



**2010 Ontario Summer Games
Participant Registration Form
August 10-13, 2010
Sudbury, Ontario**

Team Data

Team Name: _____

Contact Person: _____

Address: _____

City/Town: _____ Postal Code: _____

Home Phone: (____) _____ Work Phone: (____) _____

Email: _____

Language(s) Spoken (circle): English French

Team Members *(minimum 1 female)*

Clothing Size

- | | | | | | |
|----------|--------------------------------|---|---|---|----|
| 1. _____ | (Team Member) | S | M | L | XL |
| 2. _____ | (Team Member) | S | M | L | XL |
| 3. _____ | (Team Member) | S | M | L | XL |
| 4. _____ | (Team Member) | S | M | L | XL |
| 5. _____ | (Team Leader – Contact Person) | S | M | L | XL |

Ensure all registration forms have been filled out completely.

Space is limited. Please attach a cheque payable to the **Ontario Cycling Association** in the amount of \$420 (This covers the Entry Fee, Housing, Food and GST for Athletes and Team Leader) ***Space is Limited.***



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Please complete all areas/sections on form. Once the form is completed return to your team leader/contact person. OCA will contact successful teams.

Please **circle** a type of participant

Athlete Coach Manager/Team Leader

Personal Data

First Name: _____ Last Name: _____

Address: _____

City/Town: _____ Postal Code: _____

Date of Birth (dd/mm/yyyy): _____ Gender (circle): Male Female

Home Phone: (____) _____ Work Phone: (____) _____

Language(s) Spoken (circle): English French

Fully Accredited NCCP Coach Level# _____ (Mandatory Minimum Level 1 or Introduction to Competition required)

Games Information

PSO: Ontario Cycling Association Sport: Cycling – Mountain Bike

Team: _____

For further information contact:

Brendan Arnold

Manager, High Performance Programs

The Ontario Cycling Association

Telephone: 416.426.7401 Fax: 416.426.7349

E-mail: racing@ontariocycling.org

Affiliated with the Canadian Cycling Association



2010 Ontario Summer Games – Sudbury

August 10-13, 2010

The Ontario Summer Games is an individual and team oriented experience for young cyclists, within a “Games” environment showcasing many sports. The three cycling competitions will see regional teams compete against each other while earning points towards their team performance.

Team Composition (Mountain Bike)

Teams will consist of 4 Team Members with a minimum 1 Female

Rider Eligibility MTB

To Be eligible MTB-XC athletes must be ranked as a Cadet Expert in 2010.

Minime athletes must be in the top 10 of O-Cup Standings as of June 7, 2010

Rider Eligibility -BMX

To be eligible BMX athletes must be ranked as an expert in 2010:

MTB

Male – 13-16 (as of Dec. 31, 2010)

Female - 13-16 (as of Dec. 31, 2010)

The top Cadet (15-16 age group for Male and Female) in the Individual MTB race will receive automatic Provincial carding for the 2010/2011 season

BMX

Male – 12-16 (as of Dec. 31, 2010)

Female - 12-16 (as of Dec. 31, 2010)

License Requirements

All Athletes will need to possess one of the following OCA memberships:

UCI License

Citizen Permit

Note: BMX riders will need a UCI license

Events

All events are to be raced on the same bike, which must meet the requirements as a Mountain Bike.

MTB Individual Time Trial

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This event consists of two laps of a fast mostly open/double track course with some short single track/technical sections. The optimum winning time should be 25-30 minutes for males and 20 minutes for females.

(The female course will be slightly shorter than the male course, and this will be the same course for the team relay)

Riders will have an individual start a minimum of 30 seconds apart. Female riders will race first, with this race running to near completion before the start of the men. Male riders should be seeded within 3 groups, with the fastest group going first.

MTB Team Relay

This event consists of one lap per rider of the Time Trial course with a team combined optimum time of 40 minutes. All teams will start their first rider together. The female rider must start the race.

MTB Cross Country

This event consists of a 4 km course challenging the physical and technical abilities of the riders. The race should be 6 laps for males and 5 laps for females, with an optimum time of 60 minutes for males and 45 minutes for females. It is a mass start with the females starting 2 minutes after the males.

Team Competition

An overall Top Club title is awarded at the conclusion of the Ontario Summer Games.

Rob St Marseille – Event Manager has promised a technical and challenging course. Quote” The course will be very fun, some good climbs and some fun technical single track”

Regions to Be Represented

48 Riders from 12 Regions (Regions outlined below)

4 Riders per Team (Min: 1 Female)

1.	Barrie/Orillia	7.	Sudbury/North Bay/Timmins
2.	Bruce/Collingwood	8.	Ottawa/Kingston/Peterborough
3.	Hamilton/Niagara/St. Catherines	9.	Toronto East (Durham, Uxbridge)
4.	Kitchener/Waterloo	10.	Toronto West (Mississauga/Milton)
5.	London/Woodstock	11.	Thunder Bay
6.	Toronto/North York	12.	Windsor/Sarnia

*Please note that if there is not a team from one region another region may take that place.

Event Breakdown

Competition Schedule

a)Mountain Biking:

Mountain Biking – Practice Times

Wednesday, August 11 @ 9am – 2pm

Mountain Biking – Time Trial

Thursday, August 12 @ 10:00am

Mountain Biking – Team Relay

Thursday, August 12 @ 1pm

Mountain Biking – Cross Country

Friday, August 13 @ 10:00am

Medal Presentations:

Friday, August 13 @ 12:00pm

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If you would like more information on the Ontario Summer Games program please contact:

Brendan Arnold

Manager, High Performance Programs

Ontario Cycling Association

Phone: 416.426.7401

Email: racing(at)ontariocycling.org (replace (at) with @ when entering the address)