



**ONTARIO CUP  
TRACK SERIES**

# **ONTARIO CUP TRACK SERIES TECH GUIDE**

**V9.**

**December 5<sup>th</sup>, 2024**



## Ocup "Souper" Food Drive December 7<sup>th</sup>-8<sup>th</sup>, 2024



Food4Kids Halton provides food support to over 1,100 elementary school children each week through our **Weekends Without Hunger Program**

WARM A HEART AND FEED A BELLY BY DONATING ANY OF THESE ITEMS!!



<https://www.food4kidshalton.ca/>

---

## Table of Contents

<b>General Information</b> .....	4
<b>Event Details</b> .....	4
<b>OC Event Contacts</b> .....	4
<b>Commissaires</b> .....	4
<b>Registration &amp; Pricing</b> .....	5
<b>Membership and Licensing</b> .....	6
<b>Refund Policy</b> .....	6
<b>Event Categories</b> .....	6
<b>Suggested Seeding Chart</b> .....	7
<b>Schedule of Events</b> .....	8
<b>Start Lists &amp; Results</b> .....	9
<b>Gear Restrictions</b> .....	9
<b>Rules &amp; Regulations</b> .....	10
<b>Youth Upgrade Requests</b> .....	10
<b>Rider Confirmation/Sign In</b> .....	10
<b>Warmups/Open Training</b> .....	10
<b>Number Placement</b> .....	11
<b>General Rules &amp; Regulations</b> .....	11
<b>Infield Policy</b> .....	12
<b>Youth Track Certification</b> .....	12
<b>Awards</b> .....	12
<b>Event Safety</b> .....	13
<b>Spectator Safety</b> .....	13
<b>Hospital Information</b> .....	14
<b>Volunteers</b> .....	14
<b>Participant Survey</b> .....	14
<b>OC X CNCB Rider Discount</b> .....	14
<b>Partnerships</b> .....	15

---

---

## General Information

Ontario Cycling (OC) is proud to present the 2024-2025 Track OCup Series held at the Mattamy National Cycling Center located at 2015 Pan Am Boulevard in Milton, Ontario. The Track OCup Series, Sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, with different events at each one. The Mattamy National Cycling Center is an indoor 250m track made of Siberian spruce and was built in 2014 for the 2015 Pan Am/Para Pan Am Games. It is the only velodrome of its kind in Canada, and one of the few velodromes in North American that meets top international standards.

## Event Details

**Date:** December 7<sup>th</sup>-8<sup>th</sup>

**Location:** Mattamy National Cycling Center, Milton

**Time (approximate):**

Saturday – 9:00am - 5:00pm

Sunday – 9:00am - 4:30pm

## OC Event Contacts

Position	Name
Event Organizer	Courtney Doret
Technical Delegate	Courtney Doret
Membership/Licensing	Chris Baskys
Volunteers	Courtney Doret
Timing	Racetiming.ca
Medical	Odyssey Medical

## Commissaires

Position	Name
President of the Commissaire Panel	Josee Larocque
Starter	William Trischuk
Judge Referee	Benjamin Hill
Finish Judge	Brad Day
Bike Check	Andy Makarewich
Member (Day 1)	Mary Mayer
Member (Day 1)	Marie-Eve Potvin
Member (Day 1)	Brad Slade
Trainee	Rebeca Ferreyra
Mentor	Edward Sitarski
Member (Day 2)	Brad Slade
Member (Day 2)	Chantal Thompson
Member (Day 2)	Jeff Walker

---

## Registration & Pricing

- Registration for all OCup is open to riders 8 years of age and older.
- Registration is pre-registration only. Only the following licenses are permitted, 2024 Challenge, Compete and UCI license). 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 each OCup closes on the Wednesday at 11:59pm prior to the event.
- Late entries will not be allowed.

