



**Waterloo Region
2026**

Ontario
Summer Games
Jeux d'été de
l'Ontario



**ONTARIO
CYCLING**

Ontario Summer Games

Waterloo, Ontario

July 30 - August 1, 2026

Version 3

July 16, 2026

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General Information

Ontario Cycling is please to share that Road Cycling is making its return to the Ontario Summer Games along with the inclusion of Para-Cycling. The Ontario Summer Games is a provincial multi-sport game involving 18 sports and over 3,500 participants. Participation is open to athletes 13-17 (male), 13-18 (female) and Para athletes (open age) to compete in the multiple race events including Time Trial, Hill Climb, Criterium and Road Racing.

Ontario Summer Games

Date: July 30 – August 1, 2026

Location: Road Cycling will take place at a property located at the intersection of Erbsville Rd and Kressler Rd, all races on day 1 and 2 will start on Kressler Rd outside the entrance to the property in the site plan map.

Race Venue: [1830 Kressler Rd, Waterloo, ON N2J 3Z4](#)

Accommodations: Waterloo University Campus - Mackenzie King Village (MKV) - [Campus map, 200 University Ave W, Waterloo, ON N2L 3G1](#). Athletes and Coaches meet at the Main East Entrance upon arrival:

- Elevator(s): Yes
 - 1 by Main West Entrance
 - 1 by Main East Entrance
- Rooming: Apartment Style (four individual rooms, two full washrooms, and a living room);
- Accessible rooms available on 1st floor; *NO COOKING IN THE APARTMENTS*
- Air conditioning: Yes
- Wi-Fi: Available
- Parking: Lot M is available for parents/guardians who wish to temporarily park on campus during drop-off. Vehicles must not be left for extended periods and drivers are expected to park briefly, assist with unloading if needed, and exit promptly to help maintain traffic flow and availability for other families.

OC Event Contact

Position	Name
PSO Representative	Darren De Ruiter e: events.team@ontariocycling.org
Membership/Licensing	Chris Baskys e: info@ontariocycling.org
Timing	Racetiming.ca
Medical	Provided by Ontario Summer Games

Commissaires

Position	Name
PCP	Brad Day
Finish Judge	Rosa Phillip
Member	Kevin Scheerer
Member	Maria Paisley
Technical Assistant	Josee Larocque

Registration & Pricing

- Registration for Ontario Summer Games is open to riders 13-17 (males), 13-18 (females), Para athletes (open age).
- The event is pre-registration only and an expression of interest form submission was required by all athletes to gain access to the registration page. No day of or late registration is accepted.
- Riders with only OC issued 2026 Challenge, Compete, or UCI race licenses are permitted.
- Categories for the Ontario Summer Games are aged based. All riders must race their national age listed on their license.

Registration Fees
U16/U18/U19 – 165\$ + HST
Para – 135\$ + HST

Membership and Licensing

Category	Age	Challenge Membership	Compete Membership	UCI License
Para	Open age	X	X	X
U16 Men	13-15	X	X	X
U16 Women	13-15	X	X	X
U18 Men	16-17	X	X	X
U19 Women	16-18	X	X	X

Accommodations

Athlete accommodations will be provided from July 30 – August 1 (2 nights), on the University of Waterloo campus. A designated number of accessible accommodations will be provided for para-athletes.

Coaches and Ontario Cycling staff will be assigned to the accommodations responsible for chaperoning all qualified athletes. The coaches, managers and OC staff will be responsible for always ensuring the proper conduct of athletes under their supervisor, including while staying at the arranged place of accommodation.

All participants must check out at the time designated by the accommodations on their departure day. Athletes will check out prior to getting on the bus for Day 2 of racing on August 1st. Athletes are to ensure rooms are free of personal belongings, garbage is placed in the receptacle, and spaces are tidy upon check out.

Participants agree to respect the rights and property of all other individuals being accommodated at any of the Games dormitories. Participants are legally and financially responsible for all losses or damage to property caused by their actions and omissions. There is no tolerance policy for tobacco, alcohol consumption or

drug use throughout the Games.

Athlete Accommodations: Mackenzie King Village (MKV) - [Campus map, 200 University Ave W, Waterloo, ON N2L 3G1](#)

Transportation (U16/U18 M/U19 W)

Athletes are to have their own means of transportation from their home community to the accommodation's venue in Waterloo, Ontario. The Games will arrange transportation from the accommodation's venue to and from the various sports venues. Transportation will take athletes from their accommodations to the race venue the morning of July 31st and August 1st. Transportation will also take athletes back to the accommodations on July 31st. There will be no transportation back to the accommodations on August 1st. All athletes will arrange transportation from the race venue at the completion of the awards ceremony on August 1st. Transportation will be provided to transport athletes' bikes to and from the venue each day.

Transportation (Para Athletes)

Athletes are to have their own means of transportation from their home community to the accommodation's venue in Waterloo, Ontario. As discussed with the athletes, para-cyclists will be responsible for their own transportation to each of the competition venues from the residence. Arrangements were made to have designated parking spaces for all para-cyclists at each venue. On August 1st, athletes must take all their belongings with them when they depart to the race venue as there is no option of returning to the residence following the race events.

Event Categories

Ontario Summer Games Categories are an age-based format where athletes will have to race their national age listed on their license. The age-based categories are designed to allow riders to race against those within the same age category.

Para-cycling categories will combine H1/H2 and H3/H4/H5 classifications. The UCI time factoring will be applied in all timed events (Hill Climb/Time Trial) to establish the order of placing within each category below (see Appendix A). For the criterium, classifications within each category will race against without any applied time factoring. An athlete not officially classified will be placed in the category determined by the Provincial Para-Cycling Designate (Joey Desjardins).

Category	Road Race	Hill Climb	Circuit Race	Time Trial
Para H1/H2 Men		X	X	X
Para H1/H2 Women		X	X	X

Para H3/H4/H5 Men		X	X	X
Para H3/H4/H5 Women		X	X	X
U16 Male	X	X	X	X
U16 Female	X	X	X	X
U18 Male	X	X	X	X
U19 Female	X	X	X	X

Schedule of Events

Date	Event	Time (approx.)
Thursday July 30	Coach/Chaperone Arrival Athlete Check-In* Dinner** Athlete Departure for Ceremonies Opening Ceremonies Snack provided by OC	12:30pm 1:00pm-2:00pm* 2:00pm-2:45pm** 3:00pm-5:00pm (TBC) 6:30pm-8:30pm 8:30pm-9:00pm
Friday July 31	Breakfast Bike loading/departure for venue Hill Climb Lunch Circuit Race Bike loading/departure for dorms Dinner	7:30am-8:00am 8:15am-8:30am 10:00am-10:30am 11:00am-12:00pm 12:00pm-2:30pm 2:30pm-3:00pm 5:00pm-5:45pm
Saturday August 1	Breakfast Bike loading/departure for venue Time Trial Para Medal Ceremony Lunch Road Race U16/U18/U19 Medal Ceremony	7:30am-8:00am 8:15am-8:30am 10:00am-11:00am 11:30am-12:00pm 12:00am-12:30pm 12:30pm-3:30pm 3:30pm-4:00pm

*Athlete check-in is required by the games prior to their deadline at 2:00pm.

