

ONTARIO CUP #2 – We Need More Cowbell

Big Valley Camping Resort – St. Catharines

Sunday, September 28, 2025



September 21, 2025
Technical Guide
Version 1



Event Sponsors & Partners

Olway™



Table of Contents

Event Sponsors & Partners	2
Table of Contents	3
Event Description	4
OC Event Contacts	5
Commissaires	5
Media	5
Registration	6
Pre-Riding	6
Event Schedule	7
Category Charts	7
Category Equivalency Chart	8
Licensing Requirements	9
Awards & Prizes	9
Event Rules	10
Category Upgrades/Downgrades	13
Ontario Cup Call-Up Protocol	14
Medical/Hospitals	15
Appendix	18
Course Map	18
Results & Timing	19
Safety and First Aid	19

Event Description

Date: Sunday, September 28, 2025

Time: 7:30 am – 3:00 pm

Location: Big Valley Camping Resort: [2211 King St. St. Catharines, ON L2R 6P7](#)

Parking: Entry & exit to the park are located off King St, within the park follow the Ontario Cycling parking signs to the lot at the back of the park near the tent camping area. Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or a resident of the property.

Pit/Tech Zone: The pit will be dual sided and located about midway through the lap to offer riders 2 opportunities for servicing/bike changes per lap.

Come join us for a great day of early season CX racing at Big Valley Camping Resort in St. Catharines for OCup #2! The same great course as last year, with some 2025 tweaks. Parking, washrooms, and food truck on site open during event day.

OC Event Contacts

Position	Name
Event Organizer	Nathan Chown
Ontario Cycling Event Lead	Darren De Ruiter
Membership/Licensing	Chris Baskys
Timing	Racetiming.ca
Medical	On-Site Paramedic + 2 Certified First Aid Responders

Commissaires

Position	Name
President of the Commissaire Panel	Marie-Eve Potvin
Finish Judge	Brad Day
Member	Joseph Hall

Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact teagan.hughes@ontariocycling.org, 2025 to receive accreditation for the event.

Registration

- Registration for all CX OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Non-members can participate in all categories except for Cat A and will be subject to an additional \$5 (under 18) or \$10 (18+) at registration.
- Registration for CX OCup 1 closes on **Thursday, September 25th at 11:59pm.**
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

CX OCup 1 – Dam Cross Registration		
Event	Registration Timeline	Link
OCup 1	Closes Thu, September 25 th @ 11:59pm	HERE
Cost per event	Price of \$35-\$55 depending on category	

**Riders looking to register for both a geared and single speed category can do so by selecting multiple categories when registering online. Adding single speed to your cart will trigger a \$20 discount to be applied to both registrations, simulating a reduction of \$40 off the individual single speed registration to be \$20 for the add on. Day of registration for single speed and all categories is not allowed.*

Pre-Riding

Course pre-riding is only available on race day **Sunday, September 28th**. 20-to-30-minute time breaks between start waves have been worked into the schedule to allow all riders to have an equal opportunity to ride 1 or more laps of the course prior to their race start. Riders are only permitted to pre-ride the course when either no race is currently on the course or behind the last rider in the current race on course on their final lap. Pre-riders must not interfere with the current race unfolding, any riders who are found to have interfered with or passed the last rider of the current race on course may be subject to a fine or disqualified from competing in their race. Any person who rides the course outside of race day assumes their own risk and responsibility when riding.

Event Schedule

Sunday, September 28th:

- 7:30 am – 1:00 pm Rider Sign-In is Open*
- **9:00 am** **Start Wave 1 (Master Men/Open [45+] & Cat D [17+])**
 - 10:15 am: Wave 1 Podium Ceremonies
- **10:00 am** **Start Wave 2 (U17, U15, & U13)**
 - 11:15 Am: Wave 2 Podium Ceremonies
- **11:00 am** **Start Wave 3 (Cat B [17+] & Cat C [17+])**
 - 12:30 pm: Wave 3 Podium Ceremonies
- **12:15 pm** **Start Wave 4 (Cat A Women [17+], Cat B Women [17+], & Master Women [35+])**
 - 1:45 pm: Wave 4 Podium Ceremonies
- **1:30 pm** **Start Wave 5 (Cat A [17+] & Single Speed [17+])**
 - 3:00 pm: Wave 5 Podium Ceremonies

**All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

Category Charts

New in 2025 OCup categories for riders 17+ will be ability-based where athletes will self-seed themselves from Categories A-D and Categories A & B (Women Only), based on their ability and experience level. Women who would like to race in Categories A-D are able to do so. The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Youth categories for riders under 17 years of age as of Dec. 31st of the following year remain unchanged with age groups U17 (15-16), U15 (13-14), and U13 (8-12). In addition to Masters age group categories for Men/Open and Women 45+ and 35+ years of age respectively.

