

2026 Road Provincials

Individual Time Trial - Friday, August 7

Criterium - Saturday, August 8

Road Race - Sunday, August 9

Tech Guide

V3

JULY 20, 2026



Table of Contents

General Information	4
Event Contacts	4
Commissaires.....	4
Registration & Pricing	5
Individual Time Trial – Friday, August 7 th	6
Membership & Licensing	6
Parking	7
Refund Policy	7
Event Categories.....	8
Schedule of Events	8
Start Lists & Results	9
Equipment Regulations.....	9
Youth Upgrade Request.....	10
Rider Sign-In.....	11
Number Placement	11
General Rules & Regulations	11
Awards.....	12
Media.....	12
Course Map.....	13
Event and Course Safety	14
Spectator Safety	14
Hospital Information	14
Participant Survey	15
Volunteers	16
Media.....	16
criterium – Saturday, August 8 th	17
Membership & Licensing	17
Refund Policy	18
Event Categories.....	18
Schedule of Events	18
Start Lists & Results	19
Equipment Regulations.....	19
Youth Upgrade Request.....	21
Rider Confirmation/Sign In	21
Number Placement	21
General Rules & Regulations	21
Awards.....	22
Media.....	22
Parking	22
Course Map.....	23
Event and Course Safety	23
Spectator Safety	23
Hospital Information	23
New for 2026 Ontario Cup Points.....	25
Participant Survey	26

Volunteers	27
Road Race – Sunday, August 9 th	28
Membership & Licensing	28
Refund Policy	29
Event Categories.....	29
Schedule of Events	29
Start Lists & Results	30
New for 2026 Ontario Cup Points	30
Start Lists & Result.....	32
Equipment Regulations.....	32
Youth Upgrade Request.....	34
Rider Confirmation/Sign In	34
Number Placement	34
General Rules & Regulations	35
Awards.....	35
Parking	36
Media.....	36
Course Map.....	36
Event and Course Safety	37
Spectator Safety	37
Hospital Information	38
Participant Survey	39
Volunteers	39

General Information

2026 Road Provincials

Date: Friday, August 7 – Sunday, August 9, 2026

Event Contacts

Position	Name
Ontario Cycling Event Lead	Darren De Ruiter E: events.team@ontariocycling.org
Ontario Cycling Membership	Chris Baskys E: info@ontariocycling.org
Timing	Race Timing W: www.racetiming.ca
Medical	Odyssey Medical

Commissaires

Friday August 7, 2026

ITT

Position	Name
PCP	Kevin Scheerer
Secretary	Steven Rivers
Starter	Brad Slade
Finish Judge	Dan Visentin
Bike Check	Brad Day
Member	Maria Paisley

Saturday August 8, 2026

Criterium

Position	Name
PCP	Kevin Scheerer
Secretary	Steven Rivers
Finish Judge	Dan Visentin
Member	Brad Slade
Member	Maria Paisley

Sunday August 9, 2026

Road Race

Position	Name
PCP	Kevin Scheerer

Secretary	Steven Rivers
Finish Judge	Dan Visentin
Member	Brad Day
Member	Brad Slade
Member	Maria Paisley

Registration & Pricing

- Registration for Provincial Championships is open to Ontario Cycling licensed riders 15 years of age and older.
- The event is pre-registration only. Only 2026 Compete/UCI licenses are permitted. Out of Province riders must have a UCI license. Licenses will not be sold on event day and must be purchased in advance.
- Registration for each Provincial Championship will close at 11:59pm on the Wednesday prior to the event date.
- Late entries will be reviewed on a case-by-case basis. If granted an additional \$50 late fee will be applied

Registration Timeline	
<i>Registration closes August 5th @ 11:59pm</i>	
Cost of the Event	
<u>ITT</u>	Championship Categories (U15) - \$65 + HST Championship Categories (15+) - \$85 + HST Non-Championship Categories - \$65 + HST
<u>Criterium</u>	Championship Categories (U15) - \$65 + HST Championship Categories (15+) - \$85 + HST
<u>Road Race</u>	Championship Categories (U15) - \$65 + HST Championship Categories (15+) - \$100 + HST Non-Championship Categories - \$100 + HST

Individual Time Trial – Friday, August 7th

Date: Friday, August 7, 2026

Time: 1:00pm - 5:00pm

Location: 211 Paugh Lake Rd, Barry's Bay, ON K0J 1B0

Registration Timeline
<i>Registration close Wednesday, August 5, 2026 at 11:59pm</i>
Championship Categories (U15) - \$65 + HST
Championship Categories (15+) - \$85 + HST
Non-Championship Categories - \$65 + HST

Membership & Licensing

Please see the membership and licensing chart below to ensure that you have the correct license to compete in each category.

Championship Categories				
Category	Age	Challenge	Compete	UCI
Para	15+		X	X
U15 Men	13-14	X	X	X
U17 Men	15-16		X	X
U19 Men	17-18		X	X
U23 Men	19-22		X	X
Master A Men/Open	35-44		X	X
Master B Men/Open	45-54		X	X
Master C Men/Open	55-64		X	X
Master D Men/Open	65+		X	X
Elite Men	23+		X	X
U15 Men	13-14	X	X	X
U17 Women	15-16		X	X
U19 Women	17-18		X	X
U23 Women	19-22		X	X
Master A Women	35-44		X	X
Master B Women	45-54		X	X
Master C Women	55-64		X	X
Master D Women	64+		X	X

Elite Women	23+		X	X
Non-Championship Categories				
15km Sportif	For those that don't meet the bike check requirements or do not wish to race the championship category	X	X	X
30km Sportif		X	X	X
40km Sportif		X	X	X
Eddy Merckx	(Non-aero) riders are not permitted to use any aero equipment including aerobars, clip-on bars, disc wheels, shoe covers or aero helmets. Bicycles must meet the requirements of mass start races including wheels.	X	X	X

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

Parking

- Parking is located at St. John Bosco Separate School (99 Peter St, Barry's Bay, ON K0J 1B0) and along Peter St from Paugh Lake Rd (race course) and Peter St N.