**The games have cycling booked for 'dinner' (late lunch) at 2-245pm on arrival day, each sport is allotted a 45min window for meals in the dining hall. As opening ceremonies are during prime dinner time all athletes are slotted in prior to departure at 5:30pm. Athletes and coaches will be bused to the ceremonies from residence. With the meal being early Ontario Cycling is planning to have a snack/light meal available for all athletes and coaches upon arrival back at the residence. Athletes should be prepared with additional food for their needs in between allotted meal times.

Day 1 Events: July 30, 2026

ATHLETE ARRIVAL MAP – MKV Residence 1-2pm



OPENING CEREMONIES

Date and Location:

Thursday, July 30th at University Stadium (Wilfrid Laurier University) from 6:30 PM – 8:30 PM. 81 Seagram Drive, Waterloo, ON N2L 3B7.

Opening Ceremonies Ticketing:

The 2026 Ontario Summer Games Opening Ceremonies is a ticketed event due to capacity constraints. Tickets will be \$12 for all spectators. Children under two (2) years of age are free.

Tickets can be purchased here: [2026 Ontario Summer Games Opening Ceremonies Tickets](#)

Getting There:

The Opening Ceremony marks the official start of the Waterloo Region 2026 Ontario Summer Games. This ticketed event is open to the public and seats are first come, first served.

Transportation from University of Waterloo:

All athletes staying at the University of Waterloo will be busing to and from University Stadium (Knight-Newbrough Field) at Wilfrid Laurier University. Athletes will be bused per sport from the central transportation hub to the athlete staging area at Waterloo Park. Athletes will be leaving residence likely between 3:00pm and 5:00pm.

Para-Athlete Opening Ceremonies Planning:

Prior to the Opening Ceremony, para-athletes will have the option to be accompanied by a volunteer who can provide support throughout the staging and parade portions of the event. Following the parade, para-athletes will be seated along the perimeter of the turf on a paved pathway to support ease of access and mobility. Every effort will be made to seat athletes close to their teammates and sport delegation, and accessibility considerations will be incorporated into the seating plan design.



Day 2 Events: July 31, 2026

The first day of the Ontario Summer Games (OSG) Road Cycling events will include the Hill Climb in the morning and the Circuit Race in the afternoon.

- Sign in will occur at 9:00am, riders will pick up their bib numbers and will keep their bibs for the duration of the games – to be used on days 1 & 2.
- There will be accessible parking available for para-athletes close to the start area.
- Bikes will be transported by OSG staff and available for pick-up upon arrival at the sports venue. **All athletes must drop off their bikes at the pre-determined location no later than 8:15am each day of racing.**

Category	Time	Distance
Bike/Athlete Transport	8:15am	
Sign-In	9:00am – 9:30am	
Hill Climb	10:00am – 10:30am	1.1km point-to-point
Lunch	11:00am	
Circuit Race	12:00pm – 3:00pm	5.8km lap
Depart venue	3:00pm	

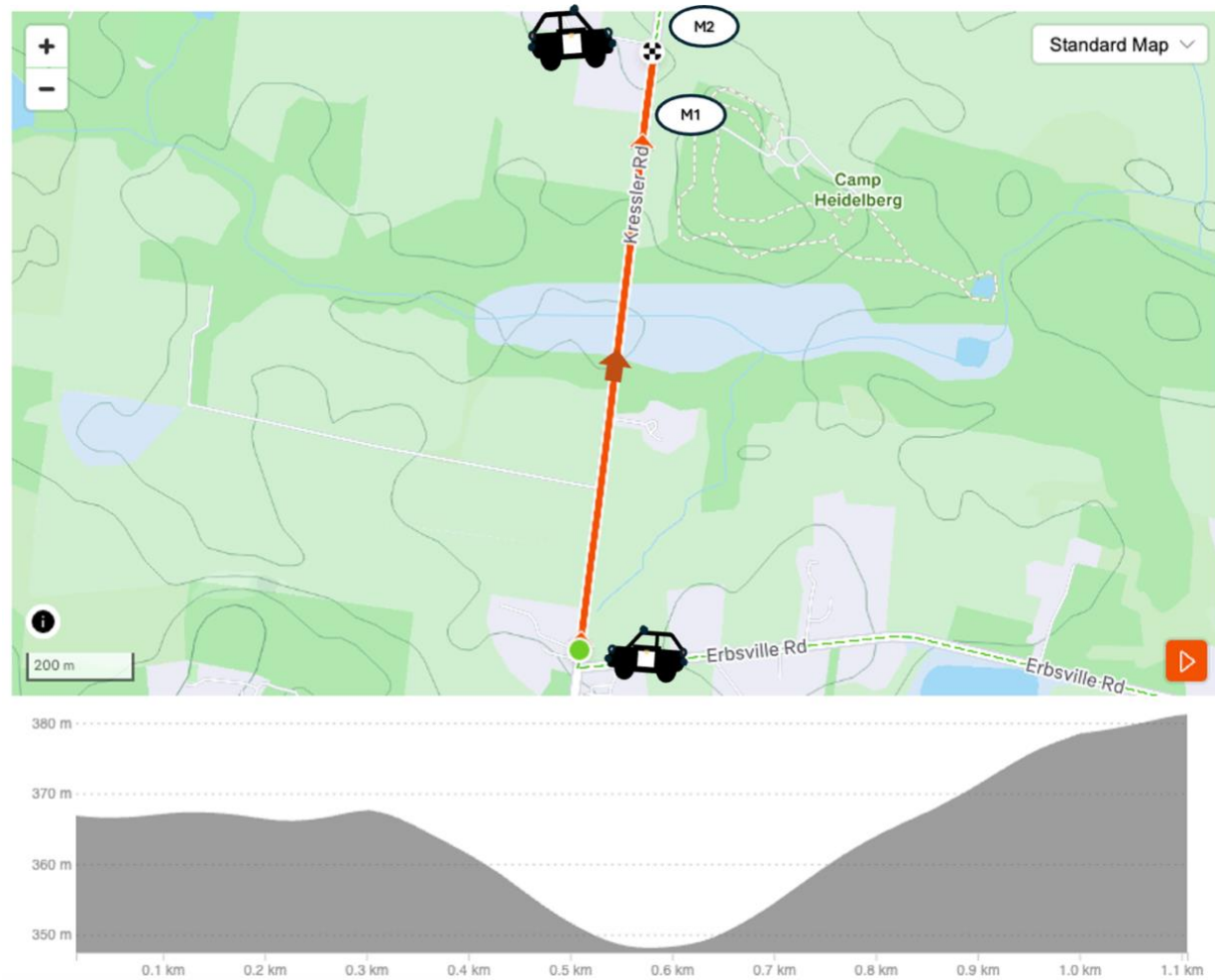
Hill Climb Schedule	Race	Distance
10:00am	Para	1100m
10:10am	U19/U16 Women	1100m
10:20am	U18/U16 Men	1100m

