

Kingston Stage Race

Fort Henry Hill Climb

Joyceville Individual Time Trial

CFB Kingston Criterium (OCup #3)

Lansdowne Road Race (OCup #4)

Tech Guide

V4.

Friday, July 4 – Sunday, July 6, 2025



Table of Contents

General Information	6
OC Event Contact.....	6
Commissaires.....	6
Registration & Pricing	6
Stage Race Specific Rules:.....	7
Registration.....	7
General Classification	7
Points Classification and Time Bonuses.....	7
Timing.....	7
Numbers & Timing Chip	7
Hill Climb	7
Individual Time Trial	8
Criterion	8
Road Race	9
Awards	9
Stage 1: Cintas Fort Henry Hill Climb	10
Membership & Licensing.....	10
Refund Policy	10
Event Categories	10
Schedule of Events	11
Start Lists & Result	11
Gear and Equipment Restrictions	11
Youth Upgrade Request	12
Rider Confirmation/Sign In.....	12
Chip Placement	12
Number Placement.....	13
General Rules & Regulations	13
Awards.....	14

Media	14
Parking	14
Course Map	15
Course Elevation.....	15
Event and Course Safety.....	15
Spectator Safety.....	15
Hospital Information	16
.....	16
Participant Survey	16
Volunteers	16
Stage 2: Time Trial.....	17
Membership & Licensing.....	17
Refund Policy	17
Event Categories	18
Schedule of Events	18
Start Lists & Result	18
Gear and Equipment Restrictions	18
Youth Upgrade Request	19
Rider Confirmation/Sign In.....	19
Chip Placement	20
Number Placement.....	20
General Rules & Regulations	21
Awards.....	21
Media	21
Parking	22
Course Map	22
Course Elevation.....	22
.....	22
Event and Course Safety.....	22

Spectator Safety	23
Hospital Information	23
Participant Survey	24
Volunteers	24
Stage 3: CFB Kingston Criterium OCup #3	25
Membership & Licensing	25
Refund Policy	25
Event Categories	26
Schedule of Events	26
*Schedule is subject to change once registration closes	26
Start Lists & Result	26
Gear and Equipment Restrictions	26
Youth Upgrade Request	27
Rider Confirmation/Sign In	27
Chip Placement	27
Number Placement	28
	28
General Rules & Regulations	28
Awards	29
Media	30
Parking	30
Course Map	30
Course Elevation	31
	31
Event and Course Safety	31
Spectator Safety	31
Hospital Information	32
OCup Points & MONTU Segment Challenge	32
Participant Survey	32

Volunteers.....	32
Membership & Licensing.....	33
Refund Policy	33
Event Categories	33
Schedule of Events	34
Ontario Cup Points	34
Start Lists & Result	35
Gear and Equipment Restrictions	35
Youth Upgrade Request	35
Rider Confirmation/Sign In.....	36
Chip Placement	36
Number Placement.....	37
General Rules & Regulations	37
Awards.....	38
Media	38
Parking	38
Course Map	39
Course Elevation.....	39
.....	39
Event and Course Safety.....	39
Spectator Safety.....	39
Hospital Information	40
MONTU OCup Segment Challenge.....	40
What to expect on race day	40
How to Upload your Activity to Stava	40
Rules:	41
Participant Survey	41
Volunteers.....	41
Sponsors/Partners.....	42

General Information

Kingston Stage Race

Date: Friday, July 4 – Sunday, July 6, 2025

OC Event Contact

Position	Name
Event Organizer	Limestone City Cycling
Race Director	Greg Rawson
Ontario Cycling Event Lead	Courtney Doret
Membership Licensing	Chris Baskys
Volunteer Manager	
Timing	Doug Pogue
Medical	See below for event specific medical provider

Commissaires

Position	Name
PCP	William Trischuk
Finish Judge	Kevin Scheerer
Member	Rosa Phillip
Member	Ed Sitarski
Member	Steven Rivers (Road Race)

Registration & Pricing

- Registration for all OCups is open to Ontario Cycling licensed riders 13 years of age and older.
- The event is pre-registration only. Only 2025 Challenge/Compete/UCI race licenses are permitted. 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 will close on Wednesday at 11:59pm prior to the event date.
- Late entries will be reviewed on a case-by-case basis. If granted will have an additional fee of \$50.

[Ontario Cycling Website](#)

[Limestone City Cycling Website](#)

Please note that although you may have registered in a specific category, you may be moved to a different category depending on the field and other participants who register.

Stage Race Specific Rules:

Registration

To be considered for a General Classification placement, racers must register for the Stage Race option. This also provides a discounted price from purchasing the 4 events separately.

General Classification

Racers must start stage 2, 3 and 4 to be eligible for GC placement. Registered racers unable to attend stage 1 will be assigned the same time as the last-place finisher in their category.

Points Classification and Time Bonuses

Racers must start stage 2, 3 and 4 to be eligible for Points Classification placement.

Position	Intermediate Sprint		Final Sprints		Hill Climb/ITT
1	3 seconds	6 points	3 seconds	10 points	10 points
2	2 seconds	4 points	2 seconds	6 points	6 points
3	1 second	2 points	1 second	4 points	4 points

Points Competition classification will include accumulation of intermediate sprints and final sprints. Intermediate sprint laps are indicated below in the respective event section. Points totals will be posted after each stage. Points and time bonuses are awarded to the first 3 across the line irrespective of if they are competing for GC or not. If points or time bonuses are earned by a non-GC racer, they are no longer available to GC racers. In case of a tie in the points standing, the rider with the higher GC standing will be declared the points leader.

Timing

GC will be based on combined time of all stages.

Numbers & Timing Chip

GC riders will keep their same numbers and timing chip for all stages. Check individual stage information for number placement.

Hill Climb

There will be no overtaking other racers on the final narrow ramp descending into the Fort just before the finish line.

Due to the timing of the event, some individuals will be unable to attend. Registered racers will still be eligible for GC placement if they start stages 2, 3 and 4.

