



2010 Ontario Cup Road Series Overview

The **Ontario Cup Road Series** for U17 Male/Female, U19 Male/Female, Elite (Senior) Men/Women and Master Men/Women is the prestige race series within Ontario. The OCA Events Committee has developed standards for these events to assist race organizers and to ensure that Ontario Cup events are run to the highest standards.

From here on, the terms Ontario Cup and O-Cup will refer to the Ontario Cup Road Series.

The Ontario Cup Road Series will consist of a maximum of 7 events including:

- 5 Ontario Cup Road Races (may include Stage Races)
- 1 Ontario Cup ITT
- 1 Ontario Cup Criterium

The Provincial Championships will be run utilizing UCI age-based categories. O-Cup points will not be awarded at these events.

The selection policy and bid process for events in this series will be available in early November.

The OCA reserves the right to grant **double O-Cup** points at their discretion.

General Guidelines for Ontario Cup and Provincial Championship Events

Categories

The categories and category mixes for each type of Ontario Cup and Provincial Championship event are indicated in the tables below. More races can be scheduled than indicated by having races for individual categories rather than mixing them as suggested. Also, different combinations of category mixing are possible, but shall be approved by the OCA no later than 30 days before the event.

Entry Fees

Organizers are encouraged to set entry fees appropriate for the level of organization of their event. Experience has shown that entry fees that are too high will discourage athletes from participating in your event. Suggested maximum entry fees are shown in the tables below. **All Ontario Cups will be required to offer pre-registration.** The Provincial ITT, Hill Climb and Road Race will be pre-registration only through the OCA. The OCA shall be the sole provider of Online registration services.

Note: *A quality event can be run within the fee table and events wishing to charge more must be able to prove value to the participants. Entry Fees above the suggested fee structure require advance approval from the OCA.*

Prizes

A minimum of three prizes must be awarded for each individual category listed in the tables below, regardless of category mixing. Prizes shall be posted at registration of the race. Medals for Provincial Championship events will be provided by the OCA. **A draft prize lists or method of determining prizes must be forwarded with the application and a finalized copy to the OCA no later than 60 days before the event.** Prize money based solely on entry fees must be announced at the start of each event and cannot be pooled for other categories. It is recommended that organizers of Provincial Championships provide merchandise and cash prizes along with the OCA supplied medals and jerseys.

Officials

Organizers pay the cost of officials. The total number of officials required will depend on the scheduling of groups using the course simultaneously. **See event specific guidelines for further details.**

Technical Guide

Organizers are required to provide a technical guide to the OCA 60 days in advance of the event. An OCA approved technical guide must be available to riders 45 days in advance of the event. **See event specific guidelines for further details.**

Results

All events are to be timed by the official OCA timing contractor. The OCA has secured the services of a timing contractor for all Ontario Cups and Provincial Championships. The cost of this service shall be covered by the organizer. A copy of the fee schedule is available upon request.

First Aid

In addition to first aid coverage outlined in a fully completed E.A.P. form, an on-site first aid person with a minimum of St John's or Red Cross Standard First Aid qualifications must be provided. First Aid person must be readily identifiable at the event. Organizers are responsible for timely completion of Accident Reports. All Reports **must** be submitted to the OCA by the organizers within 72 hours.

Ontario Cup Road Races

All O-Cup road races will utilize the following category and start format:

Categories	Distance	Max. Entry Fee	Start Wave	Suggested Time
U17 Men	60km	\$40	A	8:30 am
Elite (Senior) 4 Men	60 – 80km	\$50	A	8:32 am
Master 3 Men	60 – 80km	\$50	A	8:32 am
U19 Women	60 – 80km	\$40	A	8:34 am
U17 Women	60km	\$40	A	TBD
Master A Women	60 – 80km	\$50	A	8:34 am
Master B (40+) Women	60 – 80km	\$50	A	8:34 am
Elite (Senior) 3 Women	60 – 80km	\$50	A	8:34 am
Elite (Senior) 3 Men	80 -100km	\$50	B	11:00 am
U19 Men	80 -100km	\$40	B	11:00 am
Master 2 Men	80km	\$50	B	11:02 am
Elite (Senior) 1/2 Women	Timed	\$50	B	11:04 am
Elite (Senior) 1/2 Men	160km	\$50	C	1:30pm
Master 1 Men	100km	\$50	C	1:32pm

Provincial Road Race

Provincial Road Race participants must be residents of Ontario. The OCA defines an Ontario Resident as someone with an OCA issued licence. Provincial road race will utilize the following category and start format (Organizers may add an Elite 3/4 race upon receiving permission from the OCA Events Committee):

Medal Categories	Distance	Max. Entry Fee	Start Wave	Suggested Time
U17 Men	60km	\$40	A	8:30 am
Master C Men	60 – 80km	\$50	A	8:32 am
Master D Men	60 – 80km	\$50	A	8:32 am
U19 Women	60 – 80km	\$40	A	8:34 am
U17 Women	60km	\$40	A	TBD
Master A Women	60 – 80km	\$50	A	8:34 am
Master B (40+) Women	60 – 80km	\$50	A	8:34 am
U19 Men	80 -100km	\$40	B	11:00 am
Master B Men	80km	\$50	B	11:02 am
Elite (Senior) Women	Timed	\$50	B	11:04 am
Elite (Senior) Men	160km	\$50	C	1:30pm
U23 Men	160km	\$50	C	1:30pm
Master A Men	100km	\$50	C	1:32pm