Refund Policy

- A rider must withdraw before the registration closes to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on 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.
- OC reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered.

Event Categories

- Provincial Championship categories will be an age-based format where athletes will have to race their national age listed on their license.
- Categories may be combined based on the number of entries or at the discretion of OC
- Para cycling categories will combine H1/H2 and H3/H4/H4 classifications. UCI time factoring will be applied to establish the order placing within each category.

Schedule of Events

Category	Age	Start Time	Distance
Sign In/Registration		1:00pm	
Para (handcycling/trike)	15+	2:00pm	15km
Sportif 15km (non-championship)	15+	*	15km
U17 Women	15-16	*	15km
U17 Men	15-16	*	15km
Sportif 30km (non-championship)	17+	*	30km
Eddy Merckx (non-championship)	17+	*	30km
Para (tandem/ "c" class)	15+	*	30km
Master D Women	65+	*	30km
Master C Women	55-64	*	30km
Master B Women	45-54	*	30km
Master A Women	35-44	*	30km
Master D Men	65+	*	30km
Master C Men	55-64	*	30km
U19 Women	17-18	*	30km
U23 Women	19-22	*	30km
Elite Women	23+	*	30km
Sportif 40km	19+	*	40km
Master B Men	45-54	*	40km
Master A Men	35-44	*	40km
U19 Men	17-18	*	40km
U23 Men	19-22	*	40km

Start Lists & Results

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
- ****NEW FOR PROVINCIALS**** Helmet Regulations – 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.
 - 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.
- 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/gravel race. Refer to Ontario Cycling's event guidelines for more details.
- **Mountain bikes** are not permitted in the 110km event.
- Each rider is responsible for ensuring their bike is in good working order for a mix of pavement, gravel, and loose gravel.

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 2026 Road Provincial Championship. 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 OC tables look for the registration signage.
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Number Placement

- All riders must wear 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.

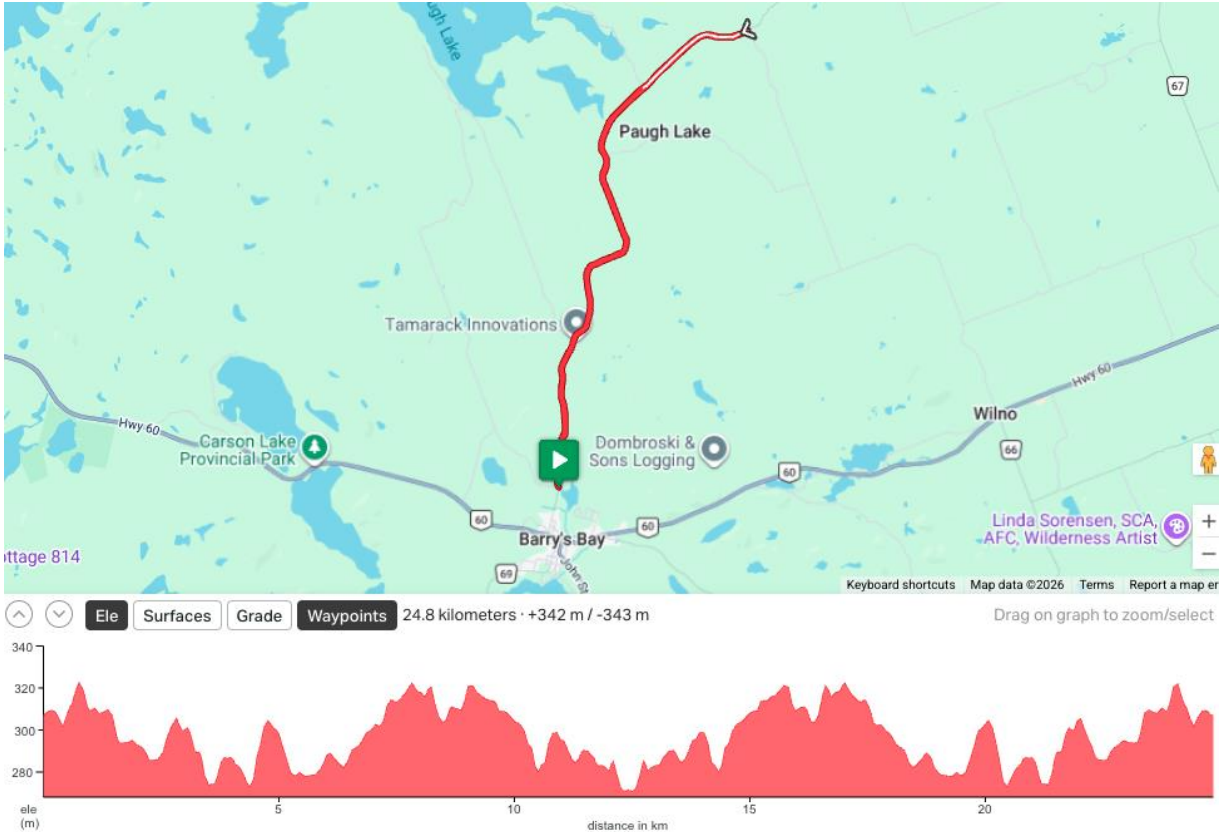
Awards

- Medals will be awarded to the top three finishers in each category
- For non-championship categories, non-championship medals will be awarded to the winners. Provincial jerseys will not be awarded to non-championship winners.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hat and/or eyewear are prohibited.

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.

