



ONTARIO CUP
MOUNTAIN BIKE SERIES

MOUNTAIN BIKE EVENT GUIDELINES

2025



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EVENT SANCTIONING

EVENT SANCTIONS

Types of Sanctioned Events

1. **Weekly Series** events run in a series format weekly under categories tied to age, distance, and/or ability at the discretion of the organizer. Membership requirements subject to event rules.
2. **Event Series** are multiple regional events run in a series format with any category structure Beginner, Sportif, and Open unless otherwise agreed to with the OC office. Ontario Cup and category upgrade points are not awarded at these events. Membership requirements subject to event rules. General Series are events that have a registration cost of \$30 or more per registrant for each event and run every few weeks or once a month. They do not run weekly and have a different set of fees than Weekly Series events.
3. **Cycle For All** events also known as Tours or a Gran Fondo may run with any category structure including but not limited to ability-based, age-based, or distance-based. Cycle For All events are non-competitive and do not have timing or results for completion for any portion(s) of the event that would suggest racing on the route(s). Membership requirements subject to event rules.
4. **Regional** events run with any category structure including but not limited to ability-based, age-based, or distance-based. Ontario Cup points are not awarded at these events. Membership requirements subject to event rules.
5. **Ontario Cup** events run with age-based categories (see Membership Requirements below). Ontario Cup points are awarded at these events. Membership requirements subject to event rules.
6. **Provincial Championship** events are run under Ontario Cup age-based championship categories (see Membership Requirements below). Ontario Cup points are awarded at these events. Membership requirements subject to event rules.
7. **National** events must run according to Cycling Canada stipulations and sanctioning. Membership requirements subject to event rules.

SANCTIONED EVENT FEES

All sanctioned events will be subject to the fees according to their respective sanction package. Sanctioning packages can be found on the resources page of the OC website under the Event Organizer heading [here](#). Packages are broken down into four major groups depending on what type of event the organizer is planning to host – (1) OC Members Only Events, (2) Non-Member Events, (3) Events with their own Insurance, and (4) Charity Events. Sanctioning fees will fluctuate depending on the number of participants, number of non-members participating, and if the event is using OC insurance coverage.

If there are any questions regarding event sanctioning and the associated packages, please reach out to the OC Events Team at events.team@ontariocycling.org.

Below are the fees included within each sanctioned event:

1. Event Permit

The Event Organizer will be required to submit an Event Permit Application as part of the sanctioning process. The Event Permit fee is built into the upfront cost organizers will be billed according to their respective sanction package upon approval of paperwork. If an event must be cancelled, the portion of the upfront cost for the permit fee is non-refundable & non-transferable.

2. Event Insurance

Any organizer hosting an event requiring insurance coverage must complete and submit a Commercial Event Insurance form to OC. The Insurance Certificate Fee is built into the upfront cost organizers will be billed according to their sanctioning package. Fees for the event must be paid prior to event day and non-member insurance costs (if applicable) based on participation numbers following the event will be reconciled.

Additional insured listed may only include landowners, municipalities, and governments. Sponsors should not be listed within the additional insured list. In general, the names provided to be added as named insured should only be those that have specifically requested to be named (e.g., municipality, landowner, etc.). OC will not list those that are providing services as that should be covered under their own liability policy (e.g., first aid, photography services, sponsors, etc.). Organizers are recommended to ask for any vendor to provide a COI as proof of insurance and to be added as additional insured on the vendor's certificate. If you are in doubt or have questions, please contact OC's office. Commercial Event insurance forms can be found on the Ontario Cycling website. Organizers may update their Certificate of Insurance application up to 2 times at no extra cost. Any further updates are subject to a \$25 administrative fee.

Organizers are permitted to secure their own insurance for an event, if there is \$10 million comprehensive general liability coverage, and it is approved by OC insurancebroker. This insurance must list OC and Cycling Canada (CC) as additional insured and a copy of the insurance certificate be submitted to OC office.

Insurance permits are for a specific date and may not be transferable. If an organizer is offering insurance for non-members, they may charge the non-member insurance in addition to the registration if they wish. Commercial insurance applications are due fifteen (15) business days in advance of the event.

3. **Levies**

Unless otherwise stated, a fee of \$3.25 + HST per event registrant over the amount of rider levies included in the organizers respective sanctioning package (DNS and DNF must be reconciled with OC. Levies are based on published start lists for races and registered entrants for all other events. Organizers are expected to follow up with OC post-event, providing final registrant numbers within 3-5 business days to report final participant numbers and levies owing.

