

# *Ontario Track Provincial Championships*

Friday March 3<sup>rd</sup>, Saturday March 4<sup>th</sup> & Sunday March 5<sup>th</sup> –

Mattamy National Cycling Centre



Track Series

Technical Guide

Feb 21<sup>st</sup>, 2017

Version 2.0



**Sanctioned by the  
Ontario Cycling Association**

Any questions please contact the OCA at 416-855-1717

## General Information

- This event is the premier track event for OCA Members. It represents the best of track cycling and will draw the top riders from each discipline and age group to Milton for the three-day event.
- This event draws many of its customs and regulations from the National Championships, as prescribed by Cycling Canada
- The Provincial Track Championships will be governed by the Ontario Cycling Association.
- The Provincial Track Championships will take place on the date and time as scheduled
- There will be no extension of the championships past Sunday March 5<sup>th</sup>, 2017 due to unforeseen delays or prolonged stoppages. In case of delay, priority will be given to championships categories and events
- If necessary, the racing format may be changed at the discretion of the Chief Commissaire.

## Officials

**Technical Delegate** – Jen Eaton

**Chief** – Brad Day

**Secretary** – Ben Hill

**Judge Referee** – Steve Head

**Starter** – Anne Cobban

**Finish Judge** – Ed Sitarski

**Bike Check** – Joe Yaworski

**Member** – Judy Daniel

**Tech Assist** – Shari Pay

**Tech Assist** – Kevin Scheerer

**Tech Assist** – Jeff Walker

**Timing** – racetiming.ca

## Registration Information

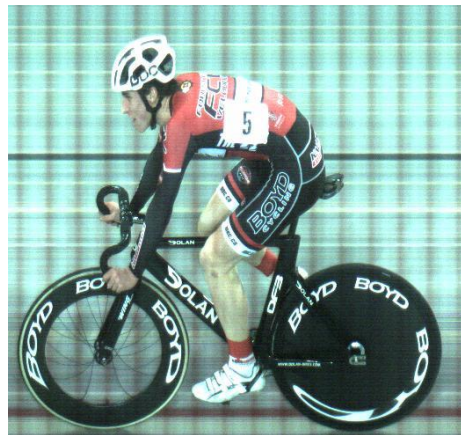
- This event is pre-registration only.
- Only UCI licenced riders can complete (Exceptions are made for U15/U17 riders – citizen permits will be allowed)
- Out of province/country riders are welcome, subject to availability. We reserve the right to restrict entry on this basis.
- You can register online at CCN Bikes (<http://ccnbikes.com>) you have until **11:59 PM Monday Feb 27<sup>th</sup> 2017** to sign up. **\*The OCA may close registration early based on capacity and track time.**
- In the event that a race reaches capacity, or you are uncertain about eligibility, please contact Jen Eaton at [jen.eaton@ontariocycling.org](mailto:jen.eaton@ontariocycling.org) to be added to the event waiting list.
- A rider may withdraw from an event prior to the end of registration and receive a refund. Refunds are subject to a non-re-fundable processing fee (variable based on transaction value) plus a refund administration fee of \$5 +HST.
- Once the registration period has ended, a refund will no longer be available unless a doctor's note is provided. If you withdraw from the event on the race day, you are not eligible for a refund and the rider is required to inform the Chief Commissaire to update the start list.
- Subject to UCI rules 9.2.008 and 12.2.001, once a rider is registered and on the official start list, they will be fined \$50 should they not appear on the start line or delay the start of the event.

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- All riders (or parents/guardians) are required to sign the OCA and CC waivers, unless they have an OCA-issued licence.

## Race Office / Rider Confirmation

- The race office will be open during the following hours
  - Fri, March 3<sup>rd</sup> between 12:00PM-2:00PM, and again for 90 minutes before the start of session 2
  - Sat, March 4<sup>th</sup> between 7:30AM-8:30AM and again for 60 minutes before the start of session 2
  - Sun, March 5<sup>th</sup> between 7:30AM-8:30AM and again for 60 minutes before the start of session 2
- All riders must report to the race office during office hours before the start of their first event in order to confirm their participation in the events within the championship
- The race secretary will be present to verify licences and issue bib numbers.
- Confirmation of team composition may be done at any time during office hours, but must be complete before 2:00 PM, Friday March 3<sup>rd</sup>.
- All riders must wear two (2) bib numbers except for the following events, where only one (1) on the centre back is required:
  - Kilo/500 TT
  - Individual Pursuit
  - Team Pursuit
- Bib numbers shall be placed according to the following diagram and photo spread:



## Upgrades

- At the Provincial Championships, unlike O-Cup racing, athletes must race in the National age category on their licence.

