



Kingston Stage Race

Fort Henry Hill Climb

Joyceville Individual Time Trial (OCup #5)

CFB Kingston Criterium (OCup #6)

Lansdowne Road Race (OCup #7)

Tech Guide

V1.

Friday, July 3 – Sunday, July 5, 2026





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General Information

Kingston Stage Race

Date: Friday, July 3 – Sunday, July 5, 2026

Event Contacts

Position	Name
Event Organizer	Michael Nuttall E: info@limestonecitycycling.ca
Ontario Cycling Event Lead	Darren De Ruiter E: events.team@ontariocycling.org
Ontario Cycling Membership	Chris Baskys E: info@ontariocycling.org
Timing	racetiming.ca
Medical	Aventry Medical

Commissaires

Position	Name
PCP	William Trischuk
Finish Judge	Brad Slade
Member	Rosa Phillip
Member	Joseph Hall
Member	Maria Paisley



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 2026 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 place as the last-place finisher in their category.

GC will be an omnium format where the individual with the highest cumulative points over all events is the winner. Finish points assigned per:

Position	Intermediate Sprint	Final Sprints	Hill Climb/ITT
1	6	25	15
2	4	20	13
3	2	17	12
4	0	15	11
5	0	14	10
6	0	13	9
7	0	12	8



8	0	11	7
9	0	10	6
10	0	9	5
10+	0	1	1

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 points as last-place finisher in their category.

There will be no time limit to complete the event.

The Hill Climb podiums will occur ten (10) minutes following the finish of the last rider.

Individual Time Trial

All bicycles compliant with UCI regulations will be permitted.

U19 riders will also be permitted to ride TT bikes as this is not a National Championship.

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 lap 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 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. Dropped riders may finish on the same lap as the main group, at Commissaires discretion.

Riders who are pulled will be given a place 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 ITT, Criterium, Road Race and Overall GC.

Stage 1: Cintas Fort Henry Hill Climb

Date: Friday, July 3, 2026

Time: 6pm to 9pm

Location: Fort Henry, Kingston

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

Registration Timeline
<i>Registration closes Wednesday, July 1, 2026 at 11:59pm</i>
\$5-40 + 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

- Refunds may be issued by CCN if the rider purchased the Optional Upgrade Refundable Registration option:

Optional Upgrade - Refundable Registration
[Trustpilot](#)

Fully refundable transaction
Recommended
+\$67.80

Illness / Injury (Including Pre-existing Medical condition)

✓ Private vehicle failure	✓ Public transport failure
✓ Theft of documents	✓ Relocation for work
✓ Home emergency	✓ Death of Immediate Family
✓ Armed Forces & Emergency Services Recall	✓ And many more...

Upgrade your registration and receive a 100% refund if you cannot attend and evidence one of the many reasons in our [T&C](#), which you accept when you select a Refundable registration.

This upgrade option is only available at the time of purchase and cannot be added at a later date.
Note: this add-on option is provided by CCN, powered by Interpodia. Refund claim information will be provided on your receipt.

○ Average refund payment in less than four hours for complete applications

Available for: Limestone City Cycling

Yes

Recommended
+\$67.8

- 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.
- Organizer 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.
- 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	5:30 PM	7:00PM	1100m
Cat C	6:30 PM	7:30pm	1100m
Cat D	6:30 PM	30 second intervals	1100m
Master Men	6:30 PM		1100m
Cat B Women	6:30 PM		1100m
Master Women	6:30 PM		1100m
U15	6:30 PM		1100m
Cat A	6:30 PM		1100m
Cat B	6:30 PM		1100m
Cat A Women	6:30 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.

Equipment Regulations

New 2026 UCI Road Event Equipment Regulations:

- Rim Depth – will be enforced at non-TT Road OCup/Provincial Championship events:
 - 65mm is the max wheel depth for non-TT road events
- Helmet Regulations – will **not** be enforced at OCup events in 2026 to allow for an adaptation period. The following rules will be enforced at the 2026 Road Provincial Championships and all applicable 2027 events. In addition to National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup events in preparation for the rules being enforced provincially later this summer:
 - For all events outside of Time Trials, the helmet must have at least 3 distinct openings (inlets) on the shell structure (size is irrelevant, they can be meshed and need to allow for wind to get past the shell of the helmet).
 - Helmets must not cover the ears, not even partially, full ear must be exposed from the helmet. Skull caps/other fabric to cover the ears are permitted; just the helmet must not cover the ears itself.

- o Can't use integrated visors; sunglasses must be able to be worn independently of the helmet.
- Handlebar/Lever Dimensions – will **not** be enforced at OC sanctioned events in 2026, however the following rules will be in effect at National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup/Provincial Championship events in preparation for the rules being enforced provincially in 2027:
 - o Max horizontal inclination of the hoods is 10 degrees from the curvature part of the handlebar.
 - o The maximum "flare" (measurement) From the top inside of the handlebar to the bottom outside of the handlebar is 65mm.
 - o Minimum outside to outside width of the bars is 400mm (40cm).
 - o Minimum inside to inside width taken at the narrowest part of the levers is 280mm (28cm).
 - o If the outside minimums meet the 280mm measurement, the outside will automatically be 400mm or more because most handlebar widths are around 60mm.
- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA 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.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- **No aerobars** or any equipment that is not permitted in a sanctioned road race. Refer to Ontario Cycling's event guidelines for more details.
- Each rider is responsible for ensuring their bike is in good working order.

