

2025 ONTARIO MOUNTAIN BIKE PROVINCIAL CHAMPIONSHIPS

Horseshoe Valley Resort

Friday August 15th – XCC Short Track

Saturday August 16th – Team Relay

Sunday August 17th – XCO

August 12, 2025
Technical Guide V6



THIS EVENT IS SANCTIONED BY

Event Sponsors & Partners



HORSESHOE
VALLEY RESORT

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Event Description

The 2025 Provincial Championships will be held over 3 days August 15th-17th with 3 championship races – Short Track (XCC), Team Relay, and XCO.

Date: Fri August 15th (XCC), Sat August 16th (Team Relay), Sun August 17th (XCO)

Location: [Horseshoe Valley Resort](#) – 1101 Horseshoe Valley Rd W, Barrie, ON L4M 4Y8

Parking: After turning from Horseshoe Valley Rd W onto Horseshoe Blvd the main parking lot will be on your right-hand side behind the Copeland House.

Team Tents: An area for team tents will be reserved at the furthest end of the parking lot closest to the race courses/ski hill and event stadium area. Team tent setup is not allowed prior to Friday August 15th. All team equipment and rider belongings left over the weekend is subject to your own risk.

Feed Zone: The feed zone (only applicable for Sunday's XCO race) will be where the 2022 OCup Start/Finish was located, the old adventure park. Proceed to the very end of Horseshoe Blvd where you will find the XCO course climbing up through the furthest parking lot on the property (after the first left hand turn past the start line). Follow the race course until you see the feed zone start and finish signage.

Pre-Riding: Pre-ride will be available on the below dates and times, all riders pre-riding must purchase a \$10 trail pass from Horseshoe prior to riding. Visit the link [HERE](#) to pre-purchase your trail pass, when arriving please visit Guest Services in the main lodge with confirmation of your pass to receive your ticket for the day. Any riders found without a trail pass will not be permitted to ride until they have purchased one or risk being banned from the property. Be cautious of other trail users.

- Saturday, August 9th: 10am – 7pm (Bike Park Hours), signage only.
- Sunday, August 10th: 10am – 7pm (Bike Park Hours), signage only.
- Friday, August 15th: 9am – 4:30pm (Prior to XCC Races @5pm), signage & tape.
- Saturday, August 16th: 9am – 11:30am & 1:30pm – 7pm (Prior & Post Team Relay Race @12pm), signage & tape.

Other Activities: Horseshoe is a 4-season getaway with many activities to keep the full family entertained. The 2025 courses have been selected to have as minimal impact on the resort's daily operations as possible. All other activities like golf, downhill mountain biking w/ lift access, treetop trekking and more will be available. For more information visit <https://horseshoeresort.com/activities/summer-activities/>.

Food & Beverage: If you want to grab a bite during your time at Horseshoe, pay a

visit to one or more of the 3 vendors on-site – Crazy Horse Sports Bar & Grill, Eleven 01 Stone Oven Pizza, and Shoe Brew Coffee Shop. For more information visit <https://horseshoeresort.com/eat/>.

Camping: Camping is not permitted on Horseshoe Valley Resort property, overnight accommodations outside of the buildings available on-site will not be allowed (i.e., trailers & tents). For more information on staying on-site at Horseshoe, visit <https://horseshoeresort.com/stay/>.

Event Contacts

Position	Name
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	Zone4
Medical	Horseshoe Bike Patrol

Commissaires

Position	Name
President of the Commissaire Panel	Jeff Kerton
Secretary	Maria Paisley
Finish Judge	Brad Day
Member	Swatty Wotherspoon

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 by Wednesday August 6th (Wed – 7 days before reg closes), 2025 to receive accreditation for the event.

Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Registration for MTB Provincial Championships closes on **Wednesday August 13th (Wed of race week) at 11:59pm.**
- If the Wednesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Thursday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

MTB Provincial Championships – Horseshoe Valley Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wed, August 13th (Wed of race week) @ 11:59pm	HERE
Cost per event	Price of \$10-90 depending on category	

Rider Sign-In/Plate Pickup

Rider sign-in will take place under the OC tent (look for signage) near the start-finish line. Please check the schedule to confirm your sign-in time for each event and your race time. Sign-in closes 30 minutes before each race and will be available Friday, Saturday, and Sunday of race weekend.

Refund Policy

- A rider must withdraw prior to the 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 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.

Category Charts (Laps & Fees)

XCC Short Track (Friday August 15 th)								
Start Wave	Start Time Friday	Categories	Laps	Duration	Fees Closes Wed Aug 13			
1	5:00pm	U13 Boys	Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 15min – all riders finish on the same lap after the leader finishes.	\$35			
		U13 Girls			\$35			
		U11 Boys			\$35			
		U11 Girls			\$35			
2	5:40pm	U15 Boys		Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 20min – all riders finish on the same lap after the leader finishes.	\$35		
		U15 Girls				\$35		
3	6:20pm	Elite Women 23+			Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 20min – all riders finish on the same lap after the leader finishes.	\$45	
		U23 Women					\$45	
		U19 Women					\$45	
		U17 Girls					\$35	
		Master Women 35-49					\$45	
		Master Women 50+					\$45	
4	7:00pm	U17 Boys				Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 20min – all riders finish on the same lap after the leader finishes.	\$35
		Master Men/Open 35-49						\$45
		Master Men/Open 50+						\$45
5	7:40pm	Elite Men 23+					Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 20min – all riders finish on the same lap after the leader finishes.
		U23 Men	\$45					
		U19 Men	\$45					

Team Relay (Saturday August 16 th)				
Start Wave	Time	Categories	Fees Closes Wed Aug 13	Distance/ Laps
1	Saturday 12:00pm	Open (4 Riders, minimum 1 Female)	\$10 per Rider	12km/4 Laps (1 Rider completes 1 lap each)

XCO (Sunday August 17 th)							
*Category laps & distance subject to change, final laps and distances to be confirmed Saturday at the sign-in desk after officials review the XCO course Friday							
Start Wave	Start Pen	Start Time Sunday	Categories	Laps	Distance (El. Gain)	~Leader Duration	Fees Closes Wed Aug 13
1	A	9:00am	U13 Boys	3	9km (273m)	30-45min	\$50
		9:00am	U13 Girls	3	9km (273m)	30-45min	\$50
	B	9:02am	U11 Boys	2	6km (182m)	25-40min	\$50
		9:02am	U11 Girls	2	6km (182m)	25-40min	\$50
2	A	10:00am	U15 Boys	3	15.9km (600m)	55-70min	\$60

	B	10:00am	U15 Girls	3	15.9km (600m)	55-70min	\$60
		10:02am	U19 Sport Men	3	15.9km (600m)	55-70min	\$70
		10:02am	U17 Sport Boys	3	15.9km (600m)	55-70min	\$70
		10:02am	Novice Men 19+	3	15.9km (600m)	55-70min	\$70
	C	10:04am	U19 Sport Women	3	15.9km (600m)	55-70min	\$70
		10:04am	U17 Sport Girls	3	15.9km (600m)	55-70min	\$70
		10:04am	Novice Women 19+	3	15.9km (600m)	55-70min	\$70
3	A	11:30am	Senior Men/Open 19-34	4	21.2km (800m)	70-85min	\$90
		11:30am	Master Men/Open 55-64	4	21.2km (800m)	70-85min	\$90
		11:30am	Master Men/Open 65+	3	15.9km (600m)	55-70min	\$90
	B	11:33am	Senior Women 19-34	3	15.9km (600m)	55-70min	\$90
		11:33am	Master Women 35-44	3	15.9km (600m)	55-70min	\$90
		11:33am	Master Women 45-54	3	15.9km (600m)	55-70min	\$90
		11:33am	Master Women 55-64	3	15.9km (600m)	55-70min	\$90
		11:33am	Master Women 65+	3	15.9km (600m)	55-70min	\$90
4	A	1:30pm	Elite Men 23+	5	26.5km (1000m)	90min	\$90
		1:30pm	U23 Men	5	26.5km (1000m)	90min	\$90
	B	1:32pm	U19 Expert Men	4	21.2km (800m)	75-90min	\$90
		1:32pm	U17 Expert Men	4	21.2km (800m)	75-90min	\$75
	C	1:34pm	Elite Women 23+	4	21.2km (800m)	75-90min	\$90
		1:34pm	U23 Women	4	21.2km (800m)	75-90min	\$90
		1:34pm	U19 Expert Women	3	15.9km (600m)	55-70min	\$90
		1:34pm	U17 Expert Women	3	15.9km (600m)	55-70min	\$75
	D	1:38pm	Master Men/Open 35-44	4	21.2km (800m)	75-90min	\$90
		1:38pm	Master Men/Open 45-54	4	21.2km (800m)	75-90min	\$90

