



TRACK OCup #3

MATTAMY NATIONAL CYCLING CENTRE

February 11-12, 2023

V6
Feb. 7, 2023

THIS EVENT IS SANCTIONED BY





ONTARIO CUP TRACK SERIES



Table of Contents

Table of Contents	2
General Information	3
OC Event Contacts.....	3
Commissaires	3
Registration & Pricing.....	4
Refund Policy.....	5
Event Categories	6
Schedule of Events	8
Start Lists & Results	10
Gear Restrictions.....	10
Youth Upgrade Requests	10
Rider Confirmation/Sign-In	10
Warm Ups/Open Training.....	10
Number Placement	11
General Rules & Regulations	11
Infield Policy.....	11
Awards	12
Event Safety	13
COVID-19	13
Neutral Mechanic.....	13
Hospital Information	14
Participant Survey	15
Volunteers	15
Sponsors	16





ONTARIO CUP TRACK SERIES



General Information

Ontario Cycling (OC) is proud to present the 2022-2023 Track OCup Series held at the [Mattamy National Cycling Center](#) located at 2015 Pan Am Boulevard in Milton, Ontario. The Track OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, with different events at each one.

Track OCup #3

Date: Saturday February 11-12th, 2023

Time: 9:00am-6:00pm approximately

Location: Mattamy National Cycling Center

Track OCup #3 is intertwined with the Eastern Challenge. The purpose of the Eastern Challenge is to provide age-based racing opportunities specifically targeted at development athletes (U17 and Juniors). For this reason, the Track OCup #3/Eastern Challenge Event will offer both age-based and ability-based racing categories. Only certain events will be available for certain categories. Please pay careful attention when registering.

OC Event Contacts

Position	Name
Event Organizer	Jackie Chan
Technical Delegate	Jackie Chan
Membership/Licensing	Chris Baskys
Volunteer Manager	Franzi Middrup
Timing	Racetiming.ca
Medical	Odyssey Medical

Please contact events.team@ontariocycling.org for any questions or concerns.

Commissaires

Position	Name
President of the Commissaire Panel	Steve Head
Secretary	Kevin Scheerer
Judge Referee	Brad Day
Starter	Josée Laroque
Finish Judge	Mary Mayer
Bike Check	Brad Slade
Member	Jeff Walker
Member	Phillip Preston
Member	Dan Visentin





ONTARIO CUP TRACK SERIES



Registration & Pricing

- Registration for all OCups is open to riders 17 years of age and older. Riders with a Racing Age of 15 or 16 years of age (as of December 31st, 2023) may be eligible to race with an approved upgrade.
- Registration is pre-registration only. Licenses will not be sold on event day and must be purchased in advance.
- U17 and Junior Riders:
 - Riders who fall under the U17 and Junior categories must compete in their age-based category (Eastern Challenge) and cannot compete in the ability-based category (OCup #3).
 - Riders are only allowed to register for either the Eastern Challenge event OR OCup #3. Registration for both events is not allowed.
- Registration for OCup #3 closes on the Tuesday at 12:00pm noon prior to the event.
- Late entries will not be allowed.
- In order to participate at the Provincial Championships, Ontario athletes must have participated in at least 1 OCup event (either #1, #2, or #3).
- Please review the section on the next page to view the events and category breakdown

Registration Link	Categories
<u>REGISTER FOR OCup #3</u>	A, B Women A, B, C, D, E Open

Please note that although you may have registered in a specific category, you may be moved to a different category depending on the field and other participants who register.

