



**ONTARIO CUP**  
MOUNTAIN BIKE SERIES

## Ontario Cup #3 – Hiawatha Highlands

Presented by:



June 10<sup>th</sup>, 2024  
Technical Guide  
Version 4

THIS EVENT IS SANCTIONED BY



## Event Sponsors & Partners



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## Event Description

**Date:** June 25<sup>th</sup>-16<sup>th</sup>, 2024

**Location:** [780 Landslide Rd, Sault Ste. Marie, ON P6A 5K7](#)

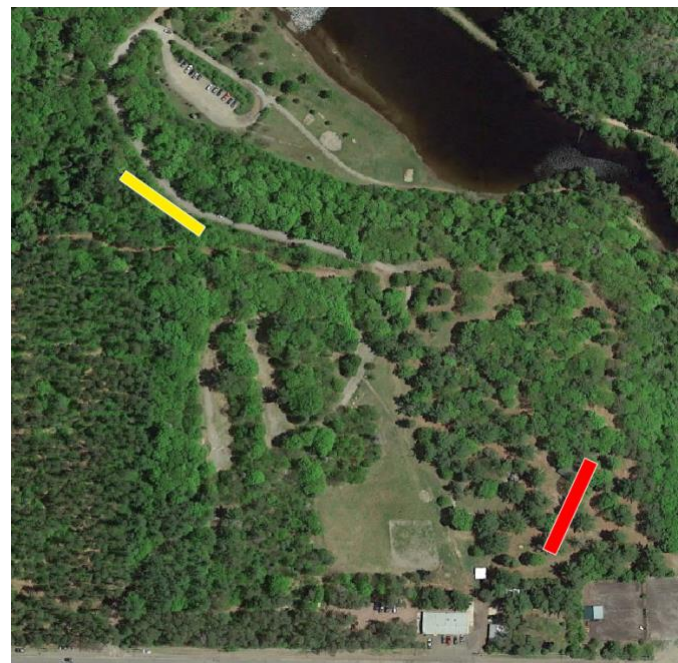
**Parking:** The venue is accessible via Highway 17N with four designated parking zones. Attendants will fill each zone until full and then close lots and divert vehicle traffic to the next available parking location.

### Feed Zone:

- Saturday, June 15<sup>th</sup>  
Load time: 11am  
Feed zone is indicated on the map in red
- Sunday, June 16<sup>th</sup>  
Load time: 8am  
Feed zone is indicated on the map in yellow

The Sault Cycle Club (SCC) is excited to welcome athletes and Ontario Cycling to our trail network. With over 55KM of newly constructed Mountain Bike trail, Sault Ste. Marie has quickly become a 'must see' destination for the sport with options from easy to expert, cross country, enduro, winter fat bike and trail riding.

The SCC in collaboration with Ontario Cycling and Tourism Sault Ste. Is prepared to provide both quality technical terrain and exceptional atmosphere during the 2024 OCup series. Less than twenty minutes from our downtown core you'll find that Hiawatha Highlands boasts some of the best downhill trails in Ontario.



In addition to our trail network you'll find that the community has truly embraced the sport and with outfitter shops, local mountain bike branded beer, local rider groups and tour bike tour operators. Our trail network is varied and perfect for riders wanting to train technical skills offering large jumps, steep lines and verticals as well as new modern flow XC trail to train your technical skills. With amazing vistas, thrilling trail, and proximity to your amenities you'll find that our trail network and city is outside of expected. For more information on our trail network visit: <https://saulttourism.com/outdoors/mountainbike/>.

## Event Contacts

Position	Name
Event Organizer	Travis Anderson
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	Zone4
Medical	Sault Search and Rescue

## Commissaires

Position	Name
President of the Commissaire Panel	Swatty Wotherspoon
Finish Judge	TBD
Member	Graham Attkinson

## 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](mailto:events.team@ontariocycling.org) in advance of the event to receive accreditation.

## Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. 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 OCup 3 closes on **Thursday June 13<sup>th</sup> at 11:59pm**.
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

<b>MTB OCup #3 – Hiawatha Highlands Registration</b>		
<b>Event</b>	<b>Registration Timeline</b>	<b>Link</b>
OCup #3	Closes Thu, June 13 <sup>th</sup> @ 11:59pm	<a href="#">HERE</a>
Cost per event	Price of \$40-85 depending on category	

## Pre-Riding

Riders assume their own risk and responsibility when riding the course outside of official pre-ride and competition on event weekend. The course will be marked as of end of day Sunday, June 9. Please ride responsibly and remember the course is open to the public.



## Categories & Pricing

<b>XCM-Marathon &amp; XCC-Short Track (Saturday June 15<sup>th</sup>)</b>			
<b>Start Wave</b>	<b>Time</b>	<b>Categories</b>	<b>Registration Fees</b> Closes Thu June 13 <sup>th</sup>
XCM	9:00am	Open (All Ages)	\$65
XCC 1	2:00pm	U15 Girls/Boys (13-14) U13 Girls/Boys (8-12)	\$25
XCC 2	2:35pm	Elite Women U19 Women U17 Girls Master Women (35-49) Master Women (50+)	\$30
XCC 3	3:05pm	Elite Men U19 Men U17 Boys Master Men (35-49) Master Men (50+)	\$30
Pump Track*	4:30pm	Open (All Ages)	TBD

\*The Pump Track event is an unsanctioned activity and not insured under Ontario Cycling's policy.

<b>XCO (Sunday June 16<sup>th</sup>)</b>			
<b>Start Wave</b>	<b>Time</b>	<b>Categories</b>	<b>Registration Fees</b> Closes Thu June 13 <sup>th</sup>
XCO 1	9:00am	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+	\$75
XCO 2	10:30am	U11 Girls/Boys U13 Girls/Boys	\$40
XCO 3	11:15am	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+	\$55 (U15/U17) \$65 (U19) \$75
XCO 4	12:45pm	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	\$75 (U17) \$85



## Category Distance, Laps, and Duration

<b>XCM-Marathon &amp; XCC-Short Track (Saturday June 15<sup>th</sup>)</b>					
<b>Start Wave</b>	<b>Time</b>	<b>Categories</b>	<b>Distance</b>	<b># Of Laps</b>	<b>Duration</b>
XCM	9:00am	Open (All Ages)	45km	TBD	2hr-3hr 30m
XCC 1	2:00pm	U15 Girls/Boys (13-14) U13 Girls/Boys (8-12)	1-2km Lap	Determined by race officials after the opening lap – based on speed of completion to result in desired total race duration.	15min*
XCC 2	2:35pm	Elite Women U19 Women U17 Girls Master Women (35-49) Master Women (50+)			20min*
XCC 3	3:05pm	Elite Men U19 Men U17 Boys Master Men (35-49) Master Men (50+)			
Pump Track**	4:30pm	Open (All Ages)	N/A	TBD	TBD

\*All riders finish on their current lap after the leader finishes their last lap.

\*\*The Pump Track event is an unsanctioned activity and not insured under Ontario Cycling's policy.

<b>XCO (Sunday June 16<sup>th</sup>)</b>					
<b>Start Wave</b>	<b>Time</b>	<b>Categories</b>	<b>Distance</b>	<b># Of Laps</b>	<b>Duration</b>
XCO 1	9:00am	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+	24km (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+)
XCO 2	10:30am	U11 Girls/Boys U13 Girls/Boys	7.5km (U11) 10km (U13)	1 Lap (U11) 2 Laps (U13)	25-40min
XCO 3	11:15am	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+	16km (U19) 24km (Expert W)	2 Laps (U19) 3 Laps (Expert W)	55-70min (U19) 70-85min (Expert W)
XCO 4	12:45pm	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) 24km (U17 M & U19 W) 24km (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)

## 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 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 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.
  