Course Map

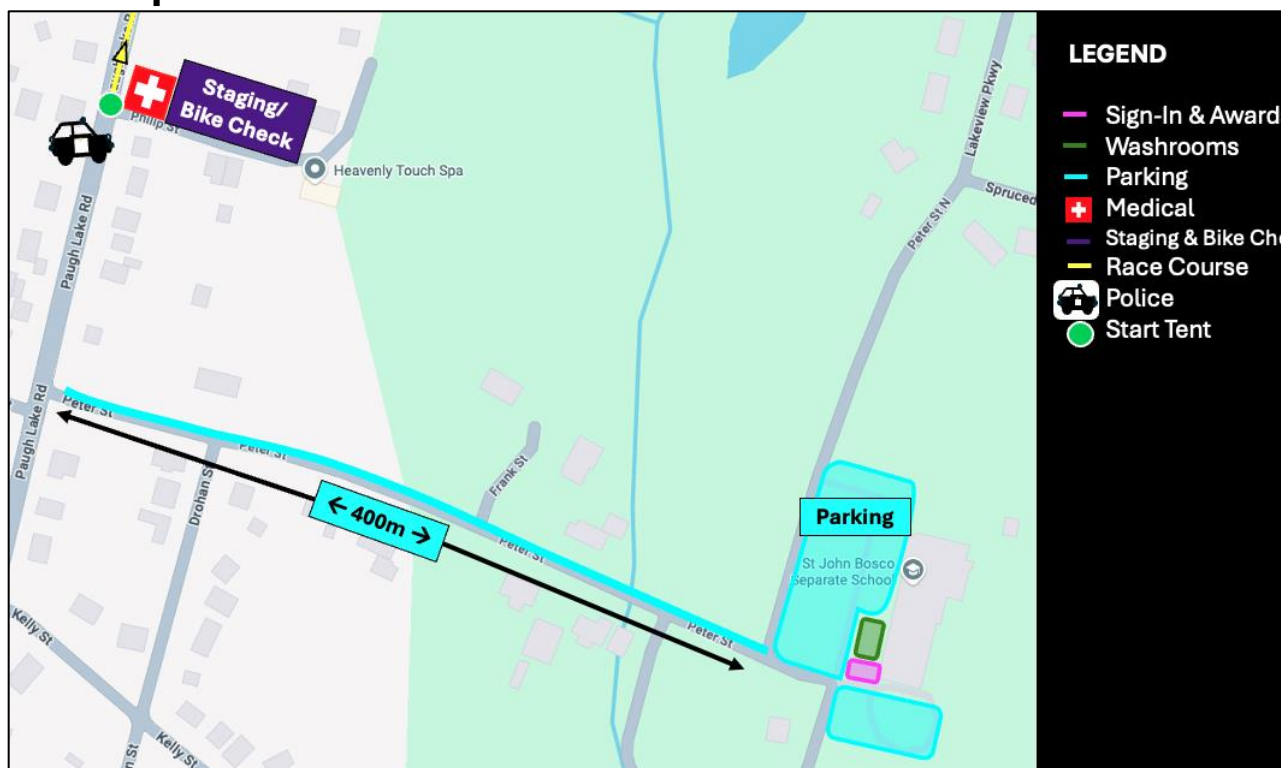


**The unpaved section marked on the [Ride with GPS link](#) is in fact paved and has been confirmed in person.*

ITT Course Information:

- 15km: Single 1x out and back to a 7.5km turnaround (7.5km out + 7.5km back = 15km)
- 30km: Double 2x out and back to a 7.5km turnaround ([7.5km out + 7.5km back] x 2 = 30km)
- 40km: Double 2x out and back to a 10km turnaround ([10km out + 10km back] x 2 = 40km)

