

Dam Cross - Pittock Conservation Area

Woodstock

Sunday, October 11, 2026



Presented by:



October 1, 2026
Technical Guide
Version 1

Event Sponsors & Partners



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Event Description

Date: Oct 11, 2026

Time: 7:30 am (Registration opens) - 3 pm

Location: [Pittock Conservation Area](#)

Parking: Entry & exit to Pittock Conservation Area are located off Pittock Park Rd, within the park follow the Ontario Cycling parking signs to parking in the wooded area past the paved parking lot. Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or a resident of the property.

Pit/Tech Zone: The pit will be dual sided and located approximately half way through the lap of the course to offer riders 2 opportunities for servicing/bike changes per lap.

A staple on the cyclo-cross calendar with a focus on kids racing for free.

Fast flowing course over grass, sand and gravel with only a couple short rises. Have fun linking up the corners and bidding your time until a passing opportunity appears or until someone makes a mistake in the sand!

OC Event Contacts

Position	Name
Event Organizer	Mark Weymouth E: mark.weymouth@waterloocyclingclub.ca
Ontario Cycling Event Lead	Darren De Ruiter E: events.team@ontariocycling.org
Membership/Licensing	Chris Baskys E: info@ontariocycling.org
Timing	Race Timing Live Results: https://racetiming.ca/
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Kevin Scheerer
Finish Judge	Maria Paisley
Member	Joseph Hall

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 by Wednesday September 30th (Wed – 8 days before reg closes), 2026 to receive accreditation for the event.

Registration

- Registration for all CX OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Non-members residing in Canada can participate in all categories except for Cat A and will be subject to an additional \$5 (under 18) or \$10 (18+) at registration.
- Registration for CX OCup closes on **Thursday of race week at 11:59pm**.
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

CX OCup 3 – Mad/Dam Cross Registration		
Event	Registration Timeline	Link
Mad Regional	Closes Thursday (of race week) @ 11:59pm	HERE
Dam OCup	Closes Thursday (of race week) @ 11:59pm	HERE
Cost per event	Price of FREE-\$65 depending on category	

Race day sign-in will be located in the open grassy area under the pavilion next to the wooded parking area. Follow the course crossings which will be marked by signs or purple stakes.

Race day sign-in will open at 7:30 am and will close 30 minutes prior to the start of each race wave.

*Riders looking to register for both a geared and single speed category can do so by selecting multiple categories when registering online. Adding single speed to your cart will trigger a \$20 discount to be applied to both registrations, simulating a reduction of \$40 off the individual single speed registration to be \$20 for the add on. Day of registration for single speed and all categories is not allowed.

Pre-Riding

There is no pre-riding before Oct 10th. We might have the course mostly complete by Oct 9 in the late afternoon but no guarantees. Pre-riding the course on race day will end 5 min before the next race start and begin after the last rider on course for race passes the start/finish and the commissaires allow pre-riders on just after the start/finish. You can never approach or pass the last racer on course.

Categories & Pricing

CATAGORY	EARLY BIRD	REGULAR
U13 Men (8-12)	Free	Free
U13 Women (8-12)	Free	Free
U15 Men (13-14)	Free	Free
U15 Women (13-14)	Free	Free
U17 Men (15-16)	Free	Free
U17 Women (15-16)	Free	Free
Cat A, B, C (17+ yrs)*	\$55	\$65
Cat A, B Women (17+yrs)*	\$55	\$65
Master Women (35+ yrs)	\$55	\$65
Master Women (55+ yrs)	\$55	\$65
Master Men (35+ yrs)	\$55	\$65
Master Men (55+ yrs)	\$55	\$65
Single Speed Men/Women (17+ yrs)	\$55	\$65
If Single Speed is a racers second race then it's only \$20.		

Early bird pricing ends on Oct 1.