Ontario Cups				
Start Time	Category	Duration	Registration Fees Closes Thu, Sept 25	Tire Width*
9:00 AM	Master Men/Open (45+)	40 minutes	\$55	N/A
9:01 AM	Cat D (17+)	40 minutes	\$55	N/A
9:40 AM	Break	20 minutes		
10:00 AM	U17 Girls & Boys	40 minutes	\$35	33mm
10:01 AM	U15 Girls & Boys	30-40 minutes	\$35	N/A
10:02 AM	U13 Girls & Boys	30-40 minutes	\$35	N/A

10:40 AM	Break	20 minutes		
11:00 AM	Cat B (17+)	45 minutes	\$55	N/A
11:01 AM	Cat C (17+)	45 minutes	\$55	N/A
11:45 AM	Break	30 minutes		
12:15 PM	Cat A Women (17+)	45 minutes	\$55	33mm
12:16 PM	Cat B Women (17+)	40 minutes	\$55	N/A
	Master Women (35+)	40 minutes	\$55	N/A
1:00 PM	Break	30 minutes		
1:30 PM	Cat A (17+)	60 minutes	\$55	33mm
1:31 PM	Single Speed (17+)	45 minutes	\$55 (\$20 if you register for another category in addition to Single Speed)	N/A

**At Ontario Cup events tire width courtesy checks will be performed for each corresponding category – U17, Cat A Women, & Cat A. No riders will be disqualified if their tire width does not conform to the 33mm maximum width at Ontario Cups. The categories most likely required to follow the UCI tire width restriction align with those that will be checked at National and Provincial Championships – U17, U19, U23, Elite, & Master. A tire width gauge will be made available to all riders at the sign-in desk to pre-check.*

Category Equivalency Chart

To aid in transition to the updated category system please see below equivalency chart to get an idea of what categories would be the best fit based on the category a rider most recently competed in:

Category Equivalency Chart		
2024 Category		2025 Recommended Categories
Elite 3 Women	→	Cat B Women
Elite 1/2 Women	→	Cat A Women
Master Women	→	Cat A/B Women <u>or</u> Master Women (35+)
Elite 4 Men	→	Cat C <u>or</u> D
Elite 3 Men	→	Cat B <u>or</u> C
Elite 1/2 Men	→	Cat A
Master 3 Men	→	Cat D <u>or</u> Master Men (45+)
Master 2 Men	→	Cat B <u>or</u> C <u>or</u> Master Men (45+)
Master 1 Men	→	Cat A <u>or</u> B

Licensing Requirements

Categories (Age as of Dec. 31, 2026)	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U13 Boys (8-12)	X	X	X	X
U13 Girls (8-12)	X	X	X	X
U15 Boys (13-14)	X	X	X	X
U15 Girls (13-14)	X	X	X	X
U17 Boys (15-16)	X	X	X	X
U17 Girls (15-16)	X	X	X	X
Cat A (17+)			X	X
Cat A Women (17+)			X	X
Cat B (17+)	X	X	X	X
Cat B Women (17+)	X	X	X	X
Cat C (17+)	X	X	X	X
Cat D (17+)	X	X	X	X
Master Men/Open (45+)	X	X	X	X
Master Women (35+)	X	X	X	X
Single Speed (17+)	X	X	X	X

*Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members will not be eligible to earn OCup Points and Call-Ups.

Awards & Prizes

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.

Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double-sided pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will

indicate the last lap.

- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- 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. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.
- Consumption of alcohol by riders or spectators on site is strictly prohibited unless it is explicitly stated by the event organizing committee (alcohol permit and insurance coverage obtained). Any rider seen consuming alcohol may be subject to a fine or disqualified from the event.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in Cat A categories. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - All other categories allow the use of any bicycle; including mountain bikes.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

Ontario Cup Points

Ontario Cup points are awarded to all categories. Only riders who have an OC membership are eligible for OCup points. Riders who do not finish (DNF) are not entitled to OCup points. Riders who upgrade during the season will not carry their accumulated points into their upgraded category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending Ontario Cup Cyclo-Cross series point totals by a simple tally of all the points earned for the current year.