The following are regulations for use of onboard technology at 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 on the footage.
 6. Insurance Implications:
 - 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.

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 seat post.
- 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 event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.

- Out of province riders residing in Canada will be required to present a UCI license or have purchased a non-member permit during registration. Riders residing outside of Canada are required to have a valid UCI race license.
- Races will start promptly at the indicated start times.
- 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 a race official may be subject to a fine.
- 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 Panel are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, OC reserves the right to remove the rider from the event, for their own safety and the safety of others.
- **Yellow Line Rule will be in effect.** Riders have sole responsibility for their own safety and must obey traffic laws and respect direction from race officials and police.

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 ten (10) minutes following the conclusion of the last wave of racers.

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

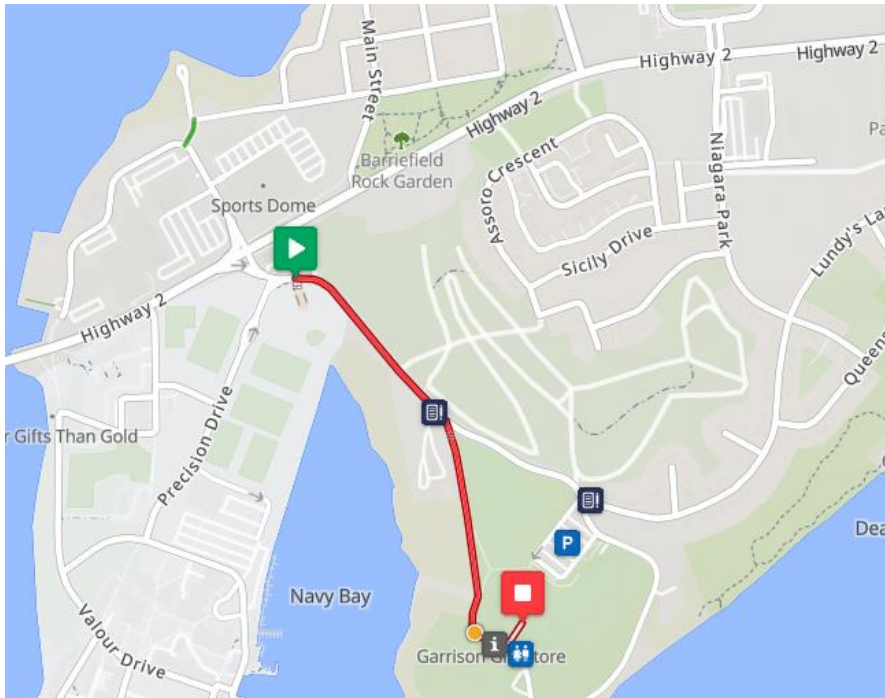
Parking can be found in the [Fort Henry Parking Lot](#). Please access the parking lot via Niagara Park Drive and Lundy's lane; do not drive on the course.

Washrooms

Public washrooms are available on the north-east side of the Upper Fort, and on the north side of the Lower Fort (access to Lower Fort will be restricted while races are underway).

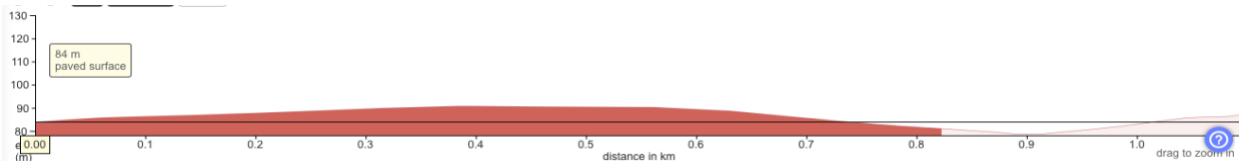
Course Map

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 Aventry 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