4. **Non-Member Permits**

At OC's discretion, and in agreement with the Organizer on the terms, Non-Member Permits may be available for your event. Non-Member Permits may only be sold during registration (not available onsite) at a cost of:

- \$10.00 (+HST) for Adults (19+)
- \$5.00 (+HST) for Youth (U19)

Individuals purchasing a Non-Member Permit and then looking to obtain a same season OC Challenge, Compete, or UCI Race License, may apply the cost of one previously purchased Non-Member Permit towards their OC Membership purchase. Individuals interested in doing this will need to contact the OC office to obtain a coupon code for the previously paid Non-Member Permit, this must be requested prior to the permit being used.

EVENT SANCTION CHART

Event Sanction	Sanction Details		
	Category Structure	Ontario Cup Points	Non-Member Permit
WeeklySeries	Any structure (ability, age, and/or distance-based)	N/A	Yes, upon request to OC
Event Series			
Cycle For All & Regional Events			
Ontario Cup & Provincial Championships	Age-Based	Yes	Yes, challenge categories only
National	According to CC Stipulations & Sanctioning	N/A	Yes, challenge categories only

OCUP SANCTION GRANTING

All event sanctioning is subject to approval by the OC office. Only organizers who have hosted a sanctioned regional event within the previous 5 years or an OCup/National event within 15 years are eligible to be granted an OCup sanction for their event.

EVENT DATE SELECTION PROCESS

- **OCup Events (Track, Road, MTB, CX):** OCups of different disciplines must never conflict with one another. OCups must never conflict with a National event of the same discipline in Eastern Canada (ON, QC, NB, PEI, NS, NL). Where 2 or more organizers of an OCup event request the same date, if a resolution is not met between the conflicting parties the organizer who submitted their EOI for the event first will receive the requested date. The latter organizing party will need to request a new non-conflicting date*.
- **Regional Events:** Must never conflict with an OCup of the same discipline, unless approved by the OC office. It is recommended that Regional events of the same discipline do not conflict. If 2 or more organizers request the same date, each party will be asked by OC if they approve the conflicting event to occur on the same day. If either party does not approve and a resolution is not met between the conflicting parties the organizer who submitted their EOI for the event first will receive the requested date. The latter organizing party will need to request a new non-conflicting date*.

**In the circumstance the requested date for an event is not approved and the organizing party refuses to change their date, OC has the right to withdraw sanctioning.*

OTHER ITEMS

Pre-Ride Insurance

Insurance for pre-riding requires all participants to be registered for the event and have signed an Ontario Cycling waiver to have valid coverage. To ensure that all participants are recorded, it is strongly encouraged that pre-riding days also have a separate online registration to capture other riders, support persons, and family who want to pre-ride but are otherwise not registered for the event itself. Insured pre-ride also requires a minimum of 1 dedicated medical personnel to always be present, please refer to the First Aid section under Safety Requirements for the qualifications needed by medical staff. Where no medical is present nor riders have registered/completed the required OC waivers, riders assume their own risk and responsibility when pre-riding. Pre-ride at any event is subject to approval by OC.

Alcohol Insurance

Alcohol is not permitted at events without approval from OC. This includes samples, prizing, and any individuals bringing liquor onto event grounds. Events that wish to have alcohol present must submit an OC Liquor Liability Application or provide a copy of their Liquor Coverage from a third-party organization responsible for the alcohol. If providing third party insurance, both OC and Cycling Canada must be listed as additional insured.

Additional fees will apply if OC liquor insurance is required. Liquor Liability Application forms can be found on the OC website and must be submitted fifteen (15) business days in advance of the event. We may require copies of Special Occasion Permits and/or evidence of smart serve certificates.

Refundable Registration

CCN Bikes/Interpodia has developed a system where individual participants can register and purchase “upgraded refund terms” as a form of registration protection. This small additional fee will help ensure that if participants are unable to attend an event, for various reasons listed at the link below, their registration fees will be compensated by CCN Bikes. This is not an OC service and should you have any questions or concerns please contact CCN directly. For more information, please review the [Interpodia/CCN Refundable Registration Program](#).

Unsanctioned Event Participation

There are no penalties for participating in unsanctioned events. Results from unsanctioned events do not count towards OC/UCI points nor OCup/Provincials call-up orders. Riders participating in unsanctioned events do so at their own risk and the OC insurance policy will not be applicable.

GENERAL GUIDELINES: ALL LEVELS OF EVENTS

ORGANIZER REQUIREMENTS

- It is recommended that all Organizers complete a Commissaire training course. For information related to Commissaire courses, please contact the OC office.
- All organizers are recommended to obtain/possess a valid UCI Technical license with Organizer listed.
- All organizers must be in good standing with Ontario Cycling.

