

ONTARIO CUP TRACK SERIES TECH GUIDE

V.3

January 28th, 2025



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General Information

Ontario Cycling (OC) is proud to present the 2024-2025 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.

The Mattamy National Cycling Center is an indoor 250m track made of Siberian spruce and was built in 2014 for the 2015 Pan Am/Para Pan Am Games. It is the only velodrome of its kind in Canada, and one of the few velodromes in North American that meets top international standards.

Event Details

Date: February 8th-9th

Location: Mattamy National Cycling Center, Milton

Time (approximate): 9:00am-3pm (Saturday and Sunday)

OC Event Contacts

Position	Name
Event Organizer	Courtney Doret
Technical Delegate	Courtney Doret
Membership/Licensing	Chris Baskys
Volunteers	Courtney Doret
Timing	Racetiming.ca
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Kevin Scheerer
Starter	Ed Sitarski
Judge Referee	William Trischuk
Finish Judge	Benjamin Hill
Bike Check	Marie-Eve Potvin
Member (Day 1)	Rebecca Ferreyra
Member (Day 1)	
Member (Day 1)	Brad Slade
Member (Day 2)	Tom Balkos
Member (Day 2)	Rebecca Ferreyra
Member (Day 2)	Jeff Walker

Registration & Pricing

- Registration for all OCup is open to riders 8 years of age and older.
- Registration is pre-registration only. Only the following licenses are permitted, 2025 Challenge, Compete and UCI license. Out of Province riders must have a UCI license. Licenses will not be sold on event day and must be purchased in advance.
- Registration for each OCup closes on the Wednesday at 11:59pm prior to the event.
- Late entries will not be allowed.

[Click here to register](#)

OCup #3	Event Date	Events
OCup #3	Saturday February 8 th , 2025	Flying 200 (Para) Scratch Kilo Time Trial (Para) Team Sprint Elimination Longest Lap
	Sunday February 9 th , 2025	Tempo Team Pursuit Points

Registration Timeline	
Ontario residents only: Open to all:	
<u>Adult Categories Pricing Structure</u> 1 event – 55\$ 2 events – 80\$ (40\$/event) 3 events – 120\$ (40\$/event) 4 events – 160\$ (40\$/event) 5+ events – 180\$ (40\$/event)	<u>Youth Category Pricing Structure</u> 10\$/event with a cap of 60\$ for a single OCup

Membership and Licensing

- Please see licensing chart below to ensure that you have the correct license to race in each category

Categories	Challenge	Compete	UCI
Cat A		X	X
Cat B		X	X
Cat C	X	X	X
Cat D	X	X	X
Cat A Women		X	X
Cat B Women	X	X	X
Cat C Women	X	X	X
Cat D Women	X	X	X
Cat E (Youth)	X	X	X
Cat F (Youth)	X	X	X
Cat G (Youth)	X	X	X
Para	X	X	X

Refund Policy

- A rider must withdraw prior to 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.
 - Riders who have pulled out of an event must inform the President of the Commissaire Panel. Should they not inform the President this 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

- OCup categories will be an open ability-based format where athletes will self-select themselves from Categories A-D (open), Categories A-D (women only) and Categories E-G (youth), based on their ability and experience level.
 - Women who would like to race in Cat A-D (open) are to if they chose 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. Any questions regarding format can be directed to the OC office.

Suggested Seeding Chart

- The suggested seeding chart is a guideline based on the 2023-2024 YTDS season. 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 vs endurance events.
- 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
- During Keirin, categories with registration numbers of 7 or less will go straight to finals

Categories	Suggested Seeding
Cat E	*U17 men finishing middle of the pack at Provincial Championship *U17 women in the top third of the field at Provincial and National Championship *U15 female/male finishing in the pack at Provincials
Cat F	*U15 with race experience *U13 male/female with advanced skill and physical maturity
Cat G	*U13 female/male *U11 female/male

Team Event Submission

All teams for the team events should be submitted using the form below. All teams should be submitted before OCup begins on Saturday February 8th. Only one person per team needs to submit for the entire team. If you have any questions, please reach out to the events team at events.team@ontariocycling.org

[OCup #3 Team Event Submission](#)