Circuit Race Schedule	Race	Distance
12:00pm	Para	24.3km (4 laps)
1:00pm	U19/U16 Women	24.3km (4 laps)
2:00pm	U18/U16 Men	30.1km (5 laps)

**Times are approximate and are subject to change as we finalize details of the event.*

The Hill Climb will start at 1830 Kressler Rd, Waterloo, ON N2J 3Z4 and is a winding-up hill course about 1.1km in length. Once crossing the finish line at the top of the hill riders will ride back down to the start line. Return route will be marked for riders and there will be marshals on the route to help direct riders

Route and Elevation

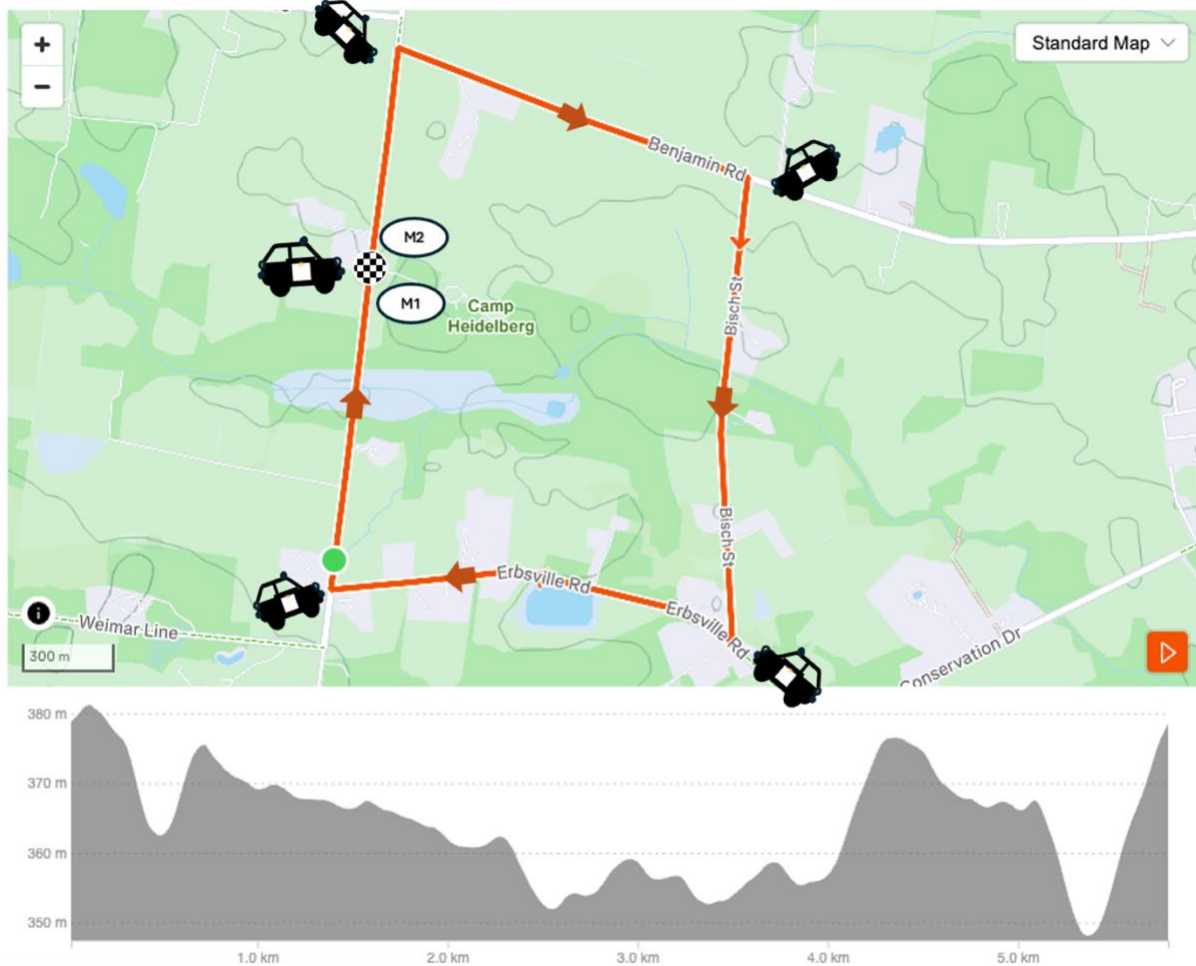


Hill Climb Rules and Regulations

- Races will start promptly at the indicated start times.
- There are no free laps for mishaps (i.e. crashes and punctures). Riders suffering mishaps must continue to race from the point of the mishap.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete few laps than the winner.
- Feeding is not permitted.

The Circuit Race will start out front of 1830 Kressler Rd. The course is a 5.8km loop that will be raced clockwise finishing at the top of the climb 2026 Kressler Rd, Waterloo, ON N2J 3Z4. Traffic will be controlled by local police officers – not allowing public traffic to enter the course.

