25-40min
XCO 3	11:30am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	14-16km (U19) 21-24km (Expert W)	2 Laps (U19) 3 Laps (Expert W)	55-70min (U19) 70-85min (Expert W)
XCO 4	1:00pm	U17 Expert Girls Elite Women U23 Women U19 Expert Women Elite Men 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	21-24km (U17 G/B & U19 W) 28-32km (Expert M & Elite/U23 W) 35-40km (Elite/U23 M)	3 Laps (U17 G/B & U19 W) 4 Laps (Expert M & Elite/U23 W) 5 Laps (Elite/U23 M)	55-70min (U17 G/B & U19 W) 75-90min (Expert M & Elite/U23 W) 85-100min (Elite/U23 M)

Awards & Prizes

- 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.
- If a rider resides out-of-province or is not an Ontario Cycling member they will not be eligible for the Provincial Championship title. If an ineligible rider places top 3 in their category a separate non-championship podium ceremony will be held to award them.
- 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 race.
- **OCup Overall Series** awards will be presented to the Top 3 riders in each category for the series following the XCO Provincial Championship race ceremonies.
- **OCup Montu Segment Challenge** winners will be awarded following the winners respective XCO Provincial Championship race ceremony.

Event Schedule

FRIDAY, August 9th:

- 9:00 am – 4:30 pm Pre-Ride Open
- 3:00 pm – 6:50 pm Rider Sign-In Open
- **5:00 pm** **XCC Start Wave 1 (U13)**
- **5:30 pm** **XCC Start Wave 2 (U15)**
 - 5:55 pm Wave 1 & 2 Podium Ceremonies
- **6:10 pm** **XCC Start Wave 3 (Women)**
- **6:45 pm** **XCC Start Wave 4 (U17 & Master M)**
- **7:20 pm** **XCC Start Wave 5 (Elite & U19 M)**
 - 7:50 pm Waves 3, 4, & 5 Podium Ceremonies

SATURDAY, August 10th:

- 9:00 am – 11:30 am Pre-Ride Open
- 9:00 am – 4:00 pm Rider Sign-In Open
- **12:00 pm – 1:30 pm** **Team Relay Provincial Championships**
 - 1:45 pm Team Relay Podium Ceremonies
- 1:30 pm – 5:00 pm Pre-Ride Open

SUNDAY, August 11th:

- 7:30 am – 12:30 pm Rider Sign-In Open
- **9:15 am** **XCO Start Wave 1 (Sport W & M)**
 - 11:00 am Wave 1 Podium Ceremonies
- **10:45 am** **XCO Start Wave 2 (U13 & U11)**
 - 11:45 am Wave 2 Podium Ceremonies
- **11:30 am** **XCO Start Wave 3 (Expert W & Sport M)**
 - 1:15 pm Wave 3 Podium Ceremonies
- **1:00 pm** **XCO Start Wave 4 (Elite & Expert W/M)**
 - 3:00 pm Wave 4 Podium Ceremonies

**All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race.*

Start Lists & Results

Zone4 is the official timer for the Ontario Cycling Mountain Bike Series. Start lists and live results can be found at the link <https://zone4.ca/> after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.

All participants will receive a timing chip corresponding to their race plate number. Timing chips must be picked up by all riders at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Ontario Cycling has made a significant investment into timing equipment and services in 2024, as such all riders who do not return their timing chip on event day will be invoiced \$75. The cost to replace the chip unless other arrangements can be made to return the chip to the Ontario Cycling office.