Site Map



Event and Course Safety

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

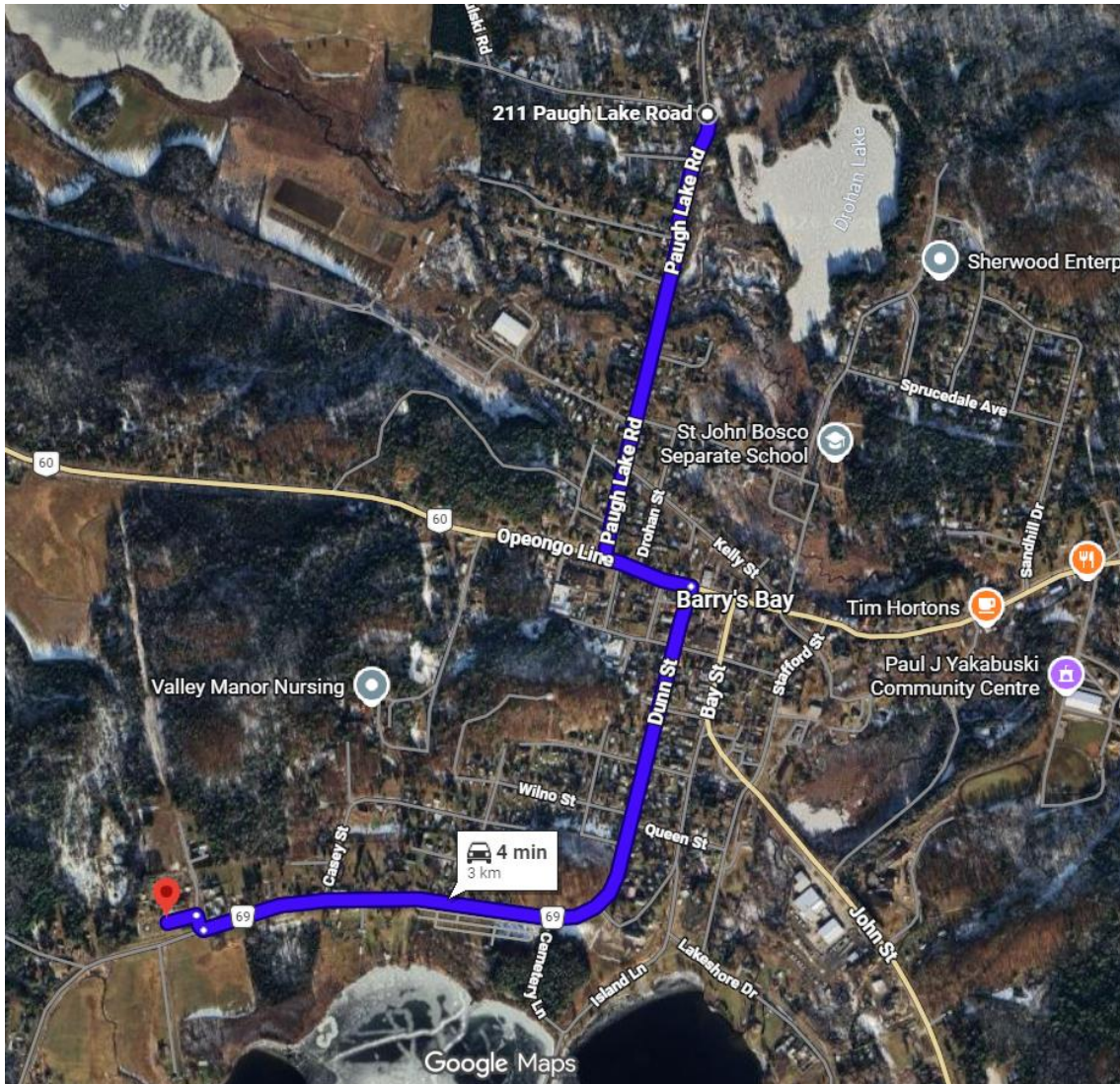
Spectator Safety

- Spectating is allowed along the courses behind safety tape. 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: St. Francis Memorial Hospital

Address of hospital: 7 St Francis Memorial Dr, Barry's Bay, ON K0J 1B0



St. Francis Memorial Hospital

- Head toward Stoppa St
- Turn left onto Opeongo Line/ON-60 E
- Turn right onto Dunn St/Renfrew County Rd 69
- Turn right onto St Francis Memorial Dr
- Turn left

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

Media

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

criterium – Saturday, August 8th

Date: Saturday, August 8, 2026

Time: 7:30pm - 4:30pm

Location: Petawawa

Registration Timeline
<i>Registration close Wednesday, August 5, 2026 at 11:59pm</i>
Championship Categories (U15) - \$65 + HST
Championship Categories (15+) - \$85 + 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	Compete	UCI
Para	15+	X	X
U17 Women	15-16	X	X
U19 Women	17-18	X	X
U23 Women	19-22	X	X
Elite Women	23+	X	X
Master A Women	35-44	X	X
Master B Women	45-54	X	X
Master C Women	55-64	X	X
Master D Women	65+	X	X
U17 Men	15-16	X	X
U19 Men	17-18	X	X
U23 Men	19-22	X	X
Elite Men	23+	X	X
Master A Men/Open	35-44	X	X
Master B Men/Open	45-54	X	X
Master C Men/Open	55-64	X	X
Master D Men/Open	65+	X	X

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

Refund Policy

- A rider must withdraw before the registration closes to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on 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.
- OC reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered.

Event Categories

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

Schedule of Events

Category	Age Range	Duration	Start Wave	Start Time
Para	15+	50 min	1	8:30am
U15	13-14	40 min	2	9:30am
Master C Men/Open	55-64	50 min	3	10:20am
Master D Men/Open	65+			
U17 Men	15-16	75 min	4	11:20am
U19 Men	17-18			
Elite Women	23+	60 min	5	12:45pm
U23 Women	19-22			
U17 Women	15-16			
U19 Women	17-18			
Master A Women	35-44			
Master B Women	45-54			
Master C Women	55-64			
Master D Women	65+			
Master A Men/Open	35-44	60 min	6	1:55pm
Master B Men/Open	45-54			

Elite Men	23+	75 min	7	3:05pm
U23 Men	19-22			

Start Lists & Results

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
- ****NEW FOR PROVINCIALS**** Helmet Regulations – 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.
 - 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.

- 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/gravel race. Refer to Ontario Cycling's event guidelines for more details.
- **Mountain bikes** are not permitted in the 110km event.
- Each rider is responsible for ensuring their bike is in good working order for a mix of pavement, gravel, and loose gravel.

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 2025 Road Provincial Championship all riders will be required to race their national age listed on their license.

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.

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.