## Anti-Doping

- All racers are subject to doping control. A CCES inspector may require you to participate in testing protocols at their discretion. The OCA expects all riders to adhere to the RaceClean program.
- Athletes participating in the 2017 Provincial Track Championships who require the use of a medication that is included on the Prohibited List must apply for a Therapeutic Use Exemption (TUE) prior to participating in the event. This applies to all categories of athletes. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard: <http://cces.ca/medical-exemptions>

## Conduct

- The OCA expects all those attending the event to conduct themselves in an appropriate manner. Negative behavior will not be tolerated and may result in being asked to leave the premises.
- The races are subject to the OCA's Operational Policies which are available on-line at: <http://www.ontariocycling.org/about-ontario-cycling/forms-literature/>

## Media

- For accreditation, please contact Jen Eaton ([jen.eaton@ontariocycling.org](mailto:jen.eaton@ontariocycling.org))

## Infield Boxes

- Infield boxes will be assigned by the OCA at their sole discretion based on registration numbers and team size.
- Individual riders can use spaces identified for them on a first come first serve basis each day. Please be courteous to other riders needing space.
- Advertising is not permitted on infield boxes. Determined at the OCA's discretion.
- No alterations are permitted to the infield boxes.

## Categories

Riders must enter their National Age Category

Category	Events	Entry Fee Per Event
U15 M/F *	Individual Pursuit / Scratch Race / 500m / Points Race	\$30 +HST***
U17 M/F *	Individual Pursuit / Scratch Race / Keirin / Match Sprint / 500m / Points Race / /Team Pursuit **	\$30+HST***
U19 F	Individual Pursuit / Scratch Race / Keirin / Match Sprint / 500m / Points Race / Scratch Race/ Team Pursuit **	\$35+HST***
U19 M	Individual Pursuit / Scratch Race / Keirin / Match Sprint / Kilo / Points Race / Team Pursuit **	\$35+HST***
Elite M/F	Individual Pursuit / Scratch Race / Keirin / Match Sprint / Kilo / Points Race / Team Pursuit **	\$40+HST***
Master A Men (30-39)	Individual Pursuit / Scratch Race / Keirin / Match Sprint / Kilo / Points Race / Team Pursuit **	\$40+HST***
Master B Men (40-49)	Individual Pursuit / Scratch Race / Keirin / Match Sprint / 500m / Points Race / Team Pursuit **	\$40+HST***
Master C/D Men (50+)	Individual Pursuit / Scratch Race / Keirin / Match Sprint / 500m / Points Race / Team Pursuit **	\$40+HST***
Master Women (30+)	Individual Pursuit / Scratch Race / Keirin / Match Sprint / 500m / Points Race / Team Pursuit **	\$40+HST***
Para M/F	Time Trial / Individual Pursuit	\$30+HST

\*Gear restrictions are in effect for this category

\*\*For Team Entry please e-mail [jen.eaton@ontariocycling.org](mailto:jen.eaton@ontariocycling.org)

\*\*\* There is staggered pricing the more events you enter

**The OCA will combine categories if necessary or required depending on entries.**

Any questions please contact the OCA at 416-855-1717

## Tentative Schedule

Day	Time	Events
Friday	12:30 PM	Race Office opens
Friday	2:00 PM	Managers Meeting
Friday	Session 1 2:30 PM	Individual Pursuit Final (All categories)
Friday	Session 2 7:30 PM*	Points Race Final (Master Women, Master Men C/D & Master Men B, Junior Men)

Day	Time	Event
Saturday	7:30 AM	Race Office opens
Saturday	9:05 AM	Para Individual Pursuit** / Scratch Race Final U15 Men / Sprint Qualifying All Categories / Points Race Final U15 Men/ Sprint Quarter Finals / Sprint ½ Finals /
Saturday	4:20 PM*	Sprint Finals / Scratch Race Final U15 & U17 Women, U17 Men, Master Men C/D, Master Men B, Master Women, Junior Men, Elite & Junior Women, Elite & Master Men A

Day	Time	Event
Sunday	7:30 AM	Race Office opens
Sunday	9:05 AM	Para Time Trial Final / Time Trial Final (All Categories) Keirin Heats
Sunday	4:20 PM*	Keirin Final / Points Race Final U15 & U17 Women, U17 Men, Junior & Elite Women, Elite Men & Master A Men / Team Pursuit Final

\*Estimated start times – could change depending on numbers registered

\*\* Para IP might move to Sunday – to be confirmed.