Registration Timeline
<i>Ontario residents ONLY: January 9th @ 9AM – February 7th @ Noon</i> <i>Open to All: January 23rd @ 9AM – February 7th @ Noon</i>
1 st Event - \$50 2 nd Event - \$45 3 rd Event - \$40 4 th Event - \$35 5 th Event - \$30 6 th Event - \$30 7 th Event - \$30 8 th Event - \$30





Event Date	Events	Categories
Saturday February 11, 2023	Scratch	A, B Women A, B, C, D, E
	Tempo	A, B Women A, B, C, D, E
	Elimination	A, B Women A, B, C, D, E
	Points	A, B Women A, B, C, D, E
Sunday February 12, 2023	Kilo/500m TT	A, B Women A, B, C, D, E
	Team Sprint	Open
	Team Pursuit	Open
	Keirin	A, B Women A, B, C, D, E

*Open Category: Men, Women, and mixed teams can register.

Refund Policy

- A rider must withdraw prior to the registration closing to be eligible 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 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.





ONTARIO CUP TRACK SERIES



Event Categories

OCup categories will be an open ability-based format where athletes will self-seed themselves from Categories A through E, and Categories A and B (women only), based on their ability and experience level. Women who would like to race in Categories A through E are able to if they choose to do so. The Open category (specific to Team Sprint and Team Pursuit events) are open to Men, Women, and mixed gender teams. The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC Office.





ONTARIO CUP TRACK SERIES

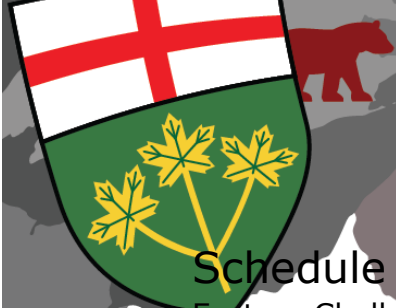


Suggested Seeding Chart

- The Suggested Seeding Chart is a **GUIDELINE** based on the 2021-22 OCup season and age-based categories. Athletes are asked to seed themselves in the category that best reflects their abilities.
- OC will monitor and reserve the right to move entrants around based on category availability, previous OCup results, and NCIM weekly racing results to ensure categories are comprised of similar abilities
- Riders are allowed to choose a different ability-based category for the sprint events (Time Trial) vs endurance events (Scratch, Tempo, Elimination, Points)
- Depending on registration numbers, categories may be combined
- A minimum of ten (10) riders will need to be registered within each category for the category to stand as listed

Categories	Suggested Seeding
Cat A	*Cat A [From 2021/22 OCup] *Top Elite, Master A Men
Cat B	*Cat B [From 2021/22 OCup] *Higher placing Elite, top Master A and B Men
Cat C	*Cat C [From 2021/22 OCup] *Mid-pack Elite, Master A and B Men, top Master C Men
Cat D	*Cat D [From 2021/22 OCup] * Lower to mid-pack Elite and Top Master C Men
Cat E	*Cat E [From 2021/22 OCup] *New/developing Elite, Master A, B Men, lower to mid-pack Master C Men, Master D Men
Cat A Women	*Cat A Women [From 2021/22 OCup] *Cat B, C and top Cat D Racers [From 2019/20 OCup #1 and 2] *Elite racers and Master finishers
Cat B Women	*Cat B women [From 2021/22 OCup] *Cat D, E and F racers [From 2019/20 OCup #1 and 2] *Master A/B Women, new/developing Elite, Master Women





ONTARIO CUP TRACK SERIES



Schedule of Events

Eastern Challenge categories will run alongside the events listed below. **In Red are the Eastern Challenge Categories.**

Day	Time	Event	Category	Dist.
Saturday February 11 th	7:30am-12:00pm	Rider Confirmation/ Bib Pick-Up	All Categories	
	8:00-8:50am	Open Training (bibs required)	All	
	8:30-8:45am	Team Manager's Meeting	All	
	9:00am	Scratch	U17 Women U17 Men A/B Women D/E B/C Junior Women Junior Men A	5 km 5 km 5 km 7.5 km 10 km 7.5 km 7.5 km 12.5 km
	Medal Ceremonies			
		Tempo	U17 Women U17 Men A/B Women D/E B/C Junior Women Junior Men A	5 km 5 km 5 km 7.5 km 10 km 5 km 7.5 km 12.5 km
	Medal Ceremonies			
		Elimination	U17 Women U17 Men A/B Women D/E B/C Junior Women Junior Men A	
	Medal Ceremonies			
		Points	U17 Women U17 Men A/B Women D/E B/C Junior Women Junior Men A	10 km 15 km 5 km 7.5 km 10.0 km 15 km 20 km 12.5 km
Medal Ceremonies				





