

Canada Cup XC/Ontario Cup XC - Categories 2017

The Canada Cup/Ontario Cup is a great racing experience for all levels of riders and racers, from First Timers to the best World Cup and Olympic riders in Canada! This guide is to help you choose the right category to enter. Start times are scheduled to ensure riders of similar ability and speed are on the course at the same time. This helps maximize the safety and enjoyment for all riders. It also gives Beginner and Sport riders the chance to enjoy the full experience to not only participate themselves, but also watch the Expert and Elite riders compete.

Age	Sub-Category	Category	Laps, Distance*	Licence or Permit needed**
9-10 yr, girls & boys	all riders of this age are in one category	Squirt - Under 13	1 lap, 3 km	can race with Citizen Permit, or One Day Permit
11-12 yr, girls & boys	Youth - for new or aspiring riders/racers	Peewee - Under 13	1-2 lap, 3-6 km	can race with Citizen Permit, or One Day Permit
	Sport – for experienced riders	Peewee Sport – Under 13	1 lap, 8 km	can race with Citizen Permit, or One Day Permit
13-14 yr , girls & boys	Youth - for new or aspiring riders/racers	Minime - Under 15	1-3 laps, 3-9 km	can race with Citizen Permit, or One Day Permit
	Sport – for experienced riders	Minime Sport – Under 15	1-2 laps, 8-16 km	can race with Citizen Permit, or One Day Permit
15-16 yr girls & boys	Youth - for new or aspiring riders/racers	Cadet - Under 17	2-3 laps, 6-9 km	can race with Citizen Permit, or One Day Permit
	Sport - for experienced riders	Cadet Sport – Under 17	1-2 laps, 8-16 km	can race with Citizen Permit, or One Day Permit
	Expert - must earn points from Sport category first	Cadet Expert - Under 17	2-4 laps, 16-24 km	can race with UCI Licence only
17-18 yr men & women	Sport - for new or aspiring riders/racers	Junior Sport 17-18	2-3 laps, 16-24 km	can race with Licence or One Day Permit
	Expert - must earn points from Sport category first	Junior Expert 17-18	3-4 laps, 18-24 km	can race with UCI Licence only
19-29 yr men & women	Citizen -any new rider/racer can enter this event	Citizen	1-2 laps, 8-16 km	can race with Citizen Permit, or One Day Permit
	Sport - for newer and aspiring racers.	Senior Sport 19-29	2-3 laps, 16-24 km	can race with Licence or One Day Permit
	Expert - must earn points from Sport category first	Expert 19-29	3-4 laps, 24-32 km	can race with UCI Licence only
	Elite - must earn points from racing Expert category	Elite 19-29	4-5 laps, 30-36 km	can race with UCI Licence only
30-49 yr men & women	Citizen -any new rider/racer can enter this event	Citizen	1-2 laps, 8-16 km	can race with Citizen Permit, or One Day Permit
	Sport - for newer and aspiring racers.	Sport (by age group)	2-3 laps, 16-24 km	can race with Licence or One Day Permit
	Expert - must earn points from Sport category first	Expert (by age group)	3-4 laps, 24-32 km	can race with UCI Licence only
50 + yr men & women	Citizen -any new rider/racer can enter this event	Citizen	1-2 laps, 8-16 km	can race with Citizen Permit, or One Day Permit
	Sport - for newer and aspiring racers.	Sport (by age group)	2- 3 laps, 16-24 km	can race with Licence or One Day Permit
	Expert - must earn points from Sport category first	Expert Men 50+	4 laps, 32 km men	can race with UCI Licence only

* Laps and Distance are approximate only. ** Citizen Permits or One Day Permits are available in advance or at race site from the Ontario Cycling Association. Riders can race on One Day permit a maximum of three times per season.