- Depending on registration numbers, categories may be combined. Final groupings will be posted on March 1st, 2017
- Distances for mass start events will be determined after registration has closed.
- A more detailed schedule, along with distances for mass start events will be posted by March 1<sup>st</sup>, 2017

**Schedule, Start Lists, Results and Race Communiques will be available at [www.racetiming.ca](http://www.racetiming.ca)**

Any questions please contact the OCA at 416-855-1717

## Technical Regulations

- The provincial championships will be held under the rules of the UCI with CC and OCA modifications. It is important that all participants understand the rules and regulations concerning track racing.
- The CC & OCA rules are available on-line at:  
<http://www.ontariocycling.org/commissaires/commissaires-rules/>
- Should an event have low registration, they may be combined with another category
- Equipment regulation, as per UCI rules, will be enforced for all categories. No exceptions. All athletes must report to bike check immediately before the start of EVERY heat/ride/event they participate in. Failure to do so may result in a refusal of start or disqualification.
- U15/U17 equipment rules
  - Permitted use of TT or aero equipment (aero bars and aero helmet)
  - No carbon wheels, no disc wheels and rim depth no greater than 40mm
- Races will start promptly at the indicated start times. Riders late or missing their starts may be fined.
- There will be a team managers meeting. Individual unrepresented athletes are welcome and encouraged to attend

## Specific Regulations

### Sprint

- The qualification for the sprint tournament will be a flying 200m.
- The maximum number of riders in the sprint tournament per category will be 8.
- U17: Only the final will be a best of three
- Junior/Elite: ¼ finals will be one round, ½ finals and finals will be a best of three
- Master: There will be no combining of categories. For categories with 8 or more qualifiers, we will proceed with a ¼ final (8-rider tournament). For categories with less than 8 qualifiers, we will proceed with a ½ final (4-rider tournament). For categories with less than 4 qualifiers, we will proceed directly with a final. In all cases, for masters, only the final will be a best of three.

### Keirin

- There may be combining of categories. There must be at least 4 starters to hold a race. Riders in categories with less than 4 starters may be combined with another category.
- If there are 7 or less riders, the event will be run as a direct final
- If there are 11 or less riders, only the top 3 move on to a 1-6 final, the remainder will be placed based on their first round result

### Points race & Scratch race

- We reserve the right to combine categories where there are less than 12 starters. A separate result and podium will nevertheless be presented for each category. It is important to note that in the case of a Points race, it will be run as a single event whereby points are only awarded to the first 4 riders on a sprint lap regardless of their category.

### Individual Pursuit/Kilo/500m

- All events will be direct to final
- In order to accommodate many participants, all heats will run two up on the track.

- In the Individual Pursuit, if a rider is caught, they must continue and complete the distance in order to receive a time and be placed in the standings
- In the event of a mishap after the first half lap, the race shall not be stopped unless the track becomes impassable. A rider who is the victim of a mishap, recognized or not, shall be permitted to ride again at the end of the category round. Their opponent shall continue to record a time. Only one restart will be permitted.

### Team Pursuit

- Event will be a direct final. All teams must finish the race to obtain a time in order to be placed.
- Team Categories are as follows: U17 Men (3km), U17 Women (3km), Junior Men (4km), Junior Women (4km), Elite Men (4km), Elite Women (4km), Master Men (4km), Master Women (2km).
- All teams are composed of 4 riders, except for Master Women where teams are of 3.
- During the event, any riders who fall off the back of their team and cannot catch up must ride high up track until the heat is complete for safety.