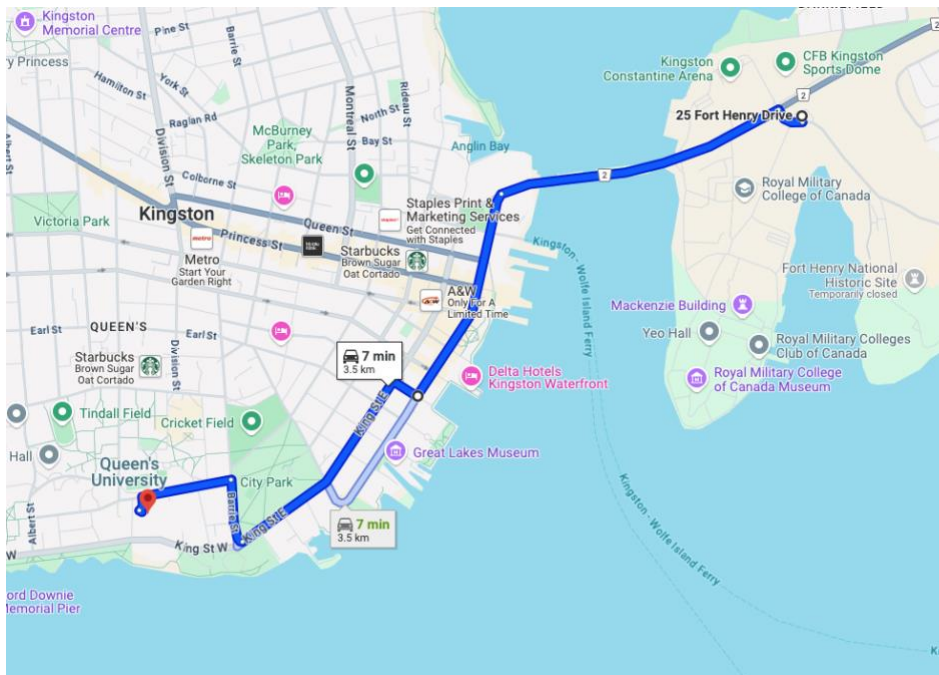
Spectating is allowed along the course. Where safety tape is present spectators should stand a minimum of 3 feet behind tape and use caution when taking

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.

Hospital Information

Name of hospital: Kingston General Hospital

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



Participant Survey

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: Joyceville Time Trial

Date: Saturday, July 4, 2026

Time: 9:00am - 11:00am

Location: Joyceville, Ontario

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


Registration Timeline
<i>Registration close Wednesday, July 1, 2026 at 11:59pm</i>
\$60-80 + HST

Membership & Licensing


Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
Para	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
Master Women	40+	X	X	X	X
Master Men/Open	50+	X	X	X	X
U15	13-14	X	X	X	X

Refund Policy

- Refunds may be issued by CCN if the rider purchased the Optional Upgrade Refundable Registration option:

 Optional Upgrade - Refundable Registration [Trustpilot](#)

Fully refundable transaction Recommended +\$67.80

 Illness / Injury (Including Pre-existing Medical condition)

<input checked="" type="checkbox"/> Private vehicle failure	<input checked="" type="checkbox"/> Public transport failure
<input checked="" type="checkbox"/> Theft of documents	<input checked="" type="checkbox"/> Relocation for work
<input checked="" type="checkbox"/> Home emergency	<input checked="" type="checkbox"/> Death of Immediate Family
<input checked="" type="checkbox"/> Armed Forces & Emergency Services Recall	<input checked="" type="checkbox"/> And many more...

Upgrade your registration and receive a 100% refund if you cannot attend and evidence one of the many reasons in our [T&C](#), which you accept when you select a Refundable registration.

This upgrade option is only available at the time of purchase and cannot be added at a later date.
 Note: this add-on option is provided by CCN, powered by Interpodia. Refund claim information will be provided on your receipt.

Average refund payment in less than four hours for complete applications

Available for: Limestone City Cycling

Yes **Recommended** +\$67.8

- 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.
- Organizer 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
U15	8:00am	First rider off at 9:00am	15km
Para	8:00am	30 second intervals	15km
Cat C	8:00am		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.

Equipment Regulations

New 2026 UCI Road Event Equipment Regulations:

- Handlebar/Lever Dimensions – will **not** be enforced at OC sanctioned events in 2026, however the following rules will be in effect at National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup/Provincial Championship events in preparation for the rules being enforced provincially in 2027:
 - Max horizontal inclination of the hoods is 10 degrees from the curvature part of the handlebar.
 - The maximum "flare" (measurement) From the top inside of the handlebar to the bottom outside of the handlebar is 65mm.
 - Minimum outside to outside width of the bars is 400mm (40cm).
 - Minimum inside to inside width taken at the narrowest part of the levers is 280mm (28cm).
 - If the outside minimums meet the 280mm measurement, the outside will automatically be 400mm or more because most handlebar widths are around 60mm.
- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.

- Per CCA 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.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- Each rider is responsible for ensuring their bike is in good working order.

The following are regulations for use of onboard technology at 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 on the footage.
6. Insurance Implications:
 - 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.

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 event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Out of province riders residing in Canada will be required to present a UCI license or have purchased a non-member permit during registration. Riders residing outside of Canada are required to have a valid UCI race license.
- Races will start promptly at the indicated start times.
- 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 a race official may be subject to a fine.
- 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 Panel are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, OC reserves the right to remove the rider from the event, for their own safety and the safety of others.
- **Yellow Line Rule will be in effect.** Riders have sole responsibility for their own safety and must obey traffic laws and respect direction from race officials and police.



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 after the first Criterium event at CFB Kingston.

