

2026 Road Guidelines

V2

October 22nd, 2025



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Event Sanctioning

Event Sanctions

Types of Sanctioned Events

Weekly Series – events run with the category structure Beginner, Sportif, and Open categories, unless otherwise agreed to with the Ontario Cycling (OC) office. Weekly Series events have a registration of less than \$30/registrant/event and run on a weekly basis. License requirements subject to event rules.

General Series – events run with category structure Beginner, Sportif, and Open categories, unless otherwise agreed to with the OC Office. License requirements subject to event rules. General Series are events that have a registration cost of \$30 or more/registrant/event and run every few weeks or once a month. They do not run weekly and have a different set of fees than Weekly Series events.

Cycle for All – events also known as Tours and Gran Fondos may run with any category structure including but not limited to ability-based, age-based or distance based. Ontario Cup points are not awarded at these events. License requirements subject to event rules.

Regional Events – run with any category structure including but not limited to ability-based, age-based or distance-based. Ontario Cup points are not awarded at these events. License requirement subject to event rules. Regional events will be broken down into 2 levels based on recommended officiating needs at the discretion of OC:

- A. **Regional A** events tracking towards OCup status as larger scale road or criterium races that require 2 or more provincially assigned commissaires to score and enforce rules.
- B. **Regional B** events are community-based events where there is less emphasis on timing and scoring and therefore do not require provincially assigned commissaires

Ontario Cup Race – events must run with ability-based categories (see license requirements below). Ontario Cup and category upgrade criteria are awarded at these events. OCup races can include any of the following types of events Individual Time Trial, Criterium, Circuit and Stage Races. License requirements subject to event rules.

National Race – events must run according to Cycling Canada stipulations and sanctioning. License requirements subjective to event rules.

Event Sanction Chart

Event Type	Sanction Details		
	Category Structure	Ontario Cup Points	OC Non-Member Permit
Weekly Series	Beginner, Sportif, Open	N/A	*Please contact OC office for eligibility
General Series	Beginner, Sportif, Open	N/A	
Cycle for All and Regional Events	Any structure (ability-based, age based, distance based)	N/A	
Ontario Cup Race	Ability-based	Yes	Yes
Provincial Championship	Age-based as per National Championships	No	No
National Race	According to CC stipulations and sanctioning	N/A	No

**non-member permit only applies to riders who are Canadian residence.*

***Non-member permits are not permitted for Criterium OCups*

Sanctioned Event Fees

All sanctioned events will be subject to the fees according to their respective sanction package. Sanctioning packages can be found on the resources page of the OC website [here](#). Packages are broken down into four major groups depending on what type of event the organizer is planning to host – (1) OC Members Only Events, (2) Member and Non-Member Events, (3) Events with their own insurance, and (4) Charity Events. Sanctioning fees will fluctuate depending on the number of participants, number of non-members participating, and if the event is using OC insurance coverage.

If there are any questions regarding event sanctioning and associated packages, please reach out to the OC Events Team at events.team@ontariocycling.org.

Below are the fees included within each sanction event:

1. Event permit

The event organizer will be required to submit an event permit application as part of the sanctioning process. The event permit fee is built into the upfront cost, and



organizers will be billed according to their respective sanction package upon approval of paperwork. If an event must be cancelled, the portion of the upfront cost for the permit fee is non-refundable and non-transferable.

2. Event insurance

Any organizer hosting an event requiring insurance coverage must complete and submit a Commercial Event Insurance form to OC. The Insurance Certificate Fee is built into the upfront cost to organizers will be billed according to their sanctioning package. Fees for the event must be paid prior to the event being promoted by OC and the non-member insurance cost (if applicable) that is based on participation numbers will be reconciled following the event.

The additional insured listed may only include landowners, municipalities, and governments. Sponsors should not be listed within the additional insured list. In general, the names provided that are to be added as named insured should only be those that have specifically requested to be named (e.g. municipality, landowner, etc.). We will not list those that are providing services as that should be covered under their own liability policy (e.g. first aid, photography services, sponsors etc.). If you are in doubt or have questions, please contact the OC office. Commercial Event insurance forms can be found on the Ontario Cycling website. Organizers may update their Certificate of Insurance application up to 2 times at no extra cost. Any further updates are subject to a \$25 administrative fee.