Start/Finish Diagram



Course Marking

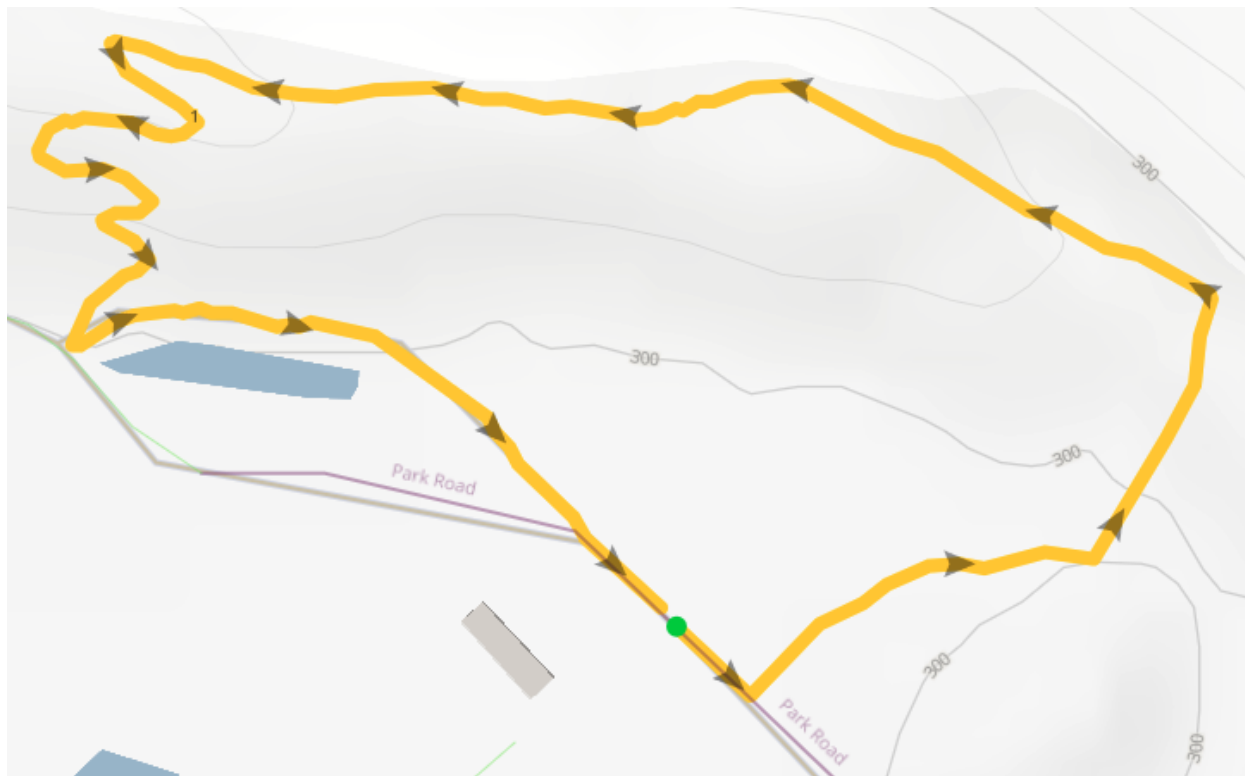
- Ontario Cycling uses barricade or caution tape to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can show participants where not to go, or it can be used to outline the outside (or inside) of a corner, or to keep riders out of a certain area.
- Ontario Cycling uses 12"x10" red arrows on white chloroplast to indicate direction on the course.
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked.
- Some sections of course allow for "Easy" (B Line) or "Hard" (A Line) options where riders have a choice on which line they want to take. The "Hard" option is more difficult than the "Easy" option, and generally offers a time advantage to participants who are able to ride the option.

Team Area

There is limited space for Team Tent's during the provincial's weekend. Teams can register for space by emailing a request to events.team@ontariocycling.org. Failure to register may result in refusal at the event due to limited space. All team tent space requests must be received by **Tuesday Aug 6th**. Teams are limited to 1 vehicle/trailer only within the defined team area each.