Media

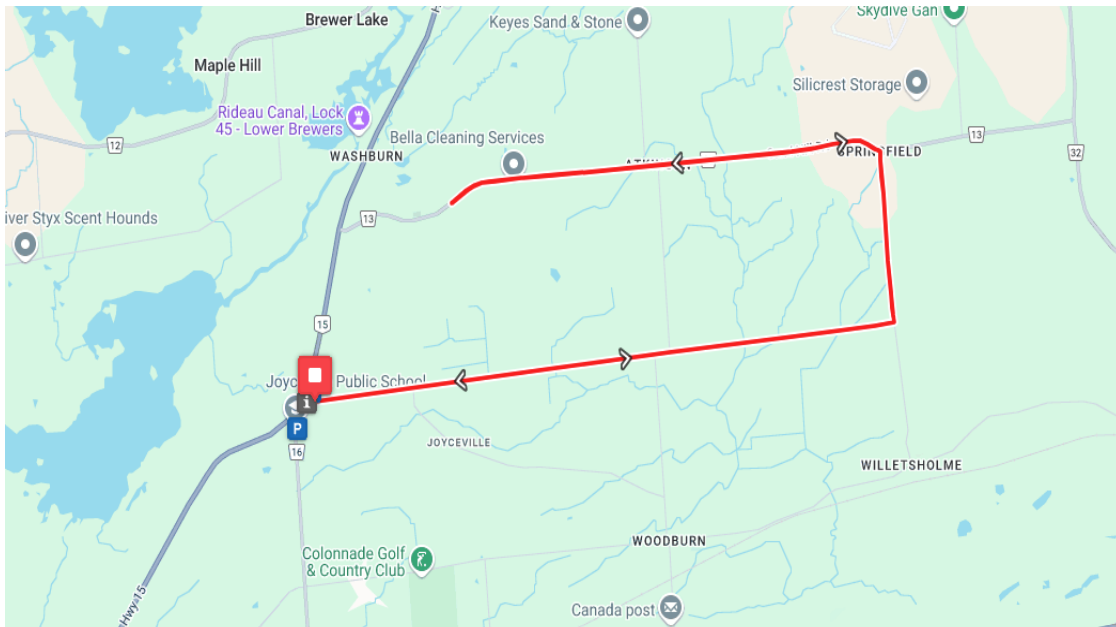
Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

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

Course Map

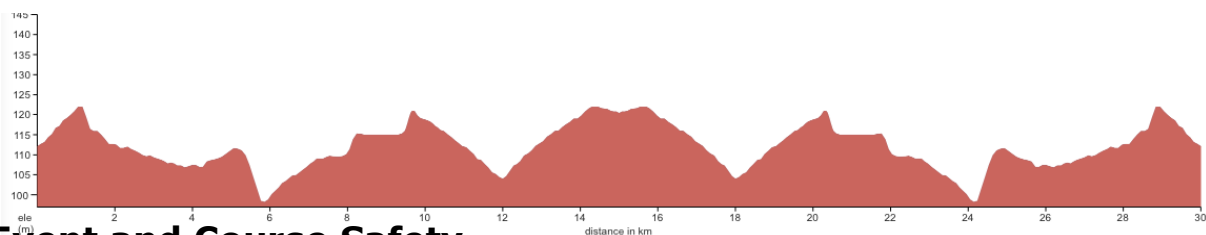
A preview of the course map can be found [here](#)



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 Aventry 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

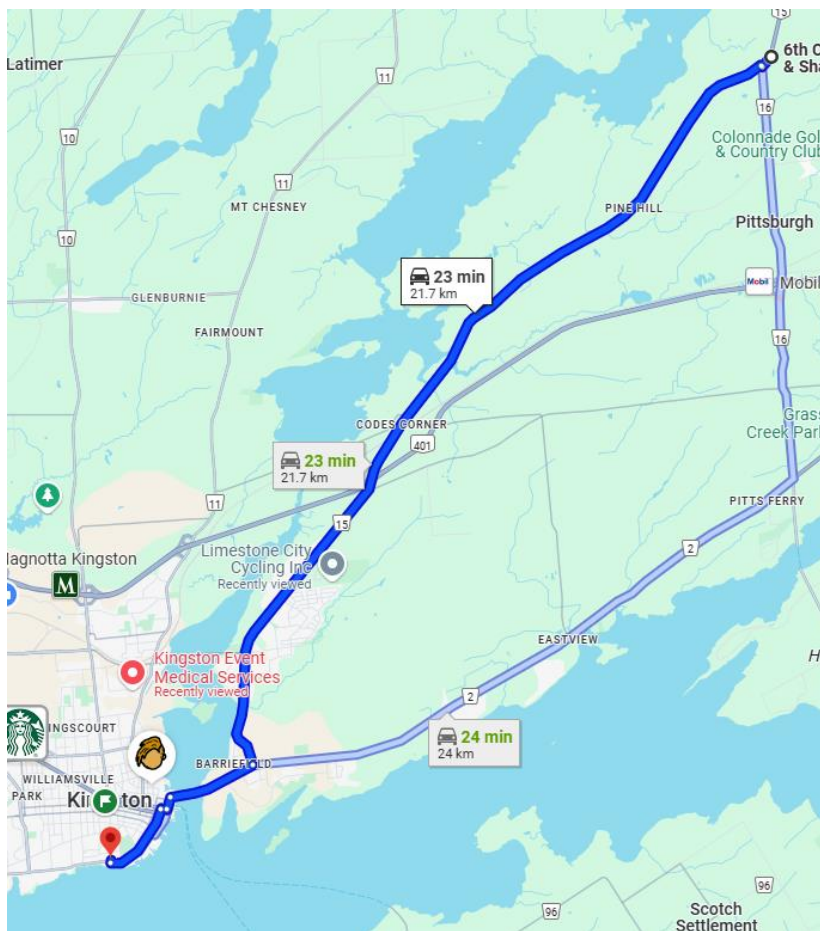
- Spectating is allowed along the course. Where safety tape is present, spectators should stand a minimum of 3 feet behind tape and use caution

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.