REGISTRATION REQUIREMENTS

1. Online Registration Requirements

CCN Bikes is OC's preferred provider of online registration services. All sanctioned events must use CCN bikes to administer their event registration, unless otherwise approved by OC. It is the responsibility of the Organizer to set up online registration, ensure all online waivers are attached and inform CCN that OC requires access to monitor registration (in case of any membership issues that can be resolved prior to the event). Events sanctioned by OC on CCN are linked to the OC database so participant membership status is shown in reports, streamlining the registration process.

Prior to registration going live on CCN, the following guidelines must be adhered to:

- Registration cannot go live until the following has been submitted AND approved:
 - Signed Organizer Agreement (Prior to posting on Official Calendar)
 - Completed Event Permit Application
 - Payment of Event Sanctioning Fees
- The following items may be completed after the event has gone live:
 - Completed Technical Guide
 - Completed Emergency Action Plan
 - Certificate of Insurance Application

OC shall be given access to CCN registration to monitor membership issues. If your event has received approval to utilize other registration software, OC will need to be given access to verify the required waivers and membership requirements are configured. In addition to obtaining registration lists to verify memberships prior to event day.

Registration must close on the Thursday prior to race weekend unless other arrangements have been made with OC.

The organizer is directly responsible for any expenses incurred due to early registration setup before obtaining permission from Ontario Cycling.

All riders must sign both an OC waiver as well as a Concussion Code of Conduct. Riders tuning 18 years of age during the calendar year must also sign an informed consent and assumption of risk agreement when registering for any sanctioned activity. To streamline waiver capture, waivers must be built into the registration system for riders to sign off on.

All event waivers and registration must be completed online. Participants who have missing waivers will be contacted in advance by the Organizer to complete before the event. The Organizer is responsible for forwarding to OC scanned PDF copies of those waivers. CCN Bikes has the capability to imbed the waiver as part of the registration process for participants to sign electronically.

2. Event Registration Requirements

The following registration standards must be adhered to at the sanctioned event:

- Rider sign-in is recommended be located within 250m of the start line.
- All memberships must be checked by seeing the person's digital or hard copy version of their card.
- *Riders must race in the category indicated on their membership (if applicable)
- *Entry fee caps are in place. Please refer to the entry fee chart in your discipline's appendix
- Pre-registration must be offered through OC's registration system, CCN bikes unless otherwise agreed to
- All events in 2025 will be online pre-registration only
- *Sign-in closes 30-minutes prior to each category starting. Start lists should be delivered to the Lead Commissaire immediately after rider sign-in closes
- *Prize list must be posted online (if applicable)
- Appropriate number of staff/volunteers at the registration desk to manage rider sign-in

**May not apply to Regional, Weekly Series, or Cycle For All events*

3. Membership Requirements

For all 2025 Events, registration will be open to 2025 Challenge, Compete, and UCI Race License holders. However, there will still be a minimum age requirement to participate in OCups and Provincial Championships.

In addition, organizers may have the option to offer Non-Member Permits as part of their event. Please contact the office for more details. This must be done via online registration only. An insurance premium will apply to non-members registration fee.

OC Community membership holders are only eligible to participate in Cycle For All or Charity events that do not have timing or results. Community memberships are not for races and cannot be used at competitive events, Community members are required to purchase a non-member permit when participating in an OC sanctioned race.

SPORT TECHNICAL REQUIREMENTS

1. Technical Guide

Technical Guides are required for OCup and Provincial Championship events and are created by the OC Event Lead. Information submitted by OCup organizers in their permit application will be used to complete their respective guide. Tech guides are subject to approval and review by the PCP (President of the Commissaire Panel) no later than 60 days before the event. Published upon approval a minimum of 45 days before event day. OC reserves the right to withhold sanctioning an event until further review of the permit application and organizers should be prepared to provide further details as requested.

Technical Guide to include the following:

- Sanctioned By OC logo and series-related logo (if applicable). Should also be posted on the event website and registration page.
- Category race information (start time, distance, membership chart)
- Registration Information
 - Pre-Registration (website, opening/closing dates, cost)
 - Event Day (sign-in location, closing time)
- Race rules and regulations
 - Course rules (number placement, pre-riding)
- Course map to scale including elevation profile
 - Course maps must be easy to understand for pre-riding
 - Direction to race start and parking location
 - Start/Finish close-up
- Safety and emergency action plans
 - Direction to the nearest hospital(s)
 - Organization/individual(s) responsible for First Aid and their location on-site

- Prize list and protocol (if applicable)
- Refund/Cancellation Policy

In addition to the Technical Guide, Organizers must also submit the following:

- Image of the start/finish area
- Marshal locations and venue map
- Traffic Management Plan (if applicable)
- Staffing Plan

Note: Weekly Series and Cycle For All events are not required to have a detailed technical guide; however, it is recommended that one be prepared. In all cases organizers should be prepared to provide further details as requested by OC. Reduced documentation requirements and simplified structure are not to be confused with standard risk management requirements for the event.

