

Individual Time Trial Provincial Championship

Tech Guide

V2

August 6th, 2025



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General Information

Ontario Cycling (OC) and Performance Driven Events is proud to present the 2024 Road Provincial Championships. This year's Provincial Championships, sanctioned and governed by Ontario Cycling, consists of 3 racing opportunities Individual Time Trial, Road Race and Criterium.

The Individual Time Trial Provincial Championships will be run at a familiar location for those that have ever participated in any of the Cobourg Cycling Club's ITT.

Located on Shelter Valley, the course is a classic out and back, with a slight incline heading out and a decline heading back to the finish. It features sweeping corners and majestic scenery as you race alongside a babbling brook.

Date: August 22nd, 2025

Time: 2:00pm-5:00pm

Location: 1120 Shelter Valley Road, Grafton

Parking: Haldiman Community Memorial Arena

Pre-Riding: There will be no pre-riding opportunities for this event

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
Starter	Rebecca Ferreyra
Finish Judge	Brad Slade
Bike Check	Joe Hall
Member	Maria Paisley

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 advance.
- 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 an additional \$50 late fee will be applied.

Registration Timeline
Registration open March 31 st , 2025 @12pm (noon) Registration closes August 20 th @ 11:59pm
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.

Championship Categories				
Category	Age	Challenge	Compete	UCI
Para	15+		X	X
U17 Men	15-16		X	X
U19 Men	17-18		X	X
U23 Men	19-22		X	X
Master A Men/Open	35-44		X	X
Master B Men/Open	45-54		X	X
Master C Men/Open	55-64		X	X
Master D Men/Open	65+		X	X
Elite Men	23+		X	X
U17 Women	15-16		X	X
U19 Women	17-18		X	X
U23 Women	19-22		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	64+		X	X
Elite Women	23+		X	X
Non-Championship Categories				
15km Sportif	For those that don't meet the bike check requirements or do not wish to race the championship category	X	X	X
30km Sportif		X	X	X
40km Sportif		X	X	X
Eddy Merckx	(non-aero) riders are not permitted to use any aero equipment including aerobars, clip-on bars, disc wheels, shoe covers or aero helmets. Bicycles must meet the requirements of mass start races including wheels.	X	X	X

**Unlike the Crit and Road Provincial Championships U23 winners will not be named also Elite Provincial Winner should they win the Elite category as well. As this is an individual event and riders are not racing against the Elite riders.*

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
- Para cycling categories will combine H1/H2 and H3/H4/H4 classifications. The UCI time factoring will be applied to establish the order placing within each category below (see appendix A).

Schedule of Events

Category	Age	Start Time	Distance
Sign In/Registration		1:00pm	
Para (handcycling/trike)	15+	2:00pm	15km
Sportif 15km (non-championship)	15+	*	15km
U17 Women	15-16	*	15km
U17 Men	15-16	*	15km
Sportif 30km (non-championship)	17+	*	30km
Eddy Merckx (non-championship)	17+	*	30km
Para (tandem/ "c" class)	15+	*	30km
Master D Women	65+	*	30km
Master C Women	55-64	*	30km
Master B Women	45-54	*	30km
Master A Women	35-44	*	30km
Master D Men	65+	*	30km
Master C Men	55-64	*	30km

U19 Women	17-18	*	30km
U23 Women	19-22	*	30km
Elite Women	23+	*	30km
Sportif 40km	19+	*	40km
Master B Men	45-54	*	40km
Master A Men	35-44	*	40km
U19 Men	17-18	*	40km
U23 Men	19-22	*	40km

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 [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/Time Trial skin suits corresponding to the club or team printed on their license.
- Independent riders are required to wear a plain-coloured jersey/Time Trial 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.
- As per the Cycling Canada Guidelines U17 and U19 categories must use a standard road bike for the Time Trials. Clip on aero bars and disc wheels are not 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 bottom of their jersey.
- Bib numbers shall be placed according to the following diagrams.

- All bib numbers must be visible throughout the entire race and cannot be covered.



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 racecourse 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

- Medals will be awarded to the top three finishers in each category
- For non-championship categories, non-championship medals will be awarded to the winners. Provincial jerseys will not be awarded to non-championship winners.
- Riders must attend the awards 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. Hat and/or eyewear are prohibited.

Parking

- Parking will be located at the Haldimand Community Memorial Arena.

