



# 2019 Ontario Time Trial Championships

Presented by The Ontario Cycling Association

August 25, 2019

158 Domville St, Arthur, ON

## Technical Guide

Version 1.4



# Registration

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Registration is available exclusively at CCN.

Online registration closes at midnight on August 22, 2019. There is no race day registration! The sign-in desk will be open on Sunday August 25 at 9:00am for number pick-up at:

[Arthur Arena, 158 Domville St, Arthur, ON N0G 1A0](#)

## Registration Fees

Category	Distance	Entry Fee
Para-Cycling	15km	\$50
U17 Women*	15km	\$50
U17 Men*	15km	\$50
U19 Women	15km	\$50
U19 Men	25km	\$50
Eddy Merckx Men*	25km	\$50
Eddy Merckx Women*	25km	\$50
Master C Women	25km	\$50
Master B Women	25km	\$50
Master A Women	25km	\$50
Elite / U23 Women	25km	\$50
Sportif Women*	25km	\$50
Master D Men	35km	\$50
Master C Men	35km	\$50
Master B Men	35km	\$50
Master A Men	35km	\$50
Elite / U23 Men	35km	\$50
Sportif Men*	35km	\$50

\*non Championship categories

All distances are approximate. Due to placing the turnaround at a location with proper sightlines, overall distances may vary.

- Race day sign-in closes at 11:00am
- Registration fees do not include online processing charges or HST
- Entries are non-refundable and non-transferable



## License Requirements

Provincial Championships			
Categories	Non-Member Permit	Citizen Permit	UCI License
Para Men/Women			X
U17 Women		X	X
U19 Women			X
Master B/C Women			X
Master A Women			X
Elite Women			X
U17 Men		X	X
U19 Men			X
Master C/D Men			X
Master B Men			X
Master A Men			X
Elite Men/U23 Men			X
Eddy Merckx Men/Women	X	X	X
Sportif Men/Women	X	X	X

All participants shall possess a UCI license, or citizen permit (where applicable) to participate within OCA sanctioned events. Non-member permits are only available within the Sportif and Eddy Merckx categories and available during pre-registration only. Non-member permits shall be sold at a cost of \$12 for adults and \$8 for youth (U18). Riders 17 years of age or older are eligible to participate in the Sportif and Eddy Merckx categories. Riders can purchase a combined 3 non-member permits per year. After the third non-member permit, riders must purchase a UCI license or citizen permit (if applicable). The OCA closely monitors the number of non-member permits issued per rider. U17 athletes with **season long** upgrades to race in Elite (1/2, 3, and 4) categories on the road must register in the U19 category. U19 athletes with **season long** upgrades to race in Elite (1/2, 3, and 4) categories on the road must register in the U19 category.

## Race Numbers

### **Race Numbers**

Race numbers will be provided by the organization. Numbers must not be folded or modified and must clearly display the advertiser's logo. It is the rider's responsibility to ensure that their race numbers are readable. Riders whose numbers are unreadable at the finish may not get a placing and may forfeit their prizes.

- The race numbers must be positioned as follow for the time trial: On the back of the jersey (on the lower part of the back for better visibility)





## Schedule

Actual start times are posted online at [racetiming.ca](http://racetiming.ca) 12 hrs prior to the event start.

The following chart demonstrates the predicted starting order:

Category	Start Time	Total Distance	Elevation Gain
Para-Cycling	10:00 AM	15km	37m
U17 Women		15km	37m
U17 Men		15km	37m
U19 Women		15km	37m
U19 Men		25km	56m
Eddy Merckx Men		25km	56m
Eddy Merckx Women		25km	56m
Master C Women		25km	56m
Master B Women		25km	56m
Master A Women		25km	56m
Elite / U23 Women		25km	56m
Sportif Women		25km	56m
Master D Men		35km	104m

Master C Men		35km	104m
Master B Men		35km	104m
Master A Men		35km	104m
Elite / U23 Men		35km	104m
Sportif Men		35km	104m