[Click here to register](#)

OCup #1	Event Date	Events
OCup #1	Saturday December 7 <sup>th</sup> , 2024	Individual Pursuit (Para) Time Trial Scratch Elimination Points
	Sunday December 8 <sup>th</sup> , 2024	Keirin Tempo

Registration Timeline	
Ontario residents only: November 4 <sup>th</sup> @ 12pm (noon) – December 4 <sup>th</sup> @ 11:59pm Open to all: November 11 <sup>th</sup> @ 9:00am – December 4 <sup>th</sup> @ 11:59pm	
<u>Adult Categories Pricing Structure</u> 1 event – 55\$ 2 events – 80\$ (40\$/event) 3 events – 120\$ (40\$/event) 4 events – 160\$ (40\$/event) 5+ events – 180\$ (40\$/event)	<u>Youth Category Pricing Structure</u> 10\$/event with a cap of 60\$ for a single OCup

## Membership and Licensing

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

Categories	Challenge	Compete	UCI
Cat A		X	X
Cat B		X	X
Cat C	X	X	X
Cat D	X	X	X
Cat A Women		X	X
Cat B Women	X	X	X
Cat C Women	X	X	X
Cat D Women	X	X	X
Cat E (Youth)	X	X	X
Cat F (Youth)	X	X	X
Cat G (Youth)	X	X	X
Para	X	X	X

## Refund Policy

- A rider must withdraw prior to 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.
  - Riders who have pulled out of an event must inform the President of the Commissaire Panel. Should they not inform the President this 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

- OCup categories will be an open ability-based format where athletes will self-select themselves from Categories A-D (open), Categories A-D (women only) and Categories E-G (youth), based on their ability and experience level.
- Women who would like to race in Cat A-D (open) are able to if they chose to do so.
- The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding format can be directed to the OC office.

## Suggested Seeding Chart

- The suggested seeding chart is a guideline based on the 2023-2024 YTDS season. Athletes are asked to seed themselves in the category that best reflects their abilities.
- OC will monitor and reserve the right to move entrants around based on category availability, previous OCup results, and NCIM weekly racing results to ensure categories are comprised of similar abilities.
- Riders are allowed to choose a different ability-based category for the sprint events vs endurance events.
- Depending on registration numbers, categories may be combined.
- A minimum of ten (10) riders will need to be registered within each category for the category to stand as listed
- During Keirin, categories with registration numbers of 7 or less will go straight to finals

<b>Categories</b>	<b>Suggested Seeding</b>
Cat E	*U17 men finishing middle of the pack at Provincial Championship *U17 women in the top third of the field at Provincial and National Championship *U15 female/male finishing in the pack at Provincials
Cat F	*U15 with race experience *U13 male/female with advanced skill and physical maturity
Cat G	*U13 female/male *U11 female/male

---

## Schedule of Events

Day	Time	Event	Category	Distance
Day 1 – Saturday December 7 <sup>th</sup> , 2024	7:30am	Rider Confirmation/Bib Pick Up	All categories	
	8:00am	Open Training (bibs required)	All categories	
	8:30am	Team manager's meeting	n/a	
	9:00am	Individual Pursuit	Para	3km
		Time Trial	Cat G	500m
			Cat F	500m
			Cat E	500m
			Cat D Women	500m
			Cat C Women	500m
			Cat B Women	500m
			Cat A Women	1km
			Cat A Men	1km
			Cat B Men	1km
	Cat C Men		750m	
	Cat D Men	750m		
	Para	1km		
	<b>Individual Pursuit &amp; Time Trial Medal Ceremonies</b>			
	Scratch	Cat G	2km	
		Cat F	3km	
		Cat E	4km	
		Cat D Women	5km	
		Cat C Women	5km	
		Cat B Women	5km	
		Cat A Women	7.5km	
		Cat D	7.5km	
		Cat C	7.5km	
		Cat B	7.5km	
	Cat A	10km		
	Elimination	All categories		
	<b>Scratch and Elimination Medal Ceremonies</b>			
	Points	Cat G	3km	
		Cat F	4km	
		Cat E	5km	
		Cat D Women	10km	
		Cat C Women	10km	
		Cat B Women	10km	
		Cat A Women	15km	
		Cat D	15km	