Non-starters registered in the stage race will be assigned the same time as last-place finisher in their category.

There will be no time limit to complete the event.

Individual Time Trial

Merckx (road bikes) and TT bikes will be permitted. U19 riders will also be permitted to ride TT bikes as this is not a National Championship.

Time will be normalized between Merckx and TT riders.

A handicap, per category, will be the calculation of the difference between the fastest racer on a TT bike and the fastest racer on a road bike, less one second.

For example:

Fastest TT Bike Rider: 42:00

Fastest Road Bike: 45:00

Handicap: $45:00 - 42:00 - 0:01 = 2:59$

This handicap will only apply to Merckx (road bikes) and will be deducted from all road bike finishing times. In the case where a road bike rider sets the fastest time no handicap will be applied.

Therefore, the fastest road bike handicapped time would be 42:01.

Merckx Bike Clarification: any bicycle and gear approved for UCI mass start events is permitted (i.e. TT helmets are permitted. Disc wheels or clip-on aerobars not permitted).

MECHANICALS/FLAT TIRES: If you have a flat in the TT you can either fix the flat yourself OR you can wait for the sweep vehicle to pick you up. After verification by an official, the rider will be awarded the same time as the slowest racer in the same category and may start the next stage.

There will be no time limit to complete the event.

The ITT podium will occur at CFB Kingston during the afternoon Criterium.

Criterium

If two or more riders lap the field they will be permitted to rejoin the main group. Lapped riders will finish one before the leaders to allow for a "clean sprint" of the leaders.

Riders may be pulled after they have been lapped if they pose a safety risk to the remaining competitors.

Riders who are pulled will be given a place/time that reflects their position at the time they were pulled.

Pulled riders will be permitted to start the Road Race.

Lap cards will indicate the final 5 laps of each race.

Road Race

Riders may be pulled after they have been lapped if they pose a safety risk to the remaining competitors.

Riders who are pulled will be given a place/time that reflects their position at the time they were pulled.

Awards

Podiums

- Podiums will be awarded to the top three (3) finishers in each category GC, following the road race.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the result of each category separated
- Riders must attend the award ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.

Classification

- The GC and Points Classification will be calculated following each event and will be emailed to participants.

Awards

- Availability of cash prizes will be dependent upon the number of entries.
- Medals for the top three (3) of each category will be awarded for the Criterium, Road Race and Overall GC.

Stage 1: Cintas Fort Henry Hill Climb

Date: Friday, July 4, 2025

Time: 6pm to 9pm

Location: Fort Henry, Kingston

Pre-Riding: There will be no pre-riding opportunities



Registration Timeline
<i>Registration closes Wednesday, July 2, 2025 at 11:59pm</i>
\$25 + HST

Membership & Licensing

Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
Cat A	15+			X	X
Cat B	15+			X	X
Cat C	15+	X	X	X	X
Cat D	15+	X	X	X	X
Cat A Women	15+			X	X
Cat B Women	15+	X	X	X	X
Master Women	40+	X	X	X	X
Master Men/Open	50+	X	X	X	X
U15	13-14	X	X	X	X

Refund Policy

- A rider must withdraw before the registration closes 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 the 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 and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President 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 and Categories A-B (women only), based on their ability and experience level.
- Women who would like to race in Categories A-D are able to if they choose to do so.

- The ability-based format is designed to provide a meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC office.
- U15 riders do not have the ability to compete in the ability-based categories and should race in the U15 category.

Schedule of Events

Category	Registration	Start Time	Distance
Youth Races	5:00 PM	6:30PM	1100m
Cat C	6:00 PM	7:00pm	1100m
Cat D	6:00 PM	30 second intervals	1100m
Master Men	6:00 PM		1100m
Cat B Women	6:00 PM		1100m
Master Women	6:00 PM		1100m
U15	6:00 PM		1100m
Cat A	6:00 PM		1100m
Cat B	6:00 PM		1100m
Cat A Women	6:00 PM		1100m

Start Lists & Result

Race Timing is the official timer for this event. Start lists and results can be found at www.racetiming.ca.

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the 2025 Cycling Canada Companion Guide
- The wearing of an approved helmet is mandatory
- UCI rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels [here](#).
- All bicycles will be put through a bike check and must meet UCI regulations.
- As of April 1st, 2024, the UCI regulation (1.3.022) will be amended with a clear requirement that brake levers must have a maximum inclination of 10 (ten) degrees. We will be requiring riders in Ontario to follow this updated regulation at all road events this year.
- Only bicycles confirming to UCI rules 1.3.001-1.3.025 are permitted for use.
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Independent riders are required to wear a plain-colored jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.

- There will be no neutral service available. There will be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course
- Per cycling Canada (1.3.031 N): at all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this such as a manufacturer's label, upon request by event officials.
- The use of glass containers is strictly prohibited during the race.
- Disc brakes are permitted.

Youth Upgrade Request

There will be no youth upgrade for the Hill Climb

Rider Confirmation/Sign In

- Rider confirmation will take place at the OC tables inside Ft Henry
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Chip Placement

- All riders must attach their timing chip to their seatpost.
- Riders will reuse the same timing if racing multiple stages
- Attach the timing tag on the seat post using the supplied cable tie so that it is parallel to the ground and pointing straight back. Put the cable tie through the hole and around the seat post ensuring that the end of the tag is under the cable tie. The timing tag does not need to be returned at the end of the stage race but can be returned for recycling.



Number Placement

- All riders must wear a single number on the center of their back
- Bib numbers shall be placed on according to the following diagram



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
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the race course during competition. All other vehicles/team vehicles are not permitted to follow the race while in progress.
- 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.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- Drafting behind other riders is not allowed. If you come upon another rider you should stay 3m behind them until it's safe to pass safely. If passed, you must remain behind the passing rider at least 3m
- No drafting behind vehicles is allowed.
- No riders will be pulled all riders will be given a time upon crossing the finish line
- A neutral support vehicle will follow the last race on course.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.

