

Road Provincial Championships

V3.

August 20th, 2025



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General Information

Ontario Cycling (OC) and Performance Driven Events is proud to present the 2025 Road Provincial Championships. This year's Provincial Championship. This year's Provincial Championships sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, the Individual Time Trial, the Criterium and the Road Race.

The course consists of a 16.5km loop in addition to a 3km out and back from the main loop. Each loop has over 225meters of elevation and is fully paved. Yellow Line Rule will be strictly enforced. Riders will be required to stay to the right of the middle of the road on roads that do not have yellow line.

Date: August 24th, 2025

Time: 8:00am-6:00pm

Location: Baltimore Recreation Centre Arena

Parking: Baltimore Recreation Centre Arena

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

OC Event Contact

Position	Name
Event Organizer	Courtney Doret
Race Director	Greg Rawson
Membership/Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
PCP	Benjamin Hill
Secretary	Rob Visser
Finish Judge	Joe Hall
Member	Brad Slade
Member	Maria Paisley
Member	Rebecca Ferryra

Registration & Pricing

- Registration for all Provincial Championships is open to Ontario Cycling licensed riders 15 years of age and older.
- The event is pre-registration only. Only 2025 Compete/UCI 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 advanced.
- Registration for each Provincial Championship will close at 11:59pm on the Wednesday prior to the event date.

- Late entries will be reviewed on a case-by-case basis. If granted a 50\$ late fee will be applied.

Registration Timeline
<i>Registration open March 31st, 2025 @12pm (noon)</i> <i>Registration closes August 20th @ 11:59pm</i>
Cost of the Event
Championship Categories - \$80 + HST Non-Championship Categories - \$60 + 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	Challenge	Compete	UCI
U15	13-14	X	X	X
U17 Women	15-16		X	X
U19 Women	17-18		X	X
U23 Women	19-22		X	X
Elite Women	23+		X	X
Master A Women	35-44		X	X
Master B Women	45-54		X	X
Master C Women	55-64		X	X
Master D Women	65+		X	X
U17 Men	15-16		X	X
U19 Men	17-18		X	X
U23 Men	19-22		X	X
Elite Men	23+		X	X
Master A Men	35-44		X	X
Master B Men	45-54		X	X
Master C Men	55-64		X	X
Master D Men	65+		X	X
Cat C (Non-Championship)	15+	X	X	X
Cat D (Non-Championship)	15+	X	X	X
Cat B Women (Non - Championship)	15+	X	X	X

****When U23 and Elite races are combined (start at the same time), 2 separate podiums will be awarded. The overall winner of the race will be named the Elite Provincial Champion and will receive the Elite Provincial Championship jersey. The first U23 rider across the line will be named the U23 Provincial Champion and will win the U23 Provincial Champion's jersey. If the overall race winner is U23 rider, they will be named both the Elite and U23 Champion and win both jerseys.**

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 withdraw. Failure to notify the President of the Commissaire Panel 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

- Provincial Championship categories will be an age-based format where athletes will have to race their national age listed on their license.
- Categories may be combined based on the number of entries or at the discretion of OC

Schedule of Events

Category	Age	Start Wave	Start Time	Distance	Laps
Cat C (Non-Championship)	15+	A	8:00am	72km	4 laps
U15	13-14	A	8:05am	55.5km	3 laps
Cat D (Non-Championship)	15+	A	8:10am	72km	4 laps
Master C Men/Open	55-64	B	10:25am	72km	4 laps
Master D Men/Open	65+	B	10:25am	72km	4 laps
Elite Women	23+	B	10:30am	88.5km	5 laps
U23 Women	19-22	B	10:30am	88.5km	5 laps
Master B Women	45-54	B	10:30am	88.5km	5 laps
Master C Women	55-64	B	10:30am	88.5km	5 laps
U17 Women	15-16	B	10:35am	72km	4 laps
U19 Women	17-18	B	10:35am	72km	4 laps
Elite Men	23+	C	1:20pm	140km	8 laps
U23 Men	19-22	C	1:20pm	140km	8 laps
Master A Men/Open	35-44	C	1:25pm	88.5km	5 laps
Master B Men/Open	45-54	C	1:25pm	88.5km	5 laps
U17 Men	15-16	C	1:30pm	105km	6 laps
U19 Men	17-18	C	1:30pm	105km	6 laps

Start Lists & Results

Zone4 is the official timer for the 2025 Road Provincial Championships. Start lists and results can be found at www.zone4.ca

Gear and Equipment Restrictions and Rules

- The gear and equipment restrictions will follow the [2024 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.
- 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 conforming 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.

Onboard Technology

The following are OC regulations for onboard technology for all OC events which are managed by OC Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the OC Insurance Policy, Section 6 (a) and (b) applies.

1. All onboard technology device which is fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable
 - c. The camera footage is not immediately available to the rider.

2. Helmets must have a CSA certification. Any modification, alteration, manipulation, addition or removal of any element, or addition of an accessory unapproved by the helmet manufacturer is prohibited.
3. If the technology appears to be improperly affixed based on the commissaires discretion, the rider must remove or adjust the technology before the rider will be allowed to start.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posted any footage from the incident.
5. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing of 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.