- Official *Skeeter Slam* belts will be awarded to:
  - 45K 1<sup>st</sup> place Male and Female
  - U19 Jr Expert 1<sup>st</sup> place Male and Female
  - Elite 1<sup>st</sup> place Male and Female
  
- A Prize table will be on site for giveaways



## Event Schedule

### SATURDAY, June 15<sup>th</sup>:

- 8:00 am – 4:00 pm Rider Sign-In is Open\* (XCM, XCC, & XCO)
- **9:00 am** **45km XCM-Marathon Race Start**
- 2:00 pm – 8:00 pm Official Course Pre-Ride
- **2:00 pm** **XCC Start Wave 1 (U15, U13, & U11)**
- 2:15 pm Podium Ceremonies
- **2:35 pm** **XCC Start Wave 2 (Women)**
- **3:05 pm** **XCC Start Wave 3 (Men)**
- 4:00 pm: Podium Ceremonies
- 4:30 pm: Pump Track Clinic\*\* & BBQ

*\*\*The Pump Track event is an unsanctioned activity and not insured under Ontario Cycling's policy.*

### SUNDAY, June 16<sup>th</sup>:

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

*\*All riders must sign-in before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

*\*\*The Pump Track event is an unsanctioned activity and not insured under Ontario Cycling's policy.*

## Results & Timing

Zone4 is the official timer for the 2024 Ontario Cycling Mountain Bike Events. 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. Timing chips must be picked up by all racers at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Ontario Cycling and OCup event organizers have made a significant investment to provide professional timing equipment and services, 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.