Series points will be awarded as follows for all Ontario Cups:

Position	Points
1 st	25
2 nd	20
3 rd	16
4 th	13
5 th	11

Position	Points
6 th	10
7 th	9
8 th	8
9 th	7
10 th	6

Position	Points
11 th	5
12 th	4
13 th	3
14 th	2
15 th	1

**Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

Riders will earn a 10-point bonus to their total 2025 OCup Points tally for registering in the 2025 CX Provincial Championships. Riders who do not register for provincials are not eligible. If a rider upgrades to a higher ability OCup category during the season and earns points in more than one category, the 10-point bonus will only be applied to the highest ability category the rider raced. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup Total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	61	10 (Yes)	71
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	10 (Yes)	67
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	65	0 (No)	65

Category Upgrades/Downgrades

Riders competing in Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U17 to Cat A (17+) they are required to submit a formal upgrade request via the OC upgrade form [here](#). Age category upgrades require the submission of race results, experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

As a [True Sport](#) organization, Ontario Cycling continues to believe in the True Sport Principles. To this effect, OC reserves the right to move riders into a more suitable category that matches their abilities to ensure the principles of PLAY FAIR, RESPECT OTHERS and KEEP IT FUN are preserved.

**Any age category upgrade approved by Ontario Cycling is for Ontario Cycling sanctioned events only. Those looking to upgrade for a National level event (including National Championships) must make this request to Cycling Canada.*

Ontario Cup Call-Up Protocol

Call-ups for OCup categories are designed to encourage participation in the OCup series. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.
- 4) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, etc.).

Organizers may acknowledge National or World Champions in their race. These acknowledgments will be done before the call-ups. Participants will then be called up by the procedure above only. Riders may choose any position on the grid after their call-up, including not taking a position until the remainder of the field is called up.

Technical Assistance Regulations

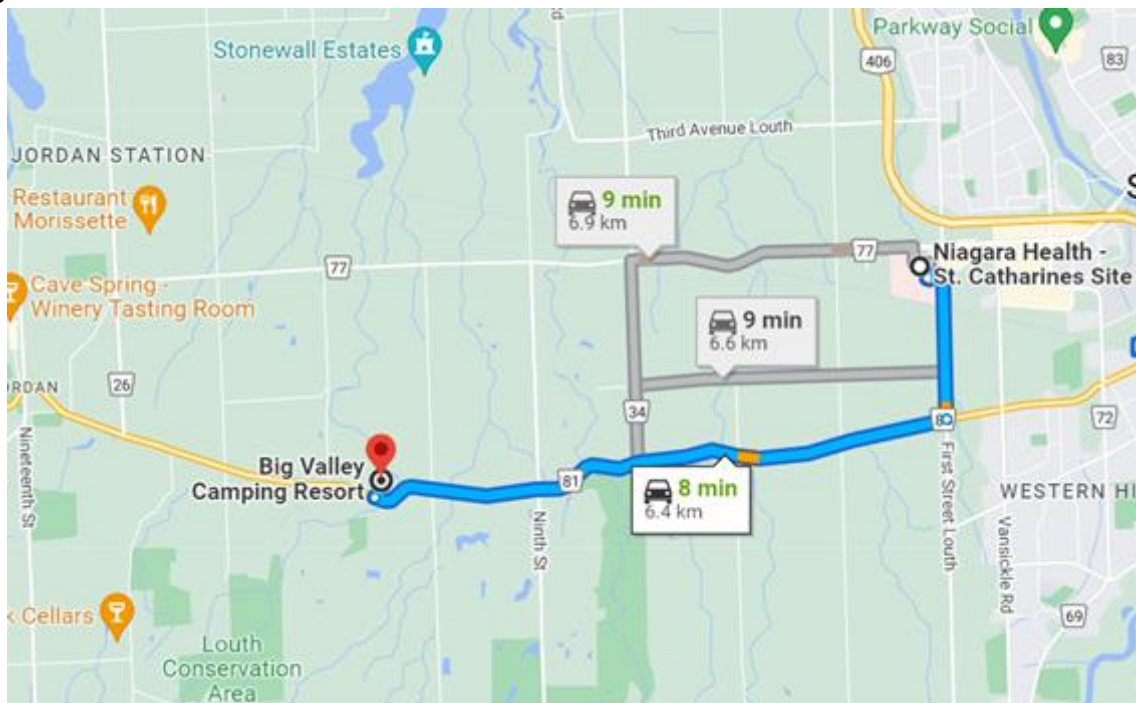
- 1) Riders should be prepared to work on their bicycle outside of the pit area. They can receive assistance in the pit area only.
- 2) Spare bicycles and wheels are allowed in the pit area only.
- 3) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 4) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.
- 5) No rider may turn back on the course to reach the pit area.
- 6) Only those persons responsible for assisting riders may be in the pit area. Spectators, children, and pets are not permitted in the pit area. Spectators may watch from outside of the course.