Schedule of Events

Day	Time	Event	Category	Distance
Day 1 – Saturday February 8th	7:00am	Rider Confirmation/Bib Pick Up	All categories	
	8:00am	Open Training (bibs required)	All categories	
	8:30am	Team manager's meeting	n/a	
	9:00am	Flying 200	Para	200m
		Scratch	Cat G Cat F Cat E Cat D Women Cat C Women Cat B Women Cat A Women Cat D Cat C Cat B Cat A	2km 3km 4km 5km 5km 5km 7.5km 7.5km 7.5km 7.5km 10km
		Kilo Time Trial	Para	1km
		Medal Ceremonies Flying 200, Scratch, Kilo Time Trial		
		Team Sprint	Cat G/F Cat E Cat C/D Women Cat A/B Women Cat C/D Cat A/B	750m 750m 750m 750m 750m 750m
		Elimination	All categories	
		Longest Lap	All categories	250m
		Medal Ceremonies Team Sprint, Elimination, Longest Lap		

Day	Time	Event	Category	Distance
Day 2 – Sunday February 9th	7:00am	Rider Confirmation/Bib Pick Up	All categories	
	8:00am	Open Training (bibs required)	All categories	
	9:00am	Tempo	Cat G Cat F Cat E Cat D Women Cat C Women Cat B Women Cat A Women Cat D Cat C Cat B Cat A	3km 3km 5km 5km 5km 5km 7.5km 7.5km 7.5km 7.5km 10km
		Team Pursuit	Cat F/G Cat E Cat C/D Women Cat B/A Women Cat D/C Cat B/A	2km 3km 4km 4km 3km 4km
		Medal Ceremonies Tempo and Team Pursuit		
		Points	Cat G Cat F Cat E Cat D Women Cat C Women Cat B Women Cat A Women Cat D Cat C Cat B Cat A	3km 4km 5km 10km 10km 10km 15km 15km 15km 15km 20km
		Medal Ceremonies Points		

*Cat G points race will sprint every 4 laps

*Cat F points race will sprint every 5 laps

Start Lists & Results

Racetiming.ca is the official timer for the 2024-2025 Track OCup Series. Start lists and results will be available at www.racetiming.ca

Gear Restrictions

Category	Gear Restrictions
Cat E	7.12m
Cat F	6.71m
Cat G	6.71m

**There are no gear restrictions for the Junior and U17 riders (including upgraded u15s) who are racing in the Cat A-D Women or Cat A-D categories*

Rules & Regulations

- Please note that the current UCI track regulations and amendments in effect will be enforced for all OCups.
- Riders who have pulled out of an event must inform the President of the Commissaire Panel. Should they not inform the President this may result in a fine.
 - Riders may only pull from an event due to medical reasons. If a rider does pull out, they may not resume racing until 24 hours has passed (i.e rider pulls out at 10am on Saturday rider may not resume until racing until 10am on Sunday)

Youth Upgrade Requests

For the 2024-2025 Track OCup series second year U15 riders may be eligible for youth upgrades. Riders wishing to apply for a youth upgrade must compete at one OCup in the Cat E category to be eligible to apply. Each upgrade request will be reviewed on a case-by-case basis.

Upgrades will be granted for exceptional circumstances. Exceptional circumstance is defined as the athlete has very clearly demonstrated that they are no longer challenged within the youth category* and have demonstrated the physical, technical and tactical ability to be competitive for a podium finish within an OCup category.

*OC does not define this as simply winning a category.

[Youth Upgrade Request Form](#)

For more information on the Youth Upgrade Request please review our Youth Upgrade Policy on our website by clicking [here](#)

Rider Confirmation/Sign In

- Please bring your 2025 Challenge/Compete membership or UCI license to rider confirmation/sign in table to pick up your bib number for the event.
- Rider confirmation/sign in will close 30 minutes prior to the start of each race.
- An OC staff will be present at the rider confirmation/sign in desk to assist with rider licensing issues.

Warmups/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.
- All riders must enter and exit from the backstraight and be wearing their bib numbers
- Standing starts will not be allowed
- The open training session will be managed and controlled by the Provincial Lead Coach or a member of the Commissaire team.

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.
- Riders are permitted to wear only one bib for the following events: Individual Pursuit, Team Pursuit, TT/Kilo and Team Sprint.
- Bibs must be pinned; no plastic sleeve covers will be permitted to use.