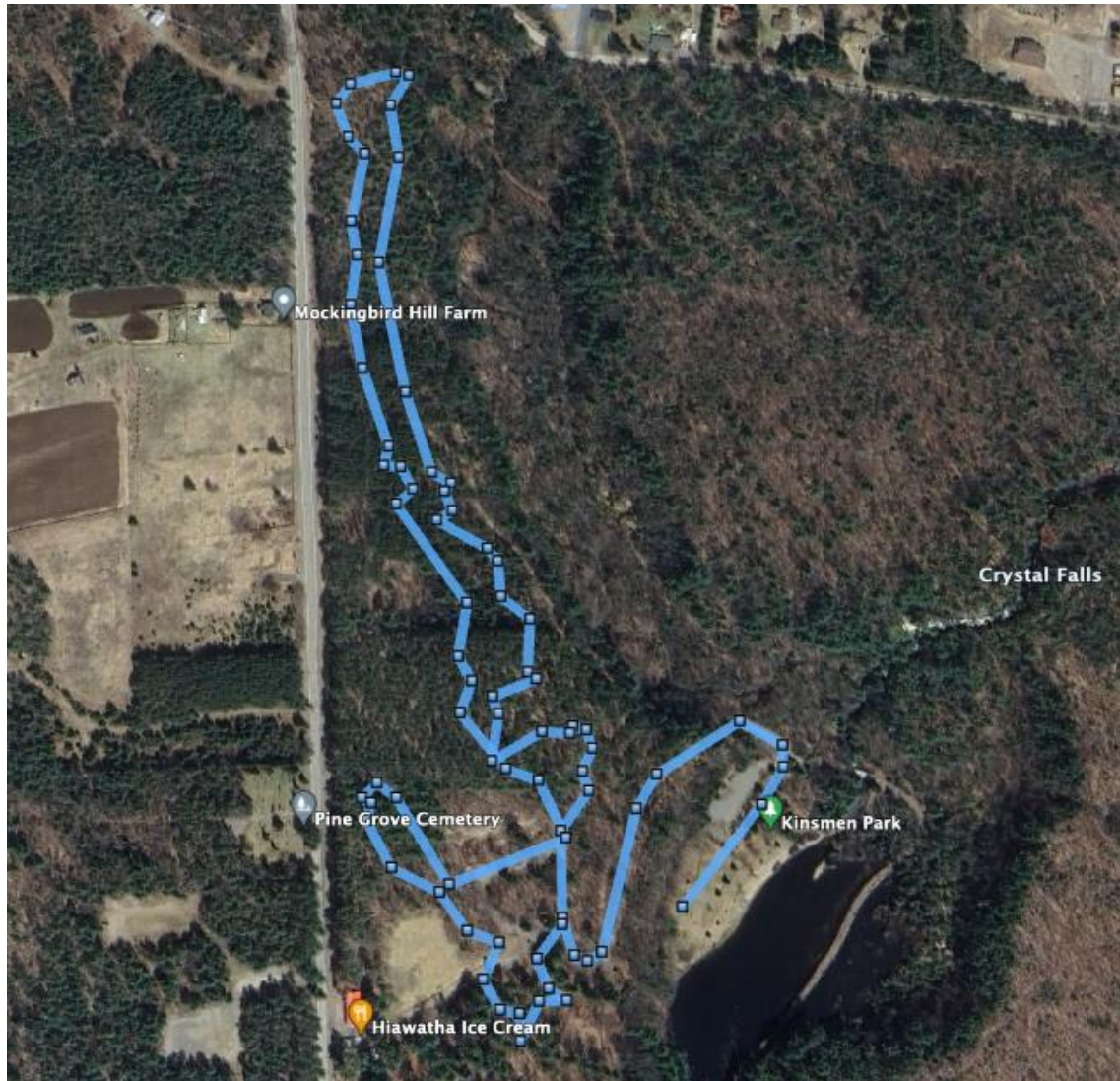
## Course Marking

- Barricade or caution tape is used 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 be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- 10"x10" red arrows on white chloroplast 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.