- Radio communication is not permitted between riders and anyone else.
- Riders and spectators will not be permitted to enter and exit the Fort via the ramp at predetermined times, between categories, only. Riders not following the direction of volunteers will be disqualified.

Awards

- Podiums will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the result of each category separated
- Riders must attend the award ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Presentations will take place following the conclusion of each race.

Media

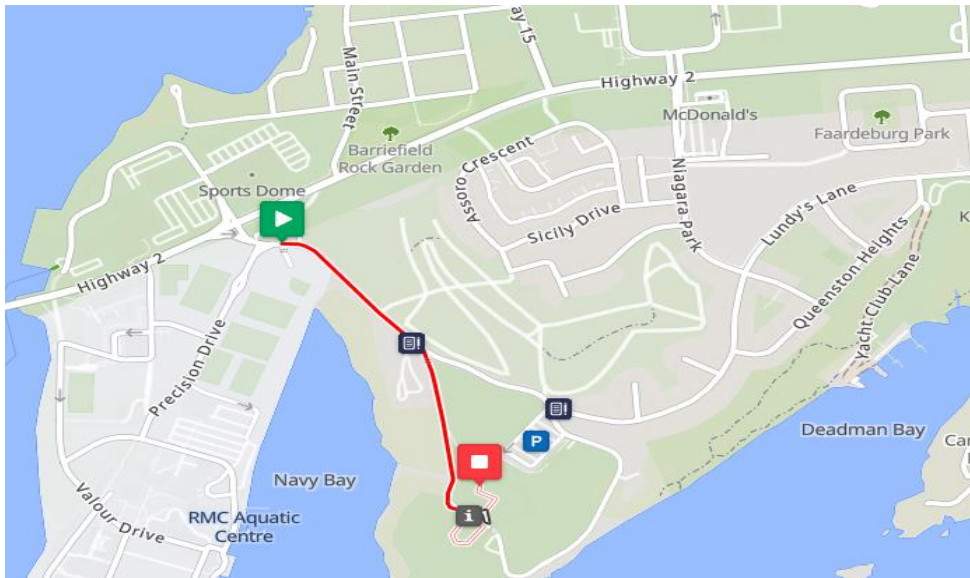
Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

Parking can be found in the [Fort Henry Parking Lot](#). Please access the parking lot via Niagara Park Drive and Lundy's lane; do not drive on the course.

Course Map

A preview of the course map can be found [here](#):

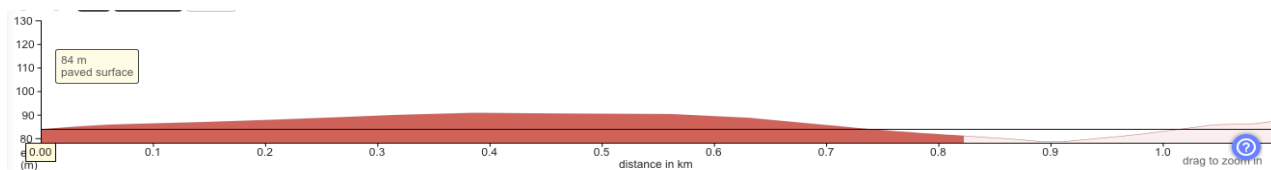


Feed Zone – no feed zone

Start – Bottom of Fort Henry Hill

Finish - Inside Fort Henry

Course Elevation



Event and Course Safety

- First aid will be provided by Odyssey Medical who will be located under a tent near the finish area.
- 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

Spectator Safety

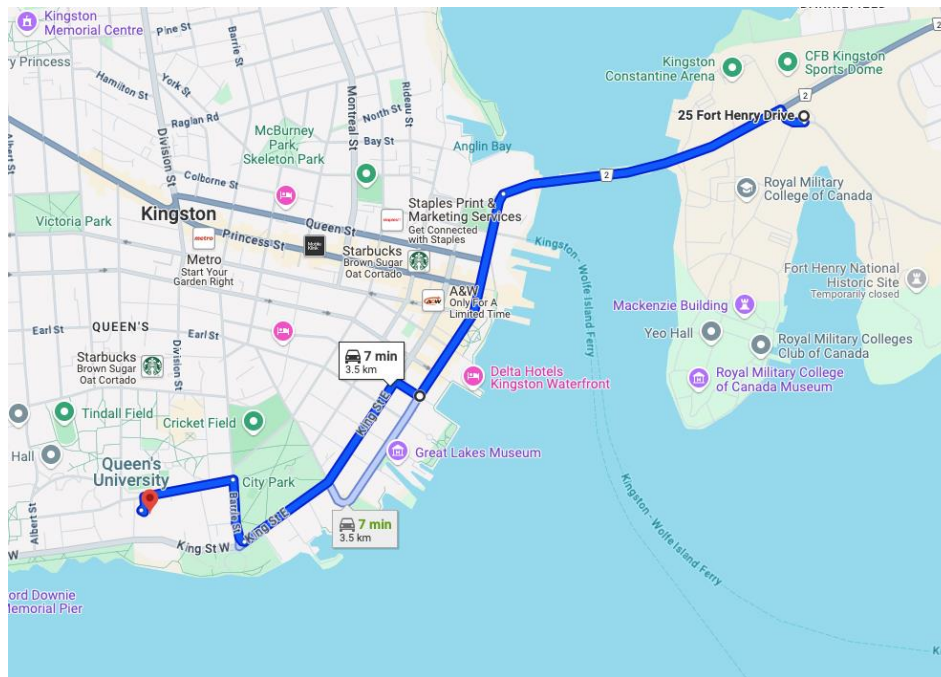
- Spectators should always remain off the racecourse and remain behind any fencing around the course
- For your safety there is no climbing and hanging onto structures not designed for those purposes.

- No spectator should be accessing the racecourse at any point throughout the event.
- OC does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the racecourse.

Hospital Information

Name of hospital: Kingston General Hospital

Address of hospital: 76 Stuart St, Kingston, ON K7L 2V7



Participant Survey

In order to continue to improve our events, we need your feedback! Click [here](#) to fill out a survey.