Course Maps & Elevation Profiles

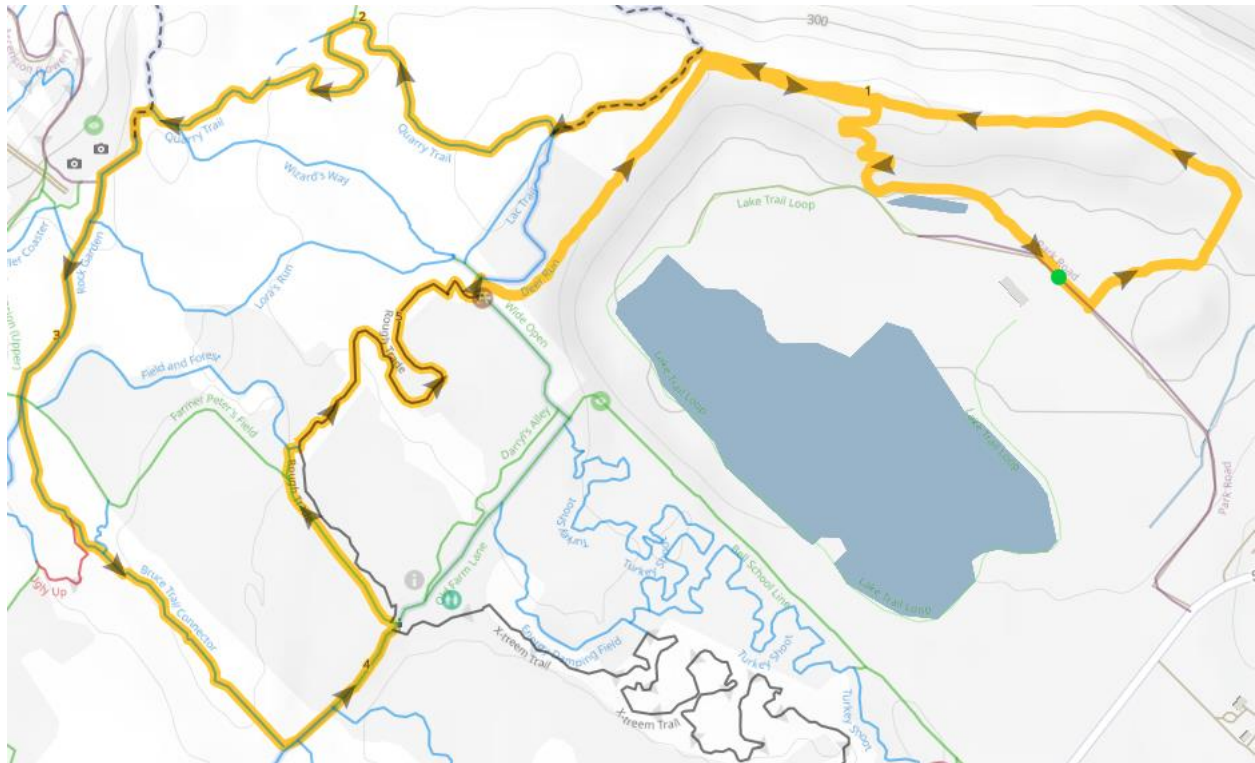
XCC – Friday 5:00, 5:30, 6:10, 6:45, 7:20 pm



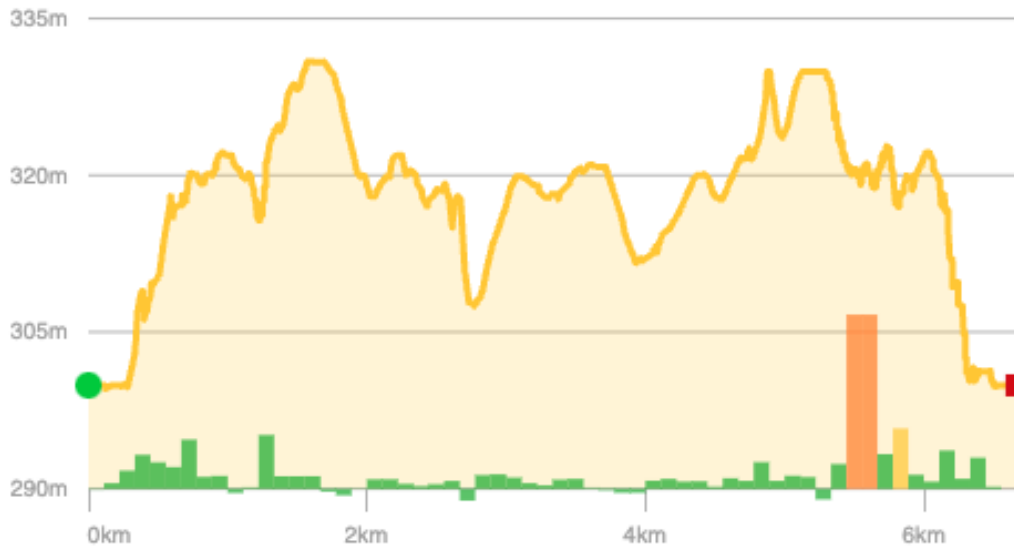
1.6 km	22 m	-22 m	322 m
Distance	Climb	Descent	High Point