*Categories highlighted in **BOLD** are Provincial Championship Categories. All other races are Challenge events and ineligible to earn the title of Provincial Champion.

Team Relay Eligibility & Information

All riders wishing to participate in the team relay must pre-register individually for the team relay category online before Wednesday August 13th at 11:59pm. Teams must submit a rider list one day prior to the event (Friday, August 15th, 7:10pm) either to the on-site registration desk or by emailing events.team@ontariocycling.org. Rider list forms will be available at the registration desk. A maximum of 20 teams will be allowed to race. Priority will be given based on registration order. All riders on a team are encouraged to wear matching jerseys to be identified as a team. Number plate pick-up for team relay will occur on Saturday August 16th, from 9:00 am until 11:30 am.

Teams will complete 4 laps of the Youth XCO course. The exchange between riders will take place in an exchange zone near the start-finish area.

Team Composition: A points system has been developed to assist in team building. To be eligible for the Team Relay Provincial Championship title all 4 riders on a team must add up to a maximum of 275 points. Each category of rider based on

age is assigned a points value:

Category (Age Range)	YOB	Men/Open	Women
Elite (23+ yrs)	≤2002	100	50
U23 (19-22 yrs)	2003-2006	75	25
U19 (17-18 yrs)	2007-2008	50	20
U17 (16 and under)	≥2009	30	20

Each team must include at least one male and one female rider. A team who has only 3 riders may have one rider do 2 laps (these laps cannot be consecutive), this rider will be counted as two individuals for the team composition.

Teams that exceed the maximum of 275 points, have 1 or more out-of-province riders, or 1 or more non-Ontario Cycling members on their team can compete in the team relay but will not be eligible for the Provincial Championship title. If any ineligible teams place in the top 3 overall a separate non-championship podium ceremony will be held to award these riders.

Start Order: Call-ups for the first 8 spots on the start line will be based on the previous year's Team Relay Provincial Championship results. Any team's outside of the top 8 will take the next available spot on the second row and beyond.

Awards & Prizes

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be given based on the results of each category separated.
- If a rider resides out-of-province or is not an Ontario Cycling member they will not be eligible for the Provincial Championship title. If an ineligible rider places top 3 in their category a separate non-championship podium ceremony will be held to award them.
- If an U23 rider finishes top 3 in the Elite 23+ category and both categories start together at the same time they will be awarded on both podiums. Winning both U23 and Elite titles if finishing first overall.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.
- **OCup Overall Series** awards will be presented to the Top 3 riders in each category for the series following the XCO Provincial Championship race ceremonies.
- **OCup Montu Segment Challenge** winners will be awarded following the winners respective XCO Provincial Championship race ceremony.