Upgrade Requests

There will be no youth upgrades for the 2025 Road Provincial Championship all riders will be required to race their national age listed on their license.

Rider Confirmation

Rider confirmation will take place at the OC tables look for the registration signage. Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Number Placement

All riders must wear their bib numbers on the left side.



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.
- Yellow line rule be strictly enforced.
- 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 will 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

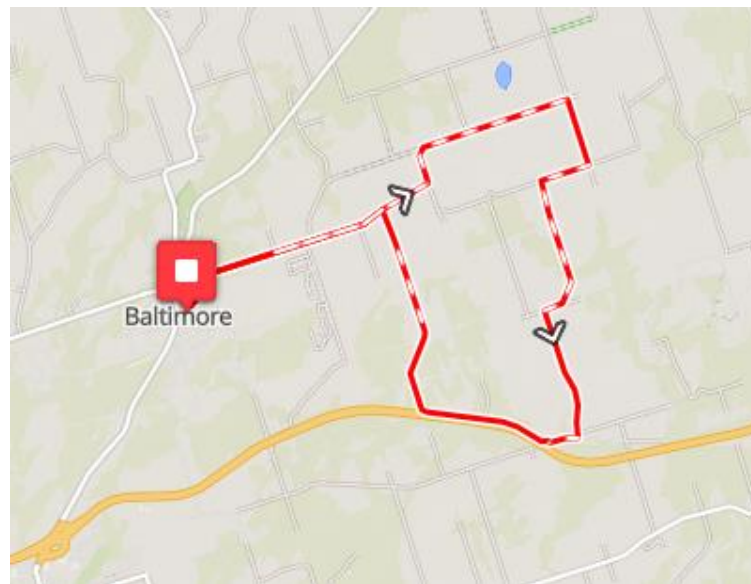
- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
 - U15 category will be split out by gender for awards
- 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

Parking

Parking will be located at the Baltimore Recreation Centre Arena. Please follow OC signage to designated parking.

Course Map

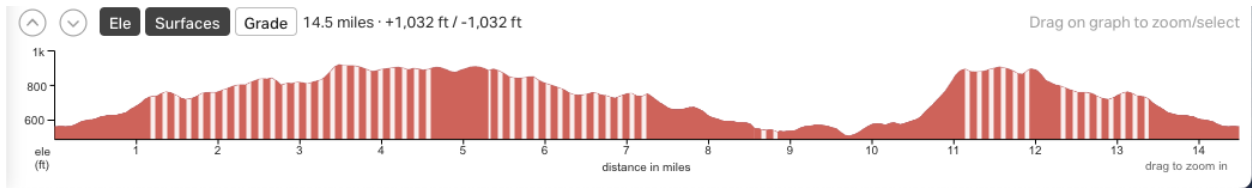
Preview of the course map can be found [here](#)



Start/finish – will be located right by the entrance to the Baltimore Recreation Centre Arena.

Feed Zone – will be located at the top of Northumberland Heights Road at the 17.8km mark. Parking is permitted on the shoulder

Course Elevation



Event & Course Safety

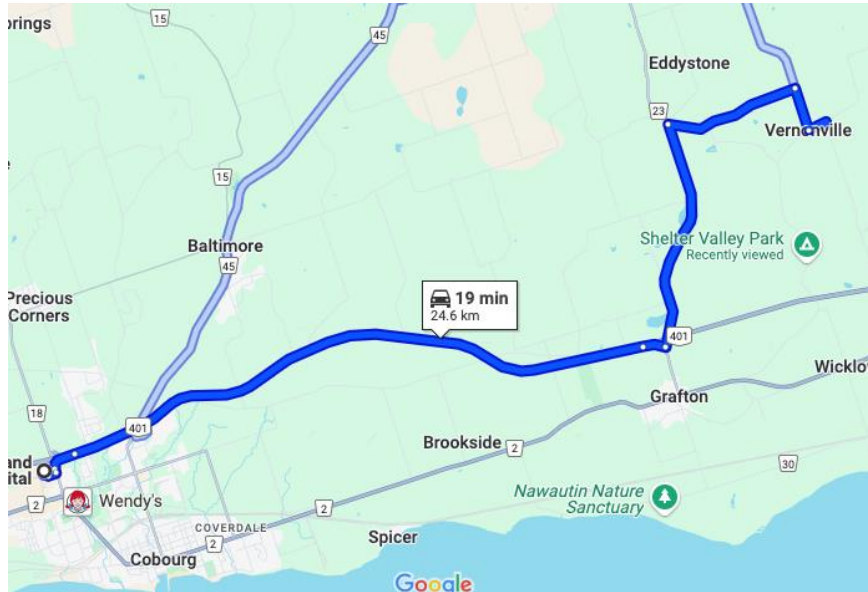
- First aid will be provided by Odyssey Medical who will be located under a tent near the start/finish area
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject 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 access 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

Directions to Nearest Hospital

Northumberland Hills Hospital
1000 DePalma Drive
Cobourg, ON K9A 5W6



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 info@ontariocycling.org no later than one week prior to the event.

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

Partners & Sponsors



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