2. Race Course

The race course may include a variety of terrain such as road sections, forest tracks, fields, and dirt/gravel paths, and include significant amounts of climbing and descending. Paved or tarred/asphalt roads should not exceed 15% of the total course.

The Start/Finish area must be at least 6 metres wide for at least 50 metres before and 100 metres after the start line. The course must be marked out (using stakes or banners) and protected for its entire length. Barricades or banners are encouraged at the start/finish area to prevent spectators from crossing the course within the barricaded area. A call-up area which is sufficiently large for riders to queue up together to be called to the line must be provided.

Directional arrows must indicate the route to be followed showing changes of course, intersections, and higher risk features (rock gardens, drops, jumps, etc.). Arrows must be on the right-hand side of the course except for right turns in which case arrows before and at the turn must be on the left-hand side of the course. An arrow must be located 10 metres before each junction and at the junction to confirm the correct route has been followed. Marshals must be at every intersection of the course with marshals at the control points in radio contact with the organizer. For 2025, for OCups, organizers are encouraged to have shorter loops that prioritize speed vs endurance.

The organizer may provide a bike washing area for participants. Inflatable arches crossing the course are prohibited, unless held up by a solid structure.

3. Timing & Results

All OCup and Provincial Championship events in 2025 are to be appropriately timed, providing a result for each participant. Timers must be approved by OC in advance.

All official results must be printed by the Timer (with Gold, Silver, and Bronze listed) and signed by the President of the Commissaire Panel.

All results should be forwarded to OC within 24 hours after completion of the event so that they can be listed on the Results page of the OC website. Results must be in either Excel, PDF, or html format, sorted by category, with the following items displayed:

- Placing
- Rider's Plate Number
- Rider's Category
- Rider's First and Last Name
- Rider's Club/Team Name
- Rider's Time/Result (Lap times also encouraged)
- Rider's Earned Ontario Cup Points/Upgrade Points (OCup events only)

4. Post-Event Reporting

Organizers are required to provide the following within 3-5 business days, following the completion of each event:

- Total number of participants (DNS and DNF participants must be included), broken down by non-members and OC members.
- OC Sport Injury Reports (record of injuries completed by medical personnel)
- Completed waivers (online collection within the registration system)

Failure to comply will result in additional mandatory fees:

- \$50 if past the 5 business days, and before 30 days after the event.
- \$100 if within 31-60 days after the event.
- \$150 if within 61-90 days after the event.

Non-compliance or lack of full payment may result in future cancellation of event permits, fines, or discipline.

MARKETING REQUIREMENTS

Upon approval of the event permit application and payment of sanctioning fees, the event will be advertised on the OC event calendar and social media. Registration will not be posted on the calendar until all paperwork is finalized and payment has been received.

Organizers will need to provide content that can be utilized by OC to help promote the event on social media (e.g., logos, photos, videos, etc.) in advance. Collaboration on marketing efforts can result in a greater reach and exposure for your event advertising. If you have any specific marketing requests please contact Ontario Cycling's Digital Storyteller.

ON-SITE REQUIREMENTS

1. Facilities

The organizers shall have a permit for the use of the course/venue and shall ensure that the permit follows all local requirements. The organizer is responsible for ensuring that adequate barriers are in place to keep spectators off the racecourse in the vicinity of the start/finish and other areas of the racecourse as required.

2. Toilets

Washroom facilities must be available in quantities appropriate to the number of participants. Consideration must be given to providing nearby access to washroom facilities for officials located at the finish line. In addition, organizers are strongly encouraged to provide accessible washrooms especially if a race includes para-athletes. Organizers are encouraged to reach out to their local public health unit for information on how many toilets would be required for your event size along with sanitation requirements.

3. Signage

Event sites must have adequate signage. This includes registration, facilities, and course signage including route deviations. All marketing signage online and on-site must show that the event is sanctioned by OC. Please contact OC to receive the appropriate OC logo to be used on signage, both online and on-site.

COMMUNICATION REQUIREMENTS

1. Public Address System

A public address system is recommended for all events in 2025. The public address system should be used for all rider/race announcements as well as during the awards presentation/ceremony. This can be using a microphone, PA system and/or loud hailer.

2. On-site Communications

OC shall provide appropriately licensed, 2-Way VHF radios for race management at Ontario Cup and Provincial Championship events. The radios have multiple channels and should be distributed accordingly. Handheld radios for OC staff, Technical Delegate, Commissaires, First Aid and Event Organizer. Outside of Ontario Cup and Provincial Championship events, organizers are responsible for supplying/sourcing appropriate radio equipment for the event (e.g., race operations of the Organizer).