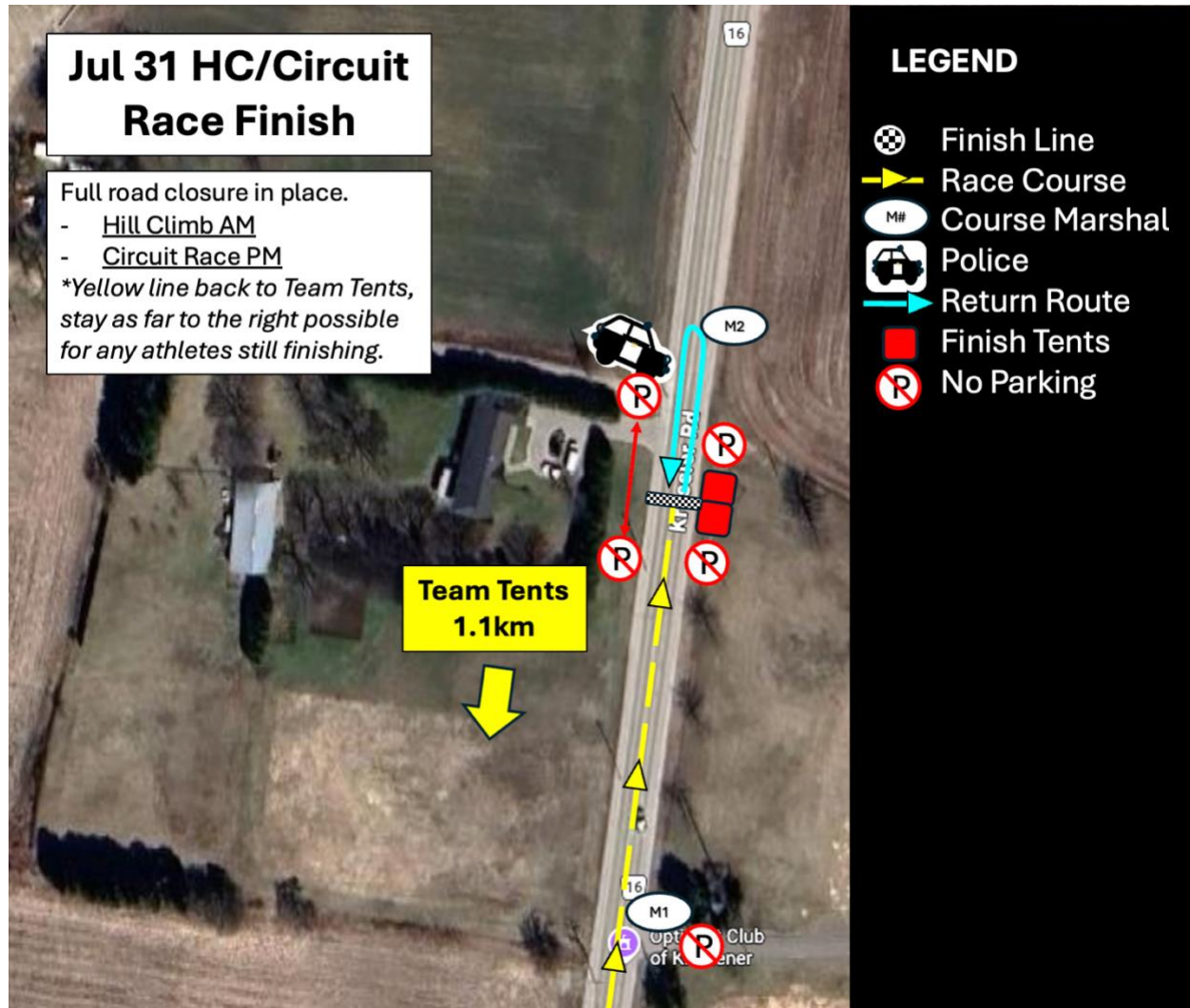
Route and Elevation



Circuit Race Rules and Regulations

- Races will start promptly at the indicated start times
- There are no free laps for mishaps (i.e. crashes and punctures). Riders suffering mishaps must continue to race from the point of the mishap.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete few laps than the winner.
- Feeding is not permitted.

Day 2 Finish Line Configuration



Day 3 Events: August 1, 2026

The second day of events for the Ontario Summer Games Road Cycling will include a Time Trial in the morning and a Road Race in the afternoon.

- Sign in will occur at 9:00am, located at 1830 Kressler Rd, Waterloo, ON N2J 3Z4 riders will have to sign in for the day upon arriving at the venue
- There will be accessible parking available for para-athletes close to the start/finish area.
- Bikes will be transported by OSG staff and available for pick-up upon arrival at the sports venue. **All athletes must drop off their bikes at the pre-determined location no later than 8:15am each day of racing.**

Category	Start Time	Distance
Bike/Athlete Transport	8:15am	
Individual Time Trial	10:00am – 11:00am	16.3km total
Para Medal Ceremony	11:30am	

Lunch	12:00am	
Road Race	12:30pm – 3:30pm	5.8km/lap
U16/U18/U19 Medal Ceremony	3:30pm	
Depart Venue	4:00pm	

ITT Schedule	Race	Distance
10:00am	U18/U16 Men	16.3km (3 laps)
10:15am	U19/U16 Women	16.3km (3 laps)
10:30am	Para	16.3km (3 laps)

Road Race Schedule	Race	Distance
12:30pm	U19/U16 Women	51km (9 laps)
2:00pm	U18/U16 Men	56.8km (10 laps)

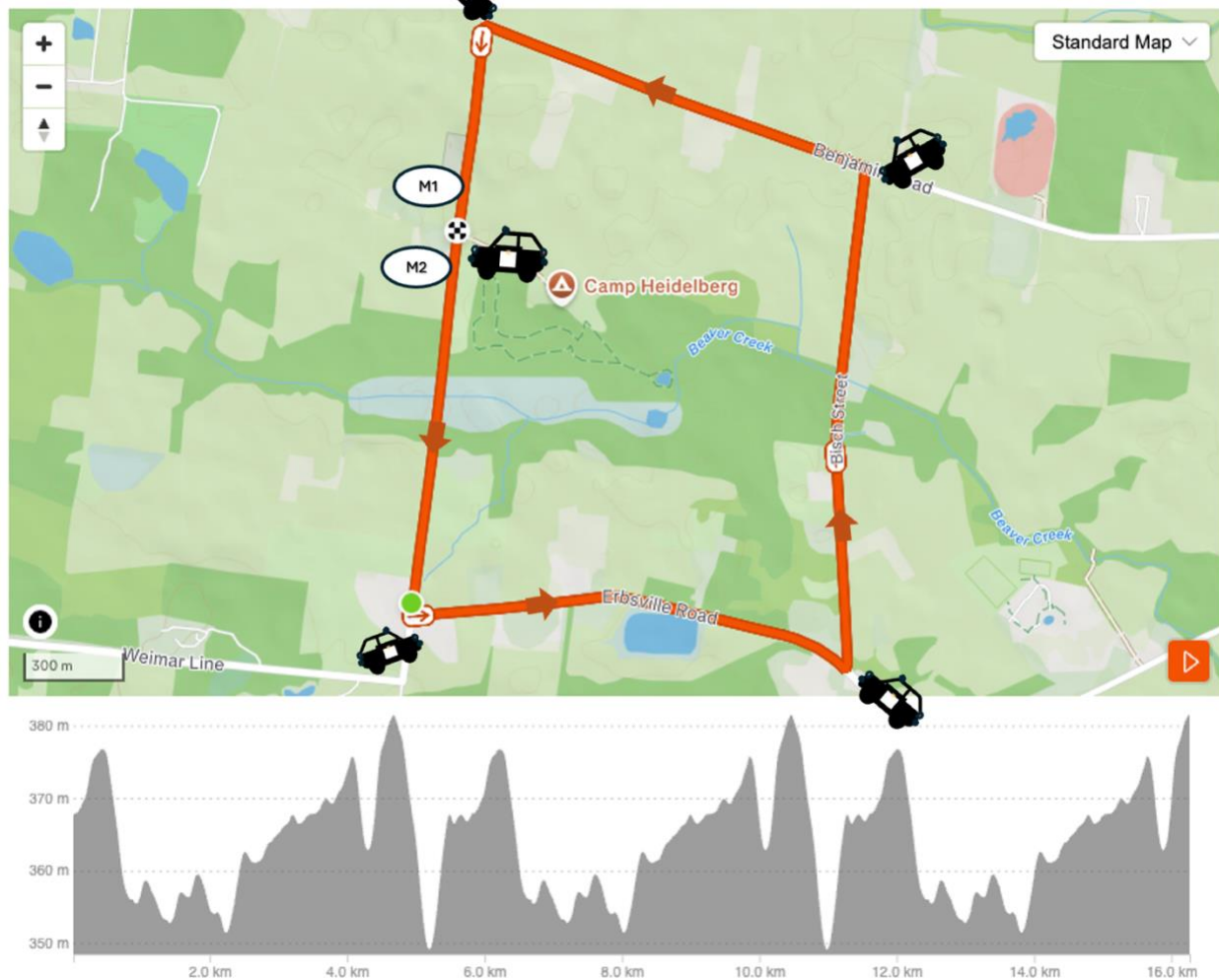
**Times are subject to change as we continue to finalize details of the games*

The Time Trial will take place out front of 1830 Kressler Rd. The course is approximately 14.3km fast and rolling course. Riders will start and end out front of 1830 Kressler Rd. Traffic will be controlled by road marshals and OPP officers.