XCO Start Waves 1 & 3 – Sunday 9:15 am & 11:30 am



6.7 km	82 m	-81 m	331 m
Distance	Climb	Descent	High Point

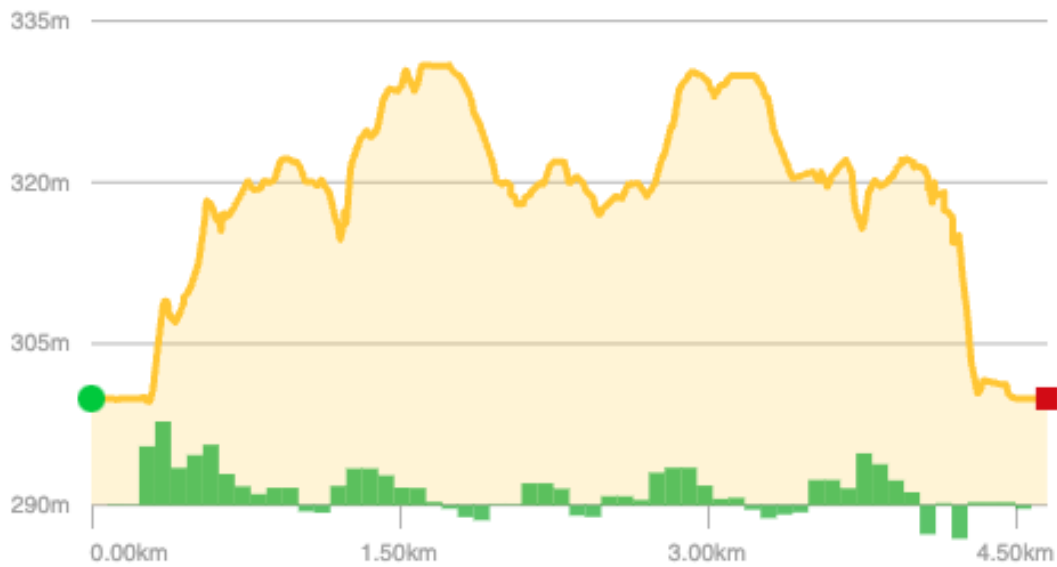


Team Relay – Saturday 12:00 pm

XCO U11/U13 Start Wave 2 – Sunday 10:45 am



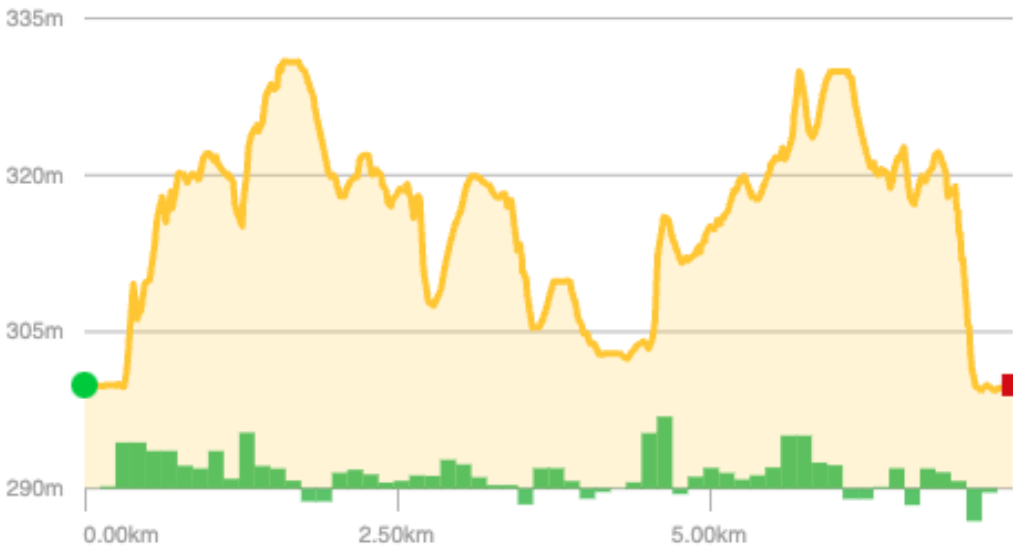
4.6 km Distance	55 m Climb	-54 m Descent	331 m High Point
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XCO Start Wave 4 – Sunday 1:00 pm



7.4 km	85 m	-85 m	331 m
Distance	Climb	Descent	High Point



Event Rules

General Rules & Regulations

- The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the President of the Commissaire Panel and all determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all XCO categories, as per Ontario Cycling guidelines.

Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA 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.

On-Board 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 who is using footage for individual promotion or private use, secure written consent in advance from any individual 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.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

Ontario Cup Points

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

Place	Points
1st	25
2nd	20
3rd	16
4th	13
5th	11

Place	Points
6th	10
7th	9
8th	8
9th	7
10th	6

Place	Points
11th	5
12th	4
13th	3
14th	2
15th	1

**Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup 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
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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 Criteria

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

At Provincial Championships riders must race in their age group.

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).*

Call-Up Protocol

Call-ups for OCups and Provincials are designed to encourage participation in the OCup series by Ontario riders. OCup races use ability-based categories:

- 1) Call-ups will be done by OCup points only for the first 2 rows.