## Course Maps & Elevation Profiles

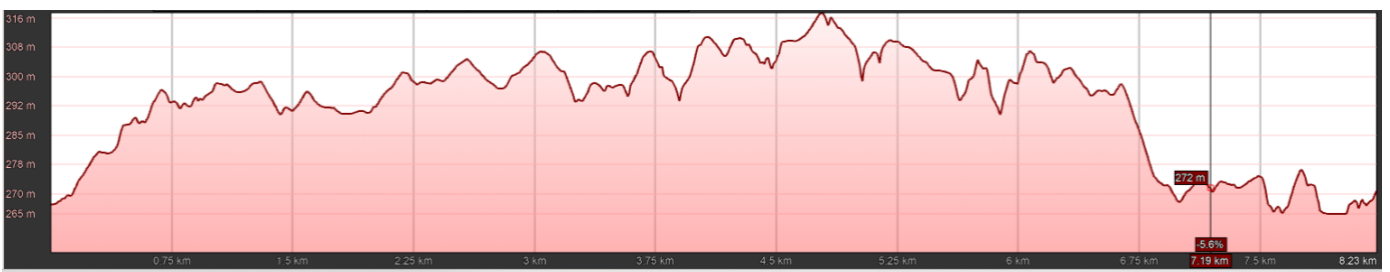
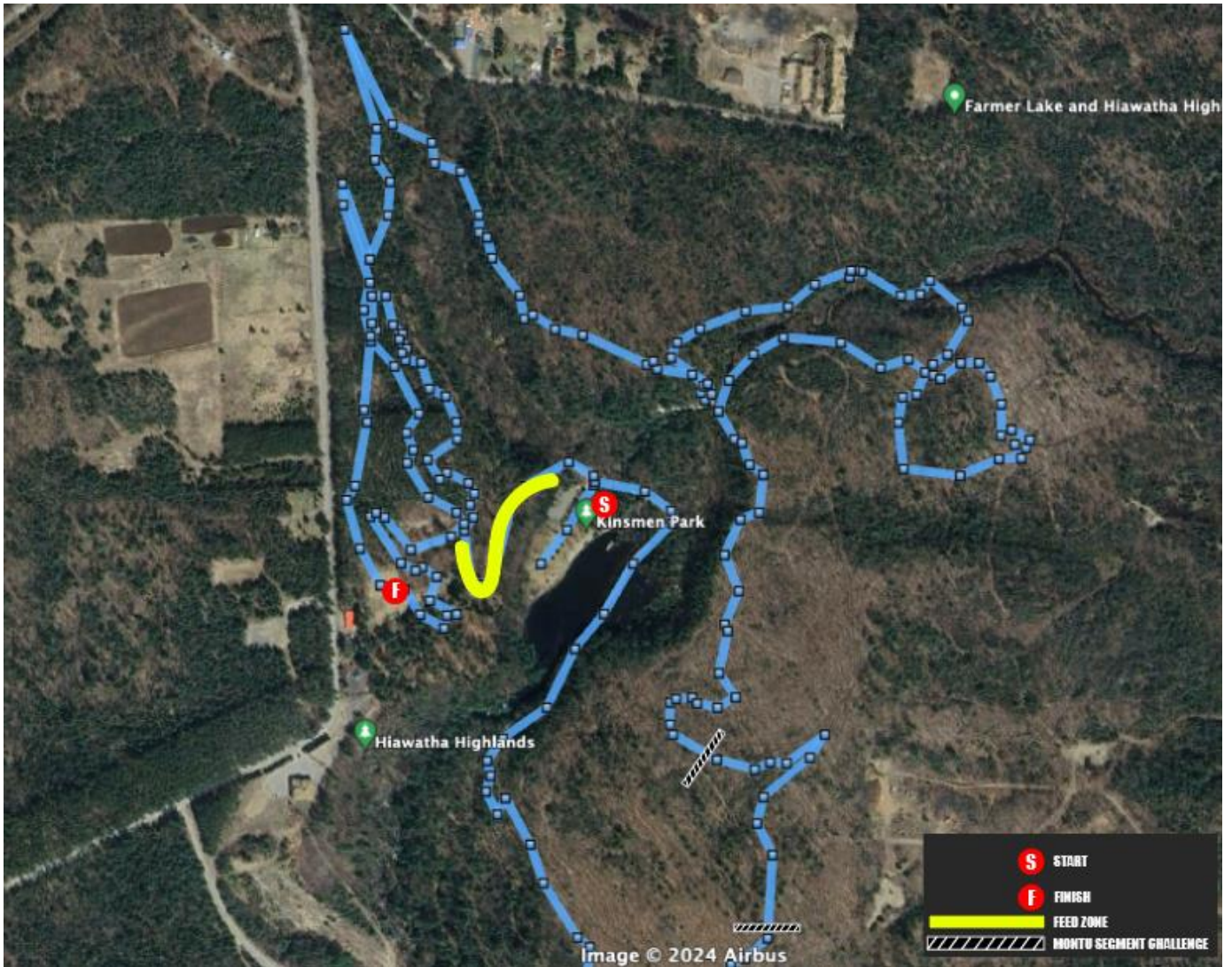
### Kids Zone U11/U13 XCO 10:30am Course Map