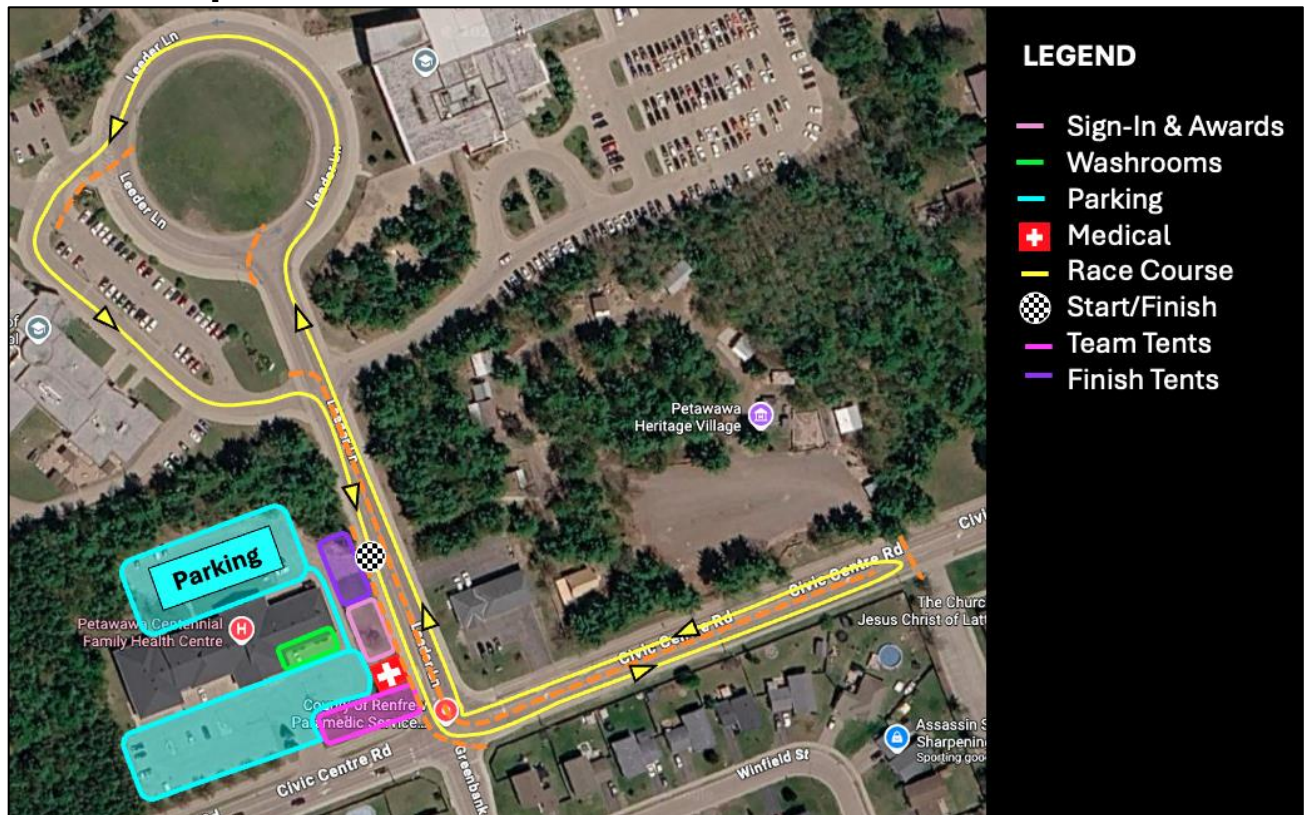
Media

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 will be located at Petawawa Centennial Family Health Centre (154 Civic Centre Rd #158, Petawawa, ON K8H 3H5).

Course Map



Event and Course Safety

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

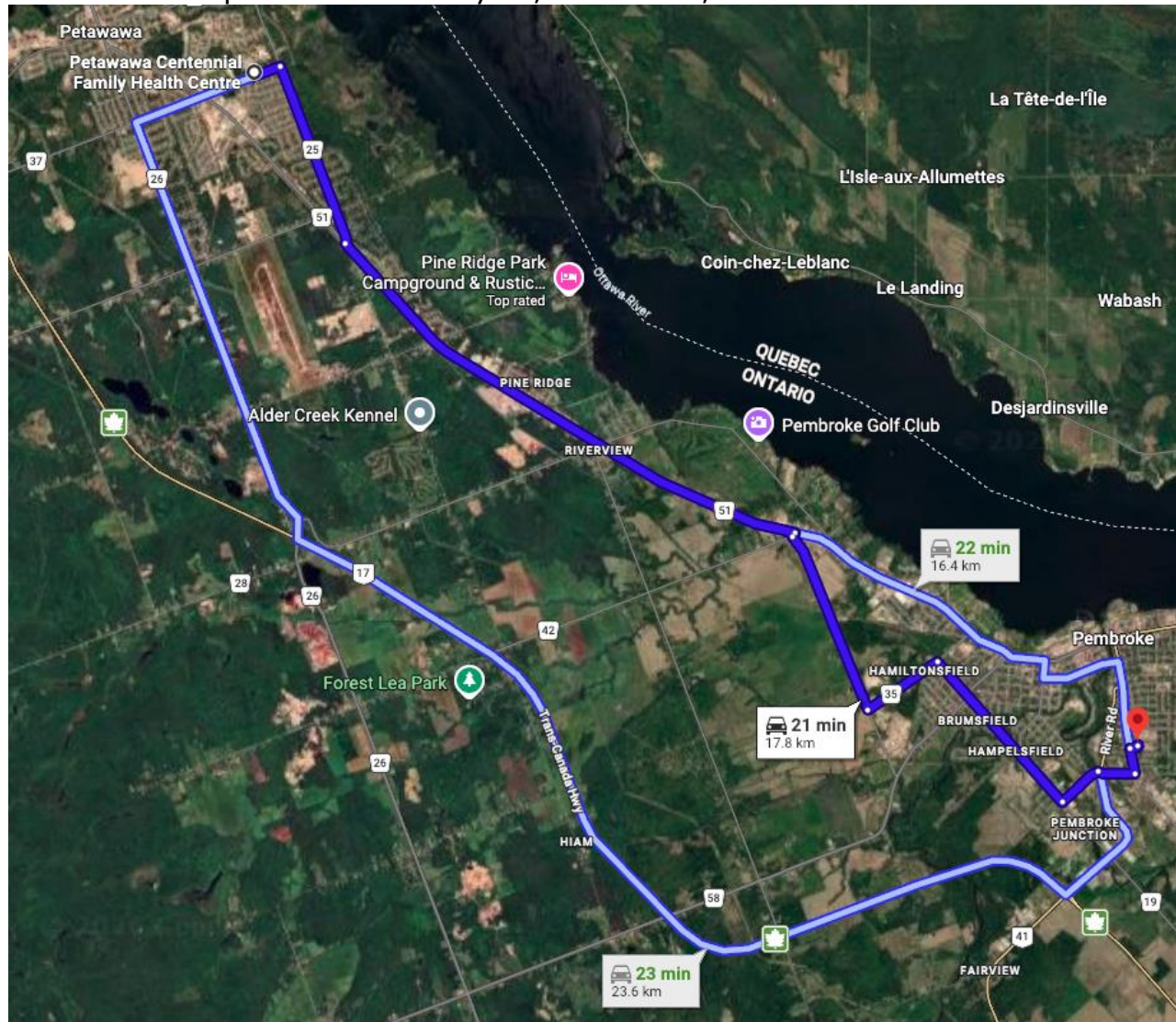
Spectator Safety

- Spectating is allowed along the courses behind safety tape. 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: Pembroke Regional Hospital