ITT Rules and Regulations

- Races will start promptly at the indicated start times.
- Start times will be separated by a 30 second gap with a 10-minute gap between categories.
- The use of Time Trial bikes, Time Trial helmets, and disc wheels are not permitted. Including the use of Time Trial aero clip-on bars.

Route and Elevation

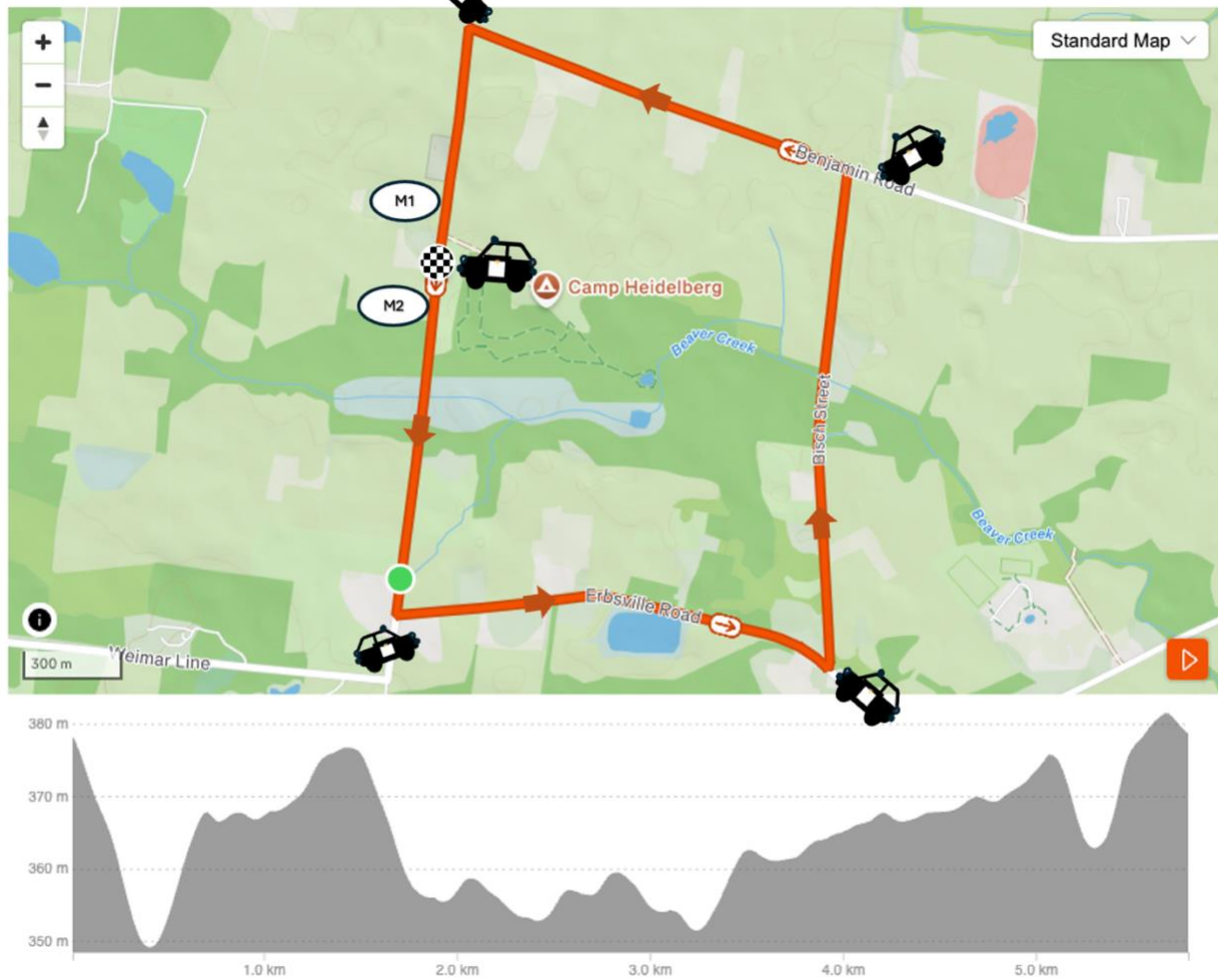


The **Road Race** is on the same closed 5.8km loop used on Day 1. Riders will begin their race in front of 1830 Kressler Rd and race counterclockwise back to where participants started the race, completing just under 3 laps of the course finishing at the top of the climb 2026 Kressler Rd, Waterloo, ON N2J 3Z4. Traffic will be controlled by local police officers – not allowing public traffic to enter the course.

Road Race Rules and Regulations

- Races will start promptly at the indicated start times
- There are no free laps for mishaps (i.e. crashes and punctures). Riders suffering mishaps must continue to race from the point of the mishap.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete few laps than the winner.
- Radio communication is not permitted between riders and anyone else

Route and Elevation



Day 3 Finish Line Configuration

- 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.
 - 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:
 - 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.
 - There will be no gear restrictions in place for the Ontario Summer Games
 - The wearing of an approved helmet is mandatory.
 - UCI Rule 1.3.018: only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels [here](#).
 - Only bicycle conforming to UCI rules 1.3.001-1.3.025 are permitted for use.
 - Riders are required to wear jerseys corresponding to the club or team printed on their race license or membership.
 - Independent riders are required to wear a plain-colored jersey with no significant logos, team names or advertising displayed on them.
 - Sleeveless jerseys are not permitted.
 - There will be no neutral service available. There will be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course
 - Per Cycling Canada 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.
 - The use of glass containers is strictly prohibited during the race.
 - 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 for the event.
-

Onboard Technology

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

1. All onboard technology device which is fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
 - c. The camera footage is not immediately available to the rider.
2. Helmets must have a CSA certification. Any modification, alteration, manipulation, addition or removal of any element, or addition of an accessory unapproved by the helmet manufacturer is prohibited.
3. If the technology appears to be improperly affixed based on the commissaires discretion, the rider must remove or adjust the technology before the rider will be allowed to start.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posted any footage from the incident.
5. It is strongly recommended that anyone using footage for individual promotion or private use secure written consent in advance from anyone appearing on the footage.
6. Note:
 - a. OC Insurance does not cover loss or damages which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.

Upgrade Requests

There will be no upgrades for the Ontario Summer Games. All riders will be required to race their national age listed on their license.

Rider Sign In

- Athlete Sign In will take place at the tables under the OC tents in the morning of each event day.
- Riders must keep the same bib numbers for both competition days.