Note: The Organizer must be able to always contact First Aid and be equipped with the means to effect adequate communication with the lead official over the course of the event. The Organizer must be always available by radio or backup plan and provide a knowledgeable volunteer at the start/finish area to answer event questions, who is always clearly identifiable.

3. Land Acknowledgement

Ontario Cycling recommends that event organizers acknowledge the land on which their event will be taking place. Making this acknowledgement in the technical guide for the event (if applicable) and when speaking to all riders prior to the start of the event. For information on how to acknowledge a territory in a respectful and thoughtful manner, visit the government of Canada's website [here](#). For help identifying what Indigenous nations may have resided on the land your event will be taking place on, visit Native Land's digital map [here](#) (not representative of official or legal boundaries). To learn about definitive boundaries, always contact the nations in question.

SAFETY REQUIREMENTS

1. Sport Injury Report Form

Organizers are responsible for the timely completion of sport injury report forms. All reports must be submitted to OC, by the Organizers within 5 days of the initial incident. Fillable PDF accident report forms can be found on OC website or by clicking the following link [2025 OC Sport Injury Form](#).

2. First Aid

In addition to first aid coverage outlined in a fully completed Emergency Action Plan (EAP) form, an onsite first aid person provided by [Odyssey Medical](#) or approved by OC equivalent must be provided. The designated First Aid person must be readily identifiable at the event. If Odyssey Medical is not the medical provider, organizers are required to use a provider of similar credentials. OC has the right to request verification of First Aid qualifications.

Odyssey Medical is the approved medical service provider however, if another approved service is being used, there must be an event representative (Organizer/volunteer) to note all incidents/accidents/crashes/injuries, etc. At a minimum, we require the name (if possible, to attain), race number, wave of race, and suspected injuries.

If an approved First Aid Medical service is not being used. All individual's acting as medical personnel at a sanctioned event are required to have an active Emergency First Responder Certification through a recognized agency (i.e., St. John's Ambulance or Red Cross) at minimum. Providing OC with a copy of the individual's certification no later than 30 days from the event date.

The number of riders attending an event will impact the number of medical personnel required to have sufficient first aid response. OC recommends that organizers have the following number of medical personnel for the respective number of riders at an event:

- 0 to 100 riders – 1 medical personnel + EAP Coordinator
- 101 to 300 riders – 2 medical personnel + EAP Coordinator
- 301 to 600 riders – 3 medical personnel + EAP Coordinator
- 601 to 1,000 riders – 4 medical personnel + EAP Coordinator
- Greater than 1,000 riders – 5 or more medical personnel + EAP Coordinator

Medical personnel should think about bringing the following first aid supplies with them when preparing for an event – access to a tourniquet, sling, gauze, bandages, gloves, sterile wipes/antiseptic wound cleaner, ice for treating heat stroke, cell phone or other device to contact 911, and be always in radio communication with the EAP Coordinator/Event Organizer.

In the event of an accident, the organizer is responsible for providing Ontario Cycling with the incident report information. This may require the organizer to reach out to the contracted medical provider to obtain the information, or to request that the athlete allow for the information to be shared.

3. Rowan's Law

Ontario's new Rowan's Law is in effect at all OC sanctioned events in the Province of Ontario. For more information visit [Ontario Rowan's Law Concussion Safety](#).

Organizers should be aware of all requirements under the legislation including having athletes under 26 agree to a concussion code of conduct as part of registration. ***It is the Organizer's responsibility to ensure completion of this waiver by all participants under the age of 26.***

4. Inclement Weather Policy

Local weather should be monitored by the Event Organizer. Events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. In the event of thunder or lightning, the course must be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle. The President of the Commissaire Panel in consultation with OC Staff and Organizer will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning, or other extreme weather patterns.

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.

Please reference the OC Weather Policy & Guidelines for more information [here](#).

WEEKLY SERIES, CYCLE FOR ALL EVENTS

CATEGORIES & MEMBERSHIP REQUIREMENTS

All MTB sanctioned events must ensure participants are members, unless approved to offer a Non-Member Permit option. For most events, participants are required to possess one of either an OC Challenge Membership, Compete Membership, or UCI License.

Sanction	Non-Member Permit	Community Membership*	Challenge Membership	Compete Membership	UCI License
Cycle For All	X (On Application)	X	X	X	X
Weekly Series	X (On Application)		X	X	X
Regional	X (On Application)		X	X	X

*Community memberships are only eligible for events that do not have timing or results. Community memberships have \$5 million in liability and no sport accident coverage.

