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ONTARIO
CYCLING

TRACK
PROVINCIAL CHAMPIONSHIPS

Track Provincials Milton

V2.

January 31st, 2025



General Information

Ontario Cycling (OC) is proud to present the 2025 Track Provincials Milton held at the Mattamy National Cycling Center located at 2015 Pan Am Boulevard in Milton, Ontario. The Track Provincial Championships sanctioned and governed by Ontario Cycling, will be held over 3 days showcasing a variety of events.

The Mattamy National Cycling Center is an indoor 205m 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, one of the new velodromes in North America that meets top international standards.

Event Details

Date: February 28th – March 2nd

Location: Mattamy National Cycling Center

Time (approximate):

Friday: 8:00am-9:30pm

Saturday: 8:00am-10:00pm

Sunday: 8:00am-5:30pm

OC Events 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	Ed Sitarski
Secretary	Marie-Eve Potvin
Starter	Josee Larocque
Judge Referee	Steve Head
Finish Judge	Brad Day
Bike Check	Kevin Scheerer
Member	Benjamin Hill
Member	Andy Makarewich
Member	Mary Mayer

Registration & Pricing

- Registration for Provincials is open to riders 8 years of age and older.
- Registration is pre-registration only. Only the following licenses are permitted: 2025 Challenge (U11, U13 and U15 only), 2025 Compete Memberships, 2025 UCI Licenses. Out-of-Province riders must have a UCI license. Licenses will not be sold on event day and must be purchased in advanced.
- Registration closes on Wednesday at 11:59pm prior to the event.
- Late entries will not be allowed

[Click Here to Register](#)

Provincials	Event Date	Events
	Friday February 28 th	Flying 200 (Para) Sprint/Chariot Individual Pursuit Longest Lap (U11/U13) Madison Team Sprint
	Saturday March 1 st	Omnium
	Sunday March 2 nd	Kilo/500m Time Trial Team Pursuit Kierin

Registration Timeline	
Ontario Residents Only: January 27 th , 2025 @ 12pm (noon) – February 26 th @ 11:59pm	
Out-of-Province: February 3 rd @ 12pm (noon) – February 26 th , 2025 @ 11:59pm	
Adult Categories Pricing Structure (U17, Junior, Elite, Master) 1 event – 55\$ 2 events – 80\$ (40\$/event) 3 events – 120\$ (40\$/event) 4 events – 160\$ (40\$/event) 5+ events – 180\$ Omnium – 100\$	Youth Category Pricing Structure (U11, U13, U15) 10\$/event with a cap of 60\$ for Provincials. (excluding omnium) Omnium – 60\$ *Pricing for the omnium is separate from the above pricing is applied to all other events.
*Pricing for the omnium is separate the above pricing is applied to all other events.	

Membership & Licensing

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

Categories	Challenge	Compete	UCI
U11 (male and female)	X	X	X
U13 (male and female)	X	X	X
U15 Women	X	X	X
U17 Women		X	X
Junior Women		X	X
Elite Women		X	X
Master A Women		X	X
Master B Women		X	X
Master C Women		X	X
Master D Women		X	X
Para Women	X	X	X
U15 Men	X	X	X
U17 Men		X	X
Junior Men		X	X
Elite Men		X	X
Master A Men		X	X
Master B Men		X	X
Master C Men		X	X
Para Men	X	X	X

Refund Policy

- 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 participant cannot longer attend, will not be considered.

