

Canada Cup XC/Ontario Cup XC - Categories 2018

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