			Cat C	15km
			Cat B	15km
			Cat A	20km
<b>Points Medal Ceremonies</b>				

**\*Cat G (Youth) Points will have a modification and riders will sprint on every 4 laps.**

Day	Time	Event	Category	Distance	
Day 2 – Sunday December 8 <sup>th</sup> , 2024	7:30am	Rider Confirmation/Bib Pick Up	All categories		
	8:00am	Open Training (bibs required)	All categories		
	9:00am	Keirin	All categories	1.5km	
	<b>Keirin Medal Ceremonies</b>				
			Tempo	Cat G	3km
				Cat F	3km
				Cat E	5km
				Cat D Women	5km
				Cat C Women	5km
				Cat B Women	5km
			Cat A Women	7.5km	
			Cat D	7.5km	
			Cat C	7.5km	
			Cat B	7.5km	
			Cat A	10km	
<b>Tempo Medal Ceremonies</b>					

## Start Lists & Results

Racetiming.ca is the official timer for the 2024-2025 Track OCup Series. Start lists and results will be available at [www.racetiming.ca](http://www.racetiming.ca)

## Gear Restrictions

Category	Gear Restrictions
Cat E	7.12m
Cat F	6.71m
Cat G	6.71m

*\*There are no gear restrictions Junior and U17 riders (including approved upgrade U15 riders) competing in the adult OCup categories.*

## Rules & Regulations

- Please note that the current UCI track regulations and amendments in effect will be enforced for all OCups.
- Riders who have pulled out of an event must inform the President of the Commissaire Panel. Should they not inform the President this may result in a fine.
  - Riders may only pull from an event due to medical reasons. If a rider does pull out, they may not resume racing until 24 hours has passed (i.e rider pulls out at 10am on Saturday rider may not resume until racing until 10am on Sunday)

## Youth Upgrade Requests

For the 2024-2025 Track OCup series second year U15 riders may be eligible for youth upgrades. Riders wishing to apply for a youth upgrade must compete at one OCup in the Cat E category to be eligible to apply. Each upgrade request will be reviewed on a case-by-case basis.

Upgrades will be granted for exceptional circumstances. Exceptional circumstance is defined as the athlete has very clearly demonstrated that they are no longer challenged within the youth category\* and have demonstrated the physical, technical and tactical ability to be competitive for a podium finish within an OCup category.

\*OC does not define this as simply winning a category.

[Youth Upgrade Request Form](#)

For more information on the Youth Upgrade Request please review our Youth Upgrade Policy on our website by clicking [here](#)

## Rider Confirmation/Sign In

- Please bring your 2024 Challenge/Compete membership or UCI license to rider confirmation/sign in table to pick up your bib number for the event.
- Rider confirmation/sign in will close 30 minutes prior to the start of each race.
- An OC staff will be present at the rider confirmation/sign in desk to assist with rider licensing issues.

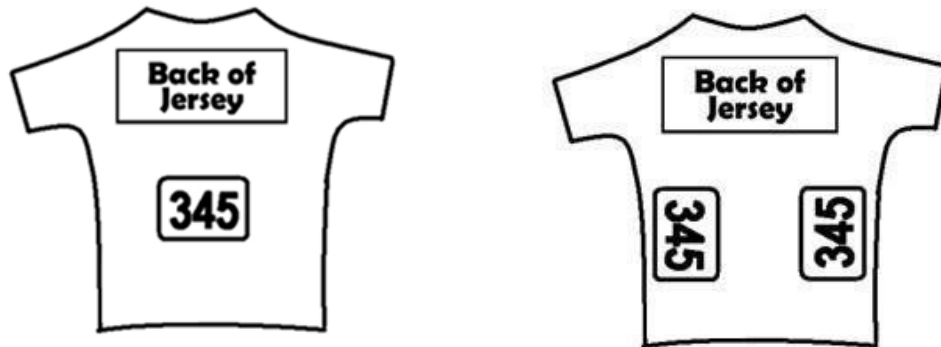
## Warmups/Open Training

- Riding on the track will be available during the hour before the start of the first event.
  - There will be a limit of 30 people on the track at a given time.
  - All riders must enter and exit from the backstraight and be wearing their bib numbers
-

- Standing starts will not be allowed
- The open training session will be managed and controlled by the Provincial Lead Coach or a member of the Commissaire team.