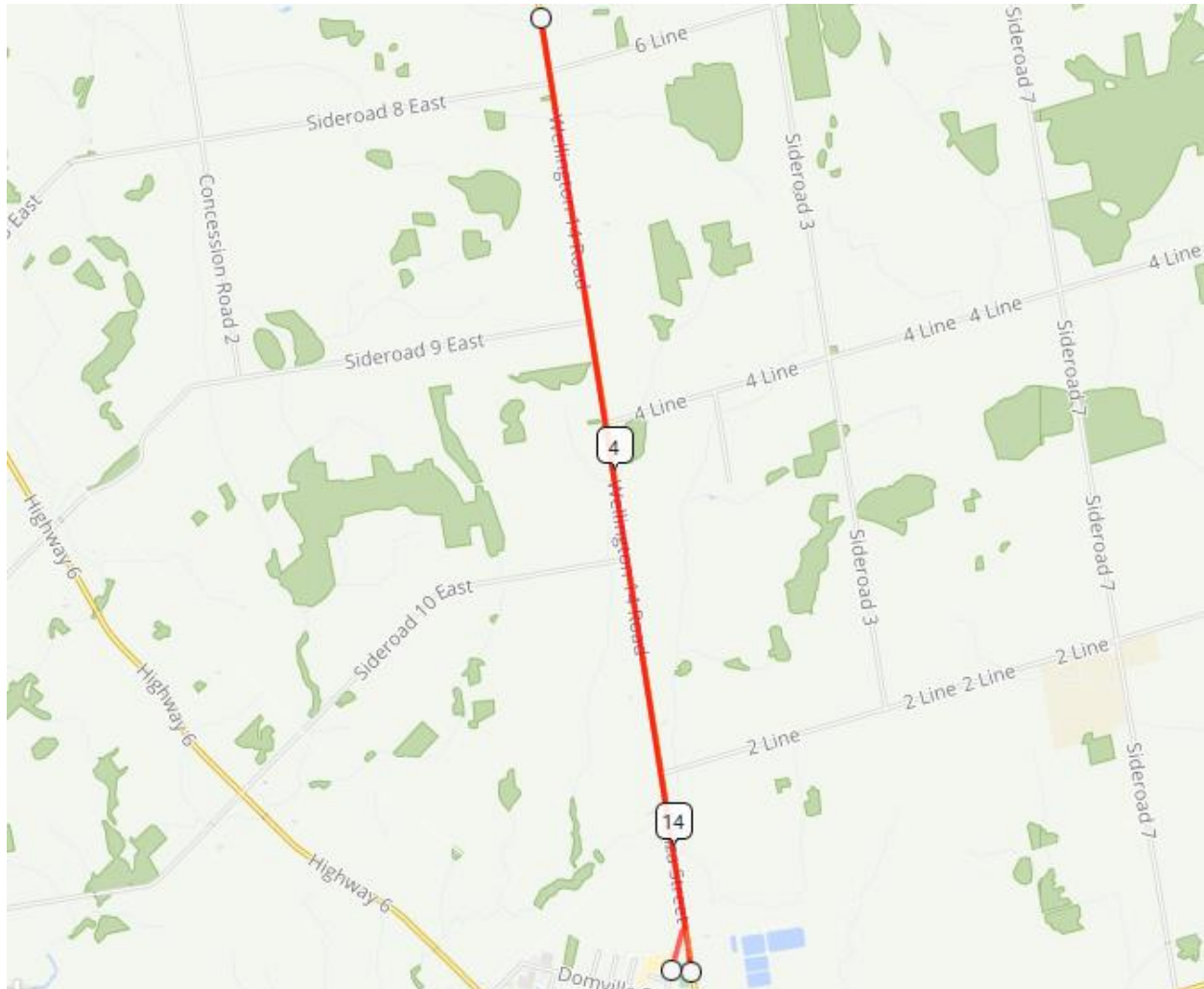
### ***Start***

The first rider will depart at the scheduled time, start intervals will be 1 minute. Start lists will be posted 12hrs prior to the event.