TECHNICAL GUIDE

Regional, Weekly Series, and Cycle For All events are not required to have a detailed technical guide, however it is recommended that one be prepared. In all cases, Organizers should be prepared to provide further details as requested by OC. **Reduced documentation requirements and simplified structure are not to be confused with standard risk management requirements for the event.**

RESULTS

Organizers are encouraged to provide results for all participants if timing is made available. Organizers are responsible for providing timing, judging, and results. If interested, organizers may provide results to OC for posting purposes.

OFFICIALS

Regional and Weekly Series events are strongly encouraged to have a licensed official or person who has successfully completed the Provincial 'C' Commissaire course to help ensure their event remains fair, safe, and to help provide a quality racing opportunity.

2025 ENTRY FEES

Organizers are encouraged to set entry fees appropriate for the level of organization of their event. Experience has shown that entry fees that are too high will discourage athletes from participating in your event. Entry fee caps are shown in the appendixes relevant to your event type.

Note: A quality event can be run within the fee tables provided and eventswishing to charge more must be able to prove value to the participants.

These prices may be adjusted upon submission.

ONTARIO CUP EVENTS

ONTARIO CUP MTB SERIES OVERVIEW

The Ontario Cup MTB Series is the provinces premier race series. OC has developed the following standards for these events to assist race organizers, and to ensure that Ontario Cup events are organized to the highest standards. The following is a brief overview of the Series as well as guidelines which all organizers must follow.

ONTARIO CUP SCHEDULE

Date	OCUP #	Event	Event Types
May 10 th -11 th	1	Woodnewton, Uxbridge	XCC, XCO
May 16 th -18 th	2	Hardwood Ski & Bike, Oro-Medonte	XCC, XCO
June 14 th -15 th	3	Boler Mountain, London	XCC, XCO
June 29 th -30 th	4	Hiawatha Highlands, Sault Ste. Marie	XCC, XCO
August 15 th -17 th	Prov.	Horseshoe Valley Resort, Barrie	XCC, Team Relay, XCO

REGISTRATION

Series registration for Ontario Cup Mountain Bike events is available, giving riders the opportunity to register for all 5 events (4 OCups + Provincials) at one-time for a reduced rate over registering for each event individually. Registration for all MTB OCup events close on Thursday of race week at 11:59pm.

OFFICIALS

Ontario Cup events require a minimum of 3 officials and OC will work with the Provincial Lead Commissaire to assign them. Officials are to be paid by the organizer including honorariums, mileage, and accommodations as required, unless otherwise agreed to.

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.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- 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 the commissaire may be subject to a fine.
- 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.
- Radio communication is not permitted between riders and anyone else.
- 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.

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.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.

Onboard 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.

FEED ZONES & TECHNICAL ASSISTANCE

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.

ONTARIO CUP CALL-UP PROTOCOL

New in 2025 All U11 and U13 riders will have randomized call-ups for the first 2 rows (16) in XCC and XCO races. Using a random number generator to select the order, each rider in their respective age group will be numbered corresponding to the order in which they registered in (i.e. earliest-1 to latest-16) and the order determined by the generator. With the hope of 1) helping the development of riders so the same participants aren't always called first and don't get the experience of riding through the pack, and 2) not having riders line up significantly in advance of race time if there were no call-ups.

Call-ups for OCup categories U15+ are designed to encourage participation in the OCup series. Where an OCup has an XCC Short Track race as part of the event prior to the XCO race, the results from the XCC race will determine the call-up order for XCO (top 16). OCup points will determine the call-up for XCC. If less than 16 riders in an XCO category participate in XCC, the remaining positions to complete the front 2 rows will be determined by OCup points. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.

- 4) 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 acknowledge National or World Champions 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 their place on the grid for another rider (riders may choose any position after their call-up).

PROVINCIAL CHAMPIONSHIP CALL-UP PROTOCOL

Call-up rules are as follows:

- 1) Current Canadian National Champion
- 2) Outgoing Ontario Provincial Champion
- 3) UCI ranking (decreasing UCI points)
- 4) Derived OCup Series Rank (see below)
- 5) Random

Derived OCup Series Rank

Ability-based OCup standings are converted to an age-based ranking as follows:

- 1) For all OCup riders competing in the same provincial age group, sort them by:
 - a. OCup Ability Category (1. Expert, 2. Sport)
 - b. Then OCup Points (Most to Least)

Call-Ups are for OC member and licensed riders only.