Course Map

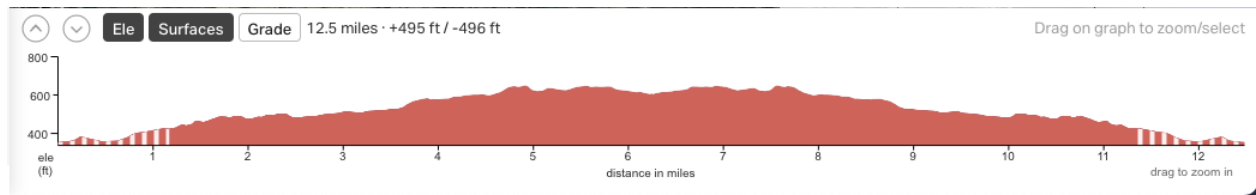
A preview of the course map can be found [here](#)



Start/finish – will be located on Shelter Valley Road off of County Rd. 2

- 20km goes out 10km and comes back 10km
- 30km goes out 5km and comes back 5km then goes out 10km then back 10km
- 40km goes out 10km back 10km out 10km back 10km

Course Elevation



Event & Course Safety

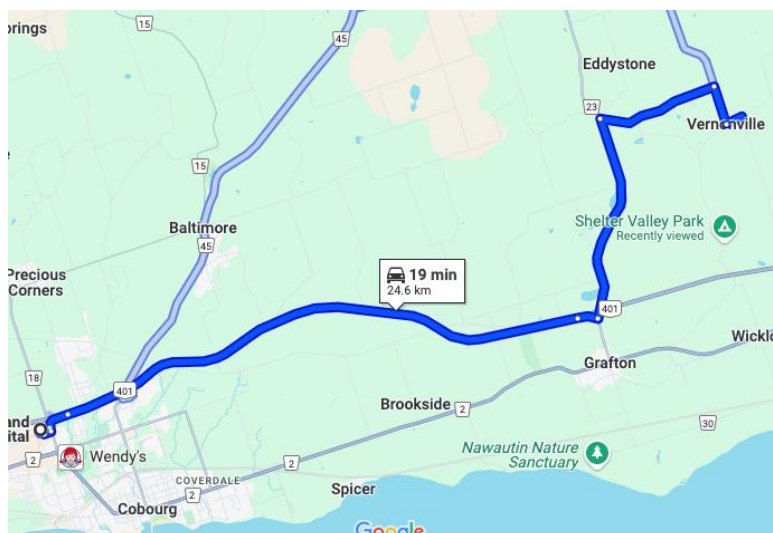
- First aid will be provided by Odyssey Medical who will be located under a tent near the start/finish area
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject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

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 vent possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Appendix

H5	Men	100.00%										
H4	Men	100.00%	100.00%									
H3	Men	95.91%	95.91%	100.00%								
H5	Women	86.13%	86.13%	89.80%	100.00%							
H4	Women	86.13%	86.13%	89.80%	100.00%	100.00%						
H3	Women	82.61%	82.61%	86.13%	95.91%	95.91%	100.00%					
H2	Men	82.61%	82.61%	86.13%	95.91%	95.91%	100.00%	100.00%				
H2	Women	71.15%	71.15%	74.19%	82.61%	82.61%	86.13%	86.13%	100.00%			
H1	Men	60.09%	60.09%	62.65%	69.77%	69.77%	72.74%	72.74%	84.45%	100.00%		
H1	Women	51.76%	51.76%	53.96%	60.09%	60.09%	62.65%	62.65%	72.74%	86.13%	100.00%	



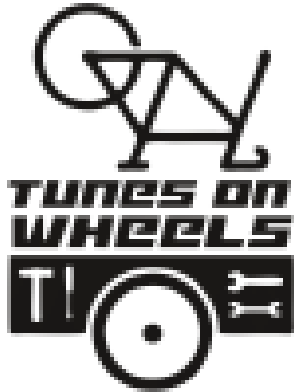
Road Factors

[illegible]

T2	Men	100.00%			
T1	Men	87.44%	100.00%		
T2	Women	86.13%	98.50%	100.00%	
T1	Women	75.31%	87.44%	88.77%	100.00%

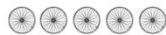
B	Men	100.00%	
B	Women	86.13%	100.00%

Partners & Sponsors



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