Organizers are permitted to secure their own insurance for an event, if there is a \$10 million comprehensive general liability coverage, and it is approved by the OC insurance broker. This insurance must list OC and Cycling Canada (CC) as additional insured, and a copy of the insurance certificate must be submitted to OC office no later than fifteen (15) business day in advance of the event.

Insurance permits are for a specific date and may not be transferable. If an organizer is offering insurance for non-members, they may charge the non-member insurance fee in addition to the registration, if they wish. Commercial insurance applications are due fifteen (15) business days in advance of the event.

3. Levies

Unless otherwise stated, every event registrant over the number of rider levies that are included in the organizer's respective sanctioning package will be charged a fee of \$3.25+HST. This includes DNS and DNF registrants and will be reconciled with OC. Levy numbers are based on published start lists for races and registered entrants for all other events. Organizers are expected to follow up with OC post-



event, providing final registrant numbers within 3-5 business days to report final participant numbers and levies owing.

4. Non-Member Permits

At OC's discretion, and in agreement with the Organizer on the terms, Non-Member Permits may be available for your event. Non-Member Permits may only be sold during pre-registration (not available onsite) at a cost of:

- \$10 for adults (18+)
- \$5 for Youth (U18)

OCup Sanction Granting

All event sanctioning is subject to approval by the OC office. Only organizers who have hosted a sanctioned regional event within the previous 5 years or an OCup/National event within 15 years are eligible to be granted an OCup sanction for their event. Sanction granting is the discretion of the OC office and may be subject to change.

Event Date Selection Process

OCup Events (Track, Road, MTB, CX): OCups of different disciplines must never conflict with one another. OCups must never conflict with a national event of the same discipline in Eastern Canada (ON, QC, NB, PEI, NS, NL). Where 2 or more organizers of an OCup event request the same date, if a resolution is not met between the conflicting parties the organizer who submitted their EOI for the event first will receive the requested date. The latter organizing party will need to request a new non-conflicting date*

Regional Events: Must never conflict with an OCup of the same discipline, unless approved by the OC office. It is recommended that regional events of the same discipline do not conflict. If 2 or more organizers request the same date, each party will be asked by OC if they approve the conflicting events to occur on the same day. If either party does not approve and a resolution is not met between the conflicting parties the organizer who submitted their EOI for the event first will receive the requested date. The latter organizing party will need to request a new non-conflicting date*

**In the circumstance the requested date for an event is not approved and the organizing party refuses to change their date, OC has the right to withdraw sanctioning.*

Other Items

Alcohol Insurance

Alcohol is not permitted at events without prior written approval from OC. This includes samples and prizing. Events that wish to include alcohol must submit a liquor liability application as well as submit a copy of the insurance coverage from the third-party organization responsible for the alcohol. Additional insurance fees will apply. Liquor liability application forms can be found on the OC website and must be submitted fifteen (15) business days in advance of the event. If applications are submitted less than 15 days prior to the event, liquor coverage will not be guaranteed. We may require copies of Special Occasion Permits and/or evidence of smart serve certificates.

OC recommends all organizer have liquor coverage even if their event does not include any liquor as added coverage. Organizers are liable for any alcohol at the event regardless of being sold, being handed out as prizing, spectators and/or riders consuming alcohol at the event.

Refundable Registration

Uplifter (formerly CCN) has developed a system where individual participants can register and purchase “upgraded refund terms” as a form of registration protection. This small additional fee will help ensure that if participants are unable to attend an event, for various reasons listed at the link below, their registration fees will be compensated by Uplifter. This is not an OC service and should you have any questions or concerns please contact Uplifter directly. All information is provided in the [Uplifter Refundable Registration Program](#).

2026 Entry Fees

Organizers are encouraged to set entry fees appropriate for the level of organization of their event. Experience has shown that entry fees that are too high will discourage athletes from participating in your event. Suggested entry fees are shown in the appendixes relevant to your event and discipline type.