- 2) Riders tied with the same number of OCup points will be randomized.
- 3) After the first 2 rows are filled, the rest of the riders will fill the remaining places on a first-come, first-served basis.
- 4) If the first 2 rows are not filled, other riders can take open positions there.
- 5) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.)

Organizers may wish to publicly acknowledge National, World Champions or other celebrity riders in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if a rider saves a place and allows another rider to move up to take it (riders may choose any position after their call-up).

Feed Zones and Technical Assistance

Feed Zone Regulations

- 1) Feeding is only permitted during the XCO race.
- 2) Feeding is permitted only in the zone(s) designated for that purpose.
- 3) Only those persons responsible for feeding riders may be in the feed zone. Spectators & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 4) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
- 5) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 6) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 7) Water may be provided to the rider for the purpose of pouring on the rider's body by the rider, only if specific permission has been given by the PCP before the event.
- 8) No rider may turn back on the course to reach a feed zone.

Technical Assistance Regulations

- 1) Technical assistance is only permitted in the XCC & XCO races in the designated zone.
- 2) Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
- 3) Small tools and tubes can be handed to people in the technical zone only.
- 4) Anyone in the technical assistance zone may help riders to get their bicycle running.
- 5) Riders must finish with the bicycle frame and number plate that they started the race with.
- 6) Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
- 7) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 8) Technical assistance applies to 1:30 pm starts at Ontario Cups only.
- 9) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.