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Stage 2: Time Trial

Date: Saturday, July 5, 2025

Time: 9:00am - 11:00am

Location: Joyceville, Ontario

Pre-Riding: There will be no pre-riding opportunities

Registration Timeline
<i>Registration close Wednesday, July 2, 2025 at 11:59pm</i>
\$50 + HST

Membership & Licensing

Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
Cat A	15+			X	X
Cat B	15+			X	X
Cat C	15+	X	X	X	X
Cat D	15+	X	X	X	X
Cat A Women	15+			X	X
Cat B Women	15+	X	X	X	X
Master Women	40+	X	X	X	X
Master Men/Open	50+	X	X	X	X
U15	13-14	X	X	X	X

Refund Policy

- A rider must withdraw before the registration closes 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 the 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 and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President 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

- O'Cup categories will be an open ability-based format where athletes will self-seed themselves from Categories A-D and Categories A-B (women only), based on their ability and experience level.
- Women who would like to race in Categories A-D are able to if they choose to do so.
- The ability-based format is designed to provide a meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC office.
- U15 riders do not have the ability to compete in the ability-based categories and should race in the U15 category.

Schedule of Events

Category	Registration	Start Time	Distance
U15	8:00am	First rider off at 9:00am	15km
Cat C	8:00am	30 second intervals	30 km
Cat D	8:00am		30 Km
Master Men	8:00am		30 km
Cat B Women	8:00am		30 km
Master Women	8:00am		30 km
Cat A	8:00am		30 km
Cat B	8:00am		30 km
Cat A Women	8:00am		30 km

Start Lists & Result

Race Timing is the official timer for this event. Start lists and results can be found at www.racetiming.ca.

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the 2025 Cycling Canada Companion Guide
- The wearing of an approved helmet is mandatory
- UCI rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels [here](#).
- All bicycles will be put through bike check and must meet UCI regulations.
- As of April 1st, 2024, the UCI regulation (1.3.022) will be amended with a clear requirement that brake levers must have a maximum inclination of 10 (ten) degrees. We will be requiring riders in Ontario to follow this updated regulation at all road events this year.
- Only bicycles confirming to UCI rules 1.3.001-1.3.025 are permitted for use.

- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- There will be no neutral service available. There will be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course
- Per cycling Canada (1.3.031 N): at all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this such as a manufacturer's label, upon request by event officials.
- The use of glass containers is strictly prohibited during the race.
- Disc brakes are permitted.

Note: Merckx (road bikes) and TT bikes will be permitted. U19 riders will also be permitted to ride TT bikes as this not a National Championship.

Merckx bike clarification: any bicycle and gear approved for UCI mass start events is permitted (i.e TT helmets are permitted. Disc Wheels or clip on aero bars not).

Youth Upgrade Request

There will be no youth upgrades for the Time Trial

Rider Confirmation/Sign In

- Rider confirmation will take place at the OC tables located at the intersection of Shannon Road and Sixth Concession.
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Chip Placement

- All riders must attach their timing chip to their seatpost.
- Riders will reuse the same timing chip if racing multiple stages.
- Attach the timing tag on the seat post using the supplied cable tie so that it is parallel to the ground and pointing straight back. Put the cable tie through the hole and around the seat post ensuring that the end of the tag is under the cable tie. The timing tag does not need to be returned at the end of the stage race but can be returned for recycling.



Number Placement

- All riders must wear a single number on the center of the back.
- Bib numbers shall be placed on according to the following diagram



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
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the race course during competition. All other vehicles/team vehicles are not permitted to follow the race while in progress.
- 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.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- Drafting behind other riders is not allowed. If you come upon another rider you should stay 3m behind them until it's safe to pass safely. If passed, you must remain behind the passing rider at least 3m
- No drafting behind vehicles is allowed.
- No riders will be pulled all riders will be given a time upon crossing the finish line
- A neutral support vehicle will follow the last race on course,
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- Radio communication is not permitted between riders and anyone else.

Awards

- Podiums will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the result of each category separated
- Riders must attend the award ceremonies or risk forfeiting their awards
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

Media

Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario

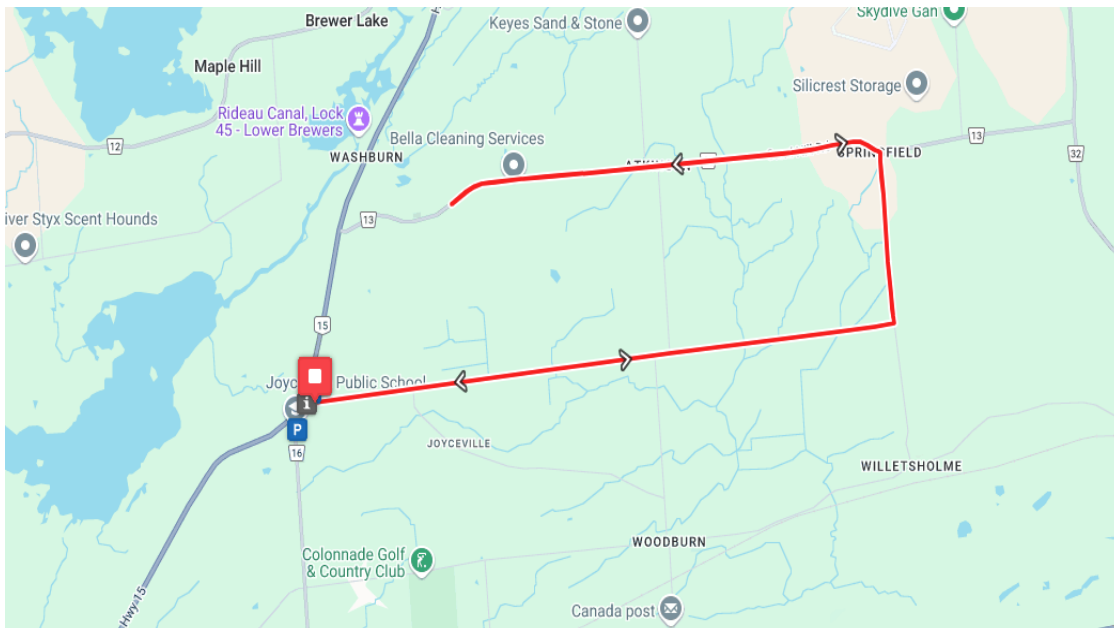
Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

Parking can be found on Shannon Road, or at Joyceville Public School, 2903 Joyceville Road.