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 8:30am the morning of race day located in the infield. An announcement will be made beforehand. Race will start promptly – riders late or missing their starts may be fined
 - Pits will be pre-assigned ahead of race day and will be assigned based on club registration numbers. Clubs with less than 3 riders registered will be able to use a pit that is not assigned. Team flags are permitted. Advertisements in pits are not permitted.
 - Coaching from the apron – races will follow UCI regulations 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.
 - Youth categories (Cat E-G) are prohibited from using disc wheels and carbon rim wheels. The maximum wheel depth is 40mm.
 - Youth categories (Cat E-G) are prohibited from using aero bars and aero helmets
 - For safety reasons, the case of a misshape during a mass start race riders in Youth categories Cat F and Cat G will not be permitted to re-enter the race. Athletes in youth category Cat E will have laps to resume racing. No one may re-enter the race within the final kilometer (4 laps)
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Infield Policy

- Only team-identified personnel are permitted in the in-field, at the sole discretion of OC
- A maximum of five (5) personnel per club is permitted while attempting to minimize gathering.
- Independent riders are permitted one (1) support person
- Club presidents or identified representatives must pre-register personnel one week prior to each OCup by completing the 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.

[Infield Personnel Registration Form](#)

Youth Track Certification

- All youth riders must be certified on the Milton Velodrome Track prior to racing beginning. Once you have been certified on the track once you don't have to be certified again.
- All certifications are done through NCIM through one of these methods
 - Riders who have no track riding experience will need to attend a Youth Track Certification please contact NCIM for more information on when the Track Certification is
 - Riders who have track riding experience elsewhere may get certified 1 hour prior to competition beginning please contact NCIM to arrange the time for the certification
 - Riders who are track certified in Bromont will need to provide proof that they have been track certified please send all certificates to NCIM

For any additional questions regarding track certification please contact NCIM at the following address admin@ncirevolution.com

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 be broken out for awards.
 - 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 the competition uniform for medal presentations.
 - Not hats or eyewear are permitted.
 - Medal presentations will take place immediately following each event.
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Event Safety

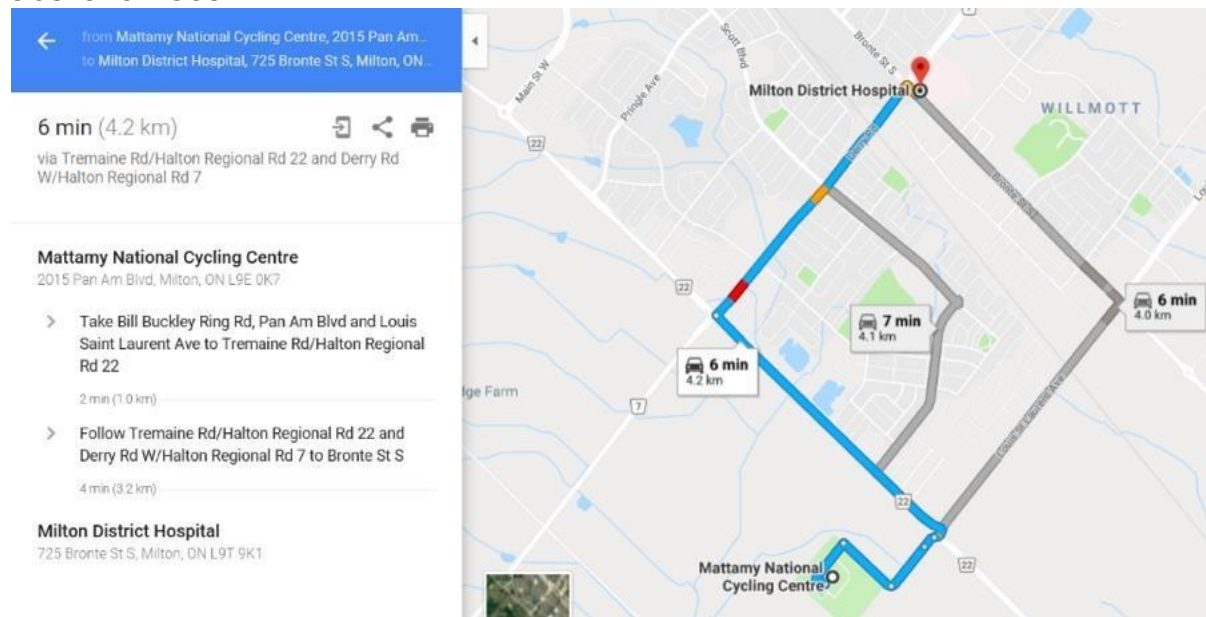
- First aid will be provided by Odyssey Medical and will be located in the in-field area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire may be subject to a fine.
- You are required to wear an approved, regulation cycling helmet at all times 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.