Note: a quality event can be run within the fee tables provided and events wishing to charge more must be able to provide value to the participants. These prices may be adjusted upon submission and approval of the event budget.

OCup Series Points

Ontario Cup Road Series points are awarded to all categories. Only riders who purchase their racing license through OC are eligible for OCup points. DNF riders (riders who do not finish) are not entitled to OCup points.

The breakdown of OCup Points are as follows for each category

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

Note: OCup points are different than upgrade criteria.

Ontario Cup series champions will be determined by the calculation of all OCup points earned per rider at all the OCup events in the series for the current year.

Tie Breaking Policy – OCup Series Points

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by OC office to determine which rider is awarded the higher place in the standings

- Most race wins overall in the series
- Overall points average (number of points divided by events attended).
- Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- Highest placing in the last event of the series

Youth Upgrade Process

Athletes already racing in the Ontario Cup Road Series (U17 or older) need not submit an upgrade request to change categories as these categories are self-seeding. However, athletes may be required to compete in a different ability category if OC, deems, based on their skill, that they are more suitable for a different ability category.

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 U17+ categories A-D. No upgrades will be granted for OCup #1 and any athlete 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 the Youth Road Events.

Membership Requirements

For all 2026 events, registration will be open to 2026 OC members with a Community membership (specific sanction levels and events), Challenge Membership or UCI license. Non-member permits will be available for select events and select categories. Please contact the OC office for any questions regarding membership.

Road Races OCup Membership Structure

Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
*Para (handcycle & Trike)	15+	X	X	X	X
*Para (Tandem and C Class)	15+	X	X	X	X
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
U15	13-14		X	X	X
Master Women	40+	X	X	X	X
Master Men	50+	X	X	X	X

Road Race Provincial Membership Structure

Category	Age Range	Challenge membership	Compete membership	UCI License
Para (Handcycle & Trike)	15+		X	X
Para (Tandem & C Class)	15+		X	X
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/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
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

Criterion OCup Membership Structure

Category	Age Range	Challenge Membership	Compete Membership	UCI License
Para (Handcycle & Trike)	15+	X	X	X
Para (Tandem and C Class)	15+	X	X	X
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 Men/Open	15+	X	X	X
Master Women/Open	15+	X	X	X
U15	13-14	X	X	X

Criterion Youth Membership Structure

Category	Age Range	Challenge membership	Compete Membership	UCI License
Cat A Youth	8-18	X	X	X
Cat B Youth	8-18	X	X	X
Cat C Youth	8-18	X	X	X
Cat D Youth	8-18	X	X	X

**Organizers are encouraged to add a youth component to their Criterion OCup events.*

Criterion Provincial Membership Structure

Category	Age Range	Challenge Membership	Compete Membership	UCI License
Para (Handcycle & Trike)	15+		X	X
Para (Tandem and C Class)	15+		X	X
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/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

Time Trial OCup Membership Structure

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 Men/Open	50+	X	X	X	X
Master Women	40+	X	X	X	X
U15	13-14	X	X	X	X
Para	15+	X	X	X	X

Appendices

Appendix A – Event Sanctioning Fee Chart

All sanctioned events will be subject to the fees according to their respective sanction package. Sanctioning packages can be found on the resource page of the OC Website [here](#). Packages are broken down into four major groups depending on what type of event the organizer is planning to host

1. OC Member only events
2. Non-Member events
3. Events with their own insurance
4. Charity events

Sanctioning fees will fluctuate depending on the number of participants, number of non-members participating, and if the event is using OC insurance coverage.