Course Map

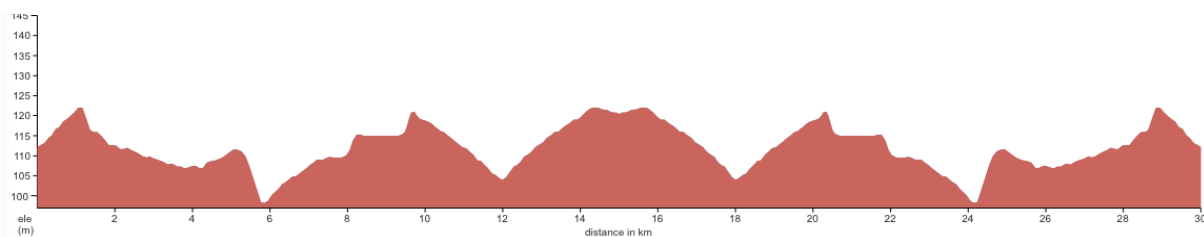
A preview of the course map can be found [here](#)



Feed Zone – no feed zone

Start/finish – Intersection of Shannon Road and Sixth Concession

Course Elevation



Event and Course Safety

- First aid will be provided by Odyssey Medical who will be located under a tent near the start/finish area.

- 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

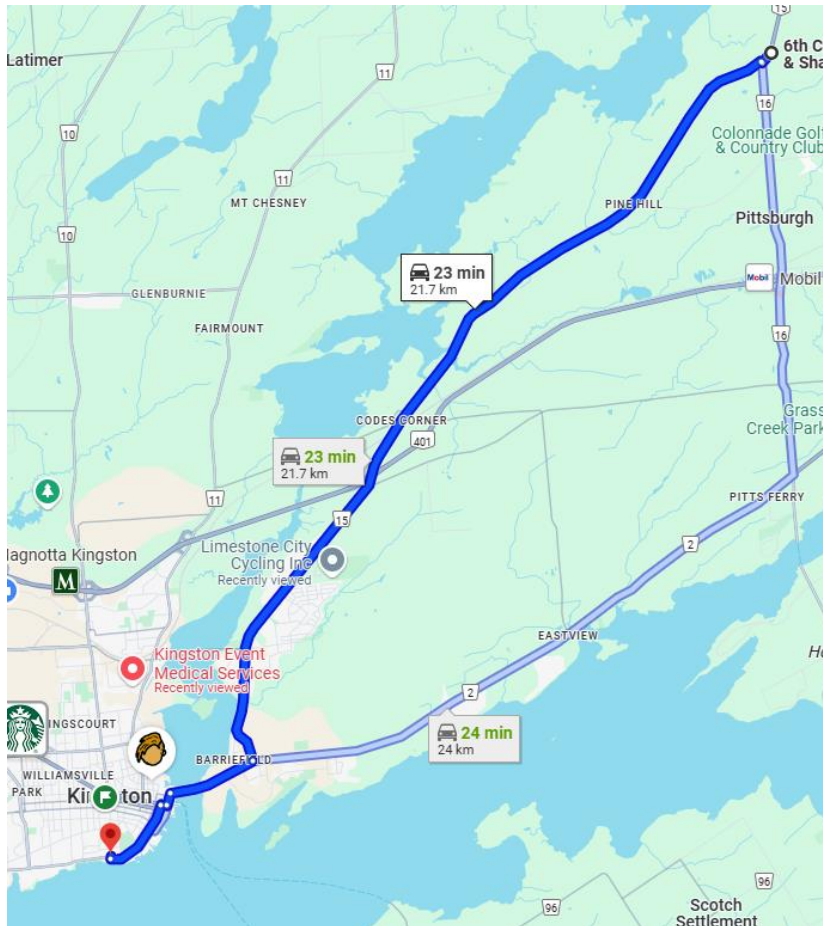
Spectator Safety

- Spectators should always remain off the racecourse and remain behind any fencing around the course
- For your safety there is no climbing and hanging onto structures not designed for those purposes.
- No spectator should be accessing the race course any point throughout the event.
- OC does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the racecourse.

Hospital Information

Name of hospital: Kingston General Hospital

Address of hospital: 76 Stuart St, Kingston, ON K7L 2V7



Participant Survey

In order to continue to improve our events, we need your feedback! Click [here](#) to fill out a survey.

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Stage 3: CFB Kingston Criterium OCup #3

Date: Saturday, July 5, 2025

Time: 1:00pm - 6:00pm

Location: Canadian Forces Base, Kingston

Pre-Riding: There will be no pre-riding opportunities

Registration Timeline
<i>Registration close Wednesday, July 2, 2025 at 11:59pm</i>
\$80 + HST

Membership & Licensing

Please see the membership and licensing chart below to ensure that you have the correct license to compete in each category.

Category	Age Range	Challenge Membership	Compete Membership	UCI License
Cat A	15+		X	X
Cat B	15+		X	X
Cat C	15+	X	X	X
Cat D	15+	X	X	X
Cat A Women	15+		X	X
Cat B Women	15+	X	X	X
Master Women	40+	X	X	X
Master Men/Open	50+	X	X	X
U15*	13-14	X	X	X

*U15 may participate in the criterium but will not be a part of the OCup.

Refund Policy

- A rider must withdraw before the registration closes 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 the 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 and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President 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-seed themselves from Categories A-D and Categories A-B (women only), based on their ability and experience level.
- Women who would like to race in Categories A-D are able to if they choose to do so.
- The ability-based format is designed to provide a meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC office.