## Gear Restrictions

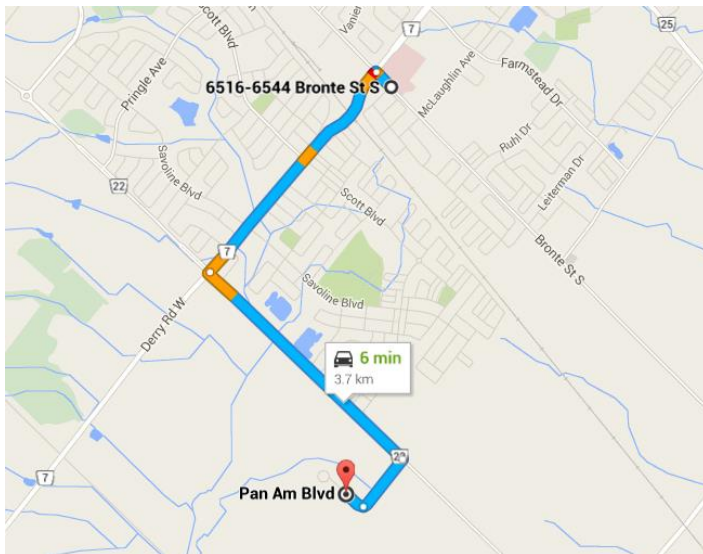
Track Cycling		
CATEGORY GEAR LIMIT EXAMPLE FOR 700c WHEELS and a 23mm tire.		
Age Category	Competitive Age	Roll out Meters
U15	13-14	6.71 meters
U17	15-16	7.12 meters

- Gear check will be performed EVERY time immediately before the start of a heat/ride/event during the bike check process.



## Course Safety & Building Regulations

- Below is a map to the nearest hospital.



### ○ Pan Am Blvd

Milton, ON L0P, Canada

- ↑ 1. Head southeast on Pan Am Blvd toward Louis Saint Laurent Ave

130 m

- ↑ 2. Pan Am Blvd turns slightly left and becomes Louis Saint Laurent Ave

350 m

- ↶ 3. Turn left onto Tremaine Rd/Halton Regional Rd 22

1.6 km

- ↷ 4. Turn right onto Derry Rd/Halton Regional Rd 7

1.5 km

- ↷ 5. Turn right onto Bronte St S

130 m

### ◎ 6516-6544 Bronte St S

Milton, ON L0P, Canada

- First aid will be provided by Odyssey Medical (bright neon shirts) and will be located in the in-field area.
- There are automatic defibrillators located at the bottom of the main ramps and stairs leading down from the infield
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Penalties may apply depending on the reason for withdrawal
- You are required to wear an approved, regulation cycling helmet at all times while riding your bike.
- In case of an incident, spectators are NOT ALLOWED to cross the track, however, they can gain access to the infield through the tunnel.
- Only Licenced coaches and operational / event personnel are allowed in the infield / safety zone.
- During mass start events, only one representative per team may be on the safety zone. A mechanic may also assist in the pit area but must remain on the backstraight ramp until called upon.
- All riders must dismount before leaving the safety zone. Riding down any ramp will not be tolerated.
- Parking is on a first come first serve basis. You must only park in designated spaces. If the areas near the community entrance are full, there is an overflow parking lot on the East side of the building. You must not park in any fire lanes or service entrances.

Any questions please contact the OCA at 416-855-1717

## Medals & Eligibility

### Ceremonies

- Podium presentations for the top three athletes in each category for each event.
- If a non-Ontario participant finishes in the top three placings, a separate podium will be held for championship medals.

### Medals

- Medals will only be awarded to the top three ONTARIO athletes/teams in each category for each event\*. An Ontario participant is defined as anyone duly licenced by the OCA. To qualify as an Ontario Team for the purposes of the team events, the majority of members must hold licences issued by the OCA
- You must attend the awards ceremonies in order to receive your medal. Riders must wear their competition uniforms for the presentation. Failure to appear may result in a penalty and forfeiture of the award.
- In order for a medal to be awarded, there must be N + 1 participants in the category. For example, if there are:
  - 2 Participants – Gold will be awarded
  - 3 Participants – Gold & Silver will be awarded
  - 4 Participants – Gold, Silver, & Bronze will be awarded

### Provincial Champion Jersey's

- Provincial Champion Jersey's will not be awarded due to the number of events and categories. However, a select number of jersey's have been made available for purchase on a first-come-first – served basis. Sizing ranges from Small to X-Large, but quantities vary.

### \*Provincial Championship Medals will be awarded for the following events:

- Individual Pursuit
- Time Trial (Kilo/500m)
- Scratch Race
- Points Race
- Keirin
- Match Sprint