Bad Weather and Course Changes

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- [View OC's Weather Policy & Guideline Here](#)

Medical/Hospitals

Niagara Health - St. Catharines Site: 1200 Fourth Ave, St. Catharines, ON L2S 0A9



Directions to Closest Hospital

Big Valley Camping Resort: [2211 King St, St. Catharines, ON L2R 6P7](#)

- Turn left onto King St (Niagara Regional Rd 81)
- Turn left onto First Street Louth
- Turn left at Burbank Dr
- The destination will be straight ahead

Niagara Health - St. Catharines Site: [1200 Fourth Ave, St. Catharines, ON L2S 0A9](#)

MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your Ontario Cup race day experience by setting up the MONTU OCup Segment Challenge on Strava. The challenge will be a virtual series within the Ontario Cycling OCup series in each discipline.

What to expect on race day?

Have your Strava account set up and join the [Ontario Cycling Club](#) group. Bring your GPS device on race day to record your ride. During the race the top 10 fastest lap times for both Women and Men regardless of category will be recorded and earn points towards the grand prize special edition jersey that will be awarded at CX Provincial Championships in Peterborough! Upload your ride to Strava by the Tuesday after the event to be automatically entered into the MONTU OCup Segment Challenge. Only completed and recorded segments on race day will be counted!



How to upload your activity to Strava

Use the Strava app to “Record” and “Save” your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can sync your activities to your Strava account. Find out what devices and services [Strava supports here](#).

The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the OCup Series races. Each discipline’s highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

NOTE: Unlike race results, the MONTU OCup Segment Challenge is based on overall

Segment Place	Female	Male
1 st	10 pts	10 pts
2 nd	9 pts	9 pts
3 rd	8 pts	8 pts

Male & Female results and not separated by age categories.

Rules:

- 1) Cyclists must join the [Ontario Cycling Strava Club](#).
- 2) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 3) Riders must upload their ride by the Tuesday after the race.
- 4) The ride must be set to public.
- 5) If there is a tie in points, the rider with the fastest cumulative time across all segments where both riders competed at will win.

4 th	7 pts	7 pts
5 th	6 pts	6 pts
6 th	5 pts	5 pts
7 th	4 pts	4 pts
8 th	3 pts	3 pts
9 th	2 pts	2 pts
10 th	1 pt	1 pt

Montu Site Discount



Ontario Cycling is proud to have Montu Bikes as a main partner for the 2025 Ontario Cup series. Montu is pleased to offer Ontario Cycling members 15% off on any apparel order of \$100+ using the code **ontariocycling**. Visit <https://montu.cc/> to see the collection today!

Appendix

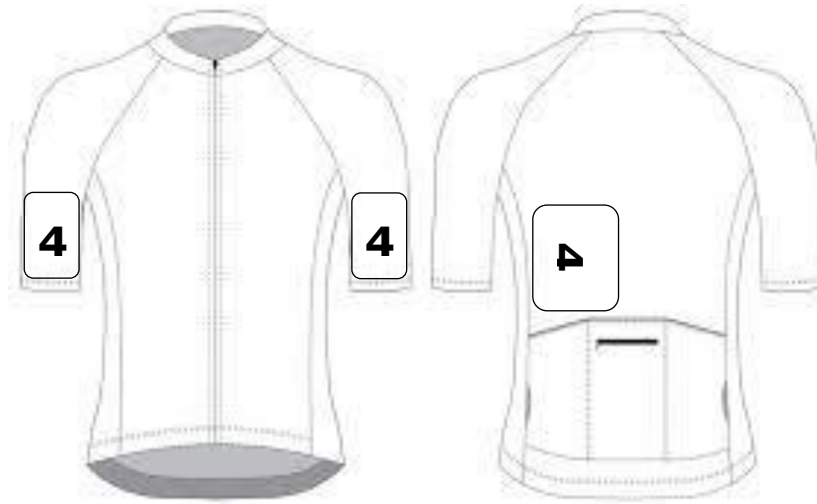
Course Map



- Registration will be located by the start/finish line

Bib Numbers

- ***New for 2025*** riders at OCup and Provincial Championship events will receive new bib numbers for each event they compete in.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Bibs are to be placed on both arms and the **LEFT** back side of the jersey. Please refer to below diagram.



Results & Timing

Dam Cross is being timed by racetiming.ca. Race results will be available on racetiming.ca's results page on event day at the link here: <https://racetiming.ca/>. Final results will be posted on the Ontario Cycling website after the conclusion of the event.

Safety and First Aid

First Aid will be provided by a Paramedic and 2 additional Certified First Aid Responders. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Course maintenance volunteers will be on course at all times to make sure the competition area maintains consistent for all races.