Schedule of Events

Category	Registration	Start Time	Distance	Intermediate Sprint
U15s	12:00pm	1:00pm	40 minutes	At 20 minutes
Cat C	1:00pm	2:00pm	50 Minutes	At 25 minutes
Cat D	1:00pm	2:00pm	50 Minutes	At 25 minutes
Master Men/Open	1:00pm	2:00pm	50 Minutes	At 25 minutes
Cat B	1:00pm	3:00pm	50 Minutes	At 25 minutes
Master Women	1:00pm	4:00pm	50 Minutes	At 25 minutes
Cat B Women	1:00pm	4:00pm	50 Minutes	At 25 minutes
Cat A Women	1:00pm	4:00pm	50 Minutes	At 25 minutes
Cat A	1:00pm	5:00pm	75 Minutes	At 25 minutes and 50 minutes

**Schedule is subject to change once registration closes*

Start Lists & Result

Race Timing is the official timer for this event. Start lists and results can be found at www.racetiming.ca.

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the 2025 Cycling Canada Companion Guide
- The wearing of an approved helmet is mandatory
- UCI rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels [here](#).
- Only bicycle conforming to UCI rules 1.3.001-1.3.025 are permitted for use.
- Racers in Ontario must comply with UCI regulation 1.3.022 that requires brake levers to have a maximum inclination of ten (10) degrees

- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- OC does not permit the use of Go Pro's or any other type of filming devices attached to themselves or mounted on their bicycles while racing at an Ontario Cycling event.
- Independent riders are required to wear a plain-colored jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted
- Per Cycling Canada rule 1.3.031 N): At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this such as a manufacturer's label, upon request by event officials
- The use of glass containers is strictly prohibited during the race.

Youth Upgrade Request

There will be no youth upgrade request granted for U15 riders for the Crit OCup

Rider Confirmation/Sign In

- Rider confirmation will take place at the OC tables (near the start/finish line)
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Chip Placement

- All riders must attach their timing chip to their seatpost.
- Riders will reuse the same timing chip if racing multiple stages.
- Attach the timing tag on the seat post using the supplied cable tie so that it is parallel to the ground and pointing straight back. Put the cable tie through the hole and around the seat post ensuring that the end of the tag is under the cable tie. The timing tag does not need to be returned at the end of the stage race but can be returned for recycling.



Number Placement

- All riders must wear their bib numbers on the (Right) side.
- Bib numbers shall be placed on according to the following diagram



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications
- OC does not permit the use of Go Pro's or any other type of filming devices attached to themselves or mounted on their bicycle while racing at an Ontario Cycling event.
- The CC and OC rules are available at: www.ontariocycling.org/officials
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC at info@ontariocycling for more details.
- Out of province riders will be required to present a UCI license.

- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles/team vehicles are not permitted to follow the races while in progress.
- 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
- Free laps will be given for mishaps (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall go to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire and make repairs. At the direction of the commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there is 5km left in the race from the perspective of the race leader. No more free laps will be given after this point.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- If two or more riders overtake the field and remain there after there is less than 5km left in the race from the perspective of the race leader, the overtaking riders may be sprinted separately from the field. Instructions for this process will be by the commissaire at the start line before the race.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, dropped riders must remain separate, even when being overtaken by riders in their own category.
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.

Awards

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the result of each category separated
- Riders must attend the award ceremonies or risk forfeiting their awards
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.

- Medal presentations will take place following the conclusion of each race.

Media

Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

Parking can be found on Blue Bell Lane (see course map). You must access the parking lot from Sadie Avenue off Craftsman Blvd.

Course Map

A preview of the course map can be found [here](#)

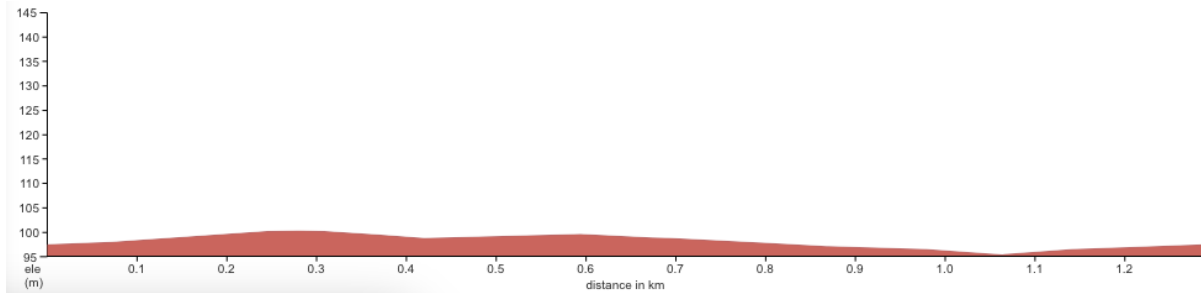


Feed Zone – no feed zone

Wheel Pit - Near Start/Finish Area, see map

Start/finish – intersection of Red Patch Ave and Blue Bell Lane, see map

Course Elevation



Event and Course Safety

- First aid will be provided by Odyssey Medical who will be located under a tent near the start/finish area.
- 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