Category Duration & Tire Width Restrictions

OCup categories for riders 17+ are ability-based where athletes self-seed themselves from Categories A-C and Categories A & B (Women Only), based on their ability and experience level. Women who would like to race in Categories A-C are able to do so. The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Youth categories for riders under 17 years of age as of Dec. 31st of the following year remain with age groups U17 (15-16), U15 (13-14), and U13 (8- 12). *New for 2026* Masters age group categories for Men lower from 45+ in 2025 to 35+. This complements the addition of a separate Master 55+ category for both Men/Open and Women. Cat D is removed with C moving to the first start of the day to pair with the additional Master category, the Master 35+ category moving to the 11am start with Cat B.

	Ontario Cups		
Start Time	Category	Duration	Tire Width*
9:00 AM	Cat C (17+)	40 minutes	N/A
9:01 AM	Master Men/Open 55+	40 minutes	N/A
9:40 AM	Break	20 minutes	
10:00 AM	U17 Girls & Boys	40 minutes	33 mm
10:01 AM	U15 Girls & Boys	30 minutes	N/A
10:02 AM	U13 Girls & Boys	30 minutes	N/A
10:40 AM	Break	20 minutes	
11:00 AM	Cat B (17+)	45 minutes	N/A
11:01 AM	Master Men/Open 35+	45 minutes	N/A
11:30 AM	Shred Girls Pre-Ride (meet at tent)	40 minutes	
11:45 AM	Break	30 minutes	
12:30 PM	Cat A Women (17+)	45 minutes	33 mm
12:31 PM	Cat B Women (17+)	40 minutes	N/A
	Master Women (35+)	40 minutes	N/A
	Master Women (55+)	40 minutes	N/A
1:15 PM	Break	30 minutes	
1:45 PM	Cat A (17+)	60 minutes	33 mm
1:46 PM	Single Speed (17+)	45 minutes	N/A

*At Ontario Cup events tire width courtesy checks will be performed for each corresponding category – U17, Cat A Women, & Cat A. No riders will be disqualified if their tire width does not conform to the 33mm maximum width at Ontario Cups. The categories most likely required to follow the UCI tire width restriction align with those that will be checked at National and Provincial Championships – U17, U19, U23, Elite, & Master. A tire width gauge will be made available to all riders at the sign-in desk to pre-check.

Licensing Requirements

Categories (Age as of Dec. 31, 2027)	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U13 Boys (8-12)	X	X	X	X
U13 Girls (8-12)	X	X	X	X
U15 Boys (13-14)	X	X	X	X
U15 Girls (13-14)	X	X	X	X
U17 Boys (15-16)	X	X	X	X
U17 Girls (15-16)	X	X	X	X
Cat A (17+)	N/A	N/A	X	X
Cat A Women (17+)	N/A	N/A	X	X
Cat B (17+)	X	X	X	X
Cat B Women (17+)	X	X	X	X
Cat C (17+)	X	X	X	X
Master Women 35+	X	X	X	X
Master Women 55+	X	X	X	X
Master Men/Open (35+)	X	X	X	X
Master Men/ Open 55+	X	X	X	X
Single Speed (17+)	X	X	X	X

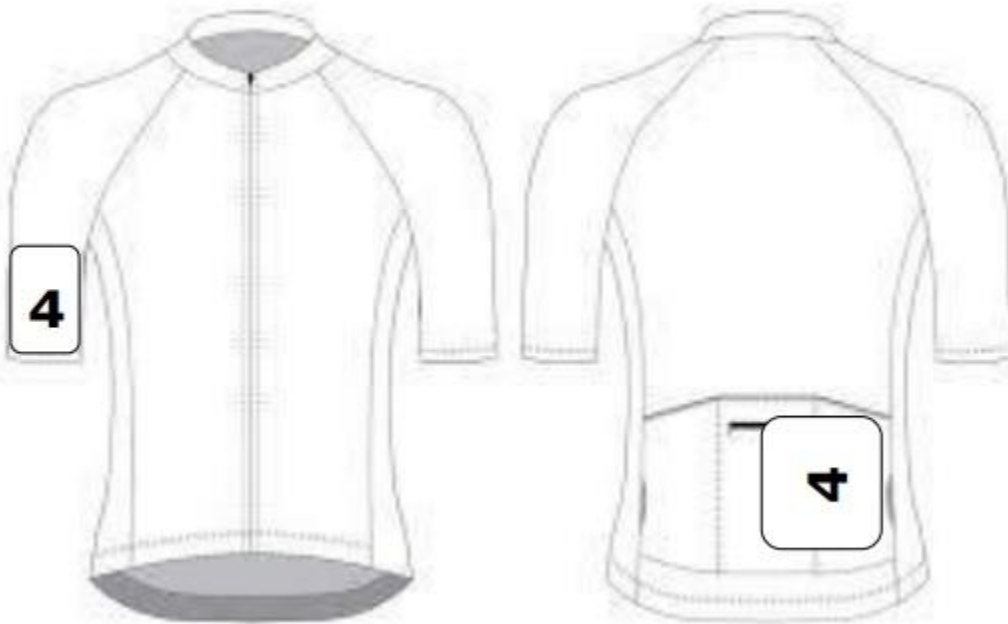
*Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members will not be eligible to earn OCup Points and Call-Ups.

