

Ontario Track Provincial Championships

Friday March 4th, Saturday March 5th & Sunday March 6th – Mattamy National Cycling Centre



Technical Guide
Feb 23rd, 2016
Version 2.3



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 6th, 2015 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 – Chantal Thompson

Secretary – Edward Sitarski

Judge Referee – Bradley Day

Starter – Anne Cobban

Finish Judge – Steve Head

Timekeeper – Josée Larocque

Timekeeper – Jeffrey Poulsen

Bike Check – Ben Hill

Member – Susan Montana

Timing – racetiming.ca

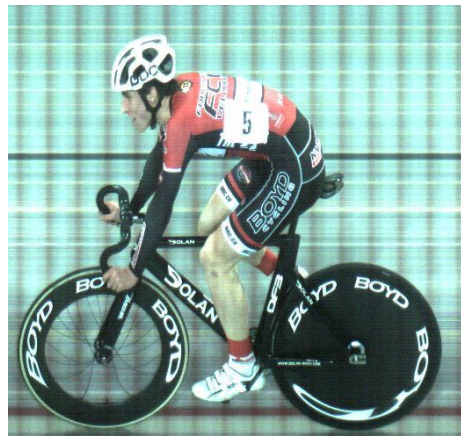
Registration Information

- This event is pre-registration only.
- Only UCI licenced riders can complete (Exceptions are made for U15/U17 riders)
- 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 you have until 11:59 PM Monday Feb 29th 2016 to sign up. ***The OCA may shut down 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 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.
- All riders (or parents/guardians) are required to sign the OCA and CC waivers, unless they have an OCA-issued licence.

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Race Office / Rider Confirmation

- The race office will be open during the following hours
 - Fri, March 4th between 12:00PM-2:00PM, and again for 90 minutes before the start of session 2
 - Sat, March 5th between 7:30AM-8:30AM and again for 60 minutes before the start of session 2
 - Sun, March 6th between 8:30AM-9:30AM 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 9:30 AM, Sunday March 5th.
- 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
 - Team Sprint
- 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 age category on their licence. Athletes who already have a Provincial Upgrade to ride in a different category will be permitted to do so at Provincial Championships.
- Second year U17s may request an event-level upgrade to race in the Junior category, provided the following conditions are met:
 - Upgrades for team events are allowed as long as 50% of the team (2 members in the case of a team of 4) is racing in their appropriate age category.
 - Athletes who have posted times, in timed events, that could potentially be top 5 at the Provincial Track Championships in the upgraded category may be upgraded (200, 500/kilo, IP)
 - Athletes wishing to race in bunch races in an upgraded category must receive the endorsement of their coach and the OCA.
- Event-level Upgrades may be requested by contacting Jen Eaton (jen.eaton@ontariocycling.org) along with filling out the standard upgrade document available on the OCA website. All requests for upgrades must be received no later than the close of registration. Successful applicants will be notified via email.

Anti-Doping

- While the OCA does not operate anti-doping at their events, A CCES anti-doping inspector may appear at their discretion. The OCA expects all riders to adhere to the RaceClean program.
- Athletes participating in the 2016 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/en/tuewizard>

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.

Media

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

Infield Boxes

- Infield boxes will be assigned 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

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

*Gear restrictions are in effect for this category

**For Team Entry please e-mail 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.

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Tentative Schedule

Day	Time	Events
Friday	12:00 PM	Race Office opens
Friday	1:00 PM	Managers Meeting
Friday	Session 1 2:00 PM	Individual Pursuit Final
Friday	Session 2 7:00 PM*	Master Men C/D & B Scratch Race Final / Kilo & 500 Final Elites / Scratch Race Final U15 & U17 & Master Women / Kilo & 500 Final Master Men & Women / Scratch Race Final Junior Men

Day	Time	Event
Saturday	7:30 AM	Race Office opens
Saturday	9:00 AM	Sprint Qualifying All Categories / Points Race Final U15 Men & Junior Men / Sprint Quarter Finals / Points Race Final Master Men C/D & B / Sprint 5-8 Finals
Saturday	4:20 PM*	Sprint Rounds Semi / Points Race Final U15 Women & U17 & Master Women / Sprint Round Final / Scratch Final Elites & Junior Women & Master Men A

Day	Time	Event
Sunday	8:30 AM	Race Office opens
Sunday	10:00 AM	500m & Kilo Final U15s & U17s & Juniors / Keirin Heats / Keirin Final / Points Race Final Junior Women & Elites & Master Men A
Sunday	4:20 PM*	Team Sprint Final / Team Pursuit Final / Madison Final

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

- Depending on registration numbers, categories may be combined. Final groupings will be posted on March 3rd, 2016
- 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 3rd, 2016

Schedule, Start Lists, & Results will be available at

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, and rim depth no greater than 40mm
 - Riders with an upgrade to a higher category follow that category's equipment rules
- 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.
- U15/U17: Only the final will be a best of three
- Junior/Elite: ¼ finals, 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.

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- 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/Team Sprint

- If there are less than 5 teams entered in a category, only the top two teams from the qualifying round will move to the final round. The remaining teams shall be placed according to their qualifying times.
- 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.

Madison

- The Madison will be an event open to elite men, master men (A-B-C), and U19 men. Mixed category teams will be allowed
- In order to compete in the event, each member of the team must wear a similar team jersey, which may be different from the club/team listed on their licence

Gear Restrictions

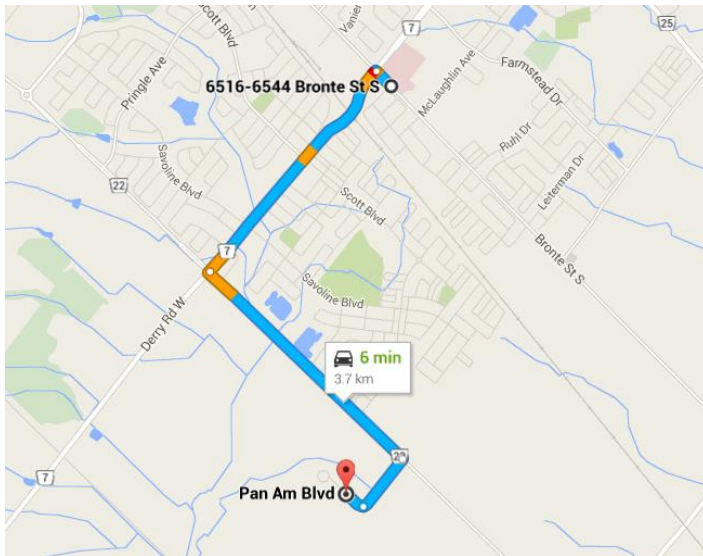
- Despite the removal of some restrictions for the National Championships, all categories U19 and under at the provincial championships must adhere to the following rollout distances:

Track Cycling			
CATEGORY GEAR LIMIT EXAMPLE FOR 700c WHEELS and a 23mm tire.			
Age Category	Competitive Age	Roll out Meters	Chain ring/Sprocket combinations that work.
U15	13-14	6.70 meters	50 x 16
U17	15-16	6.94 meters	52 x 16
U19 (Junior)	17-18	7.93 meters	52 x 14

- If you are an athlete with an upgrade to a higher age category, you will be allowed to compete using the rollout distance for that category
- 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 LOP, 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 LOP, 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.

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Medals & Eligibility

Ceremonies

- Podium presentations will be done 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 Championship Medals will be awarded for the following events:

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