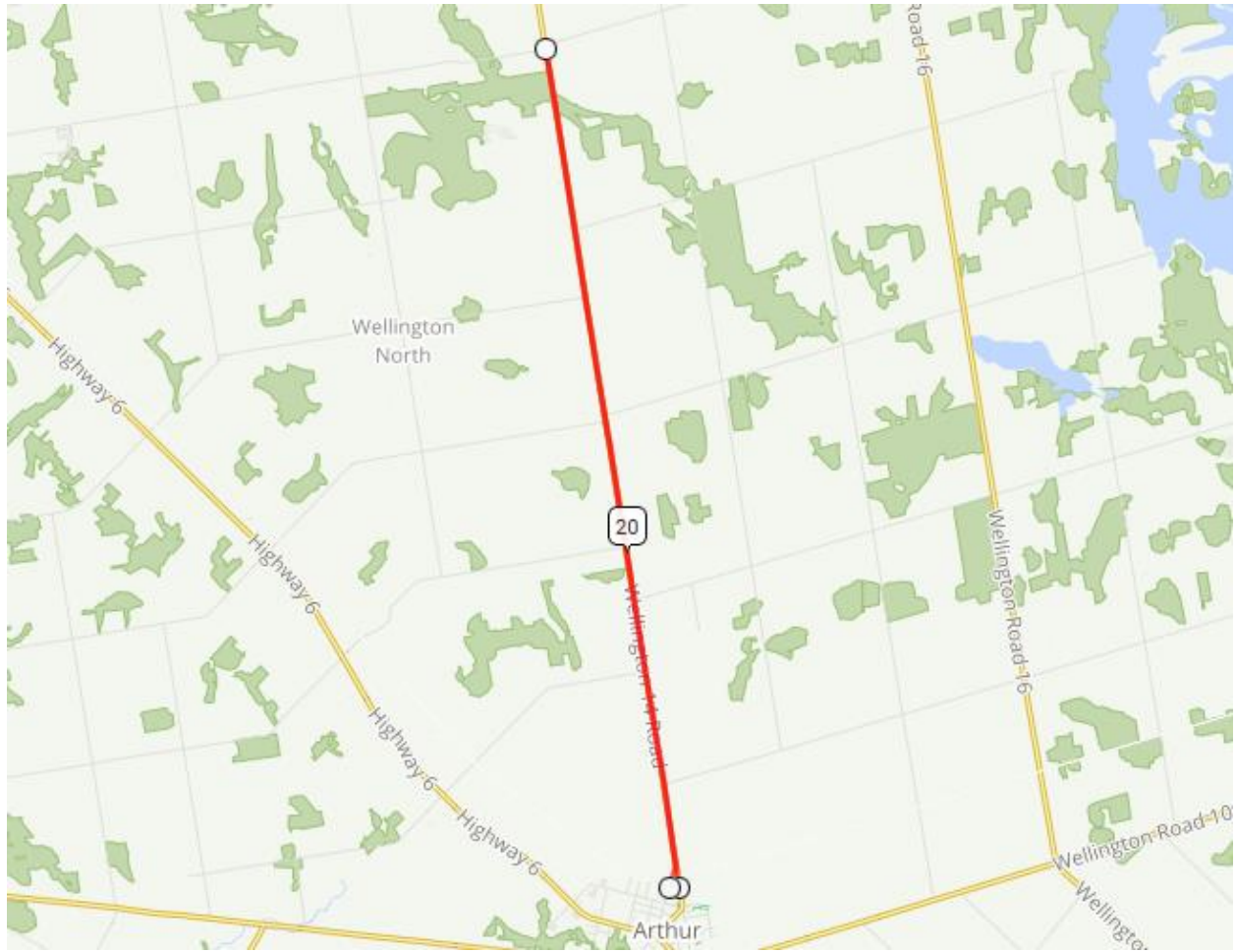


# Maps

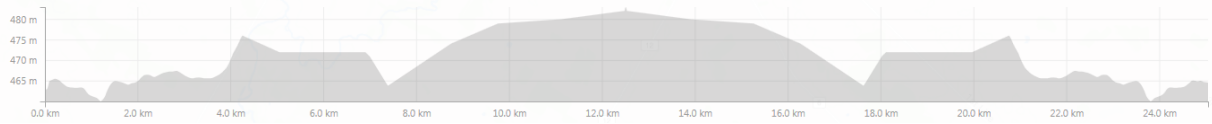
## 15km Course



# 25km Course



Ride 25.04 km 56 m 45:01  
Route Type Distance Elevation Gain Est. Moving Time Elevation On ▾





# 35km Course





## Registration/Parking/Washrooms @ Arthur Arena



### **Parking**

Parking is available as denoted on the map above.