If there are any questions regarding event sanctioning and the associated packages, please reach out to the OC Events Team at events.team@ontariocycling.org

Appendix B – Category Descriptions

Category	Type	Gender
Cat A	Ability-based	All inclusive
Cat B	Ability-based	All inclusive
Cat C	Ability-based	All inclusive
Cat D	Ability-based	All inclusive
Cat A Women	Ability-based	Women
Cat B Women	Ability-based	Women
Master Women	Age-based	Women
Master Men/Open	Age-based	All inclusive
U15	Age-based	All inclusive

Appendix C – Road Race Membership Structure Weekly Series/Cycle for All

Category	Age range	OC Non-Member Permit	*Community Membership	Challenge Membership	Compete Membership	UCI License
Para (Handcycle & Trike)	15+	X	X	X	X	X
Para (Tandem & C Class)	15+	X	X	X	X	X
Cat A	15+	X	X	X	X	X
Cat B	15+	X	X	X	X	X
Cat C	15+	X	X	X	X	X
Cat D	15+	X	X	X	X	X
Cat A Women	15+	X	X	X	X	X
Cat B Women	15+	X	X	X	X	X
Master Women	40+	X	X	X	X	X
Master Men	50+	X	X	X	X	X
U15	13-14	X	X	X	X	X

**5 million liability and no sport accident coverage*

**Community memberships are only permitted if it is not a race (i.e. no timing)*

Appendix D – Road Race Membership Structure Regional

Category	Age Range	OC Non-member Permit	Challenge Membership	Compete Membership	UCI License
Para (Handcycle & Trike)	15+	X	X	X	X
Para (Tandem & C Class)	15+	X	X	X	X
Cat A	15+	X	X	X	X
Cat B	15+	X	X	X	X
Cat C	15+	X	X	X	X
Cat D	15+	X	X	X	X
Cat A Women	15+	X	X	X	X
Cat B Women	15+	X	X	X	X
Master Women	40+	X	X	X	X
Master Men	50+	X	X	X	X
U15	13-14	X	X	X	X

Appendix E – Road Race Schedule

Regional and OCup Road Race					
Category	Age Range	Distance	Entry Fee Cap	Start Wave	Start Time
Para (Handcycle & Trike)	15+	35-45 min	\$100+ Fees	TBC	TBC
Para (Tandem and C Class)	15+	35-45 min	\$100+ Fees	TBC	TBC
Cat C	15+	60-80km	\$100+ Fees	A	8:30am
U15 Boys	13-14	60-80km	\$65+ Fees		8:30am
Cat D	15+	40-60km	\$100+ Fees	A	8:32am
Master Men	50+	60-80km	\$100+ Fees	A	8:34am
Cat B Women	15+	60-80km	\$100+ Fees	B	11:00am
U15 girls	13-14	60-80km	\$65+ Fees	B	11:00am
Master Women	40+	60-80km	\$100+ Fees	B	11:02am
Cat A	15+	110-130km	\$100+ Fees	C	2:00pm
Cat B	15+	80-100km	\$100+ Fees	C	2:03pm
Cat A Women	15+	80-100km	\$100+ Fees	C	2:06pm

**Fees refer to HST and online Uplifter (formerly known as CCN) administrative fees*

**Para categories may or may not take place at the event, at the discretion of the organizing committee*

Provincial Road Race Schedule					
Category	Age Range	Distance	Entry Fee Cap	Start Wave	Start Time
*Para (Handcycle & Trike)	15+	TBC	\$100+ Fees	TBC	TBC
*Para (Tandem & C Class)	15+	TBC	\$100+ Fees	TBC	TBC
Cat C (Non-Championship)	15+	60-80km	\$85+Fees	A	8:00am
U15 Boys	13-14	60-80km	\$65+Fees	A	8:00am
Master A Women	35-44	60-80km	\$100+ Fees	A	8:05am
Master B Women	45-54	60-80km	\$100+ Fees	A	8:05am
Master C Women	55-64	60-80km	\$100+ Fees	A	8:05am
Master D Women	65+	60-80km	\$100+ Fees	A	8:05am
U15 Girls	13-14	60-80km	\$65+Fees	A	8:05am
Cat B Women (Non-Championship)	15+	60-80km	\$100+Fees	A	8:05am
Cat D (Non-Championship)	15+	60-80km	\$100+Fees	A	8:10am
Master C Men/Open	15+	60-80km	\$100+ Fees	B	10:25am
Master D Men/Open	15+	60-80km	\$100+ Fees	B	10:25am
**Elite Women	23+	80-100km	\$100+ Fees	B	10:30am
U23 Women	19-22	80-100km	\$100+ Fees	B	10:30am
U17 Women	15-16	60-80km	\$100+ Fees	B	10:30am
U19 Women	17-18	60-80km	\$100+ Fees	B	10:30am
**Elite Men	23+	140-160km	\$100+ Fees	C	1:20pm
U23 Men	19-22	140-160km	\$100+ Fees	C	1:20pm
Master A Men/Open	35-44	80-100km	\$100+ Fees	C	1:25pm
Master B Men/Open	45-54	80-100km	\$100+ Fees	C	1:25pm
U17 Men	15-16	100-120km	\$100+ Fees	C	1:30pm
U19 Men	17-18	100-120km	\$100+ Fees	C	1:30pm