Hospital Information

Name of hospital: Kingston General Hospital

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



New for 2026 Ontario Cup Points

Ontario Cup points are awarded to the top 20 finishers in each category (formerly top 15). Only riders who have an OC membership are eligible for OCup points. Riders who DNF (do not finish) are not entitled to OCup points. Riders who move categories during the season will not carry any accumulated points into their new category.



OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending OCup series point totals by a simple tally of all the points earned at OCup events for the current year.

To make the series title race tighter in 2026 and beyond, points awarded for each position have shrunk to a 1-point differential between each position (formerly a 2 or more-point differential between positions 1st-5th). Series points will be awarded as follows for all Ontario Cups:

Position	Points	Position	Points	Position	Points	Position	Points
1 st	20	6 th	15	11 th	10	16 th	5
2 nd	19	7 th	14	12 th	9	17 th	4
3 rd	18	8 th	13	13 th	8	18 th	3
4 th	17	9 th	12	14 th	7	19 th	2
5 th	16	10 th	11	15 th	6	20 th	1

**With 30 days or more notice to riders, double points can be offered.*

***Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

With increased demand for OCup event hosting and greater variety of event type included within each series, Ontario Cycling is implementing a structure for lowest point score's to be dropped from the series ending points total dependent on how many events are held in a series. Where a riders lowest or zero (0) point scores from OCup events within a series are dropped from inclusion in the series total score according to the number of events held within the series for the year:

- 1-4 Events: All events are counted towards OCup points
- 5-6 Events: One (1) event is dropped from OCup points (event with least amount of points scored)
- 7+ Events: Two (2) events are dropped from OCup points (events with least amount of points scored)

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 4, 2026

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 1, 2026 at 11:59pm</i>
\$80-110+ 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

- Refunds may be issued by CCN if the rider purchased the Optional Upgrade Refundable Registration option:

 Optional Upgrade - Refundable Registration [Trustpilot](#)

○ Fully refundable transaction
Recommended
+\$67.80

 Illness / Injury (Including Pre-existing Medical condition)

✓ Private vehicle failure	✓ Public transport failure
✓ Theft of documents	✓ Relocation for work
✓ Home emergency	✓ Death of Immediate Family
✓ Armed Forces & Emergency Services Recall	✓ And many more...

Upgrade your registration and receive a 100% refund if you cannot attend and evidence one of the many reasons in our [T&C](#), which you accept when you select a Refundable registration.

This upgrade option is only available at the time of purchase and cannot be added at a later date.
 Note: this add-on option is provided by CCN, powered by Interpodia. Refund claim information will be provided on your receipt.

○ Average refund payment in less than four hours for complete applications

Available for: Limestone City Cycling

Yes

Recommended
+\$67.8

- 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.
- Organizer 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
TT Podiums				
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.

Equipment Regulations

New 2026 UCI Road Event Equipment Regulations:

- Rim Depth – will be enforced at non-TT Road OCup/Provincial Championship events:
 - 65mm is the max wheel depth for non-TT road events
- Helmet Regulations – will **not** be enforced at OCup events in 2026 to allow for an adaptation period. The following rules will be enforced at the 2026 Road Provincial Championships and all applicable 2027 events. In addition to National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup events in preparation for the rules being enforced provincially later this summer:
 - For all events outside of Time Trials, the helmet must have at least 3 distinct openings (inlets) on the shell structure (size is irrelevant, they can be meshed and need to allow for wind to get past the shell of the helmet).

- o Helmets must not cover the ears, not even partially, full ear must be exposed from the helmet. Skull caps/other fabric to cover the ears are permitted; just the helmet must not cover the ears itself.
- o Can't use integrated visors; sunglasses must be able to be worn independently of the helmet.
- Handlebar/Lever Dimensions – will **not** be enforced at OC sanctioned events in 2026, however the following rules will be in effect at National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup/Provincial Championship events in preparation for the rules being enforced provincially in 2027:
 - o Max horizontal inclination of the hoods is 10 degrees from the curvature part of the handlebar.
 - o The maximum "flare" (measurement) From the top inside of the handlebar to the bottom outside of the handlebar is 65mm.
 - o Minimum outside to outside width of the bars is 400mm (40cm).
 - o Minimum inside to inside width taken at the narrowest part of the levers is 280mm (28cm).
 - o If the outside minimums meet the 280mm measurement, the outside will automatically be 400mm or more because most handlebar widths are around 60mm.
- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA 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.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- Each rider is responsible for ensuring their bike is in good working order.