Pulling Riders

Riders may be pulled from the event if they don't meet the 80% rule in the 1 pm start time, at the discretion of the President of the Commissaire Panel. Riders may

be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

Bad Weather and Course Changes

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- [View OC's Weather Policy & Guideline Here](#)

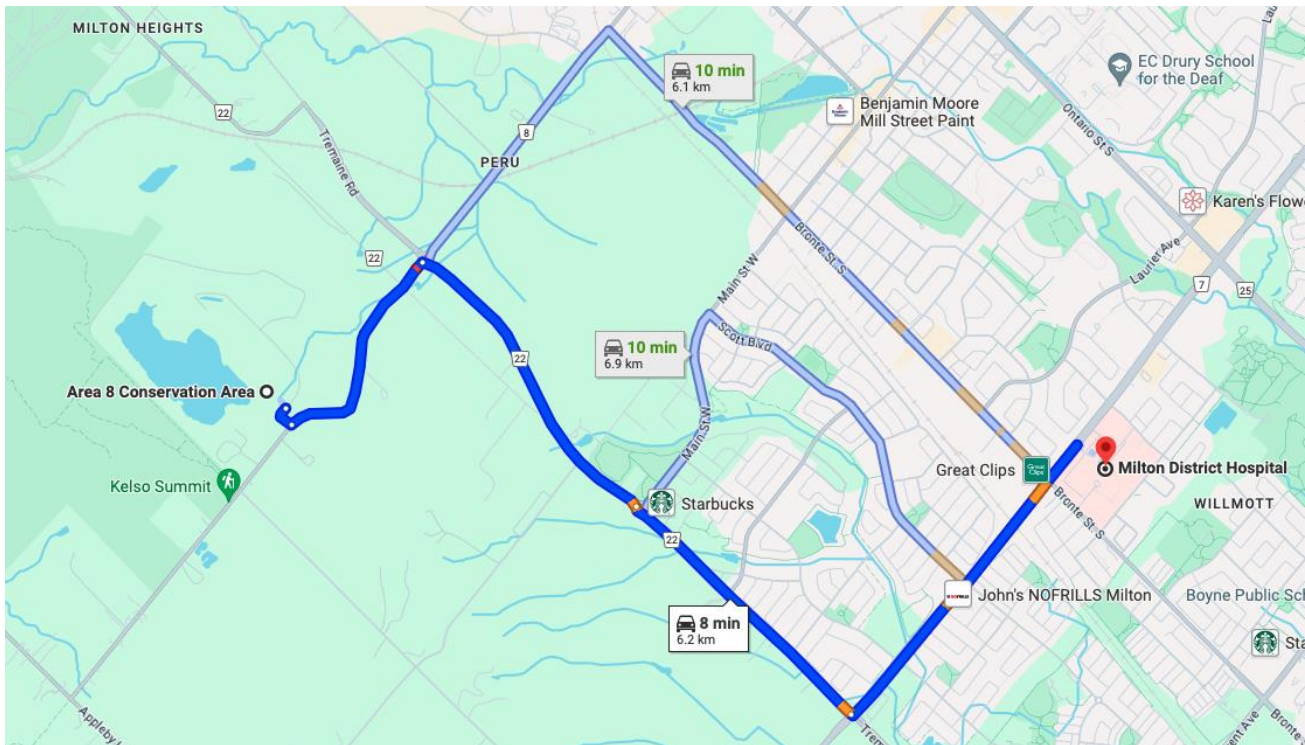
Event & Course Safety

- First Aid will be provided by Kelso Ski Patrol. They will be stationed near the start/finish area and at strategic location(s) on course. Marshalls will be on course during all races.
- 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 a Commissaire may be subject to a fine as a search will commence if a rider does not finish their event nor reports that they did not finish.
- Riders are required to wear an approved, regulation cycling helmet at all times while riding their bike.
- Should a Commissaire or OC representative 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.

Directions to Nearest Hospital

Milton District Hospital: [725 Bronte St. S, Milton, ON L9T 9K1](#)

- Exiting Area 8 Conservation Area turn left onto Steeles Ave W
- Turn right onto Tremaine Rd
- Turn left onto Derry Rd W
- On your right past Bronte St S find Milton District Hospital



Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact events.team@ontariocycling.org in advance of the event to receive accreditation.

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Montu Site Discount



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