Address of hospital: 705 MacKay St, Pembroke, ON K8A 1G8



Petawawa Centennial Family Health Centre: 154 Civic Centre Rd #158, Petawawa, ON K8H 3H5

- Take Civic Centre Rd to Laurentian Dr/Renfrew County Rd 25 - 55 sec (400 m)
- Continue on Laurentian Dr/Renfrew County Rd 25. Take Renfrew County Rd 51, Tv Tower Rd/Renfrew County Rd 36 and Boundary Rd E to MacKay St in Pembroke - 18 min (16.9 km)
- Continue on MacKay St to your destination - 1 min (450 m)

Pembroke Regional Hospital: 705 MacKay St, Pembroke, ON K8A 1G8

***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)

OCup Points at Provincial Championships:

Riders will earn a 10-point bonus to their total 2026 OCup Points tally for registering in the respective disciplines 2026 Provincial Championships. Riders who do not register for provincials are not eligible. If a rider upgrades to a higher ability OCup category during the season (all OCup events in the season, does not include Provincials) and earns points in more than one category (i.e. Cat B for OCups 1-3

and Cat A for OCups 4-5), the 10-point bonus will only be applied to the highest ability category the rider scored points in during the OCup season (i.e., Cat A and not Cat B).

- Road & Cyclocross Series: Categories at Road & Cyclocross Provincials are different from OCups in that they are age-based and not ability-based, riders can choose to race in their respective age championship category or a non-championship category subject to having the applicable membership/license for the category (see licensing rules). If a rider decides to race in their age championship category at Provincials it is not constituted as an upgrade (i.e., a Cat B rider at all OCups [raced at 11:00am at all OCups] is of Elite age 23+ and decides to race in the Elite category at Provincials [1:30pm start time – same start time as Cat A at OCups] it is not seen that the rider ‘upgraded’ to Cat A, the rider simply decided to race in their age group and will receive the 10-point bonus for registering for Provincials to their Cat B points).

For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup #4	OCup #5	OCup Total	Provincials	Final Points
Rider1	19 (2 nd)	20 (1 st)	18 (3 rd)	20 (1 st)	16 (5th)	77	10 (Yes)	87
Rider2	18 (3 rd)	15 (6th)	20 (1 st)	16 (5 th)	17 (4 th)	71	10 (Yes)	81
Rider3	20 (1 st)	19 (2 nd)	19 (2 nd)	18 (3rd)	19 (2 nd)	77	0 (No)	77

Tie Breaking Policy – Ontario Cup Series Points:

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings. Descending through the following steps until one athlete emerges above the other:

- 1) Most race wins in the series.
- 2) Overall Points Average (number of points divided by events attended).
- 3) Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- 4) Highest placing in the last event of the series.

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

Road Race – Sunday, August 9th

Date: Sunday, August 9, 2026

Time: 6:30 am - 5:30 pm

Location: 119 Synton St, Westmeath, ON K0J 2L0

Registration Timeline
<i>Registration close Wednesday, August 5, 2026 at 11:59pm</i>
U15 Championship Categories - \$65 + HST 15+ Championship Categories - \$100 + HST Non-Championship Categories - \$100 +HST

Membership & Licensing

Please see the membership and licensing chart below to ensure that you have the correct license to compete in each category.

Category	Age	Challenge	Compete	UCI
U15	13-14	X	X	X
U17 Women	15-16		X	X
U19 Women	17-18		X	X
U23 Women	19-22		X	X
Elite Women	23+		X	X
Master A Women	35-44		X	X
Master B Women	45-54		X	X
Master C Women	55-64		X	X
Master D Women	65+		X	X
U17 Men	15-16		X	X
U19 Men	17-18		X	X
U23 Men	19-22		X	X
Elite Men	23+		X	X
Master A Men	35-44		X	X
Master B Men	45-54		X	X
Master C Men	55-64		X	X
Master D Men	65+		X	X
Cat C (Non-Championship)	15+	X	X	X
Cat D (Non-Championship)	15+	X	X	X
Cat B Women (Non - Championship)	15+	X	X	X

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

U23 Provincial Champion and will win the U23 Provincial Champion's jersey. If the overall race winner is U23 rider, they will be named both the Elite and U23 Champion and win both jerseys.

Refund Policy

- A rider must withdraw before the registration closes to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on 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.
- OC reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered.

Event Categories

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

Schedule of Events

Category	Age Range	Distance	Start Wave	Start Time
Cat C (Non-Championship)	15+	78km	A.1	8:00am
U15 Boys	13-14			
Master A Women	35-44	78km	A.2	8:05am
Master B Women	45-54			
Master C Women	55-64			
Master D Women	65+			
U15 Girls	13-14			
Cat B Women (Non-Championship)	15+			
Cat D (Non-Championship)	15+	78km	A.3	8:10am
Master C Men/Open	55-64	78km	B.1	10:25am
Master D Men/Open	65+			
Elite Women	23+	104km	B.2	10:30am

U23 Women	19-22	78km		
U17 Women	15-16			
U19 Women	17-18			
Elite Men	23+	156km	C.1	1:20pm
U23 Men	19-22	104km	C.2	1:25pm
Master A Men/Open	35-44			
Master B Men/Open	45-54			
U17 Men	15-16	104km	C.3	1:30pm
U19 Men	17-18			

Start Lists & Results

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

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)

OCup Points at Provincial Championships:

Riders will earn a 10-point bonus to their total 2026 OCup Points tally for registering in the respective disciplines 2026 Provincial Championships. Riders who do not register for provincials are not eligible. If a rider upgrades to a higher ability OCup category during the season (all OCup events in the season, does not include Provincials) and earns points in more than one category (i.e. Cat B for OCups 1-3 and Cat A for OCups 4-5), the 10-point bonus will only be applied to the highest ability category the rider scored points in during the OCup season (i.e., Cat A and not Cat B).