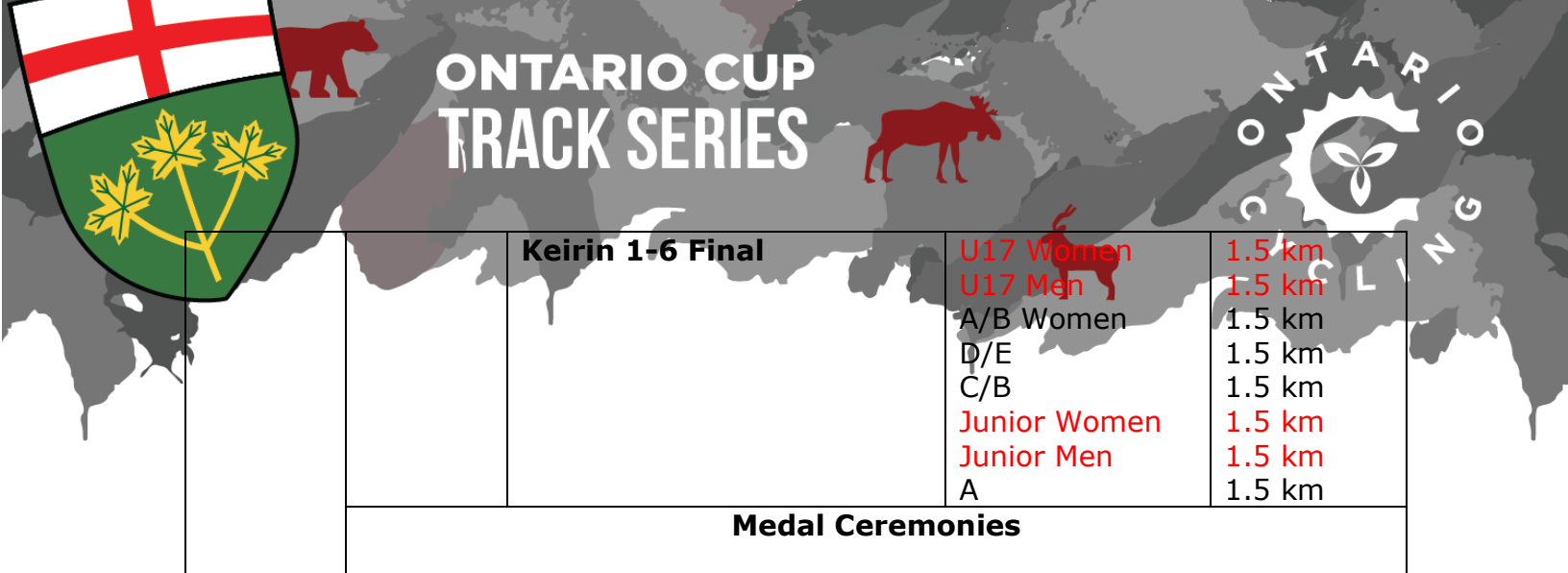
ONTARIO CUP TRACK SERIES



Sunday
February
12

7:30am-12:00pm	Rider Confirmation/ Bib Pick-Up	All Categories	
8:00-8:50am	Open Training (bibs required)	All	
9:00am	Kilo/500m TT	U17 Women U17 Men A/B Women D/E B/C Junior Women Junior Men A	0.5 km 0.5 km 0.5 km 1 km 1 km 0.5 km 1 km 1 km
	Team Sprint Final	U17 Women U17 Men Open Junior Women Junior Men	0.75 km 0.75 km 0.75 km 0.75 km 0.75 km
Medal Ceremonies			
	Team Pursuit Final	U17 Women U17 Men Open Junior Women Junior Men	3.0 km 3.0 km 4.0 km 4.0 km 4.0 km
Medal Ceremonies			
	Keirin Round 1	U17 Women U17 Men A/B Women D/E C/B Junior Women Junior Men A	1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km
	Keirin 7-12 Final	U17 Women U17 Men A/B Women D/E C/B Junior Women Junior Men A	1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km





ONTARIO CUP TRACK SERIES			
	Keirin 1-6 Final	U17 Women U17 Men A/B Women D/E C/B Junior Women Junior Men A	1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km 1.5 km
Medal Ceremonies			

Start Lists & Results

Racetiming.ca is the official timer for the 2022-23 Track OCup Series. Start Lists & Results will be available at www.racetiming.ca

Gear Restrictions

- For OCup categories, there are no gear restrictions for the upgraded U17s.

Youth Upgrade Requests

- 15 and 16 year old riders subject to the upgrade policy may be eligible for an upgrade to race
- Due to field caps, riders requesting an upgrade should ensure this is requested well in advance of the deadline. The approval of an upgrade to the OCup Series does not ensure a spot will be available if fields are filled.
- All upgrade requests must be submitted by the athlete's coach and received a week prior to each OCup and submitted to the [Track Youth Upgrade Policy](#) as per the upgrade policy posted
- Upgrade policy documents are available on the OC website under forms and literature

Rider Confirmation/Sign-In

- Please bring your **2023 Provincial Race License** or **2023 UCI Race License** to the Rider Confirmation/Sign-In table to pick up your bib number for the event
- An OC staff will be present at the Rider Confirmation/Sign-In desk to assist with rider licensing issues

Warm Ups/Open Training