Event Schedule

SATURDAY, August 9:

- 10:00 am – 7:00 pm Pre-Ride Available (Bike Park Operating Hours)

SUNDAY, August 10:

- 10:00 am – 7:00 pm Pre-Ride Available (Bike Park Operating Hours)

FRIDAY, August 15:

- 9:00 am – 4:30 pm Pre-Ride Open
- 3:00 pm – 7:10 pm Rider Sign-In Open (Relay Team & Order Submissions due by 7:10pm)
- **5:00 pm** **XCC Wave 1 (U11 & U13)**
- **5:40 pm** **XCC Wave 2 (U15)**
 - 6:25 pm Wave 1 & 2 Podium Ceremonies
- **6:20 pm** **XCC Wave 3 (Women)**
- **7:00 pm** **XCC Wave 4 (U17 & Master M)**
- **7:40 pm** **XCC Wave 5 (Elite & U19 M)**
 - 8:10 pm Waves 3, 4, & 5 Podium Ceremonies

SATURDAY, August 16:

- 9:00 am – 11:30 am Pre-Ride Open
- 9:00 am – 1:00 pm Rider Sign-In Open (Relay Plate Pick-Up & Sign-In by 11:30am)
- **12:00 pm – 1:00 pm** **Team Relay Provincial Championships**
 - 1:30 pm Team Relay Podium Ceremonies
- 1:30 pm – 7:00 pm Pre-Ride Open

SUNDAY, August 17:

- 7:30 am – 1:00 pm Rider Sign-In Open
- **9:00 am** **XCO Wave 1 (U11 & U13)**
 - 10:15 am Wave 1 Podium Ceremonies
- **10:00 am** **XCO Wave 2 (U15, Sport U17/19, Novice 19+)**
 - 11:45 am Wave 2 Podium Ceremonies
- **11:30 am** **XCO Wave 3 (Senior W/M, Master W, M 55+)**
 - 1:45 pm Wave 3 Podium Ceremonies
- **1:30 pm** **XCO Wave 4 (Elite & Expert W/M, M 35-54)**
 - 3:30 pm Wave 4 Podium Ceremonies

**All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race.*

Results & Timing

Zone4 is the official timer of the 2025 Mountain Bike Provincial Championships. Start lists and results can be found at the link <https://zone4.ca/> after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



All participants will receive a timing chip corresponding to their race plate. Timing chips must be picked up by all racers at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Ontario Cycling and OCup event organizers have made a significant investment to provide professional timing equipment and services, as such all riders who do not return their timing chip on event day will be invoiced \$75. The cost to replace the chip unless other arrangements can be made to return the chip to the Ontario Cycling office.

Series Plates

Plates for both XCC Short Track & XCO races are to be used for the duration of the 2025 season at each OCup & Provincial Championships. Riders will receive their series plate at the first event of the year they attend and are required to use the same plate(s) at any upcoming MTB OCups & Provincials in the calendar year they attend. Riders may be subject to a fee for replacement plates if forgotten at future events.

Team Relay plates will be available for pick-up at sign-in the morning of the race Saturday, August 16th 9am – 1130am. After all team submissions and race orders are submitted by registration close Friday, August 15th 710pm will the correct numbers be able to be assigned, for ex. 1A, 1B, 1C, 1D.

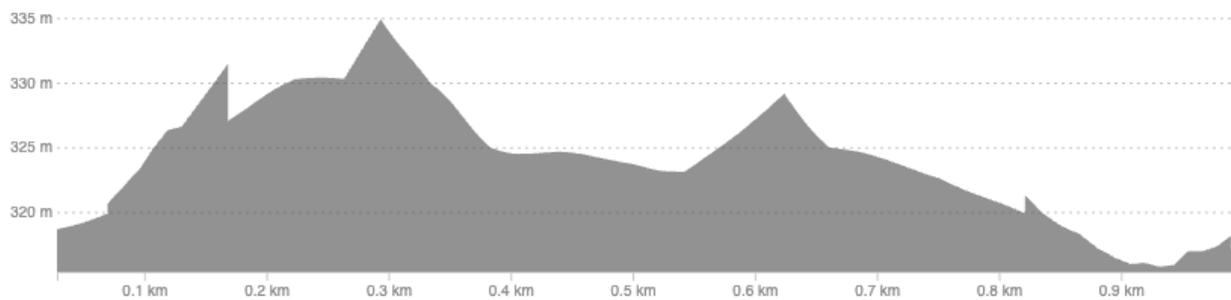
Course Marking

- Barricade or caution tape is used to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- 10"x10" arrows on white chloroplast indicate direction on the course.
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked.