## Number Placement

- Bib numbers are available for pick up at the registration desk and are to be placed on the back of the rider's jersey.
- Riders are permitted to wear only one bib for the following events: Individual Pursuit, Team Pursuit, TT/Kilo and Team Sprint.
- Bibs must be pinned; no plastic sleeve covers will be permitted to use.



## General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications
  - The CC & OC rules are available at: [www.ontariocycling.org/officials](http://www.ontariocycling.org/officials)
  - Pre-race bike-check will be in effect this season.
  - Team manager's meetings will be held at 8:30am the morning of race day located in the infield. An announcement will be made beforehand. Race will start promptly – riders late or missing their starts may be fined
  - Pits will be pre-assigned ahead of race day and will be assigned based on club registration numbers. Clubs with less than 3 riders registered will be able to use a pit that is not assigned. Team flags are permitted. Advertisements in pits are not permitted.
  - Coaching from the apron – races will follow UCI regulations 3.1.012 during all track events, except Team Pursuit and Individual Pursuit, all team staff shall remain on the infield (off the safety zone and track). Specific team staff may be permitted to access the safety zone (i.e the mechanic following a crash) at the Commissaires discretion.
  - Coaching from the infield – is permitted, however climbing and hanging onto structures not designed for those purposes, such as railings is not. Ontario Cycling takes the health and safety of all event attendees into consideration
  - Spectators are not permitted to cross the track.
  - Youth categories (Cat E-G) are prohibited from using aero bars and aero helmets
-

- Youth categories (Cat E-G) are prohibited from using disc wheels are carbon rim wheels. The maximum wheel depth is 40mm.
- For safety reasons, the case of a misshape during a mass start race riders in Youth categories Cat F and Cat G will not be permitted to re-enter the race. Athletes in youth category Cat E will have 5 laps to resume racing. No one may re-enter the race within the final kilometer (4 laps).

## **Infield Policy**

- Only team-identified personnel are permitted in the in-field, at the sole discretion of OC
- A maximum of five (5) personnel per club is permitted while attempting to minimize gathering.
- Independent riders are permitted one (1) support person
- Club presidents or identified representatives must pre-register personnel one week prior to each OCup by completing the form
- All team personnel are required to check-in at registration for an infield wristband.
- The clubs are responsible for the conduct of their infield personnel and must ensure compliance with the OC Code of Conduct and policies.

[Infield Personnel Registration Form](#)

## **Youth Track Certification**

- All youth riders must be certified on the Milton Velodrome Track prior to racing beginning. Once you have been certified on the track once you don't have to be certified again.
- All certifications are done through NCIM through one of these methods
  - Riders who have no track riding experience will need to attend a Youth Track Certification please contact NCIM for more information on when the Track Certification is
  - Riders who have track riding experience elsewhere may get certified 1 hour prior to competition beginning please contact NCIM to arrange the time for the certification
  - Riders who are track certified in Bromont will need to provide proof that they have been track certified please send all certificates to NCIM

For any additional questions regarding track certification please contact NCIM at the following address [admin@ncirevolution.com](mailto:admin@ncirevolution.com)

## **Awards**

- Medals will be awarded to the top three (3) finishers in each category for each event.
  - Should categories be combined as a result of low participation numbers, results will be broken out for awards.
  - Riders must attend the awards ceremonies or risk forfeiting their medals.
-

- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear the competition uniform for medal presentations.
- Not hats or eyewear are permitted.
- Medal presentations will take place immediately following each event.