Event Categories

- Riders must enter their National Age Category, regardless of previous upgrades.
- Categories may be combined based on the number of entries or at the discretion of OC.
- A minimum of ten (10) riders must be registered within each bunch race category for categories to stand as listed.
- If categories are combined medals will be awarded to each of the individual categories.
- Provincial categories are as follows

Category	Age
U11	8-10
U13	11-12
U15 Women	13-14
U17 Women	15-16
Junior Women	17-18
Elite Women	19+
Master A Women	35-44
Master B Women	45-54
Master C Women	55-64
Master D Women	65+
Para Women	8+
U15 Men	13-14
U17 Men	15-16
Junior Men	17-18
Elite Men	19+
Master A Men	35-44
Master B Men	45-54
Master C Men	55-64
Master D Men	65+
Para Men	8+

Schedule of Events

Day	Time	Event	Category	Distance
Day 1 – Friday February 28 th , 2025	6:30am	Rider Confirmation/Bib Pick Up	All categories	
	7:00am- 7:50am	Open Training (bibs required)	All categories	
	7:30am	Team Managers meeting	n/a	
	8:00am	Flying 200	Para	200m
		Chariot Round 1	U11 U13 U15 Girls U15 Boys	200m 200m 200m 200m
		Sprint Qualifying	U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	200m 200m 200m 200m 200m 200m 200m 200m 200m 200m 200m 200m 200m 200m
		Longest Lap	U11 U13	
		Individual Pursuit	Para U15 Girls U15 Boys U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	4km 2km 2km 2km 2km 3km 3km 2km 2km 2km 2km 2km 2km 2km 2km 2km 2km 3km 4km 4km 4km

Medals Individual Pursuit and Longest Lap			
	Sprint/Chariot	U11 U13 U15 Girls U15 Boys U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	
Medals Sprint and Chariot Race			
	Madison	U11/U13 U15/U17 Women U15/U17 Men Master Women Master Men Junior/Elite Women Junior/Elite Men	3km 15km 15km 15km 15km 20km 20km
	Team Sprint	U11/U13 U15/U17 Women U15/U17 Men Master Women Master Men Junior/Elite Women Junior/Elite Men	750m 750m 750m 750m 750m 750m
Medals Madison and Team Sprint			

Day	Time	Event	Category	Distance
Day 2 – Saturday March 1 st 2025	6:30am	Rider Confirmation/Bib Pick Up		
	7:00am- 7:50am	Open Training (bibs required)		
	8:00am	Scratch	U11 U13 U15 Women U15 Men U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	2km 3km 4km 4km 5km 5km 7.5km 7.5km 5km 5km 5km 5km 7.5km 7.5km 10km 10km 7.5km 10km
		Elimination	U11 U13 U15 Women U15 Men U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	
		Tempo	U11 U13 U15 Women	3km 3km 5km

			U15 Men U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	5km 5km 5km 7.5km 7.5km 5km 5km 5km 5km 7.5km 7.5km 7.5km 10km 7.5km 10km
		Points	U11 U13 U15 Women U15 Men U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	3km 4km 5km 5km 10km 15km 20km 20km 10km 10km 10km 10km 10km 10km 15km 15km 20km 20km
Medals Omnium				

Day	Time	Event	Category	Distance
Day 3 – Sunday March 2 nd 2025	6:30am	Rider Confirmation/Bib Pick Up		
	7:00am- 7:50am	Open Training (bibs required)		
		Keirin	U11 U13 U15 Women U15 Men U17 Women U17 Men	1.5km 1.5km 1.5km 1.5km 1.5km 1.5km

			Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km 1.5km
		Medals Keirin		
		Team Pursuit	U11/U13 U15/U17 Women U15/U17 Men Master Women Master Men Junior Women/Elite Women Junior Men/Elite Men	2km 3km 3km 4km 4km 4km 4km
		Kilo/500m Time Trial	U11 U13 U15 Women U15 Men U17 Women U17 Men Junior Women Junior Men Master D Women Master C Women Master B Women Master A Women Para Women Para Men Master D Men Master C Men Master B Men Master A Men Elite Women Elite Men	500m 500m 500m 500m 500m 500m 1km 1km 500m 500m 500m 500m 1km 1km 750m 750m 1km 1km 1km 1km
		Medals Team Pursuit and Kilo/500m Time Trial		

Start Lists & Results

- Racetiming.ca is the official timer for the 2025 Track Provincials Milton. Start lists & results will be available at www.racetiming.ca

Gear Restrictions

U17	7.12 M rollout
U15	7.12 M rollout
U13	6.2 M rollout
U11	6.2 M rollout

**Disc wheels will not be allowed for the following categories: U11, U13, U15, U17.
Maximum rim depth 40mm*

**Carbon wheels will not be allowed for the following categories: U11, U13, U15, U17.*

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 racing until 10am on Sunday)

Youth Upgrade Request

- All athletes must race their national age listed on their license, regardless of previous upgrades.