- Some sections of course allow for “Easy” (B Line) or “Hard” (A Line) options where riders have a choice on which line they want to take. The “Hard” option is more difficult than the “Easy” option, and generally offers a time advantage to participants who are able to ride the option.

Course Maps & Elevation Profiles

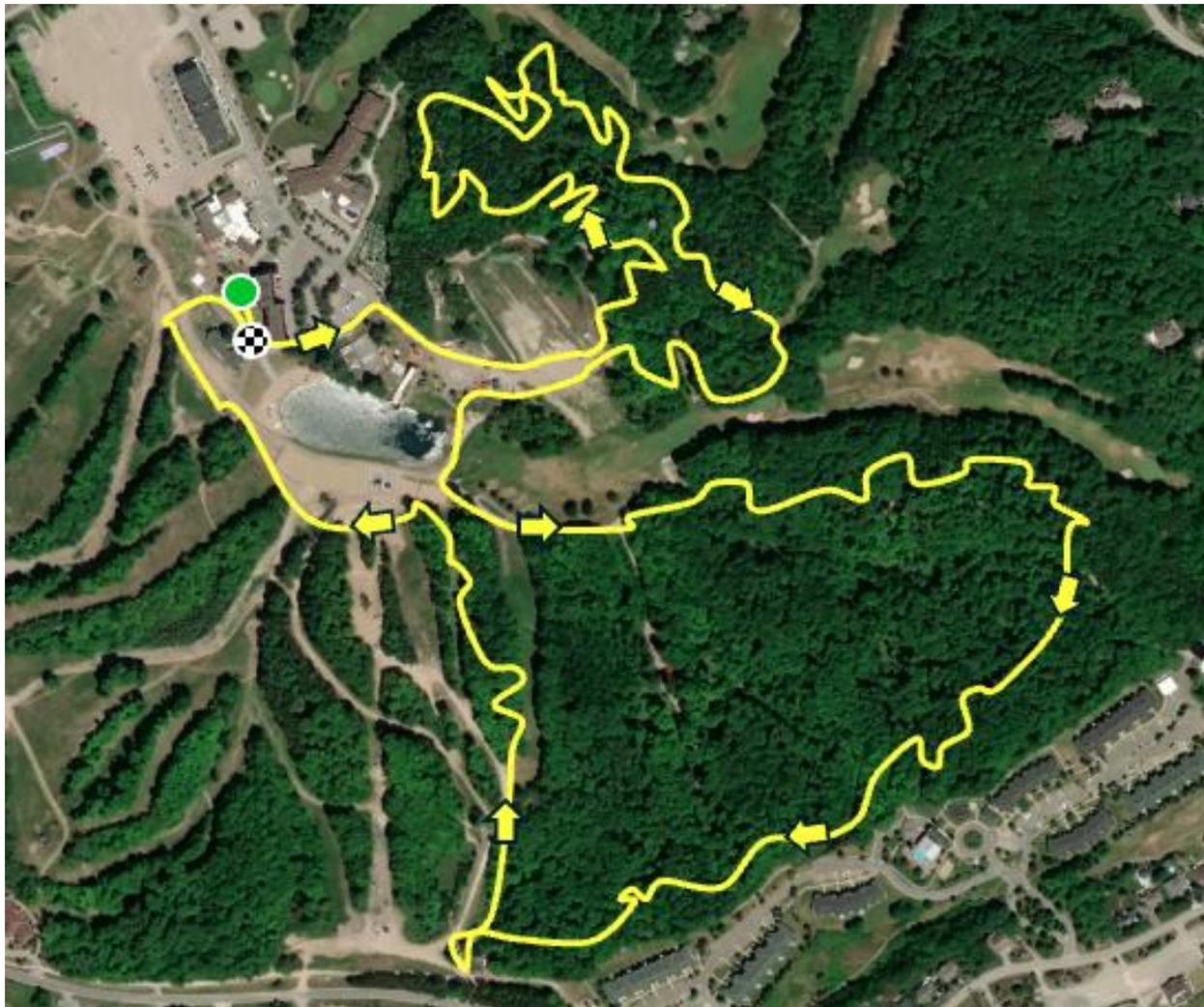
XCC Course Map – 0.85km & 20m of elevation gain per lap