Parking is not permitted on the course.



# Equipment Regulations

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## Rules

All bikes will be checked for compliance with the UCI's regulations. If your bike is not in compliance, you will be placed into the Sportif category.

All riders must present themselves for checks on their bicycles no later than 15 minutes before their start time. **\*Except Sportif Category**

For the Time Trial here is a brief summary of what is normally checked.

- The minimum weight of the bike shall be 6.8 kilograms (without bottles).
- The peak of the saddle shall be a minimum of 5 cm to the rear of a vertical plane passing through the bottom bracket spindle. For morphological reasons, the rider may request to place the peak of his saddle up to 0cm from the bottom bracket axle.
- For time trials, a fixed extension may be added to the steering system; in this instance, the height difference between the elbow support points and the highest and lowest points of the handlebar extension (including gear levers in the most vertical position) must be less than 10 cm.
- The distance between the vertical line passing through the bottom bracket axle and the extremity of the handlebar may not exceed 75 cm. For morphological reasons, the rider may request to place the extensions up to 80cm from the bottom bracket axle. In any case, the rider must choose between positioning the saddle to 0cm, or place the extensions up to 80cm, because only one morphological exception is granted. The 75 cm, 80 cm and 85 cm distance are measured to the ends of the shifters.
- For a rider who is 190cm tall or taller, it is possible to place the extensions up to 85cm. In that case, it is necessary to present itself to the Commissaires' Panel sufficiently in advance before the start of the race, in order that the Commissaires proceed to a verification of the size of the rider.
- The plane passing through the highest points at the front and rear of the saddle can have a maximum angle of nine degrees from horizontal. The length of the saddle shall be 24 cm minimum and 30 cm maximum. A tolerance of 5mm is allowed.
- Gear restrictions will be in effect for the U17 (7.12m) and U19 (7.93m) categories.

**For U17 riders, the Youth Cup equipment regulations will apply. These can be found here:**

<http://www.ontariocycling.org/sports/youth-cycling/>

**Eddy Merckx 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 bicycles including wheels.**

It is the responsibility of riders to know the rules. The UCI equipment regulations can be found at:

[https://www.uci.org/docs/default-source/rules-and-regulations/1-gen-20190715-e.pdf?sfvrsn=b6f5c2e4\\_108](https://www.uci.org/docs/default-source/rules-and-regulations/1-gen-20190715-e.pdf?sfvrsn=b6f5c2e4_108)

An interpretation guide can be found at:

[https://www.uci.org/docs/default-source/equipment/clarificationguideoftheucitechnicalregulation-2018-05-02-eng\\_english.pdf?sfvrsn=fd56e265\\_70](https://www.uci.org/docs/default-source/equipment/clarificationguideoftheucitechnicalregulation-2018-05-02-eng_english.pdf?sfvrsn=fd56e265_70)



## Awards

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Award ceremonies to be held outside of the Arthur Arena once race results are deemed official from the finish line Commissaire (typically 15-30 min following the race finish for each group). Award presentations will be held as per distance raced respectively; one for the 15, 25, and 35 km races.

Results will be posted on [racetiming.ca](http://racetiming.ca)

### Ontario Time Trial Championship Medals

The top three riders of the following categories will be called to the podium to be awarded medals:

<b>Men</b>	<b>Women</b>
Master A	Master A
Master B	Master B
Master C	Master C
Master D	Elite
Elite	U19
U23	Para
U19	
Para	

In order for a medal to be awarded, there must be N +1 participants in the category. In order for a provincial jersey to be awarded, there must be N + 4 participants in the category. For example, if there are:

1. 2 participants – Gold will be awarded
2. 3 participants – Gold & Silver will be awarded
3. 4 participants – Gold, Silver & Bronze will be awarded
4. 5 participants – Gold, Silver, Bronze & a provincial jersey will be awarded

## Race Rules

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### Event Specific Regulations

- If you arrive late for your start time, you may be allowed to start the race at the direction of the Commissaire. Your time will be calculated from your original start time
- If a rider catches up to another, he/she is strictly forbidden from drafting behind the lead rider
- Riders may not warm up on the course after the event starts.
- The **Yellow Line Rule** will be strictly enforced (even when there is no yellow line marked on the road)
- In order to keep the event safe, you must, stay on the right side of the road. Any rider caught crossing the center line may be disqualified and eliminated from the race. If you are removed from the race and ignore the instruction to do so, you may be subject to further penalties.
- 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. If the race is cancelled, there will be no refund issued.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Any unreported DNF may result in a severe penalty.
- The races will be held under the rules of the UCI with CCA and OCA modifications.