The following are regulations for use of onboard technology at 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 on the footage.
6. Insurance Implications:
 - 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.

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 event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Out of province riders residing in Canada will be required to present a UCI license or have purchased a non-member permit during registration. Riders residing outside of Canada are required to have a valid UCI race license.
- Races will start promptly at the indicated start times.
- 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 a race official may be subject to a fine.
- 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 Panel are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

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

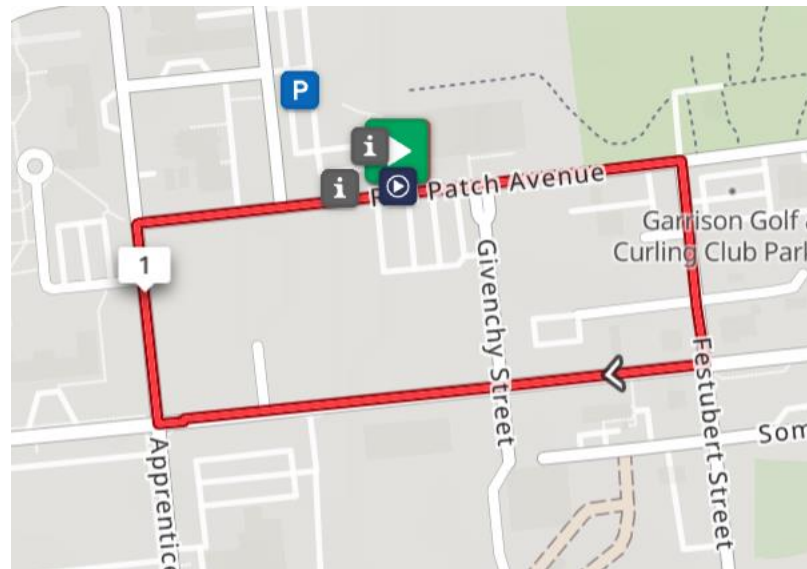
Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

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](#)

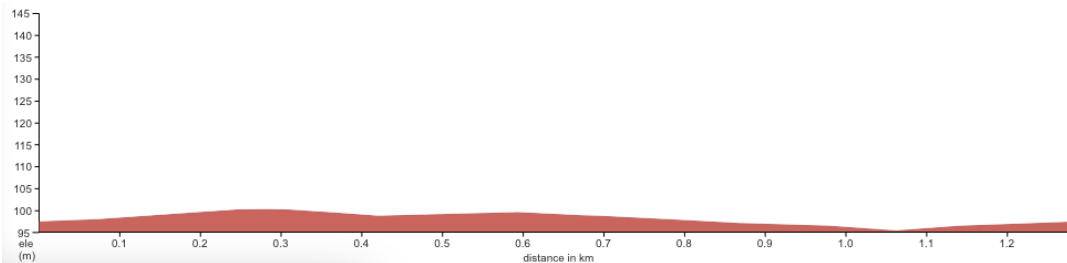


Feed Zone – no feed zone

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 Aventry 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

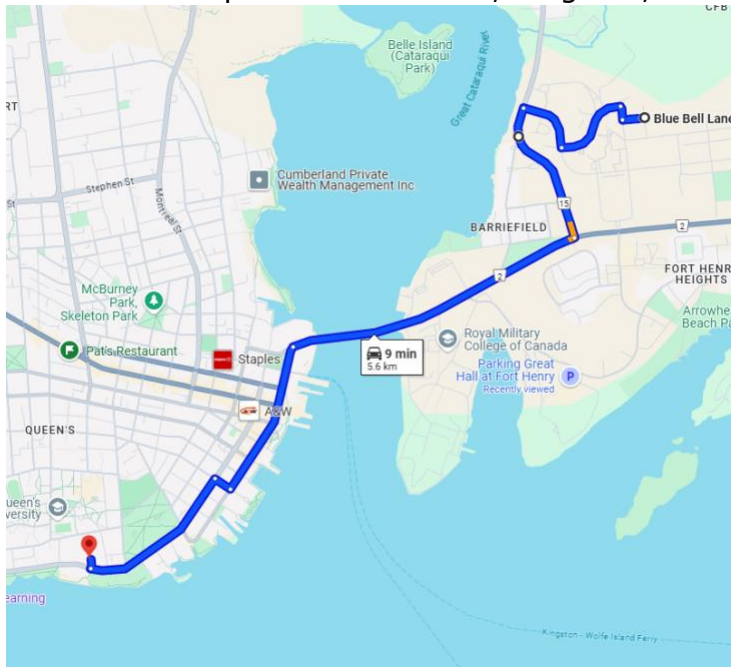
- Spectating is allowed along the course. Where safety tape is present, spectators should stand a minimum of 3 feet behind tape and use caution

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.

Hospital Information

Name of hospital: Kingston General Hospital

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



New for 2026 Ontario Cup Points

The Kingston Stage Race Criterium will offer double OCup points.

Ontario Cup points are awarded to the top 20 finishers in each category (formerly top 15). Only riders who have an OC membership are eligible for OCup points. Riders who DNF (do not finish) are not entitled to OCup points. Riders who move categories during the season will not carry any accumulated points into their new category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending OCup series point totals by a simple tally of all the points earned at OCup events for the current year.