## **Event Safety**

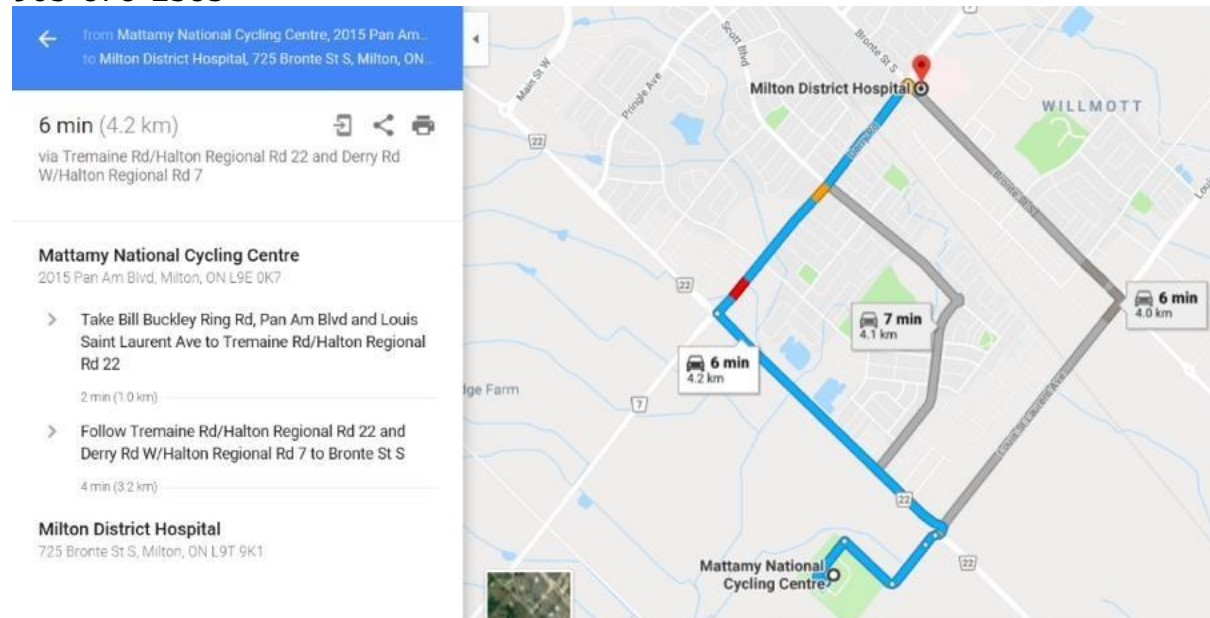
- First aid will be provided by Odyssey Medical and will be located in the in-field area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire may be subject to a fine.
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.
- Do not ride down the ramp. Riders are to walk their bikes down. Failure to do so may result in being pulled from future events.
- Coaching from the infield is permitted; however, climbing and hanging onto structures not designed for those purposes, such as railings, is not permitted.
- Access to trackside for video and photography is reserved for media personnel who have completed Media Training as approved by the OC and is at OC's sole discretion.
- Should a commissaire or OC 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.

## **Spectator Safety**

- Spectators should always remain in the stands, spectating from the infield is not permitted.
  - For your safety there is no climbing and hanging onto structures not designed for those purposes, such as railings is not permitted.
  - No spectator should be accessing the track at any point throughout the event.
-

## Hospital Information

Milton District Hospital  
724 Bronte Street South, Milton  
905-878-2383



## Volunteers

Thank you to all volunteers who dedicate their time to making these events possible. If you are interested in volunteering at future events, please contact [ocvolunteer@ontariocycling.org](mailto:ocvolunteer@ontariocycling.org)

## Participant Survey

In order to continue to better our events, we need your feedback! Click here to fill out a survey.