- Riding on the track will be available during the hour before the start of the first event.
- There will be a limit of 30 people on the track at a given time.





ONTARIO CUP TRACK SERIES



- All riders must enter and exit from the backstraight and be wearing their bib numbers.
- Standing starts will not be allowed.
- A commissaire will control and manage the open training session.

Number Placement

- Bib numbers are available for pick-up at the registration desk and are to be placed on the back of the rider's jersey



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications
- The CC & OC rules are available at: www.ontariocycling.org/officials
- Pre-race bike-check will be in effect this season.
- **Team Manager's meetings will be held at 8:30 AM** the morning of race day, located within the hallway at the bottom of the stairs below Corner 1. An announcement will be made beforehand.
- Races will start promptly – riders late or missing their starts may be fined
- Pits will be pre-assigned by an OC staff member on the day of the race, based on club registration numbers. Team flags are permitted. Advertisements in pits are not permitted.
- **COACHING FROM APRON:** Races will follow UCI Regulation 3.1.012 "During all track events, except Team Pursuit and Individual Pursuit, all team staff shall remain on the infield (off the safety zone and track). Specific team staff may be permitted to access the safety zone (i.e. the mechanic following a crash) at the Commissaires' discretion."
- **Coaching from the infield** is permitted, however climbing and hanging onto structures not designed for those purposes, such as railings, is not. Ontario Cycling takes the health and safety of all event attendees into consideration.
- Spectators are not permitted to cross the track.
- Any rider who has picked up their bib numbers and fails to take the start of an event will be considered to be withdrawn from the remainder of their races for the remainder of the event.

Infield Policy

- Only team-identified personnel are permitted in the in-field, at the sole discretion of OC.
- A maximum of (5) personnel per club is permitted while attempting to minimize gathering.
- Independent riders are permitted one (1) support person.