To make the series title race tighter in 2026 and beyond, points awarded for each position have shrunk to a 1-point differential between each position (formerly a 2 or more-point differential between positions 1st-5th). Series points will be awarded as follows for all Ontario Cups:

Position	Points	Position	Points	Position	Points	Position	Points
1 st	20	6 th	15	11 th	10	16 th	5
2 nd	19	7 th	14	12 th	9	17 th	4
3 rd	18	8 th	13	13 th	8	18 th	3
4 th	17	9 th	12	14 th	7	19 th	2
5 th	16	10 th	11	15 th	6	20 th	1

**With 30 days or more notice to riders, double points can be offered.*

***Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

With increased demand for OCup event hosting and greater variety of event type included within each series, Ontario Cycling is implementing a structure for lowest point score's to be dropped from the series ending points total dependent on how many events are held in a series. Where a riders lowest or zero (0) point scores from OCup events within a series are dropped from inclusion in the series total score according to the number of events held within the series for the year:

- 1-4 Events: All events are counted towards OCup points
- 5-6 Events: One (1) event is dropped from OCup points (event with least amount of points scored)
- 7+ Events: Two (2) events are dropped from OCup points (events with least amount of points scored)

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 5, 2026

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 1, 2026 at 11:59pm</i>
OCup categories - \$130+ HST U15 category - \$95 +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

- Refunds may be issued by CCN if the rider purchased the Optional Upgrade Refundable Registration option:

 Optional Upgrade - Refundable Registration [Trustpilot](#)

Fully refundable transaction Recommended + \$67.80

 Illness / Injury (Including Pre-existing Medical condition)

<input checked="" type="checkbox"/> Private vehicle failure	<input checked="" type="checkbox"/> Public transport failure
<input checked="" type="checkbox"/> Theft of documents	<input checked="" type="checkbox"/> Relocation for work
<input checked="" type="checkbox"/> Home emergency	<input checked="" type="checkbox"/> Death of Immediate Family
<input checked="" type="checkbox"/> Armed Forces & Emergency Services Recall	<input checked="" type="checkbox"/> And many more...

Upgrade your registration and receive a 100% refund if you cannot attend and evidence one of the many reasons in our [T&C](#), which you accept when you select a Refundable registration.

This upgrade option is only available at the time of purchase and cannot be added at a later date.
 Note: this add-on option is provided by CCN, powered by Interpodia. Refund claim information will be provided on your receipt.

Average refund payment in less than four hours for complete applications

Available for: Limestone City Cycling

Yes **Recommended** +\$67.8

- 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.
- Organizer 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.
- 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	103.4km	7	Lap 1,3,and 5
Cat B	11:00am	2:18pm	88.3km	6	Lap 1,3 and 5
Cat A Women	11:00am	2:30pm	88.3km	6	Lap 1,3 and 5

Start Lists & Result

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

Equipment Regulations

New 2026 UCI Road Event Equipment Regulations:

- Rim Depth – will be enforced at non-TT Road OCup/Provincial Championship events:
 - 65mm is the max wheel depth for non-TT road events
- Helmet Regulations – will **not** be enforced at OCup events in 2026 to allow for an adaptation period. The following rules will be enforced at the 2026 Road Provincial Championships and all applicable 2027 events. In addition to National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup events in preparation for the rules being enforced provincially later this summer:
 - For all events outside of Time Trials, the helmet must have at least 3 distinct openings (inlets) on the shell structure (size is irrelevant, they can be meshed and need to allow for wind to get past the shell of the helmet).
 - Helmets must not cover the ears, not even partially, full ear must be exposed from the helmet. Skull caps/other fabric to cover the ears are permitted; just the helmet must not cover the ears itself.

- o Can't use integrated visors; sunglasses must be able to be worn independently of the helmet.
- Handlebar/Lever Dimensions – will **not** be enforced at OC sanctioned events in 2026, however the following rules will be in effect at National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup/Provincial Championship events in preparation for the rules being enforced provincially in 2027:
 - o Max horizontal inclination of the hoods is 10 degrees from the curvature part of the handlebar.
 - o The maximum "flare" (measurement) From the top inside of the handlebar to the bottom outside of the handlebar is 65mm.
 - o Minimum outside to outside width of the bars is 400mm (40cm).
 - o Minimum inside to inside width taken at the narrowest part of the levers is 280mm (28cm).
 - o If the outside minimums meet the 280mm measurement, the outside will automatically be 400mm or more because most handlebar widths are around 60mm.
- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA 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.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- **No aerobars** or any equipment that is not permitted in a sanctioned road race. Refer to Ontario Cycling's event guidelines for more details.
- Each rider is responsible for ensuring their bike is in good working order.

The following are regulations for use of onboard technology at 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 on the footage.
 6. Insurance Implications:
 - 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.