- Road & Cyclocross Series: Categories at Road & Cyclocross Provincials are different from OCups in that they are age-based and not ability-based, riders can choose to race in their respective age championship category or a non-championship category subject to having the applicable membership/license for the category (see licensing rules). If a rider decides to race in their age championship category at Provincials it is not constituted as an upgrade (i.e., a Cat B rider at all OCups [raced at 11:00am at all OCups] is of Elite age 23+ and decides to race in the Elite category at Provincials [1:30pm start time – same start time as Cat A at OCups] it is not seen that the rider 'upgraded' to Cat A, the rider simply decided to race in their age group and will receive the 10-point bonus for registering for Provincials to their Cat B points).

For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup #4	OCup #5	OCup Total	Provincials	Final Points
------	---------	---------	---------	---------	---------	------------	-------------	--------------

Rider1	19 (2 nd)	20 (1 st)	18 (3 rd)	20 (1 st)	16 (5th)	77	10 (Yes)	87
Rider2	18 (3 rd)	15 (6th)	20 (1 st)	16 (5 th)	17 (4 th)	71	10 (Yes)	81
Rider3	20 (1 st)	19 (2 nd)	19 (2 nd)	18 (3rd)	19 (2 nd)	77	0 (No)	77

Tie Breaking Policy – Ontario Cup Series Points:

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings. Descending through the following steps until one athlete emerges above the other:

- 1) Most race wins in the series.
- 2) Overall Points Average (number of points divided by events attended).
- 3) Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- 4) Highest placing in the last event of the series.

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
- ****NEW FOR PROVINCALS**** Helmet Regulations – 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.

- 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.
- 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/gravel race. Refer to Ontario Cycling's event guidelines for more details.
- **Mountain bikes** are not permitted in the 110km event.
- Each rider is responsible for ensuring their bike is in good working order for a mix of pavement, gravel, and loose gravel.

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 2025 Road Provincial Championship all riders will be required to race their national age listed on their license.

Rider Confirmation/Sign In

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

Number Placement

- All riders must wear their bib numbers on the 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 results of each category separated.
 - U15 category will be split out by gender for awards

- Riders must attend the award ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited
- Medal presentations will take place following the conclusion of each race

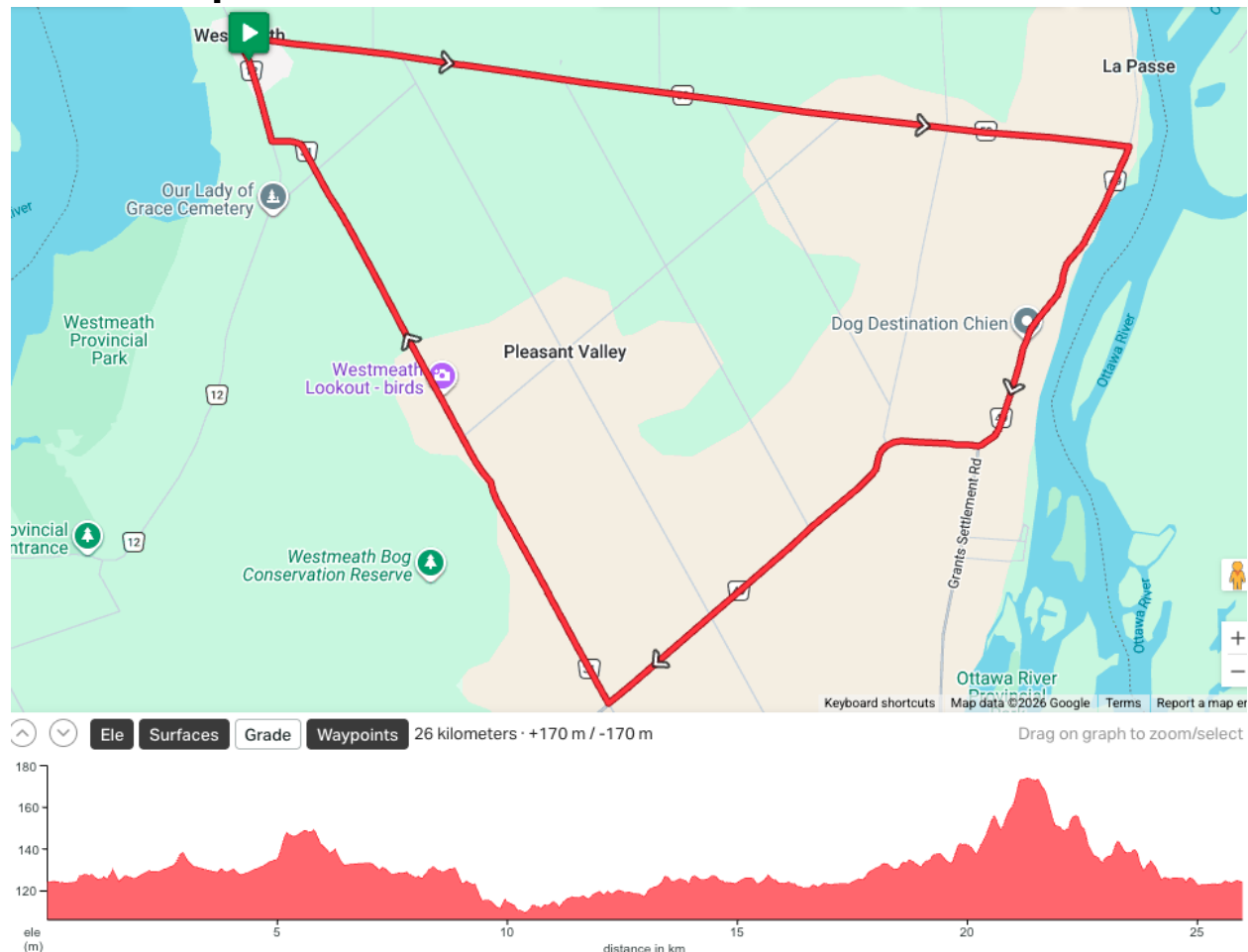
Parking

- Parking will be available at Westmeath & District Recreation Association (119 Synton St, Whitewater Region, ON K0J 2L0).