**Para categories may or may not take place at the event, at the discretion of the organizing committee*

***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.*

Appendix F – Crit Weekly Series/Cycle for All and Regional Membership Structure

Category	Age Range	Challenge Membership	Compete Membership	UCI Licenses
Para (Handcycle & Trike)	15+	X	X	X
Para (Tandem and C Class)	15+	X	X	X
Cat A	15+	X	X	X
Cat B	15+	X	X	X
Cat C	15+	X	X	X
Cat D	15+	X	X	X
Cat A Women	15+	X	X	X
Cat B Women	15+	X	X	X
Master Men/Open	15+	X	X	X
Master Women	15+	X	X	X
U15	13-14	X	X	X

Appendix G – Crit Schedule

Regional and OCup Schedule					
Category	Age Range	Suggested Time	Entry Fee Cap	Start Wave	Start Time
Para (Handcycle & Trike)	15+	TBC	\$85 + Fees	TBC	TBC
Para (Tandem and C Class)	15+	TBC	\$85 + Fees	TBC	TBC
U15	13-14	40 min	\$65 + Fees	A	8:30am
Cat C	15+	50 min	\$85 + Fees	B	9:20am
Cat D	15+	50 min	\$85 + Fees	B	9:20am
Master Men/Open	50+	50 min	\$85 + Fees	B	9:20am
Cat B	15+	60 min	\$85 + Fees	C	10:20am
Master Women	40+	60 min	\$85 + Fees	D	11:30am
Cat A Women	15+	60 min	\$85 + Fees	D	11:30am
Cat B Women	15+	60 min	\$85 + Fees	D	11:30am
Cat A	15+	75 min	\$80 + Fees	E	12:40pm

Youth Crit Schedule					
Category	Age Range	Suggested Time	Entry Fee Cap	Start Wave	Start Time
Youth Cat E	8-18	30 minutes	\$45 + Fees	A	9:30am
Youth Cat D	8-18	30 minutes		A	9:30am
Youth Cat C	8-18	35 minutes		A	10:10am
Youth Cat B	8-18	40 minutes		A	11:00am
Youth Cat A	8-18	40 minutes		A	11:00am

**If adding a youth component to a crit OCup this schedule can be used along with the distances*

**Youth component is designed to give riders an opportunity to gain experience crit riding. U15 and above youth riders who have experience crit racing should look to register in the OCup categories. U15 and above riders who are not experienced in crit racing and are newer to racing should look to race in the youth categories to build development.*