Awards & Prizes

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

Bib Numbers & Placing

- Riders at OCup and Provincial Championship events will receive new bib numbers for each event they compete in.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Bibs are to be placed on the RIGHT arm and back side of the jersey. Please refer to the diagram below.



Event Schedule

Sunday, October 11th:

- 7:30 am – 1:15 pm Rider Sign-In is Open*
- **9:00 am** **Start Wave 1 (Master Men [55+] & Cat C [17+])**
 - 10:15 am: Wave 1 Podium Ceremonies
- **10:00 am** **Start Wave 2 (U17, U15, & U13)**
 - 11:15 Am: Wave 2 Podium Ceremonies
- **11:00 am** **Start Wave 3 (Master Men [35+] & Cat B [17+])**
 - 12:30 pm: Wave 3 Podium Ceremonies
- **11:30 am** **Shred Girls Pre-Ride (Meet At Tent by Registration)**
- **12:30 pm** **Start Wave 4 (Cat A Women [17+], Cat B Women [17+], & Master Women [35+ & 55+])**
 - 2:00 pm: Wave 4 Podium Ceremonies
- **1:45 pm** **Start Wave 5 (Cat A [17+] & Single Speed [17+])**
 - 3:15 pm: Wave 5 Podium Ceremonies

*All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race wave.

Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.

- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double-sided pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.

On-Board Technology

The following are OC regulations for onboard technology for all OC events 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 posting 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. Note:
- a. OC Insurance does not cover loss or damage which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damage and injuries which may occur if the technology interferes with the integrity and safety of the event.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in **Cat A categories ONLY**. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - All other categories allow the use of any bicycle; including mountain bikes.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

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 nonchampionship 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

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.

Category Upgrades/Downgrades

Riders competing in Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U17 to Cat A (17+) they are required to submit a formal upgrade request via the OC upgrade form [here](#). Age category upgrades require the submission of race results, experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

**Any age category upgrade approved by Ontario Cycling is for Ontario Cycling sanctioned events only. Those looking to upgrade for a National level event (including National Championships) must make this request to Cycling Canada.*

Ontario Cup Call-Up Protocol

Call-ups for OCup categories are designed to encourage participation in the OCup series. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.
- 4) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered “in the same race”. Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, etc.).

Organizers may acknowledge National or World Champions in their race. These acknowledgments will be done before the call-ups. Participants will then be called up by the procedure above only. Riders may choose any position on the grid after their call-up, including not taking a position until the remainder of the field is called up.

Technical Assistance Regulations

- 1) Riders should be prepared to work on their bicycle outside of the pit area on course. They can receive assistance in the pit area only, or neutral support if provided by the organizer.
- 2) Tools and spare components can be handed to people in the pit area only.
- 3) Anyone in the pit area may help riders to get their bicycle operational.
- 4) Spare bicycles and wheels are allowed in the pit area only. Spares cannot be stationed for use along the course other than in the pit. All participants with a spare bike should ask for a secondary timing chip for their additional bike when signing in at registration.
- 5) Riders are required to supply their own parts and equipment in the pit area. Riders may not take other participants equipment without their permission.
- 6) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.