9:00 am XCO & Team Relay Course Map – 3km & 91m of elevation gain per lap



10:00 am/11:30 am/1:30 pm XCO Course Map – 5.3km & 200m of elevation gain per lap



Start/Finish Diagram



LEGEND

- | | |
|---|--|
|  Sign-In |  Start Pens |
|  Podium |  Finish Line |
|  Main Chalet/Washrooms |  Tech/Feed Zone |
|  Parking |  Medical |
|  Team Tents |  Course Marshal |
|  Race Course |  Spectator/Walking Access |
|  Course Direction |  Golf Cart Path |
| |  Restaurant/Licensed Area |

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.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- 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.

Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- 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.

On-Board 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 devices 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. It should not cause a risk for the safety of any rider, and therefore, it should be affixed in a manner that ensures it is not susceptible to 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 the 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.

Ontario Cup Points

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

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

Place	Points
6th	10
7th	9
8th	8
9th	7
10th	6

Place	Points
11th	5
12th	4
13th	3
14th	2
15th	1

**Any riders competing with a non-member permit 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

Category Upgrades/Downgrades

There are no criteria for ability upgrades in MTB categories, riders competing in Regional or Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

At Provincial Championships riders must race in their age group. There will be no age category upgrades granted at provincial championships and any upgrades granted at OCups in 2025 are not transferable.

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.

**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).*

Category Membership Requirements

Provincials XCC					
Category	Age	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U11 Girls	8-10 years	X	X	X	X
U11 Boys	8-10 years	X	X	X	X
U13 Girls	11-12 years	X	X	X	X
U13 Boys	11-12 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
U23 Women	19-22 years	X	X	X	X
Elite Women	23+ 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
U23 Men	19-22 years	X	X	X	X
Elite Men	23+ 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.

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
U23 Men	19-22 years			X	X
Elite Men	23+ years			X	X
U23 Women	19-22 years			X	X
Elite/U23 Women	23+ 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.*

Call-Up Protocol

New in 2025 U11 and U13 riders will have randomized call-ups for the first 2 rows (16) in XCC and XCO races descending by age and gender. If more than 1 rider of that same age and gender registers they will be called at random using a random number generator. To randomize riders, each rider will be given a number, for ex. earliest registrant #1 and latest registrant #8, those numbers will be put into the generator and the order in which each # is generated will be the call-up order. 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. The descending order of age and gender is as follows:

- 1) 12 years Male
- 2) 12 years Female
- 3) 11 years Male
- 4) 11 years Female
- 5) 10 years Male
- 6) 10 years Female
- 7) 9 years Male
- 8) 9 years Female
- 9) 8 years Male
- 10) 8 years Female

Call-ups for categories U15+ encourage participation in the OCup series. Where an event 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, 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.

Feed Zones and 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) 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.

