



**ONTARIO
CYCLING**
CYCLOCROSS

**Ontario Cup #1 – Dam Cross –
Pittock Conservation Area**

Sunday, September 15, 2024



August 27, 2024
Technical Guide
Version 1

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Event Description

Date: Sunday, September 15, 2024

Time: 7:30 am – 3:00 pm

Location: Pittock Conservation Area - [221 Pittock Park Rd, Woodstock, ON, N4S 7W2](#)

Parking: Entry & exit to Pittock Conservation Area are located off Pittock Park Road, within the park follow the Ontario Cycling parking signs to the lots near the start/finish and within the course. Vehicles found outside of the designated parking areas may be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or the property.

Pit/Tech Zone: The pit will be dual sided and located midway through the lap of the course to offer riders 2 opportunities for servicing/bike changes per lap.

Dam Cross is held at the infamous Pittock Dam in Woodstock, ON. Located only one hour(ish) west of Toronto. Dam `Cross will challenge racers with a technical course across grass, sand, gravel, pavement, and a few off-cambers.

OC Event Contacts

Position	Name
Event Organizer	Mark Weymouth
Ontario Cycling Event Lead	Darren De Ruiter
Membership/Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	TBD
Finish Judge	TBD
Member	TBD

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.

Registration

- Registration for all CX 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 CX OCup 1 closes on **Thursday, September 12 at 11:59pm.**
- If the Thursday 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.

CX OCup 1– Dam Cross Registration		
Event	Registration Timeline	Link
OCup 1	Closes Thu, September 12 @ 11:59pm	HERE
Cost per event	Price of \$0-60 depending on category	

**Riders looking to register for both a geared and single speed category can do so by selecting multiple categories when registering online. Adding single speed to your cart will trigger a \$20 discount to be applied to both registrations, simulating a reduction of \$50 off the individual single speed registration to be \$20 for the add on. Day of registration for single speed and all categories is not allowed.*

Pre-Riding

Course pre-riding is only available on race day **Sunday, September 15**. 20-to-30-minute time breaks between start waves have been worked into the schedule to allow all riders to have an equal opportunity to ride 1 or more laps of the course prior to their race start. Riders are only permitted to pre-ride the course when either no race is currently on the course or behind the last rider in the current race on course on their final lap. Pre-riders must not interfere with the current race unfolding, any riders who are found to have interfered with or passed the last rider of the current race on course may be subject to receiving a fine or disqualified from competing in their race later in the day. Any person who rides the course outside of race day assumes their own risk and responsibility when riding.

Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closes Thu, September 12
1	9:00am	E4 Men	\$50 Early Bird Aug 30 th \$60
	9:01am	M3 Men	

2	10:00am	U17	FREE
	10:01am	U15	
	10:02am	U13	
3	11:00am	E3 Men	\$50 Early Bird Aug 30 th \$60
	11:01am	M2 Men	
4	12:15pm	E1/2 Women	\$50 Early Bird Aug 30 th \$60
	12:16pm	E3 & Master Women	
5	1:30pm	E1/2 & M1 Men	\$50 Early Bird Aug 30 th \$60 (\$20 if you register for another category in addition to Single Speed)
	1:31pm	Single Speed	

Category Duration & Tire Width Restrictions

Ontario Cups			
Start Time	Category Age as of Dec 31, 2025	Duration	Tire Width*
9:00 AM	Elite 4 Men (17+)	40 minutes	N/A
9:01 AM	Master 3 Men/Open (35+)	40 minutes	N/A
9:40 AM	<i>Break</i>	20 minutes	
10:00 AM	U17 Girls & Boys	30-40 minutes	33mm
10:01 AM	U15 Girls & Boys	30-40 minutes	N/A
10:02 AM	U13 Girls & Boys	30-40 minutes	N/A
10:30 AM	<i>Break</i>	30 minutes	
11:00 AM	Elite 3 Men (17+)	45 minutes	N/A
11:01 AM	Master 2 Men/Open (35+)	45 minutes	N/A
11:45 AM	<i>Break</i>	30 minutes	
12:15 PM	Elite 1/2 Women (17+)	45 minutes	33mm
12:16 PM	Elite 3 Women (17+)	40 minutes	N/A
	Master Women (35+)	40 minutes	N/A
1:00 PM	<i>Break</i>	30 minutes	
1:30 PM	Elite 1/2 Men (17+)	60 minutes	33mm
	Master 1 Men/Open (35+)	60 minutes	33mm

1:31 PM	Single Speed	45 minutes	N/A
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**At Ontario Cup events the above tire width restrictions will be enforced for each corresponding category. The categories that are required to follow the UCI tire width restriction are in alignment with those enforced at National and Provincial Championships. The tire width restriction will only be enforced for National championship categories – U17, Master Women, Master 1 Men, Elite 1/2 Women & Men.*

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.