- The CCA & OCA rules are available on-line at: <http://www.ontariocycling.org/commissaires/commissaires-rules/>
  - The penalty scale of the OCA rulebook will be applicable.
  - There will not be a team managers meeting.
  - There will not be any team vehicles permitted on the course.
  - Awards will be presented according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.
  - Radio communication is not permitted between riders and anyone else
  - There shall be no parking on race course
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- Photographers must obey traffic laws; do not obstruct traffic
  - The use of glass containers is strictly prohibited during the race.
  - The race is being held on open roads and the HTA rules apply. Follow police and marshal instructions at all times. Other vehicles using the road may hold up riders and this cannot be avoided.

## Safety Regulations

**Mandatory helmet:** The UCI takes a very hard line on the wearing of a helmet. Wearing a helmet will be compulsory for all events, throughout the whole race. Participants are barred from the start or their race number will be immediately withdrawn if they are caught by a member of the organization without their helmet.

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.

For the complete UCI regulations, please click: <http://www.uci.ch/>

### First Aid

Emergency system:

2 trained Odyssey Medical first responders will be providing medical support for the event and will be positioned at the Start/Finish area.

## Directions

### Directions to Arthur Arena from the East

Ontario 401 Express  
Toronto, ON

- > Take Ontario 401 Express, ON-410 N and Hurontario St to County Rd 109 in Orangeville

56 min (88.2 km)

- > Continue on County Rd 109 to Arthur

31 min (39.5 km)

- ➡ Turn right onto ON-6 N (signs for Arthur)

43 s (350 m)

- ∨ Continue on Eliza St. Drive to Domville St

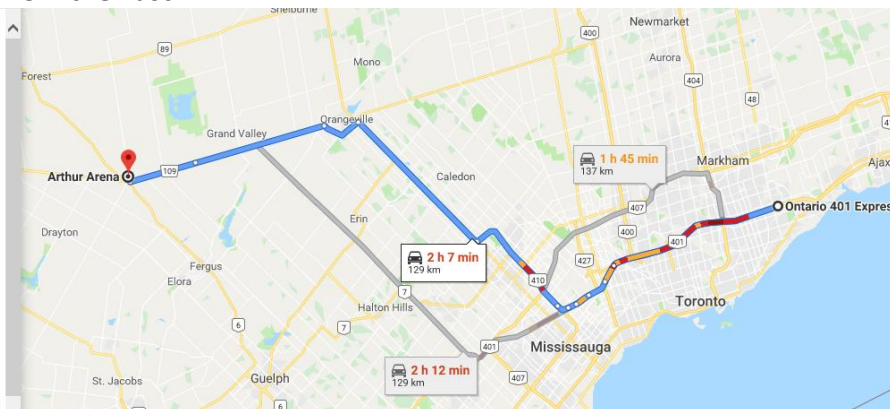
2 min (1.0 km)

- ➡ Turn right onto Eliza St

180 m

- ↩ Turn left to stay on Eliza St

700 m





Click this link: [Directions](#)

## Directions to Arthur Arena from the West

### ON-401

Woodstock, ON

- > Take ON-401 E and ON-85 N to Arthur St S/Waterloo Regional Rd 85 in Woolwich

44 min (72.1 km)