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.

Course Map



[Ride with GPS link](#)

Site Plan



Event and Course Safety

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

Spectator Safety

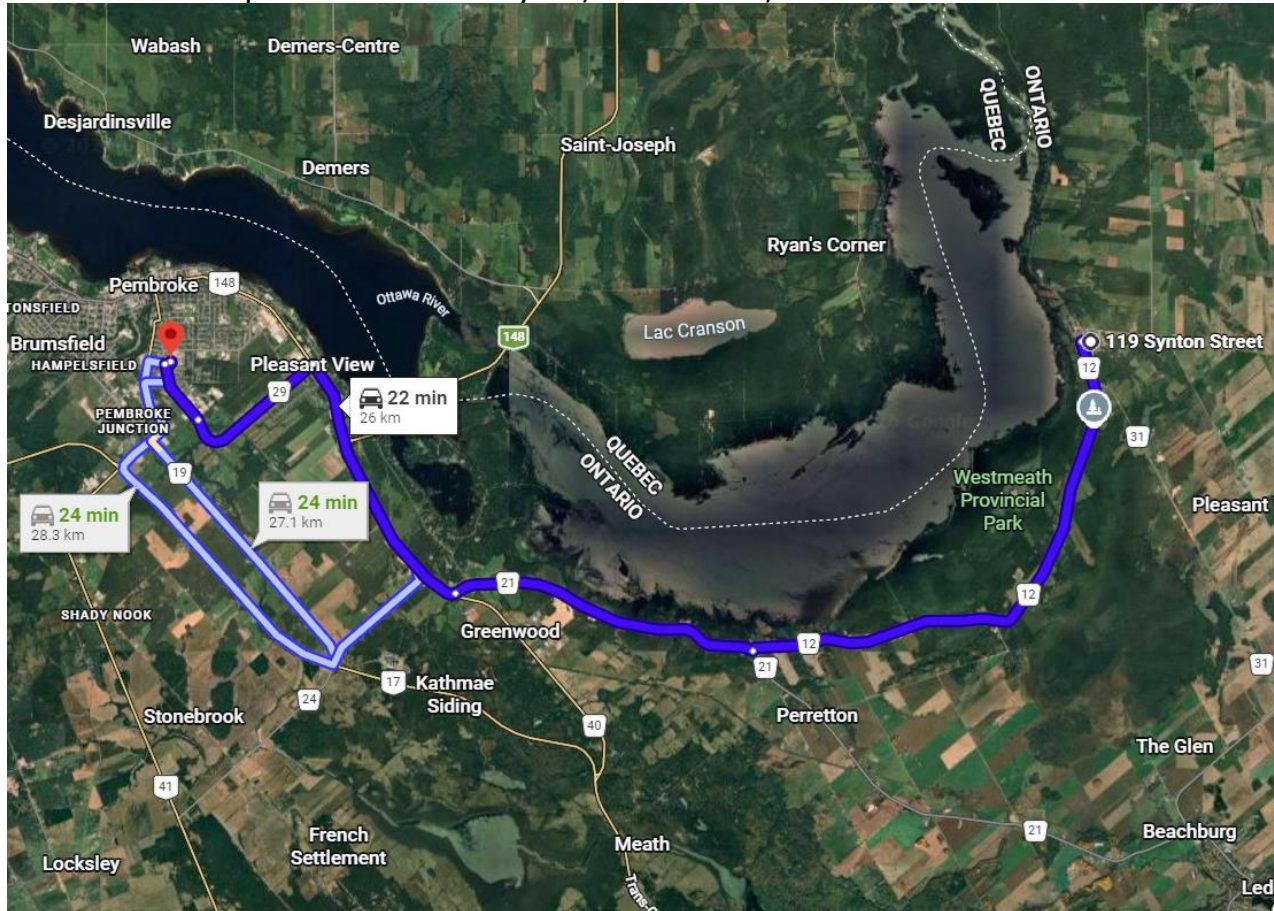
- Spectating is allowed along the courses behind safety tape. Spectators should stand a minimum of 3 feet behind tape and use caution when taking photos/videos due to depth perception. Tape although providing a visual boundary for course limits does not provide

significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

Hospital Information

Name of hospital: Pembroke Regional Hospital

Address of hospital: 705 MacKay St, Pembroke, ON K8A 1G8



- Follow Westmeath Rd/County Rd 12 to Beachburg Rd/Renfrew County Rd 21
- Head toward Jessie St
- Turn left onto Westmeath Rd/County Rd 12
- Continue on Beachburg Rd/Renfrew County Rd 21. Take Old Hwy 17 to Deacon St in Pembroke
- Turn right onto Beachburg Rd/Renfrew County Rd 21
- Turn right onto Greenwood Rd/Old Hwy 17/Renfrew County Rd 40 (signs for County Rd 40 W)
- Turn left onto Drive-in Rd/County Rd 29 (signs for County Road 29/Drive in Road)
- Continue onto MacKay St
- Turn right onto Deacon St

- Turn left
- Turn right

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