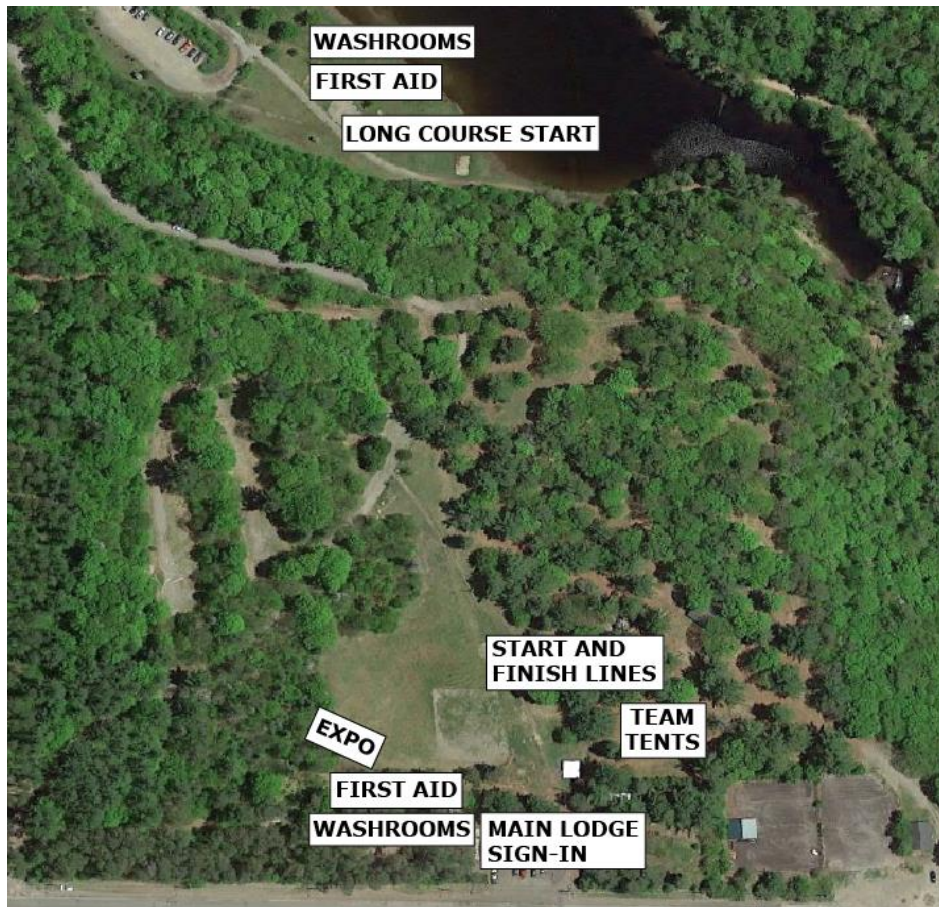


### XCO 9:30am, 11:30am, & 1pm Course Map





## Start/Finish Diagram



## Team Area

There is ample room at Hiawatha Highlands for a team tent space during the OCup weekend. Please be courteous of other people's space – including staff structures, vendors, sponsors, other team tents, and riders.

## 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 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.
- The use of cameras (helmet mounted, mounted on the bicycle, or worn on the body) is not permitted by athletes during competition.

## 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	Place	Points	Place	Points
1st	25	6th	10	11th	5
2nd	20	7th	9	12th	4
3rd	16	8th	8	13th	3
4th	13	9th	7	14th	2
5th	11	10th	6	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
Rider 1	20 (2 <sup>nd</sup> )	25 (1 <sup>st</sup> )	16 (3 <sup>rd</sup> )	61	x1.2 (Yes)	73.2
Rider 2	16 (3 <sup>rd</sup> )	16 (3 <sup>rd</sup> )	25 (1 <sup>st</sup> )	57	x1.2 (Yes)	68.4
Rider 3	25 (1 <sup>st</sup> )	20 (2 <sup>nd</sup> )	20 (2 <sup>nd</sup> )	65	x1 (No)	65

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## Category Upgrades/Downgrades

**\*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).*

## Ontario Cup Call-Up Protocol

Call-ups for OCups 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, 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 – 4.2.033 – 4.2.042 reference UCI changes/updates**

### **Feed Zone Regulations**

- 1) Feeding is permitted only in the zone(s) designated for that purpose.
- 2) Only those persons responsible for feeding riders may be in the feed zone. Spectators / Children & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 3) 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.
- 4) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 5) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 6) Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at the rider's request.
- 7) No rider may turn back on the course to reach a feed zone.