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. 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 event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Out of province riders residing in Canada will be required to present a UCI license or have purchased a non-member permit during registration. Riders residing outside of Canada are required to have a valid UCI race license.
- Races will start promptly at the indicated start times.
- 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 a race official may be subject to a fine.
- 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 Panel are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, OC reserves the right to remove the rider from the event, for their own safety and the safety of others.
- **Yellow Line Rule will be in effect.** Riders have sole responsibility for their own safety and must obey traffic laws and respect direction from race officials and police.

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

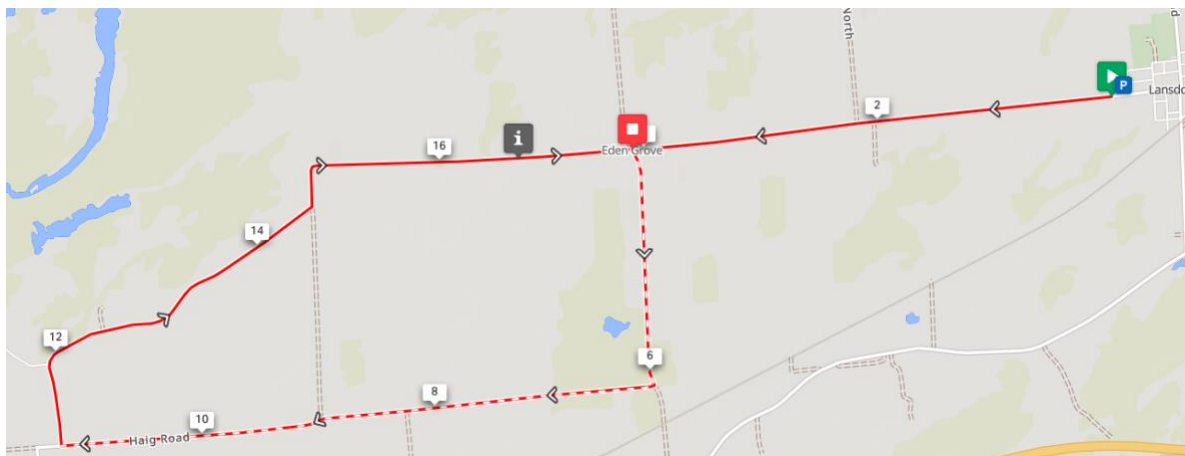
Cycling. Please contact Teagan.hughes@ontariocycling.org no later than one week prior to the event.

Parking

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

Course Map

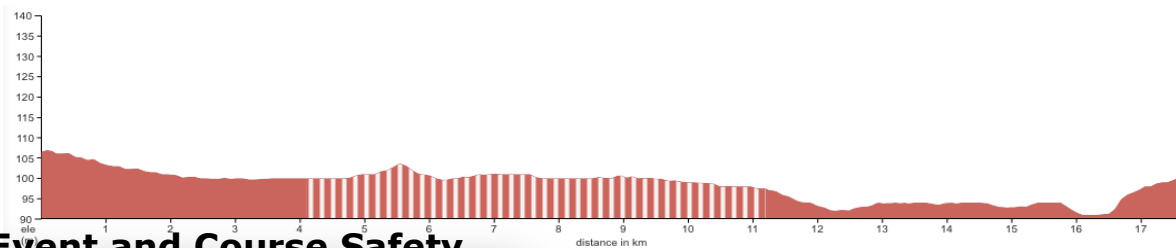
A preview of the course map can be found [here](#)



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 Aventry 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

- Spectating is allowed along the course. Where safety tape is present, 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.

Hospital Information

Name of hospital: Kingston General Hospital

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



New for 2026 Ontario Cup Points

The Kingston Stage Race Road Race will offer double OCup points.

Ontario Cup points are awarded to the top 20 finishers in each category (formerly top 15). Only riders who have an OC membership are eligible for OCup points. Riders who DNF (do not finish) are not entitled to OCup points. Riders who move categories during the season will not carry any accumulated points into their new category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending OCup series point totals by a simple tally of all the points earned at OCup events for the current year.

To make the series title race tighter in 2026 and beyond, points awarded for each position have shrunk to a 1-point differential between each position (formerly a 2 or



more-point differential between positions 1st-5th). Series points are doubled for the fourth and final stage of the 2026 Kingston Stage Race, resulting in the following being awarded:

Position	Points	Position	Points	Position	Points	Position	Points
1 st	40	6 th	30	11 th	20	16 th	10
2 nd	38	7 th	28	12 th	18	17 th	8
3 rd	36	8 th	26	13 th	16	18 th	6
4 th	34	9 th	24	14 th	14	19 th	4
5 th	32	10 th	22	15 th	12	20 th	2

**With 30 days or more notice to riders, double points can be offered.*

***Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

With increased demand for OCup event hosting and greater variety of event type included within each series, Ontario Cycling is implementing a structure for lowest point scores to be dropped from the series ending points total dependent on how many events are held in a series. Where a riders lowest or zero (0) point scores from OCup events within a series are dropped from inclusion in the series total score according to the number of events held within the series for the year:

- 1-4 Events: All events are counted towards OCup points
- 5-6 Events: One (1) event is dropped from OCup points (event with least amount of points scored)
- 7+ Events: Two (2) events are dropped from OCup points (events with least amount of points scored)

Participant Survey

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