ONTARIO CUP TRACK SERIES



- Club presidents or identified representatives must **pre-register personnel one week prior to each OCup** by filling out this [Google Form](#)
- All team personnel are required to check-in at registration for an infield wristband.
- The clubs are responsible for the conduct of their infield personnel and must ensure compliance with the OC Code of Conduct and policies.

Awards

- Medals will be awarded to the top three (3) finishers in each category for each event.
- Should categories be combined as a result of low participation numbers, results will not be broken out for awards. Awards will be awarded based on the results of the combined category.
- Riders must attend the awards ceremonies or risk forfeiting their medals.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- No hats or eyewear are permitted.
- Medal presentations will take place immediately following each event.





ONTARIO CUP TRACK SERIES



Event Safety

- First aid will be provided by Odyssey Medical and will be located in the infield 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.
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.
- Do not ride down the ramp. Riders are to walk their bikes down. Failure to do so may result in being pulled from future events.
- Coaching from the infield is permitted; however, climbing and hanging onto structures not designed for those purposes, such as railings, is not permitted.
- Access to trackside for video and photography is reserved for media personnel who have completed Media Training as approved by the OC and is at OC's sole discretion.
- Should a Commissaire or OC feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

COVID-19

- All participants are strongly recommended to wear a mask when they are not riding, drinking, or eating.

Neutral Mechanic

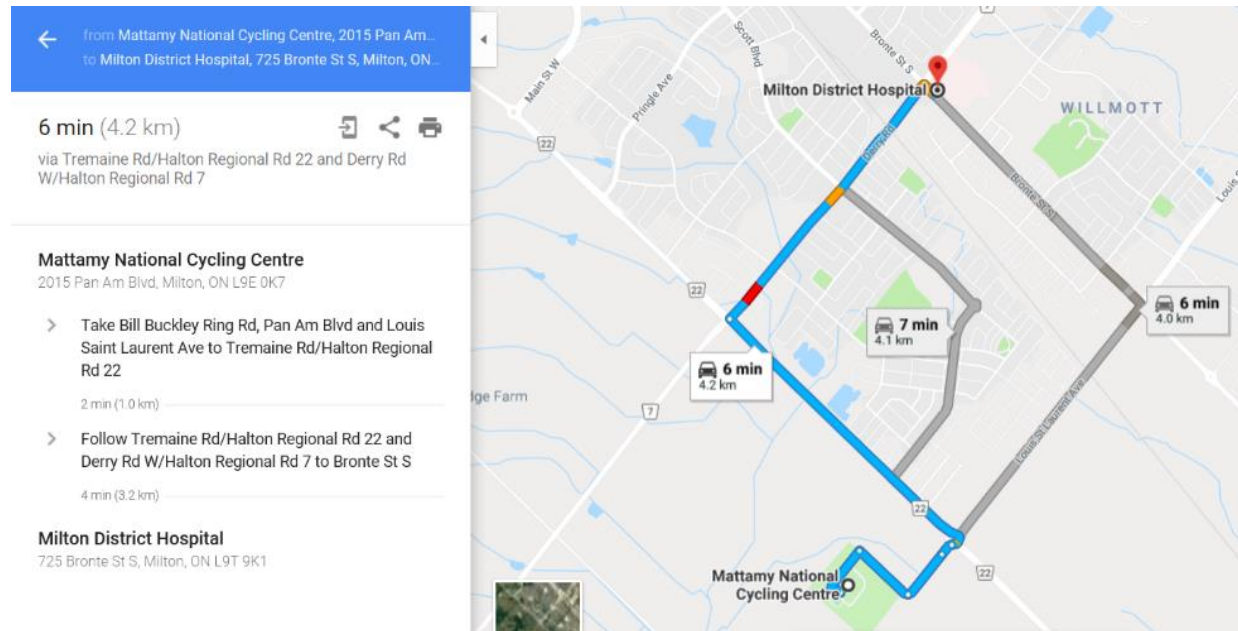
- There will be a neutral mechanic on-site available for independent racers who do not have access to support staff.
- The neutral mechanic is not a bike tune-up service.
- The neutral mechanic will be able to assist with the following items:
 - Race mishaps (if told in advance of race)
 - Tire repair
 - Handlebar readjustment
 - Dislodged chain
 - Wheel realignment
- The neutral mechanic will not be assisting with the following items:
 - Full bike tune-up
 - Changing gears
 - Pre-race bike wheel change
 - Pre-race position adjustments
 - Holding on the track
- All equipment must be provided to the mechanic