Event Schedule

Sunday, September 15:

- 7:30 am – 1:00 pm Rider Sign-In is Open*
- **9:00 am Start Wave 1 (E4 & M3 Men)**
 - 10:15 am: Wave 1 Podium Ceremonies
- **10:00 am Start Wave 2 (U17, U15, & U13)**
 - 11:15 Am: Wave 2 Podium Ceremonies
- **11:00 Am Start Wave 3 (E3 & M2 Men)**
 - 12:30 pm: Wave 3 Podium Ceremonies
- **12:15 pm Start Wave 4 (E1/2, E3, & Master Women)**
 - 1:45 pm: Wave 4 Podium Ceremonies
- **1:30 pm Start Wave 5 (E1/2 & M1 Men + Single Speed)**
 - 3:00 pm: Wave 5 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 wave.*

Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter

the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.

- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double wheel pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.
- Consumption of alcohol by riders or spectators on site is strictly prohibited unless it is explicitly stated by the event organizing committee (alcohol permit and insurance coverage obtained). Any rider seen consuming alcohol may be subject to a fine or disqualified from the event.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1/2 and Master 1 Men categories. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
 - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 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 #4	OCup Total	Provincials	Final Points
Rider 1	16 (3 rd)	16 (3 rd)	25 (1 st)	25 (1 st)	82	x1.2 (Yes)	98.4
Rider 2	20 (2 nd)	25 (1 st)	16 (3 rd)	20 (2 nd)	81	x1.2 (Yes)	97.2
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	16 (3 rd)	81	x1 (No)	81

Category Upgrades/Downgrades

New for 2024 Criteria for ability upgrades have been removed for CX 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.

**Any age category upgrade approved by Ontario Cycling is for Ontario Cycling sanctioned events only. Those looking to upgrade for a National level event (including National Championships) must make this request to 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, 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).

Youth Categories:

1. Youth categories will be called up based on OCup points separately by U17 Boys, U17 Girls, U15 Boys, U15 Girls, U13 Boys, U13 Girls (ties broken randomly). Combined gender race starts will be called up in the order of 1st Boy, 1st Girl, 2nd Boy, 2nd Girl, 3rd Boy, 3rd Girl and so forth unless it is agreed upon otherwise between all riders and the commissaires in advance of the start.
2. Call-ups for each category will be for the first 2 rows only. When the first 2 rows are filled, the rest of the riders will fill the positions on a first-come, first-served basis. If the first 2 rows are not filled, other riders in the same category can take open positions there.
3. Each category shall begin in a new row. Half-wheeling between rows is not permitted.

Technical Assistance Regulations

- 1) Riders should be prepared to work on their bicycle outside of the pit area. They can receive assistance in the pit area only.
- 2) Spare bicycles and wheels are allowed in the pit area only.
- 3) 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.
- 4) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.
- 5) No rider may turn back on the course to reach the pit area.
- 6) Only those persons responsible for assisting riders may be in the pit area. Spectators, children, and pets are not permitted in the pit area. Spectators may watch from outside of the course.

Bad Weather and Course Changes

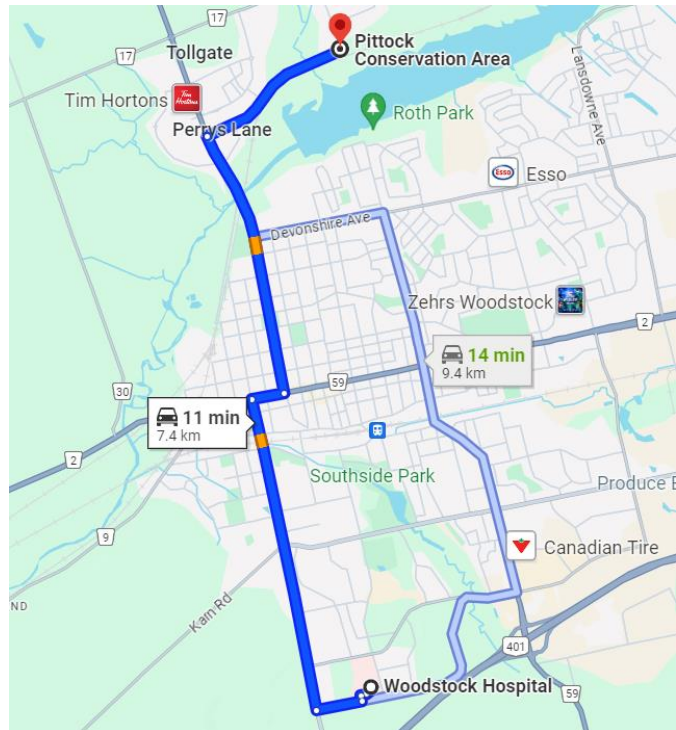
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In 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](#)