Inclement Weather and Course Changes

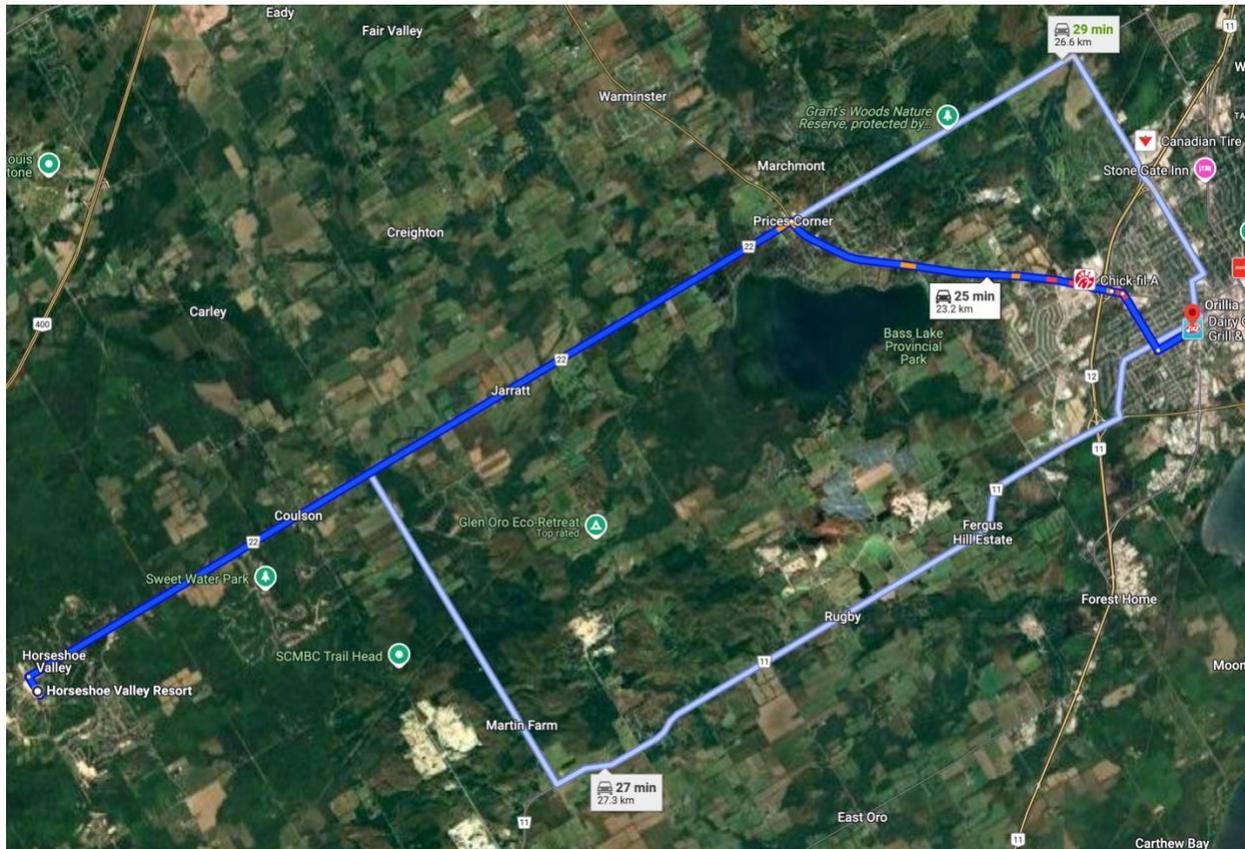
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- [View OC's Weather Policy & Guideline Here](#)