Hospital Information

Milton District Hospital
725 Bronte Street South, Milton
905-878-2383





ONTARIO CUP TRACK SERIES



Participant Survey

In order to continue to better our events, we need your feedback! [Click here](#) to fill out a survey or scan the QR code below.

EVENT PARTICIPATION FEEDBACK



PLEASE SUBMIT YOUR FEEDBACK

Volunteers

Thank you to all volunteers who dedicate their time to make these events possible. If you are interested in volunteering at future events, please contact events.team@ontariocycling.org





**Book your accommodation now with
Staybridge Suites on the border of
Oakville and Burlington!**



**2511 Wyecroft Road Oakville-Burlington
Tel: 905-847-2600**

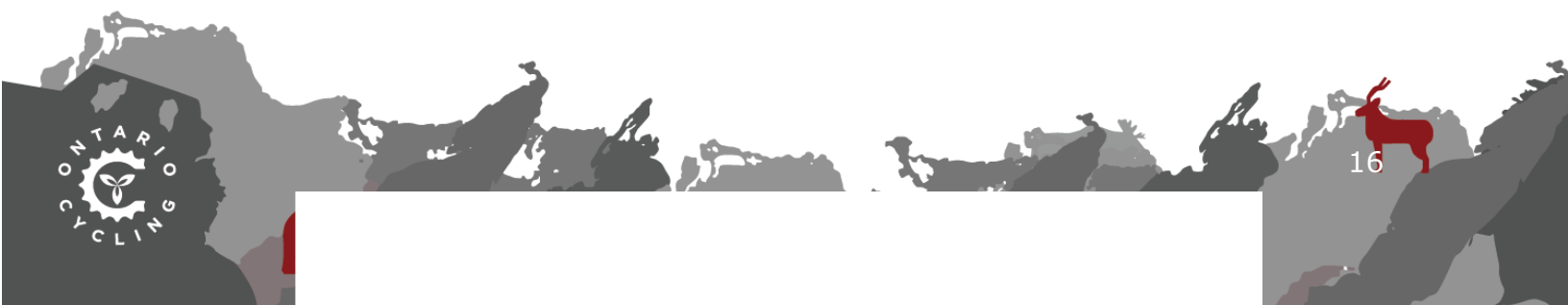
Special discount for Ontario Cycling
event participants:

- **\$109** plus tax for **single occupancy**
- **\$139** plus tax for **double occupancy**

Use discount code "**ONC**" when booking
for your special rate

The Staybridge Suites Oakville features
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Ontario Cycling is proud to present the 2022-23 Youth Track Development Series/ OCup Track Series Crewnecks. Show off to your friends and family and order your warm and stylish Track Series Crewneck today!



Product features:

- 65% polyester, 35% cotton
- Youth Unisex sizing: XS – XL
- Adult Unisex sizing: XS - 2XL

Price: \$35.00 + HST

The crewneck will be available for purchase throughout the Track Season. Shipping will not be available. All orders are to be picked up at the registration desk from the velodrome (2015 Pan Am Boulevard, Milton) during the OCups/YTDS events listed below. If you would like to pick up during office hours, please contact events.team@ontariocycling.org to make special arrangements.

Order Deadlines are as follows:
November 30 for pick up at YTDS and OCup #1
January 4 for pick up at YTDS and OCup #2
February 1 for pick up at OCup #3 and Youth Finale