Rider Confirmation/Sign In

- Please bring your 2025 Challenge (U11/U13/U15) membership, Compete membership, UCI license to rider confirmation/sign in table to pick up your bib number for the event.
 - All riders must sign in at the registration desk to confirm their participation of the day. Riders will only need to show their licenses on the first day of racing.
 - Riders' 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.
-

- Teams' events must be submitted online using the form below. The form will open on February 10th. Only one rider for each team must complete the form for the entire team. The deadline to submit teams for each event will be the following:
 - Madison Thursday February 27th at 5pm
 - Team Sprint Thursday February 27th at 5pm
 - Team Pursuit Saturday March 1st at 5pm

[Team Event Submission Form](#)

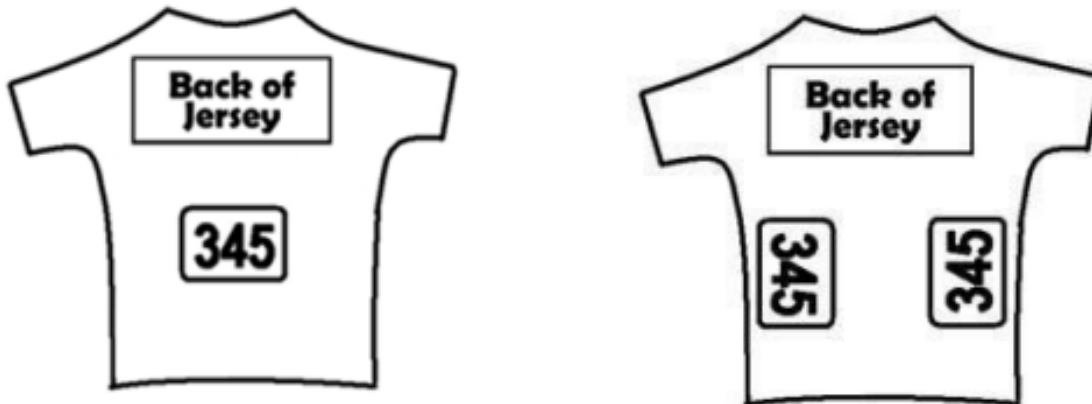
- The sign in desk will be located on the infield and will be open for rider confirmation and bib pick up during the following hours
 - Friday February 28th – 6:30am-12:00pm (noon)
 - Saturday March 1st – 6:30am-9:00am
 - Sunday March 2nd – 6:30am-12:00pm (noon)

Warm Up/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
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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 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 and OC rules are available at: www.ontariocycling.org/officials
 - Pre-race bike check will be in effect this season.
 - Team managers meeting will be held at 7:30am on Friday February 28th 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 4 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 mechanic following a crash) at the commissaire 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.
-

- U11/U13/U15 categories are prohibited from using aero bars and aero helmets
- U11/U13/U15/U17 categories are prohibited from using disc wheels and carbon rim wheels. The maximum depth is 40mm.
- For safety reasons, the case of a misshape during a mass start race riders in U11/U13 will not be permitted to re-enter the race. Athletes in U15/U17 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 minimum gathering.
- Independent riders are permitted one (1) support person
- Club presidents or identified representatives must pre-register personnel one week prior to Provincials 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
 - Rider 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