Bib Numbers

Bib numbers must be worn at all times during competition, the same set of bib numbers will be used for both competition days.

- Day 1 Hill Climb & Circuit Race: Bibs must be worn on the lower back and horizontal **RIGHT** side of the jersey:



- Day 2 ITT: Only one (1) bib number is required to be worn on the central low back of the jersey (riders can still wear both [2] numbers at their discretion):



- Day 2 Road Race: Bibs must be worn on the lower back and horizontal **LEFT** side of the jersey:



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- The CC and OC rules are available at: www.ontariocycling.org/officials
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles/team vehicles are not permitted to follow the races while in progress.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine
- As this is a criterium race, riders will be given a free lap for a recognized mishap (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than traveling backward on the course, report to the commissaires and make repairs. At the direction of the commissaire only, riders can resume the race at the same place in the pack where they had their mishap.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups. Racers who lap the field and rejoin the bunch will sprint with the group.
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, dropped riders must remain separate, even when being overtaken by riders in their own category.
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.

Awards

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined on course because of participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the award ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines will be issued to those who fail

to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.

- Medal presentation will take place on August 3rd
 - Para athlete medal ceremony will take place after the Time Trial
 - U16/U18/U19 medal ceremony will take place after the Road Race

Race Parking & Spectating

[1830 Kressler Rd, Waterloo, ON N2J 3Z4](#) there will be free parking available for spectators and families on-site at the team tent area as marked in the site plan below. As roads will be fully closed for all cycling competitions, all spectators and support individuals will not be able to leave once parked on the circuit until all cycling is complete. Please review the schedule's provided above to arrive on time and plan your day accordingly. Road closures will be enforced by the police 30 minutes prior to the first competition each day (9:30am), with the plan to fully re-open at 3pm Saturday/330pm Sunday (once all athletes are off course). Be prepared, bring enough water and food.