ONTARIO CUP POINTS

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

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

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

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

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

Riders will earn a x1.2 multiplier to their total 2025 OCup Points tally for having competed in the 2025 Provincial Championships of the respective discipline. To earn the multiplier a rider must both register for Provincial Championships and start their race, riders who do not start their race (DNS) are not eligible. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup Total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	61	x1.2 (Yes)	73.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	x1.2 (Yes)	68.4
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	65	x1 (No)	65

Tie Breaking Policy – Ontario Cup Series Points

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings.

- Most race wins in the series.
- Overall Points Average (number of points divided by events attended).
- Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- Highest placing in the last event of the series.

Category Upgrade Process

Riders competing in 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).*

OCUP/PROVINCIAL CATEGORY STRUCTURE & MEMBERSHIP REQUIREMENTS

Charts to be included in all Technical Guides (subject to change).

Ontario Cup XCC					
Category	Age	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U13 Girls	8-12 years	X	X	X	X
U13 Boys	8-12 years	X	X	X	X
U15 Girls	13-14 years	X	X	X	X
U15 Boys	13-14 years	X	X	X	X
U17 Girls	15-16 years	X	X	X	X
U19 Women	17-18 years	X	X	X	X
Elite Women	19+ years	X	X	X	X
35-49 Master Women	35-49 years	X	X	X	X
50+ Master Women	50+ years	X	X	X	X
U17 Boys	15-16 years	X	X	X	X
35-49 Master Men/Open	35-49 years	X	X	X	X
50+ Master Men/Open	50+ years	X	X	X	X
U19 Men	17-18 years	X	X	X	X
Elite Men	19+ years	X	X	X	X

*Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members will not be eligible to earn OCup Points, Call-Ups, and giveaways from Ontario Cycling at applicable events.

Ontario Cup XCO					
Category	Age	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U11 Girls/Boys	8-10 years	X	X	X	X
U13 Girls/Boys	11-12 years	X	X	X	X
U15 Girls/Boys	13-14 years	X	X	X	X
U17 Sport Girls/Boys	15-16 years	X	X	X	X
U19 Sport Women/Men	17-18 years	X	X	X	X
Novice Women/Men**	19+ years	X	X	X	X
Senior Men	19-34 years	X	X	X	X
Master Men/Open 55-64	55-64 years	X	X	X	X
Master Men/Open 65+	65+ years	X	X	X	X
Senior Women	19-34 years	X	X	X	X
Master Women 35-44	35-44 years	X	X	X	X
Master Women 45-54	45-54 years	X	X	X	X

Master Women 55-64	55-64 years	X	X	X	X
Master Women 65+	65+ years	X	X	X	X
Master Men/Open 35-44	35-44 years	X	X	X	X
Master Men/Open 45-54	45-54 years	X	X	X	X
U17 Expert Boys	15-16 years			X	X
U19 Expert Men	17-18 years			X	X
U17 Expert Girls	15-16 years			X	X
U19 Expert Women	17-18 years			X	X
Elite Men	19+ years			X	X
Elite Women	19+ years			X	X

**Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members will not be eligible to earn OCup Points, Call-Ups, and giveaways from Ontario Cycling at applicable events.*

***Not eligible for OCup Points/Standings, as an introductory category Novice will not have call-ups.*

Provincials XCC					
Category	Age	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U13 Girls	8-12 years	X	X	X	X
U13 Boys	8-12 years	X	X	X	X
U15 Girls	13-14 years	X	X	X	X
U15 Boys	13-14 years	X	X	X	X
U17 Girls	15-16 years	X	X	X	X
U19 Women	17-18 years	X	X	X	X
Elite Women	19+ years	X	X	X	X
35-49 Master Women	35-49 years	X	X	X	X
50+ Master Women	50+ years	X	X	X	X
U17 Boys	15-16 years	X	X	X	X
35-49 Master Men/Open	35-49 years	X	X	X	X
50+ Master Men/Open	50+ years	X	X	X	X
U19 Men	17-18 years	X	X	X	X
Elite Men	19+ years	X	X	X	X

**Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members are not eligible to win the title of Provincial Champion and will be awarded in a separate non-championship podium ceremony if finishing in the top 3 at Provincials.*

Provincials Team Relay					
Category	Age	Non-Member Permit	Challenge Membership	Compete Membership	UCI License
Open (4 Riders, min 1 Female)	8+ years	X	X	X	X