Criterium Provincials Schedule					
Category	Age Range	Suggested Time	Entry Fee Cap	Start Wave	Start Time
*Para (Handcycle & Trike)	15+	TBC	\$85 + Fees	TBC	TBC
*Para (Tandem and C Class)	15+	TBC	\$85 + Fees	TBC	TBC
U15	13-14	40 min	\$65 + Fees	A	8:30am
Master C Men/Open	55-64	50 min	\$85 + Fees	B	9:20am
Master D Men/Open	65+	50 min	\$85 + Fees	B	9:20am
U17 Men	15-16	75 min	\$85 + Fees	C	10:20am
U19 Men	17-18	75 min	\$85 + Fees	C	10:20am
**Elite Women	23+	60 min	\$85 + Fees	D	11:45am
U23 Women	19-22	60 min	\$85+ Fees	D	11:45am
U17 Women	15-16	60 min	\$85 + Fees	D	11:45am
U19 Women	17-18	60 min	\$85 + Fees	D	11:45am
Master A Women	35-44	60 min	\$85 + Fees	D	11:45am
Master B Women	45-54	60 min	\$85 + Fees	D	11:45am
Master C Women	55-64	60 min	\$85 + Fees	D	11:45am
Master D Women	65+	60 min	\$85 + Fees	D	11:45am
Master A Men/Open	35-44	60 min	\$85 + Fees	E	12:00pm
Master B Men/Open	45-54	60 min	\$85 + Fees	E	12:00pm
**Elite Men	23+	75 min	\$85 + Fees	F	1:10pm
U23 Men	19-22	75 min	\$85 + Fees	F	1:10pm

**Para categories may or may not take place at the event, at the discretion of the organizing committee*

***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.*

Appendix H – Time Trial Schedule

Regional/OCup Schedule			
Category	Age Range	Recommended Distance	Entry Fee Cap
Para (Handcycling and Trike)	15+	15km	\$85+fees
Para (Tandem and C Class)	15+	15km	\$85+fees
Sportif 15km	15+	15km	\$65+fees
U15 Girls	13-14	15km	\$65+fees
U15 Boys	13-14	15km	\$65+fees
Cat B Women	15+	15km	\$85+fees
Master Women	40+	15km	\$85+fees
Cat D	15+	15km	\$85+fees
Eddy Mercx	17+	30km	\$65+fees
Sportif 30km	17+	30km	\$65+fees
Master Men/Open	50+	30km	\$85+fees
Cat C	15+	30km	\$85+fees
Cat A Women	15+	30km	\$85+fees
Sportif 40km	19+	40km	\$65+fees
Cat B	15+	40km	\$85+fees
Cat A	15+	40km	\$85+fees

Provincial Schedule			
Category	Age Range	Recommended Distance	Entry Fee Cap
Para (handcycling and trike)	15+	15km	\$85+ Fees
Para (tandem and C Class)	15+	30km	\$85 + Fees
Sportif 15km	15+	15km	\$65 + Fees
U15 Girls	13-14	15km	\$65 + Fees
U15 Boys	13-15	15km	\$65 + Fees
U17 Women	15-16	15km	\$85 + Fees
U17 Men	15-16	15km	\$85 + Fees
Eddy Merckx	17+	30km	\$65 + Fees
Sportif 30km	17+	30km	\$65 + Fees
U19 Women	17-18	30km	\$85 + Fees
U23 Women	19-22	30km	\$85 + Fees
Elite Women	23+	30km	\$85 + Fees
Master D Men	65+	30km	\$85 + Fees
Master C Men	55-64	30km	\$85 + Fees
Master D Women	65+	30km	\$85 + Fees
Master C Women	55-64	30km	\$85 + Fees
Master B Women	45-54	30km	\$85 + Fees
Master A Women	35-44	30km	\$85 + Fees
U19 Men	17-18	40km	\$85 + Fees
U23 Men	19-22	40km	\$85 + Fees
Elite Men	23+	40km	\$85 + Fees
40km Sportif	19+	40km	\$65 + Fees
Master B Men	45-54	40km	\$85 + Fees
Master A Men	35-44	40km	\$85 + Fees

Provincial Championships

Aligning with Cycling Canada and UCI, Junior and U17 (as these categories are sometimes combined) categories no longer have gear restrictions at road events.

The Provincial Championships will run utilizing UCI age-based categories. OCup points will not be awarded at these events. Provincial Championships are organized according to distances and regulations based on National Championships.

Registration is open to all licensed riders, but only Ontario licensed riders are eligible for championships medals.



Medals will be awarded to the Top 3 in each Provincial Championship category.

Please note, for non-championship categories, non-championship medals will be awarded to the winners. Provincial jerseys will not be awarded to non-championships categories.