[Participation Feedback Survey](#)

## OC X CNCB Rider Discount

Ontario Cycling and Centre National de Cyclisme Bromont are pleased to announce our partnership with the 2024-2025 Canadian Track Calendar. We have come together to create a maximized calendar of racing opportunities for Ontario, Quebec and track cyclists across Canada along with a discount to riders who register for each of our events.

Quebec riders who have attended an OCup throughout the year will receive a 10% discount towards their registration for the Ontario Provincial Championships. To

receive a coupon code for Provincial Championships, click the form [here](#) with a copy of your OCup receipt

Ontario riders who attend a Quebec Cup will receive a 1 time use 10% discount on any select Quebec Cup Event by using the code **QCCUP25-10OFF**

## Partnerships



CANADIAN SPORT MASSAGE  
THERAPISTS ASSOCIATION

ASSOCIATION CANADIENNE DES  
MASSOTHÉRAPEUTES DU SPORT

Thank you to CSMTA for providing complimentary sports massage therapy at our events





## SIPPY CUP COFFEE ROASTERS

Thank you, Sippy Cup Coffee Roasters, for being our official provider for Volunteer and Official's Coffee.



Thank you to idrinkcoffee.com for providing all gold medalist with a bag of coffee.



Thank you to Mill Town Cycle for providing all gold medalist with a gift card

---



**Book your accommodations now with Home2 Suites Milton**



8490 Parkhill Drive, Milton, Ontario L9T 9B3  
Tel: 289-878-3800

Special discount for Ontario Cycling event participants:

- 189\$ + tax for studio king room (with sofa bed)
- 189\$ + tax for studio 2 queen room (with sofa bed)

Be sure to call in to make a reservation and use the discount code "**Ontario Cycling Group**" when booking for your special rate.

The Home2 Suites features include:

- Kitchenettes with full fridge, dishwasher and dishes
  - Complimentary breakfast
  - Outdoor BBQ and patio area
  - Guest laundry facilities
  - Complimentary high-speed internet
  - Complimentary parking
  - Complimentary use of recreational facilities
  - Meeting and banquet space available
  - Earn Hilton honors points
-

**Book your accommodation now with Best Western Milton!**



161 Chilsholm Drive Milton, Ontario L9T 4A6

Tel: 905-875-3818

Email: [reservations@bestwesternmilton.com](mailto:reservations@bestwesternmilton.com)

Special discount for Ontario Cycling event participants:

- 159\$ plus tax for 2 Queen Beds
- 159\$ plus tax for 1 Queen Bed or Queen Bed with Sofa bed
- 159\$ plus tax for 1 King Bed or King Bed with Sofa bed

To book your preferred rate contact the hotel directly by using the email or phone number listed above. When booking make sure to ask for the Ontario Cycling rate.

The best Western rate include:

- Single or double occupancy
  - Complimentary wireless internet
  - Complimentary parking
  - Complimentary use of fitness facility and indoor pool
  - All rooms with fridge and microwaves
  - Earn Best Western Rewards points
  - Fully licensed restaurant onsite
  - Meeting and Banquet space available
-

**Book your accommodation now with Candlewood Suites  
Burlington**



3063 South Service Road, Burlington, Ontario L7N 3E9  
Tel: 905-639-4443

To book your preferred rate online guest can book directly online by clicking the following link [Ontario Cycling - Candlewood Suites Burlington](#)

To book your preferred rate by phone guest can call the hotel's toll-free reservation line at 905-639-4443 and ask for reservation. In order to receive the group rate guest must ask for **Ontario Cycling, Group Code OCG** Special Discount for Ontario Cycling event participant:

- 159\$ plus tax for king studio suite with full kitchen

Candlewood Suites rate include

- complimentary parking
- complimentary WIFI
- studio suites come equipped with full kitchens

Cancellation:

Reservations can be modified up to 72 hours prior to arrival. Cancellations after this time are subject to a charge of 1 night room rate plus applicable tax.

---