Provincials XCO					
Category	Age	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U11 Girls/Boys	8-10 years	X	X	X	X
U13 Girls/Boys	11-12 years	X	X	X	X
U15 Girls/Boys	13-14 years	X	X	X	X
U17 Sport Girls/Boys	15-16 years	X	X	X	X
U19 Sport Women/Men	17-18 years	X	X	X	X
Novice Women/Men	19+ years	X	X	X	X
Senior Men	19-34 years	X	X	X	X
Master Men/Open 55-64	55-64 years	X	X	X	X
Master Men/Open 65+	65+ years	X	X	X	X
Senior Women	19-34 years	X	X	X	X
Master Women 35-44	35-44 years	X	X	X	X
Master Women 45-54	45-54 years	X	X	X	X
Master Women 55-64	55-64 years	X	X	X	X
Master Women 65+	65+ years	X	X	X	X
Master Men/Open 35-44	35-44 years	X	X	X	X
Master Men/Open 45-54	45-54 years	X	X	X	X
U17 Expert Boys	15-16 years			X	X
U19 Expert Men	17-18 years			X	X
U17 Expert Girls	15-16 years			X	X
U19 Expert Women	17-18 years			X	X
Elite/U23 Men	19+ years			X	X
Elite/U23 Women	19+ years			X	X

**Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members are not eligible to win the title of Provincial Champion and will be awarded in a separate non-championship podium ceremony if finishing in the top 3 at Provincials.*

EVENT DISTANCE, LAP, & DURATION REQUIREMENTS

Chart to be included in Technical Guides (subject to change).

XCO					
Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	6km (U11) 9km (U13)	2 Laps (U11) 3 Laps (U13)	25-40min
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	15km	3 Laps	55-70min
3	11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	18km (W & 65+ M) 24km (M U65)	3 Laps (W & 65+ M) 4 Laps (M U65)	55-70min (W & 65+ M) 70-85min (M U65)
4	1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	18km (U17 & U19 W) 24km (M & Elite W) 30km (Elite M)	3 Laps (U17 & U19 W) 4 Laps (M & Elite W) 5 Laps (Elite M)	55-70min (U17 & U19 W) 75-90min (M & Elite W) 90min (Elite M)

XCC					
Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	<i>Subject to Event - Check Event Tech Guide</i>	U15 Boys U15 Girls U13 Boys U13 Girls	1-2km per lap	Determined by race officials after the opening lap - based on speed of completion to result in desired total race duration.	20min
2		Elite Women U19 Women U17 Girls 35-49 Master Women 50+ Master Women			
3		U17 Boys 35-49 Master Men/Open 50+ Master Men/Open			
4		Elite Men U19 Men			

Team Relay					
Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	<i>Subject to Event</i>	Open (4 Riders, minimum 1 Female)	26-28km	4 Laps (1 Lap/Rider)	60-75min

EVENT CATEGORIES & REGISTRATION FEE CAPS

SERIES REGISTRATION – XCO Only (4 Ontario Cups + Provincials)

Start Wave	Time	Categories	Registration Fees* Closing Thu, May 8 th 11:59pm
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$TBD
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	\$TBD (U15) \$TBD (U17) \$TBD (U19) \$TBD
3	11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	\$TBD
4	1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	\$TBD (U17) \$TBD (U19)** \$TBD (Elite)** \$TBD

*Series registration fees are determined based on the sum of all individual events Early Bird pricing with an additional 10% discount.

**The price of the U19 Expert & Elite categories are slightly higher as these categories are nationally sanctioned Canada Cup categories at OCup #2 and require an additional fee.

ONTARIO CUPS (Individual Event)

Start Wave	Time	Categories	Registration Fee Caps Closing Thu of race week 11:59pm
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$55
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	\$65 (U15) \$80
3	11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	\$95
4	1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	\$90 (U17) \$95 *\$100 (U19) *\$105 (Elite/U23) <i>*ONLY at Canada Cup/OCup #2</i>

PROVINCIAL CHAMPIONSHIPS

*Categories in **Bold** are Championship eligible

XCC			
Start Wave	Time	Categories	Registration Fees Closing Wed, Aug 13 th 11:59pm
1	TBD	U15 Boys U15 Girls U13 Boys U13 Girls	\$35
2	TBD	Elite Women 19+ U19 Women U17 Girls 35-49 Master Women 50+ Master Women	\$35 (U17) \$45
3	TBD	U17 Boys 35-49 Master Men/Open 50+ Master Men/Open	\$35 (U17) \$45
4	TBD	Elite Men 19+ U19 Men	\$45

Team Relay			
Start Wave	Time	Categories	Registration Fees Closing Wed, Aug 13 th 11:59pm
1	TBD	Open (4 Riders, minimum 1 Female)	\$15 per Rider

XCO			
Start Wave	Time	Categories	Registration Fees Closing Wed, Aug 13 th 11:59pm
1	Sunday 9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$50
2	Sunday 10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	\$60 (U15) \$75
3	Sunday 11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	\$90
4	Sunday 1:30pm	Elite Women U23 Women U19 Expert Women U17 Expert Girls Elite Men U23 Men U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	\$85 (U17) \$90