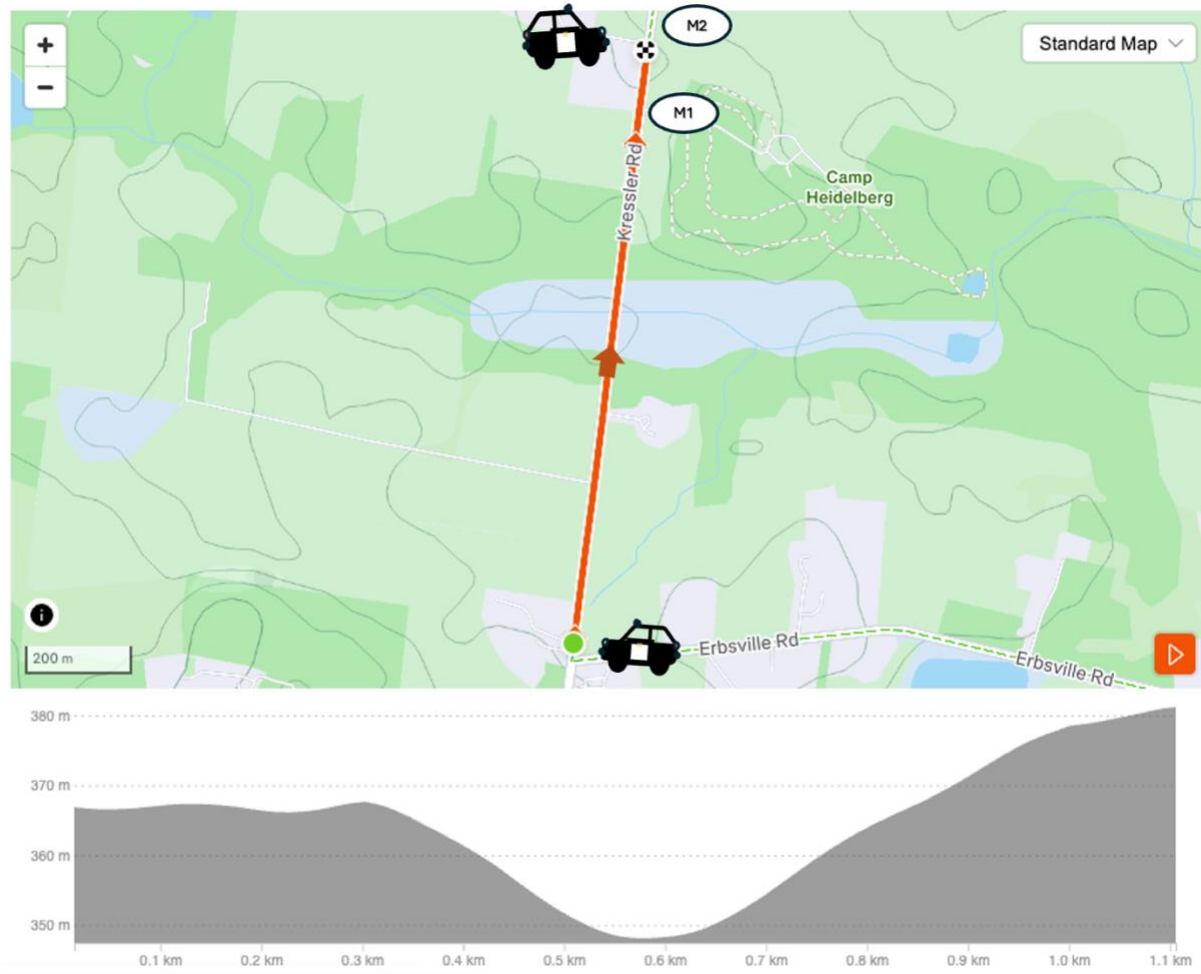
Site Plan



Course Maps

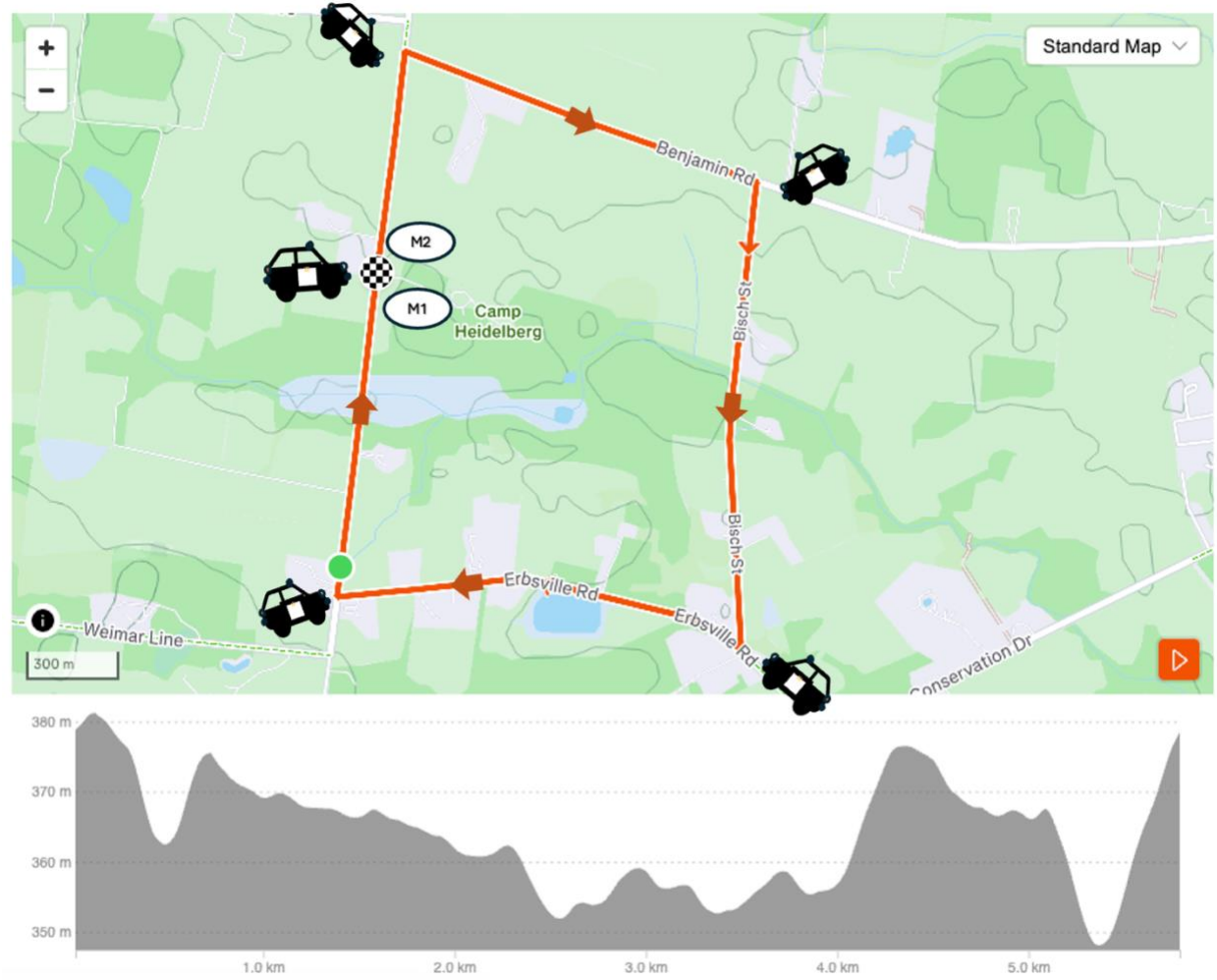
Hill Climb

Route and Elevation



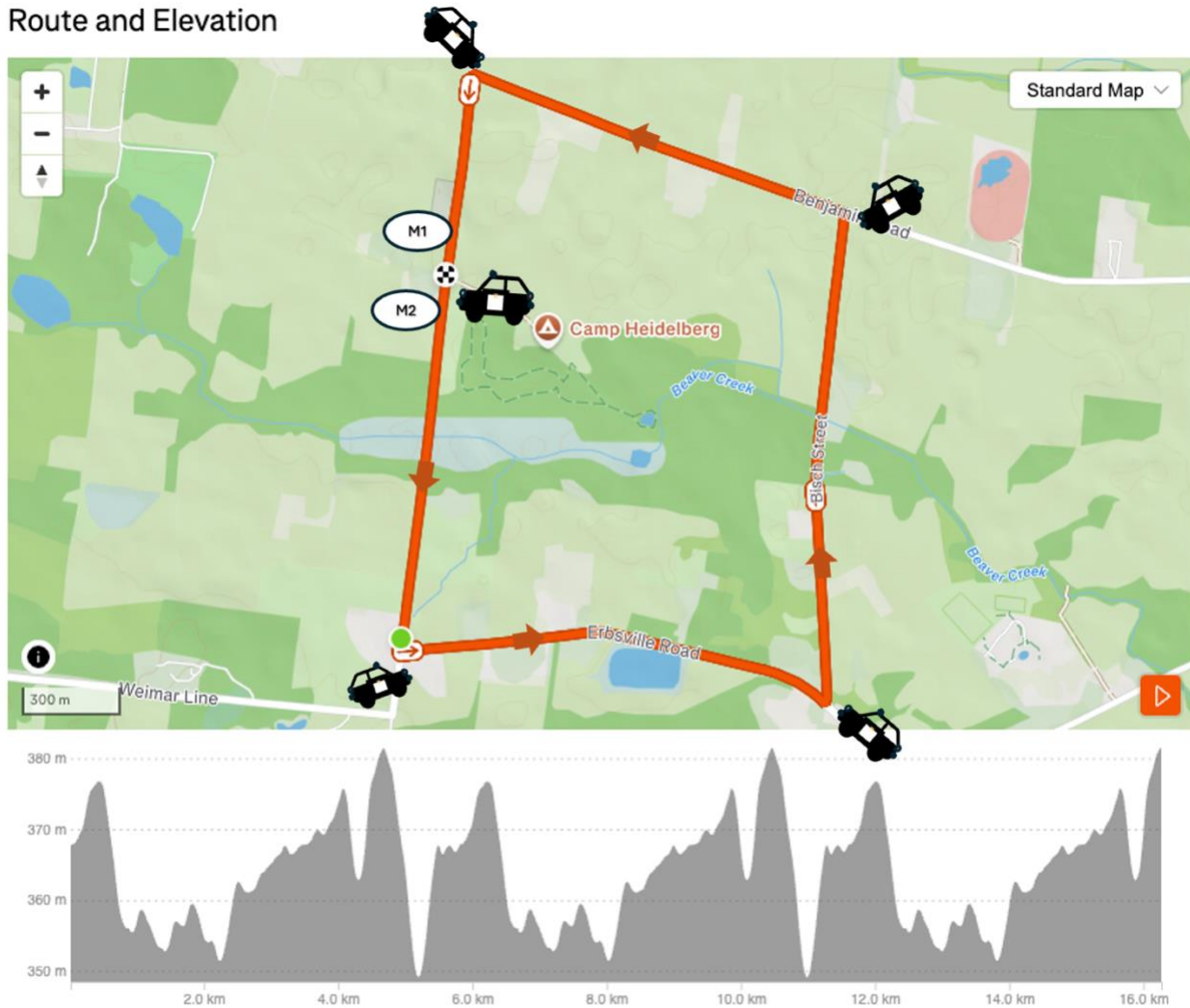
Circuit Race

Route and Elevation



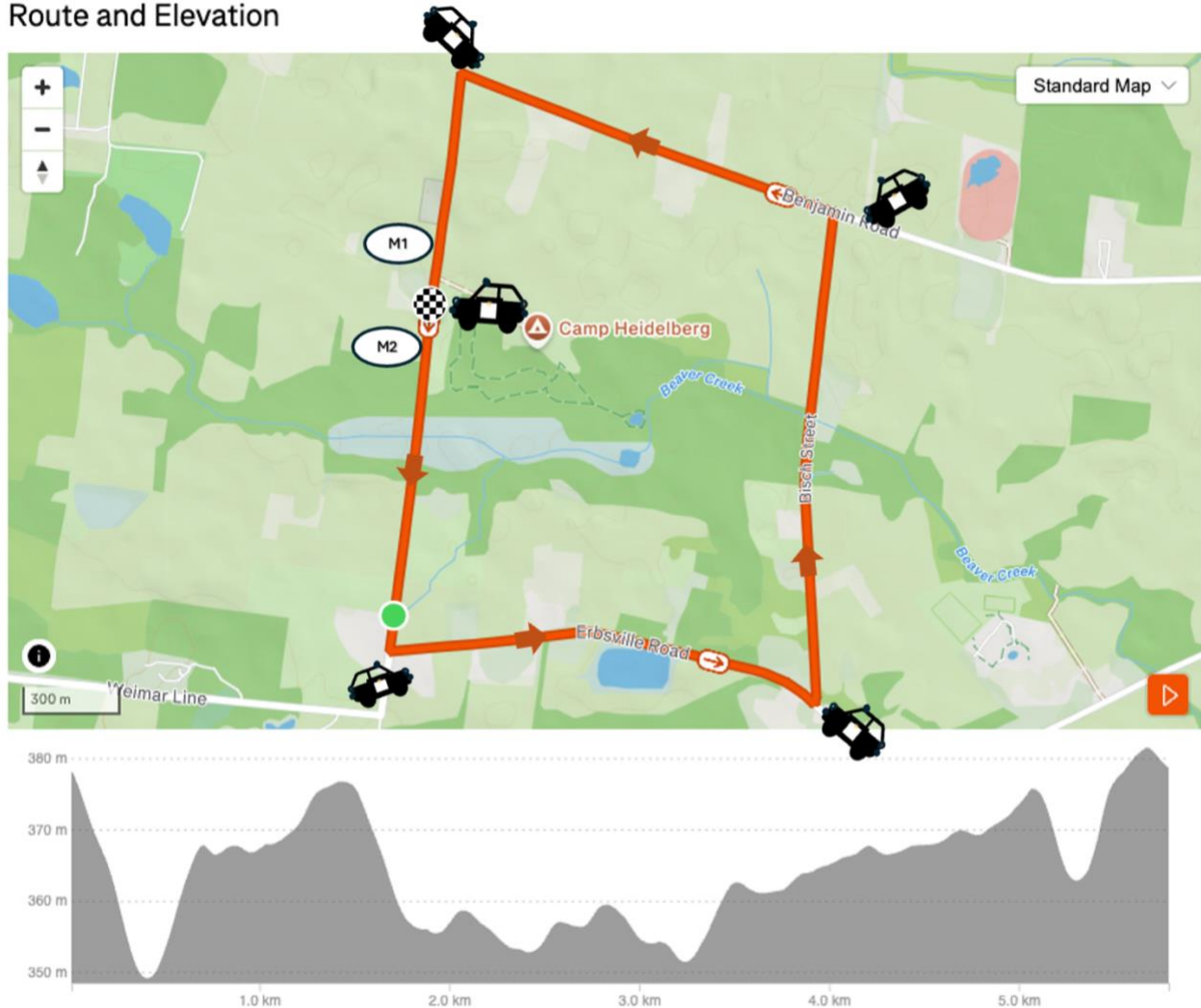
Individual Time Trial

Route and Elevation



Road Race

Route and Elevation



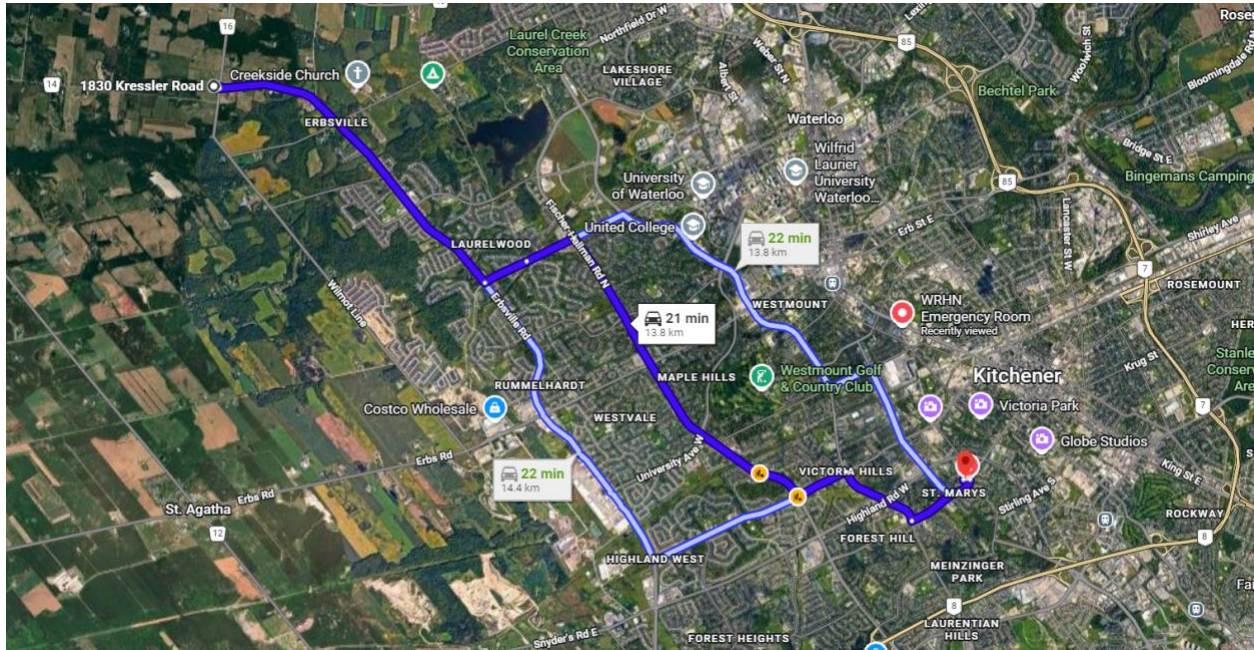
Event & Course Safety

- First aid will be provided by the Ontario Summer Games and will be located at the team tent area for each of the events. Medical staff will have a vehicle and be in radio contact with officials to dispatch to any incidents on course.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaires that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine

Hospital Information

St. Mary's General Hospital: Emergency Department

911 Queen's Blvd, Kitchener, ON N2M 1B2



1. Drive from Erbsville Rd and Fischer-Hallman Rd N to Kitchener
2. Head toward Erbsville Rd
3. Turn left onto Erbsville Rd
4. Turn left onto Columbia St W
5. At the roundabout, continue straight to stay on Columbia St W
6. Turn right onto Fischer-Hallman Rd N
7. Turn left onto Victoria St S
8. Turn right onto Westmount Rd W
9. Turn left onto Queen's Blvd
10. Turn left to stay on Queen's Blvd
11. Turn left and arrive at St Mary's

Participant Survey

To to improve our events, we need your feedback! [Click here](#) to fill out a survey



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