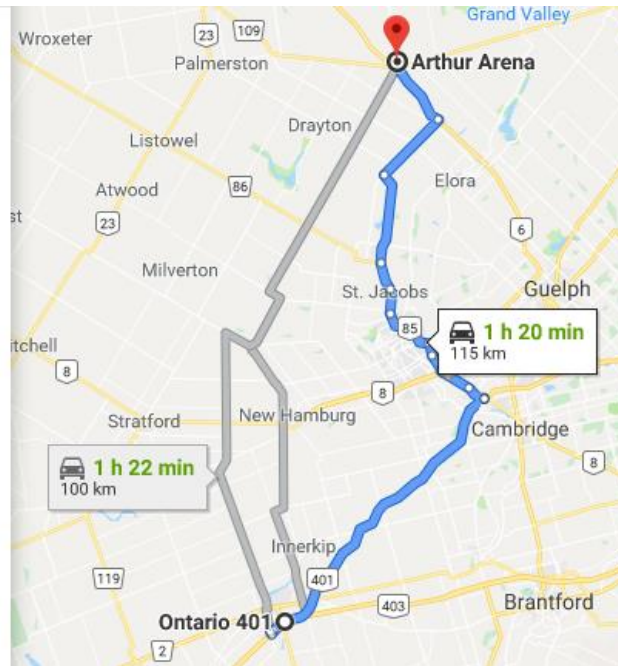
- > Follow Arthur St S, Wellington 17 and ON-6 N to Domville St in Arthur

37 min (42.9 km)

### Arthur Arena

158 Domville St, Arthur, ON N0G 1A0

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Click this link: [Directions](#)



# Nearest Hospital Directions

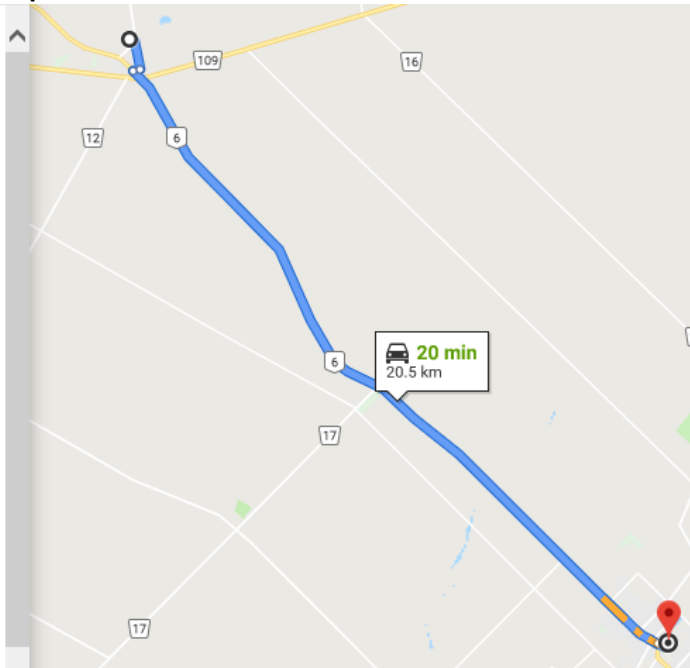
Groves Memorial Community Hospital  
235 Union St E, Fergus, ON N1M 1W3  
(519) 843-2010

## Directions to Groves Memorial Community Hospital from the start area

### Arthur Arena

158 Domville St, Arthur, ON N0G 1A0

- ↑ Head east on Domville St  
130 m
- 📍 At the roundabout, take the 2nd exit onto Eliza St  
700 m
- ↪ Turn right to stay on Eliza St  
180 m
- ↶ Turn left onto ON-6 S  
19.1 km
- ↑ Continue straight onto St David St S  
180 m
- ↶ Turn left onto Union St E  
170 m
- ↶ Turn left



Click this link: [Directions](#)



## Technical Personnel

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### Commissaire Panel:

Chief: Anne Cobban

Starter: Edward Sitariski

Judge: Maryam Abedi

Bike Check: Mark Ansari

Turnaround: Joe Hall

On Course Supervision: Janice Cunningham

Event Management: Ontario Cycling Association

Timing: [racetiming.ca](http://racetiming.ca)

Medical: Odyssey Medical

## Contacts

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Race Director: Darren de Rooter, 416-855-1717, [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)

Race Website: [ontariocycling.org](http://ontariocycling.org)

Ontario Cycling Association – Events Coordinator: Taylor Curran, 416-855-1717, [events.team@ontariocycling.org](mailto:events.team@ontariocycling.org)

Ontario Cycling Association – Membership Manager: Chris Baskys, 416-855-1717, [support@ontariocycling.org](mailto:support@ontariocycling.org)