Awards

- Provincial Championship podium presentation will occur for the top 3 athletes in each category, for each event. Only Ontario licensed riders are eligible.
- There will be a separate podium presentation for Out-of-Province riders, who will be awarded non-championship medals.
- Should categories be combined as a result of low participation numbers, medals will be awarded for all Provincial Championship categories regardless of number of riders present.
- 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 their competition uniform for medal presentations.
- No hats or eyewear are permitted.
- Medal presentations will take place immediately following each event

Anti-Doping

- All racers are subject to doping control. A CCES inspector may require you to participate in testing protocols at their discretion.
- Athletes participating in the Track Provincial Championship who require the use of a medication that is included on the prohibited list must apply for a therapeutic exemption (TUE) prior to participating in the event. This applies to all categories of athletes. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE wizard: <https://cces.ca/medical-exemptions>

Event Safety

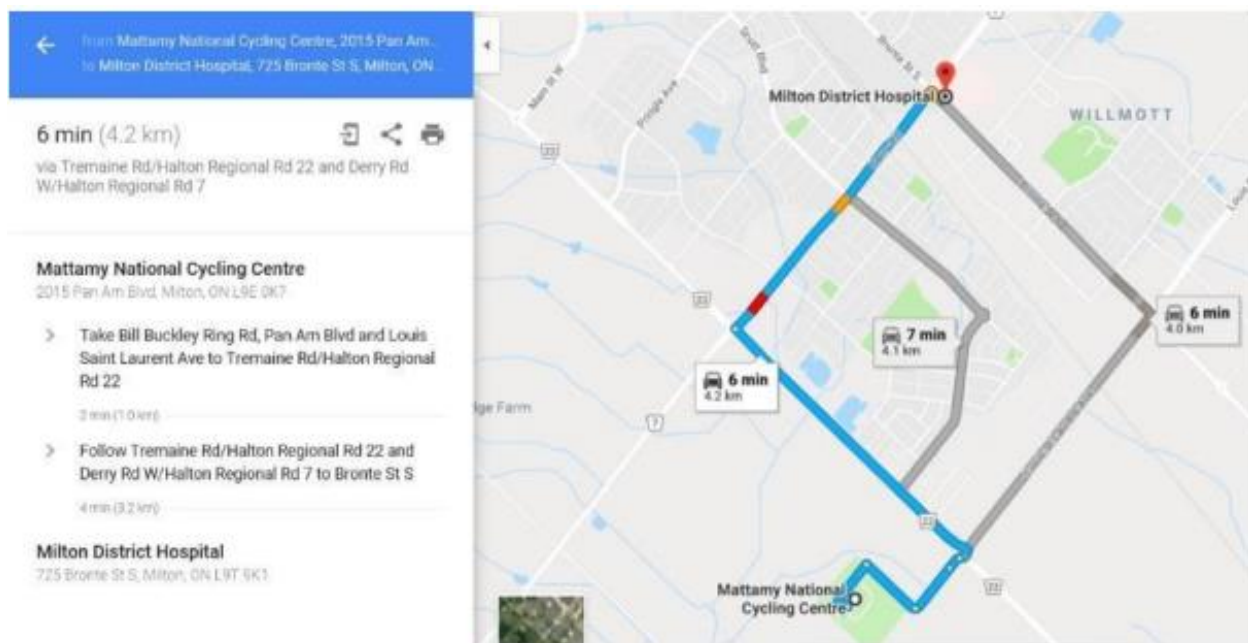
- First aid will be provided by Odyssey Medical and will be located in the infield area.
 - For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire may be subject to a fine.
 - You are required to wear an approved, regulation cycling helmet at all times 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 the volunteers who dedicate their time to making these events possible. If you are interested in volunteering at future events, please contact 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 sport massage therapy at our events



SIPPY CUP COFFEE ROASTERS

Thank you, Sippy Cup Coffee Roasters, for being our official provider for Volunteers and Officials 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 a gift card

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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 accommodations now with Best Wester Milton



161 Chilsholm Drive Milton, Ontario L9T 4A6

Tel: 905-875-3818

Email: 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 accommodations now with Best Wester Milton



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.