Ontario Cup ITT

A start list must be posted on the website 24 hrs before the event. The O-Cup time trial will follow the below category structure and distance standards:

Categories	Recommended Distance	Max. Entry Fee
U15 Men	15 KM	\$30
U17 Men	15 KM	\$30
U19 Women	15 KM	\$30
U17 Women	15 KM	\$30
Master A Women	30 KM	\$40
Master B (40+) Women	30 KM	\$40
Elite (Senior) 3 Women	30 KM	\$40
Elite (Senior) 1/2 Women	30 KM	\$40
U19 Men	30 KM	\$30
Master 3 Men	30 KM	\$40
Elite (Senior) 3 Men	30 KM	\$40
Elite (Senior) 4 Men	30 KM	\$40
Master 2 Men	40 KM	\$40
Master 1 Men	40 KM	\$30
Elite (Senior) 1/2 Men	40 KM	\$40

Provincial ITT

Participants must be residents of Ontario with an OCA issued licence. However the restriction can be lifted if the organizer provides reasonable prize money to riders. **A start list must be posted on a website 24 hrs before the event.** The Provincial Time Trial will utilize the following category structure and event standards:

Medal Categories	Recommended Distance	Max. Entry Fee
U15 Men	15 KM	\$30
U17 Men	15 KM	\$30
U19 Women	15 KM	\$30
U17 Women	15 KM	\$30
Master A Women	30 KM	\$40
Master B Women	30 KM	\$40
Master C (50+) Women	30 KM	\$40
Elite Women	30 KM	\$40
Master A Men	40 KM	\$40
Master B Men	40 KM	\$40
Master C Men	30 KM	\$40
Master D Men	30 KM	\$40
Elite Men	40 KM	\$40
Junior Men	30 KM	\$30
U23 (Espoir) Men	40 KM	\$40

Ontario Cup Criterium

The O-Cup Criterium will utilize the following category and race time suggestions (course length and design may require adjustments to the category mixes and start wave assignments provided):

Categories	Distance	Max. Entry Fee	Start Wave	Suggested Time
U17 Men	40km	\$30	A	50 minutes
Elite (Senior) 4 Men	40km	\$40	A	1 hour
Master 3 Men	40km	\$40	A	1 hour
U19 Women	40km	\$30	C	1 hour
U17 Women	40km	\$30	C	1 hour
Master A Women	40km	\$40	C	50 minutes
Master B (40+) Women	40km	\$40	C	50 minutes
Elite (Senior) 3 Women	40km	\$40	C	50 minutes
Elite (Senior) 1/2 Women	40km	\$40	C	1 hour
Master 2 Men	40km	\$40	B	1 hour
Elite (Senior) 3 Men	40km	\$40	B	1 hour
U19 Men	40km	\$30	B	1 hour
Master 1 Men	40km	\$40	D	1 hour
Elite (Senior) 1/2 Men	60km	\$40	E	1.5 hour

Criteriums have a maximum pack size of 100 riders.

Provincial Criterium

The Provincial Criterium will utilize the following categories and race times. Organizers may add an Elite (Senior) 3/4 race upon receiving permission from the OCA Events Committee. Course length and design may require adjustments to the category mixes and start wave assignments provided:

Medal Categories	Distance	Max. Entry Fee	Start Wave	Suggested Time
U17 Men	40km	\$30	A	50 minutes
Master C Men	40km	\$40	A	1 hour
Master D Men	40km	\$40	A	1 hour
U19 Women	40km	\$30	C	1 hour
U17 Women	40km	\$30	C	1 hour
Master A 30-39 Women	40km	\$40	C	50 minutes
Master B 40+ Women	40km	\$40	C	50 minutes
Elite (Senior) Women	40km	\$40	C	1 hour
Master B Men	40km	\$40	B	1 hour
U19 Men	40km	\$30	B	1 hour
Master A Men	40km	\$40	D	1 hour
U23 Men	60km	\$40	E	1.5 hour
Elite (Senior) Men	60km	\$40	E	1.5 hour

Criteriums have a maximum pack size of 100 riders.

Provincial Hill Climb

Participants must be residents of Ontario with an OCA issued licence. However the restriction can be lifted if the organizer provides reasonable prize money to riders. **A start list must be posted on a website 24 hrs before the event.** The Provincial Hill Climb will utilize the following category structure:

Medal Categories
U15 Men
U17 Men
U19 Women
U17 Women
Master A 30-39 Women
Master B 40-49 Women
Master C 50+ Women
Elite (Senior) Women
Master A Men
Master B Men
Master C Men
Master D Men
Elite (Senior) Men
U19 Men
U23 Men