### **Technical Assistance Regulations**

- 1) 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.
- 2) Small tools and tubes can be handed to people in the technical zone only.
- 3) Anyone in the technical assistance zone may help riders to get their bicycle running.
- 4) Riders must finish with the bicycle frame and number plate that they started the race with.
- 5) Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
- 6) 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.
- 7) Technical assistance applies to 1:30 pm starts at Ontario Cups only.
- 8) 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 1:30 PM start wave, 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 – UCI Rule 4.2.013 changes/updates

- 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](#)

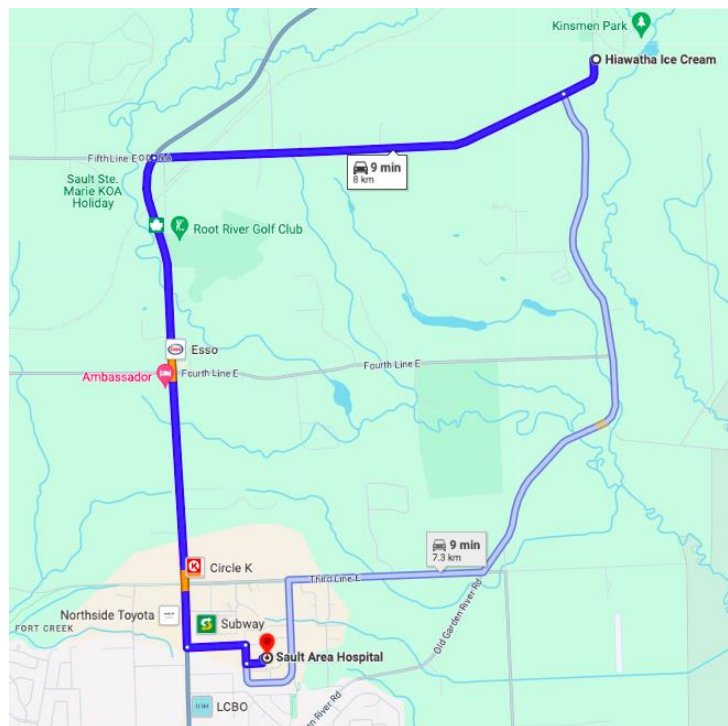
## Medical/Hospitals

### Directions to Closest Hospital

#### Sault Area Hospital:

750 Great Northern Rd,  
Sault Ste. Marie, ON  
P6B 0A8

- 1) Head south on Landslide Rd.
- 2) Toward
- 3) Hiawatha Park Walkway
- 4) Continue onto Fifth Line E
- 5) Turn left onto Trans-Canada
- 6) Hwy/ON-17 S
- 7) Turn Left onto Lukenda Dr.
- 8) Turn right
- 9) Destination will be on the left



Course marshals are stationed throughout the course and at the start/finish area.



## Safety and First Aid

First Aid will be provided by **Sault Search and Rescue**. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.

## Location of the Event

### Hiawatha Highlands

780 Landslide Rd,  
Sault Ste. Marie, ON  
P6A 5K7

### Parking

Parking will be located at Hiawatha Highlands with four designated parking zones.

Upon arrival please follow instructions of the designated parking volunteers to maximize parking space available for fellow racers and spectators.



## Accommodations

With over 1,700 guest rooms, places to stay in Sault Ste. Marie include everything from 4-star full-service hotels to motels, cabins, campgrounds and B&Bs. All facilities are competitively priced, offer free or affordable parking and are located within a 20-minute drive from the race course. For more information visit: <https://saulttourism.com/stays/>.

## Food and Beverage

Alongside live entertainment food and beverage will be present onsite at the venue and available for public purchase. Vendors include:

- Northern Superior Brew Co.
- Angry Joe's Smokehouse BBQ
- Island Flames Wood-Fire Pizza
- Home Café and Bakehouse (coffee/pastries)

*\*Please note that Ontario Cycling is not responsible for food & beverage vendors and does not assume liability related to any incidents which may arise in relation to the service of food and beverages on site.*