Medical/Hospitals

Woodstock Hospital: [310 Juliana Dr, Woodstock, ON N4V 0A4](#)

Directions to Woodstock Hospital:

- 1) Leaving Pittock Conservation Area, head southwest on Pittock Park Rd toward Summit Crescent
- 2) Turn Left onto Vansittart Ave/Oxford 59 S
- 3) Take Oxford St to Mill St/County Rd 12
- 4) Continue onto Mill St/County Rd 12
- 5) Continue to Athlone Ave to Woodstock Hospital



MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your Ontario Cup race day experience by setting up the MONTU OCup 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?

Have your Strava account set up and join the [Ontario Cycling Club](#) group. Bring your GPS device on race day to record your ride. During the race the top 10 fastest lap times for both Women and Men regardless of category will be recorded and earn points towards the grand prize special edition jersey that will be awarded at CX Provincial Championships in Peterborough! Upload your ride to Strava by the Tuesday 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. Find out what devices and services [Strava supports here](#).

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 OCup Series races. 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) Cyclists must join the [Ontario Cycling Strava Club](#).
- 2) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 3) Riders must upload their ride by the Tuesday after the race.
- 4) The ride must be set to public.
- 5) If there is a tie in points, the rider with the fastest cumulative time across all

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

segments where both riders competed at will win.




















Montu Site Discount



Ontario Cycling is proud to have Montu Bikes as a main partner for the 2024 Ontario Cup series. Montu is pleased to offer Ontario Cycling members a 15% discount on Montu apparel orders (except for kit bundles) using the code **ontariocycling2024**. Visit <https://montu.cc/> to see the collection today!

Appendix Course Map

Course/Venue Legend

-  Course
-  Starting Straight/Staging
-  Start/Finish Line
-  Registration
-  Washrooms
-  Staging
-  Hole Shot
-  Barriers
-  Course Crossing
-  Parking
-  Entrance From Road
-  Parking
-  Pit
-  Beach
-  Direction
-  Direction
-  Direction
-  Untitled
-  Course Crossing

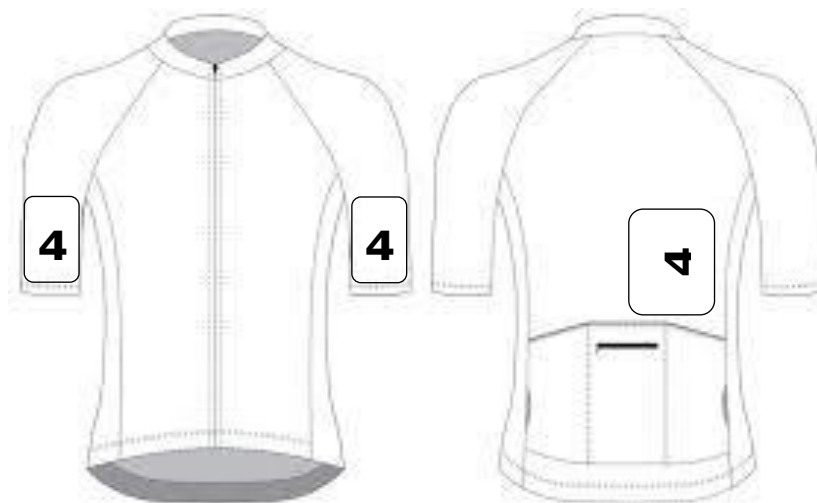


Team Area

There is limited space at Pittock Conservation Area for the set-up of Team Tent Space during the OCup. Register for team space by emailing a request to mark.weymouth@waterloocyclingclub.ca. Failure to register for team space may result in a refusal of team area at the event, due to limited space.

Bib Numbers

- **One set of bib numbers** will be distributed per rider **for the whole Ontario Cup series**, at each riders first Ontario Cup race of the season. **DO NOT LOSE YOUR NUMBERS.** They are yours for the year. All riders must bring their assigned bib numbers to every Ontario Cup race, including Provincial Championships.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Replacement chips will be ordered after each race at the rider's expense, at a cost of \$75 per chip.
- Bibs are to be placed on both arms and the right back side of the jersey. Please refer to below diagram.



Results & Timing

All CX Ontario Cup and Provincial Championship events in 2024 will be timed by Zone4. Race results will be available on Zone4's results page on event day at the link here: <https://zone4.ca/>. 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.

Safety and First Aid

First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Course maintenance volunteers will be on course at all times to make sure the competition area maintains consistent for all races.

Event Sponsors