Spectator Safety

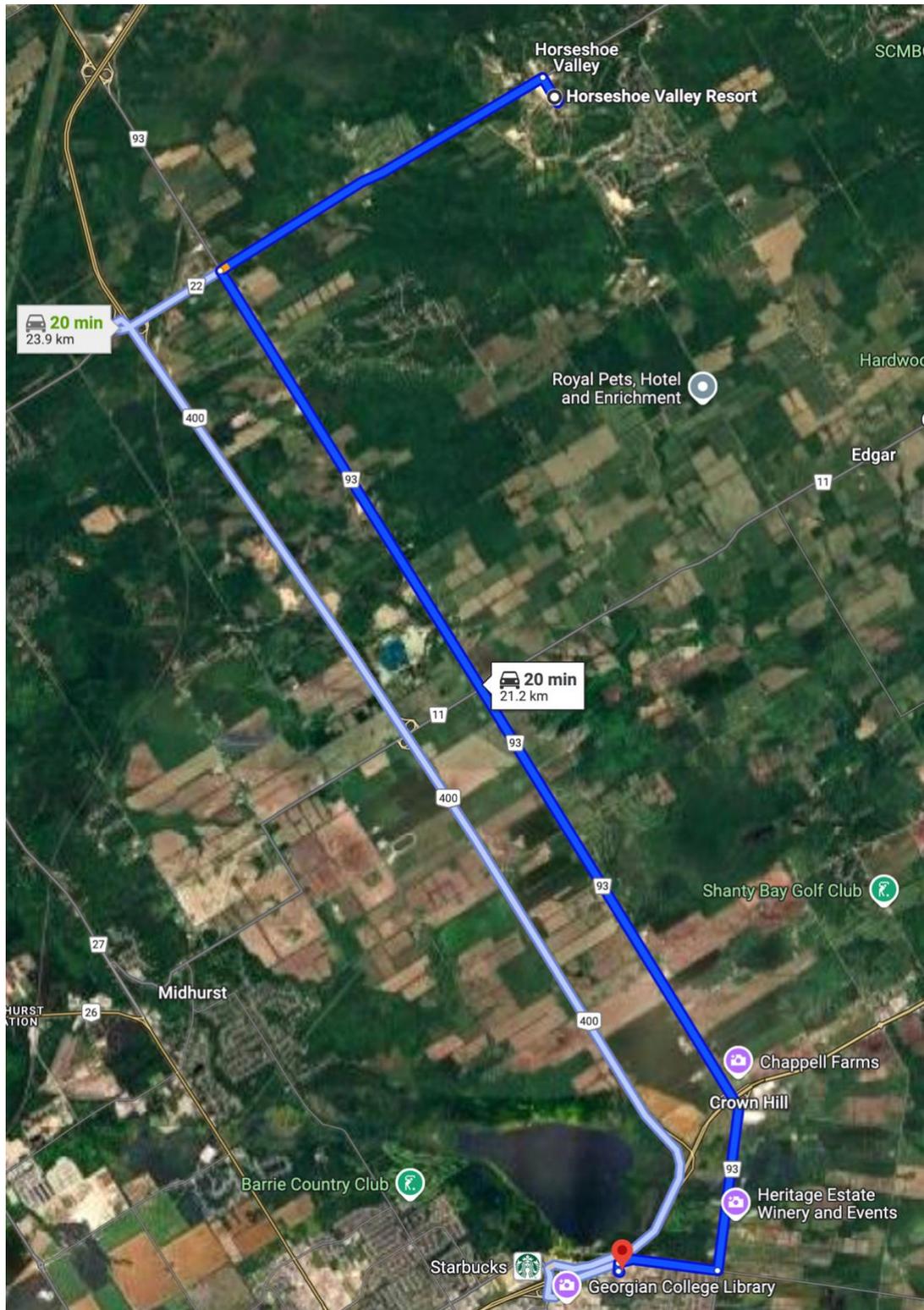
Spectating is allowed along the courses behind safety tape. Spectators should stand a minimum of 3 feet behind tape and use caution when taking photos/videos due to depth perception. Tape although providing a visual boundary for course limits does not provide significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

Medical/Hospitals

Hospital/Emergency Room: [Orillia Soldiers' Memorial Hospital Emergency Department](#), 170 Colborne St W, Orillia, ON L3V 3B5 (23.2km away)



Hospital/Emergency Room: [Royal Victoria Regional Health Emergency Department](#), 201 Georgian Dr, Barrie, ON L4M 6M2 (21.2km away)



Course marshals are stationed throughout the course and at the start/finish area.

Directions to Closest Hospital

- Leaving Horseshoe Valley Resort on Horseshoe Blvd turn left onto Horseshoe Valley Rd W
- Turn Left onto Penetanguishene Rd
- Continue straight under Hwy 11
- Turn Right onto Georgian Dr
- Arrive at Royal Victoria Health Centre via the entrance on the Left off Georgian Dr

Safety and First Aid

First Aid will be provided by Horseshoe Bike Patrol. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.