Spectator Safety

- Spectators should always remain in the stands, spectating from the infield is not permitted.
 - For your safety there is no climbing and hanging onto structures not designed for those purposes, such as railings is not permitted.
 - No spectator should be accessing the track at any point throughout the event.
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Hospital Information

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



Volunteers

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

Participant Survey

In order to continue to better our events, we need your feedback! Click here to fill out a survey.

[Participation Feedback Survey](#)

OC X CNCB Rider Discount

Ontario Cycling and Centre National de Cyclisme Bromont are pleased to announce our partnership with the 2024-2025 Canadian Track Calendar. We have come together to create a maximized calendar of racing opportunities for Ontario, Quebec and track cyclists across Canada along with a discount to riders who register for each of our events.

Quebec riders who have attended an OCup throughout the year will receive a 10% discount towards their registration for the Ontario Provincial Championships. To

receive a coupon code for Provincial Championships, click the form [here](#) with a copy of your OCup receipt

Ontario riders who attend a Quebec Cup will receive a 1 time use 10% discount on any select Quebec Cup Event by using the code **QCCUP25-10OFF**

Partnerships



CANADIAN SPORT MASSAGE
THERAPISTS ASSOCIATION

ASSOCIATION CANADIENNE DES
MASSOTHÉRAPEUTES DU SPORT

Thank you CSMTA for providing complimentary sport massage therapy at our events





Thank you, Sippy Cup Coffee Roasters, for being our official provider for Volunteers and Official's Coffee.



Thank you to idrinkcoffee.com for providing all gold medalist with a bag of coffee.



Thank you to Mill Town Cycle for providing all gold medalist with a gift card

Book your accommodations now with Home2 Suites Milton



8490 Parkhill Drive, Milton, Ontario L9T 9B3

Tel: 289-878-3800

Special discount for Ontario Cycling event participants:

- 189\$ + tax for studio king room (with sofa bed)
- 189\$ + tax for studio 2 queen room (with sofa bed)

Be sure to call in to make a reservation and use the discount code "**Ontario Cycling Group**" when booking for your special rate.

The Home2 Suites features include:

- Kitchenettes with full fridge, dishwasher and dishes
 - Complimentary breakfast
 - Outdoor BBQ and patio area
 - Guest laundry facilities
 - Complimentary high-speed internet
 - Complimentary parking
 - Complimentary use of recreational facilities
 - Meeting and banquet space available
 - Earn Hilton honors points
-

Book your accommodations now with Best Western Milton!



161 Chilsholm Drive Milton, Ontario L9T 4A6

Tel: 905-875-3818

Email: reservations@bestwesternmilton.com

Special discount for Ontario Cycling event participants:

- 159\$ plus tax for 2 Queen Beds
- 159\$ plus tax for 1 Queen Bed or Queen Bed with Sofa bed
- 159\$ plus tax for 1 King Bed or King Bed with Sofa bed

To book your preferred rate contact the hotel directly by using the email or phone number listed above. When booking make sure to ask for the Ontario Cycling rate.

The best Western rate include:

- Single or double occupancy
 - Complimentary wireless internet
 - Complimentary parking
 - Complimentary use of fitness facility and indoor pool
 - All rooms with fridge and microwaves
 - Earn Best Western Rewards points
 - Fully licensed restaurant onsite
 - Meeting and Banquet space available
-

Book your accommodation now with Candlewood Suites Burlington



3063 South Service Road, Burlington, Ontario L7N 3E9

Tel: 905-639-4443

To book your preferred rate online guest can book directly online by clicking the following link [Ontario Cycling - Candlewood Suites Burlington](#)

To book your preferred rate by phone guest can call the hotel's toll-free reservation line at 905-639-4443 and ask for reservation. In order to receive the group rate guest must ask for Ontario Cycling, Group Code OCG

Special Discount for Ontario Cycling event participant:

- 159\$ plus tax for king studio suite with full kitchen

Candlewood Suites rate include

- complimentary parking
- complimentary WIFI
- studio suites come equipped with full kitchens

Cancellation:

Reservations can be modified up to 72 hours prior to arrival. Cancellations after this time are subject to a charge of 1 night room rate plus applicable tax.