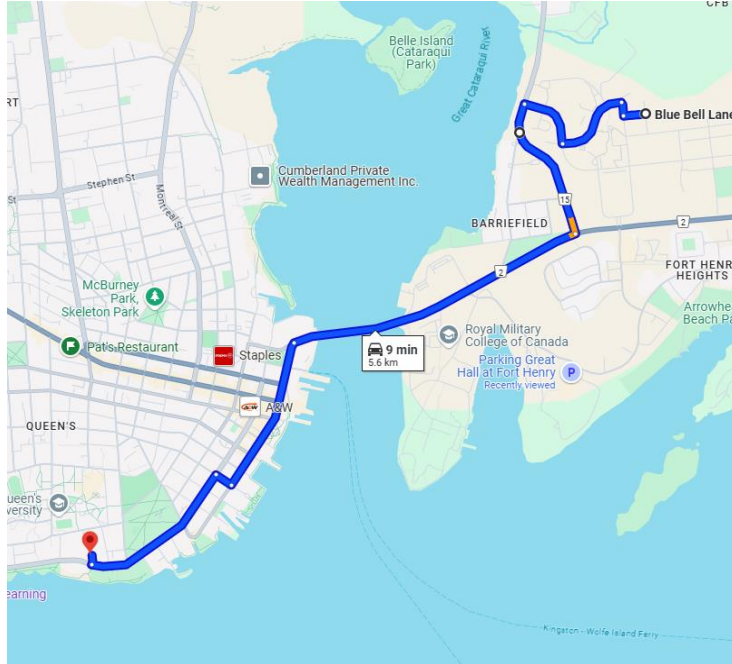
Spectator Safety

- Spectators should always remain off the racecourse and remain behind any fencing around the course
- For your safety there is no climbing and hanging onto structures not designed for those purposes.
- No spectator should be accessing the racecourse any point throughout the event.
- OC does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the racecourse.

Hospital Information

Name of hospital: Kingston General Hospital

Address of hospital: 76 Stuart St, Kingston, ON K7L 2V7



OCup Points & MONTU Segment Challenge

- There will be no OCup points or MONTU Segment Challenge points associated with the Crit OCups. Riders may only get points during the Road Race OCups.

Participant Survey

In order to continue to improve our events, we need your feedback! Click [here](#) to fill out a survey.

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Stage 4: Lansdowne Road Race OCup #3

Date: Sunday, July 6, 2025

Time: 8:30 am - 5:30 pm

Location: 101 King Street West, Lansdowne, Ontario

Pre-Riding: There will be no pre-riding opportunities

Registration Timeline
<i>Registration close Wednesday, July 2, 2025 at 11:59pm</i>
OCup categories - \$95 + HST U15 category - \$60 +HST

Membership & Licensing

Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
Cat A	15+			X	X
Cat B	15+			X	X
Cat C	15+	X	X	X	X
Cat D	15+	X	X	X	X
Cat A Women	15+			X	X
Cat B Women	15+	X	X	X	X
Master Women	40+	X	X	X	X
Master Men/Open	50+	X	X	X	X
U15	13-14	X	X	X	X

Refund Policy

- A rider must withdraw before the registration closes 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 the 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 and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President 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 and Categories A-B (women only), based on their ability and experience level.

- Women who would like to race in Categories A-D are able to if they choose to do so.
- The ability-based format is designed to provide a meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC office.
- U15 riders do not have the ability to compete in the ability-based categories and should race in the U15 category.

Schedule of Events

Category	Registration	Start Time	Distance	Laps	Intermediate Sprints
Cat C/U15 Boys	7:00am	8:30am	76.2km	5	Lap 1 and 3
Cat D	7:00am	8:32am	63.2km	4	Lap 1 and 3
Master Men	7:00am	8:34am	76.2km	5	Lap 1 and 3
Cat B Women/U15 Girls	8:30am	11:00am	76.2km	5	Lap 1 and 3
Master Women	8:30am	11:02am	76.2km	5	Lap 1 and 3
Cat A	11:00am	2:15pm	130.6km	9	Lap 1,3,5 and 7
Cat B	11:00am	2:18pm	103.4km	7	Lap 1,3 and 5
Cat A Women	11:00am	2:30pm	103.4km	7	Lap 1,3 and 5

Ontario Cup Points

The top 15 riders at each OCup event in their respective category will earn:

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

Place	Points
8 th Place	8 Points
9 th Place	7 Points
10 th Place	6 Points
11 th Place	5 Points
12 th Place	4 Points
13 th Place	3 Points
14 th Place	2 Points
15 th Place	1 Point

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 #4	OCup total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	20 (2 nd)	81	X1.2 (yes)	97.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	16 (3 rd)	73	X1.2 (yes)	87.6
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	25 (1 st)	90	X1 (no)	90

Start Lists & Result

Race Timing is the official timer for this event. Start lists and results can be found at www.racetiming.ca.

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the 2025 Cycling Canada Companion Guide
- The wearing of an approved helmet is mandatory
- UCI rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels [here](#).
- Only standard handlebars are permitted. Handlebar extensions, including time-trial bar extensions or other types of tri-bars are not permitted.
- Only bicycle conforming to UCI rules 1.3.001-1.3.025 are permitted for use.
- Racers in Ontario must comply with UCI regulation 1.3.022 that requires brake levers to have a maximum inclination of ten (10) degrees
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- OC does not permit the use of Go Pro's or any other type of filming devices attached to themselves or mounted on their bicycles while racing at an Ontario Cycling event.
- Independent riders are required to wear a plain-colored jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted
- There will be no neutral service available. There will be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course
- Per Cycling Canada rule 1.3.031 N): At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this such as a manufacturer's label, upon request by event officials
- The use of glass containers is strictly prohibited during the race.

Youth Upgrade Request

U15 riders have their own category at Road Ontario Cup events. Only second year U15 athletes that have demonstrated a superior competitive ability to the U15 race

field will be eligible to apply for an upgrade to categories A-D or Cat A-B Women. No upgrades will be granted for Road OCup #1 and any athletes requesting an upgrade must have competed in a minimum of one OCup event in the U15 category prior to submission. First year U15 and U13 member upgrades will not be considered for the Ontario Cup Road Series. U13 riders (or younger) are encouraged to participate in Youth Road events.

[Youth Upgrade Link](#)

Rider Confirmation/Sign In

- Rider confirmation will take place at the OC tables at Thousand Islands Elementary School
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Chip Placement

- All riders must attach their timing chip to their seatpost.
- Riders will reuse the same timing chip if racing multiple stages
- Attach the timing tag on the seat post using the supplied cable tie so that it is parallel to the ground and pointing straight back. Put the cable tie through the hole and around the seat post ensuring that the end of the tag is under the cable tie. The timing tag does not need to be returned at the end of the stage race but can be returned for recycling.