Bad Weather and Course Changes

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling’s social media accounts.
- [View OC’s Weather Policy & Guideline Here](#)

Medical/Hospitals

Woodstock Hospital: [310 Juliana Dr, Woodstock ON, N4V0A6](#)

GPS 43.1294034,-80.7965788

Directions to Closest Hospital

Woodstock Hospital: [310 Juliana Dr, Woodstock ON, N4V0A6](#)

Race Venue: [Pittock Conservation Area: 221 Pittock Park Rd, Woodstock, ON N4T 0G2](#)

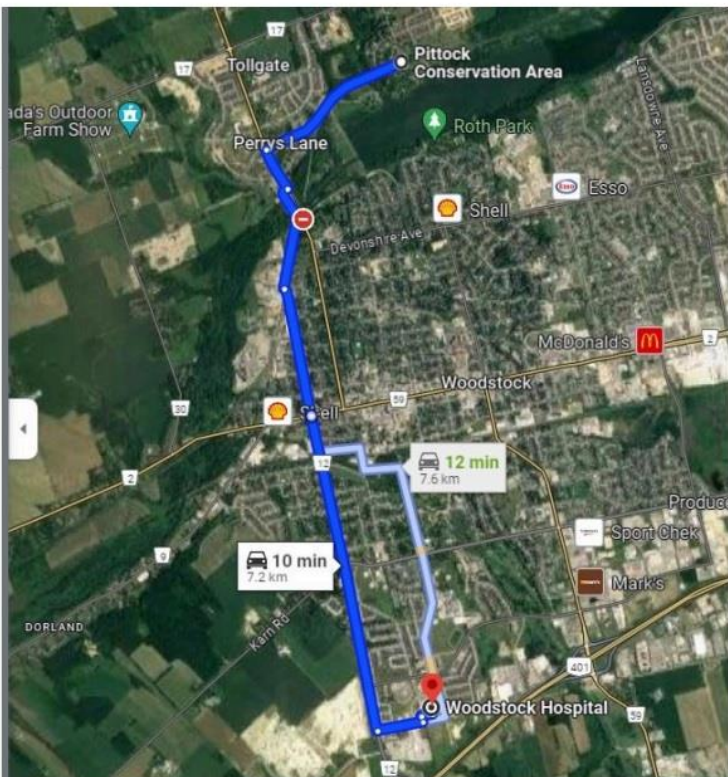
- Turn Left from the park entrance onto Pittock Park Rd • Turn Left onto Vansittart Ave/County Rd 59
- Turn Right onto Dundas St/County Rd 2
- Turn Left onto Mill St/County Rd 12
- Turn Left onto Athlone Ave and the hospital will be on the Left

10 min (7.2 km)
via Mill St/County Rd 12
Fastest route now, avoids road closures on Oxford 59 S

Pittock Conservation Area
221 Pittock Park Rd, Woodstock, ON N4S 7W2

- ↑ Head southwest on Pittock Park Rd toward Summit Crescent
2 min (1.4 km)
- ← Turn left onto Vansittart Ave/Oxford 59 S
35 sec (400 m)
- > Take Oxford St to Mill St/County Rd 12
3 min (2.1 km)
- ↑ Continue onto Mill St/County Rd 12
4 min (2.8 km)
- > Continue on Athlone Ave to your destination
1 min (550 m)

Woodstock Hospital
310 Juliana Dr, Woodstock, ON N4V 0A4



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.

Appendix

Course Map



Team Area

There is limited space in the grassy area next to the registration pavilion for the set-up of Team Tent Space during the OCup. Register for team space by emailing a request to xcracing@waterloocyclingclub.ca. Failure to register for team space may result in a refusal of team area at the event, due to limited space.

Bib Numbers

- Riders at OCup and Provincial Championship events will receive new bib numbers for each event they compete in.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Bibs are to be placed on both arms and the RIGHT back side of the jersey. Please refer to

below diagram.



Results & Timing

Dam Cross is being timed by racetiming.ca. Race results will be available on racetiming's results page on event day at the link here: <https://racetiming.ca/>. Final results will be posted on the Ontario Cycling website after the conclusion of the event.

Safety and First Aid

First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Course maintenance volunteers will be on course at all times to make sure the competition area is consistent for all races.