Number Placement

- All riders must wear their bib numbers on the Right side.
- Bib numbers shall be placed on according to the following diagram



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications
- OC does not permit the use of Go Pro's or any other type of filming devices attached to themselves or mounted on their bicycle while racing at an Ontario Cycling event.
- The CC and OC rules are available at: www.ontariocycling.org/officials
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles/team vehicles are not permitted to follow the races while in progress.
- 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
- For the road race there are no free laps for mishaps (e.g crashes and punctures). Riders suffering mishaps will be serviced from the service vehicles and must continue the race from the point of the mishap.
- In the event of a mishap, riders are strictly forbidden from drafting behind vehicles for lengthy periods in attempting to catch up to their group. Such drafting may result in disqualification.

- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, dropped riders must remain separate, even when being overtaken by riders in their own category.
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.

Awards

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the result of each category separated
- Riders must attend the award ceremonies or risk forfeiting their awards
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

Media

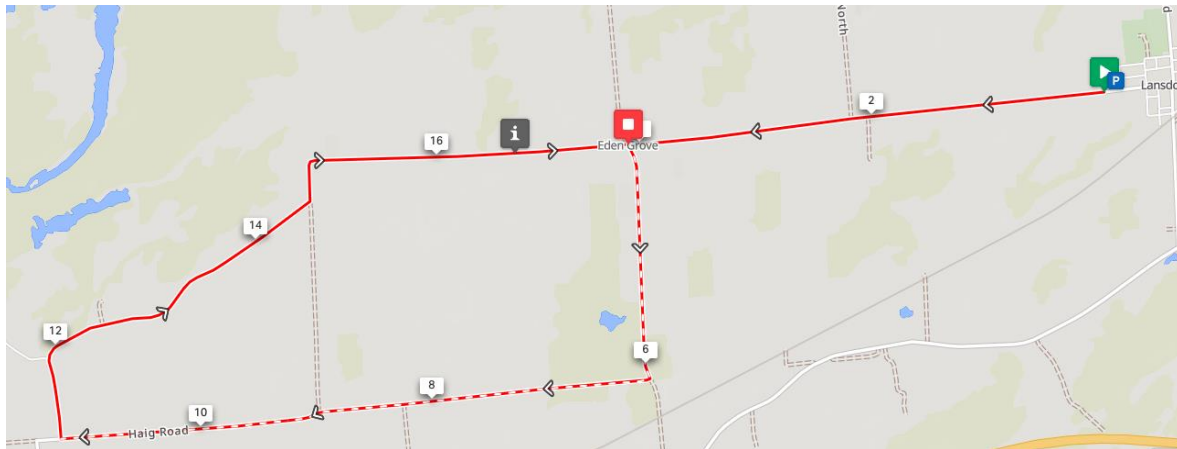
Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

Parking can be found at Thousand Islands Elementary School and surrounding streets.

Course Map

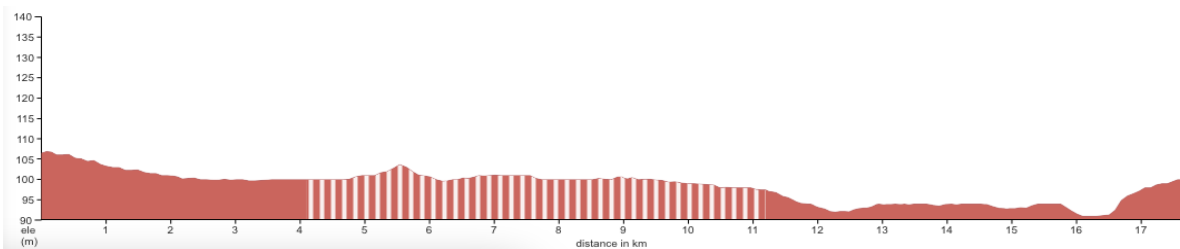
A preview of the course map can be found [here](#)



Feed Zone – Eden Grove Road, see map. Vehicles must park on the north side of the road.

Start/finish – Thousand Islands Elementary School, see map

Course Elevation



Event and Course Safety

- First aid will be provided by Odyssey Medical who will be located under a tent near the start/finish area.
- 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

Spectator Safety

- Spectators should always remain off the racecourse and remain behind any fencing around the course
- For your safety there is no climbing and hanging onto structures not designed for those purposes.
- No spectator should be accessing the racecourse any point throughout the event.

- OC does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the racecourse.

Hospital Information

Name of hospital: Kingston General Hospital

Address of hospital: 76 Stuart St, Kingston, ON K7L 2V7



MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your OCup race day experience by setting up the MONTU Segment challenge on Strava. The challenge will be virtual series within the Ontario Cycling OCup Series in each discipline.

What to expect on race day

Set up your Strava account and join the Ontario Cycling Club. Bring your GPS device on race day to record your ride. During the race watch out for the MONTU OCup Segment Challenge flags or signs marking the Start/Finish of the segment on each course. Segment distances will vary (500m-2km) and focus on different skills. Upload your ride to Strava by the Monday after the event to be automatically entered into the MONTU OCup Segment challenge. Only completed and recorded segments on race day will be counted.

How to Upload your Activity to Stava

Use the Strava app to "Record" and "Save" your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can synch your activities to your Strava account.



The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the series. Each discipline's highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

NOTE: unlike race results, the MONTU OCup Segment Challenge is based on overall male and female results and not separated by age categories

Segment Place	Female	Male
1 st	10 pts	10 pts
2 nd	9 pts	9 pts
3 rd	8 pts	8 pts
4 th	7 pts	7 pts
5 th	6 pts	6 pts
6 th	5 pts	5 pts
7 th	4 pts	4 pts
8 th	3 pts	3 pts
9 th	2 pts	2 pts
10 th	1 pt	1 pt

Rules:

1. Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
2. Riders must upload their ride by the Monday following the race.
3. The ride must be set to public.

Participant Survey

In order to continue to improve our events, we need your feedback! Click [here](#) to fill out a survey.

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Sponsors/Partners



The Kingston Stage Race is supported by a generous donation
from the Tony Osborne Memorial Youth Cycling Fund

