



Aalborg Mountainbikeklub

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Danish National Mountain bike League
MTBliga round 3
September 14-15, 2019
Technical Guide

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1 Statement

As representative of the organizing staff for Round 4 of the Danish National Mountainbike League 2019. I hereby declare the race as described in current technical guide will be carried out according to the UCI regulations.

Sincerely,

Jesper Kjær Nielsen
Aalborg Mountainbikeklub



2 General specifications

2.1 Race organization

The race will be organized by Aalborg Mountainbikeklub (AMK). AMK is registered under the Danish Cycling Association as an elite cycling club. AMK is nearly 20 years old and has during the last decade hosted several national cross country mountain bike races as well as Denmark's largest MTB-race, Aalborg MTB marathon.

Race officer: Jesper Kjær Nielsen

2.2 Race type and classification

The race is classified as a cross-country mountain bike race and will follow the UCI requirements of a cross-country Olympic (XCO) race.

The race will be categorized as Class 2 (C2) race according to the UCI regulations. Infractions shall be penalised according to UCI rules and regulations.

2.3 Rider categories

The race will have participants for even UCI regulated rider categories as riders in the categories regulated by the Danish National Cycling Association (DCU).

UCI rider categories:

- Men Elite*
- Women Elite*
- Men juniors (U19)
- Women Junior (U19)

* Under 23 Men Elite and under 23 Women Elite respectively will not have a separate start. Under 23 riders will be indicated in the results list.

DCU rider categories:

- Men B and Men C
- Men H40 (age 40 and above)



- Men H50 (age 50 and above)
- Men H60 (age 60 and above)
- Women B
- Women +40 (age 40 and above)
- Women +50 (age 50 and above)
- U17/U17P (age 15-16)
- U15/U15P (age 13-14)
- U13/U13P (age 11-12)
- U11/U11P (age 9-10)
- The age is as per December 31, 2019.

2.4 Points scales

The UCI rider categories will be awarded points according to UCI regulations annex 2 UCI MTB XCO points:

Rank	1	2	3	4	5	6	7	8	9	10
Points	30	20	15	12	10	8	6	4	2	1

The DCU rider categories will be awarded points according to the Danish National Cycling Regulations.

Rank	1	2	3	4	5	6	7	8	9	10
Points	200	170	150	130	110	100	90	80	70	68
Rank	11	12	13	14	15	16	17	18	19	20
Points	66	64	62	60	58	56	54	52	50	48
Rank	21	22	23	24	25	26	27	28	29	30
Points	46	44	42	40	38	36	34	32	30	28
Rank	31	32	33	34	35	36	37	38	39	40
Points	26	24	22	20	18	16	14	12	10	8
Rank	41	42	43							
Points	6	4	2							



The UCI rider categories awards points according to the DCU regulations and will be recorded in the standings for all DCU mountain bike races in 2017.

2.5 Prize money

UCI rider categories will be awarded cash prizes in accordance to the UCI regulations. Prizes are in EUR.

Categories (C2)			
Rank	Men Elite	Women Elite	Men & Women Junior
1	300	265	80
2	230	200	65
3	165	130	50
4	130	100	30
5	105	65	25
6	90	50	
7	80	30	
8	65	30	
9	55	30	
10	45	30	
11	30		
12	30		
13	30		
14	30		
15	30		



3 Specific race information

3.1 Race venue

The race venue is in Lundby Hills south east of Aalborg.

The exact race venue will be posted on the MTBliga's homepage www.mtbliga.dk, where all necessary information will be posted well in advance of the race.

All necessary and required facilities will be catered for whether it is change rooms, toilet, shower, bike wash or anti doping test facilities.

3.2 Race program

The race will take place on Saturday and Sunday, September 14 and 15, 2019.

Collection of start number and entry pass for feed-/tech-zone will take place in the tent of registration in the finish area.

Sign up closes 30 minutes before your start time.

Saturday, September 14, 2019:

10:00–16:00 Registration

Collection of start number and entry pass for feed-/tech-zone will take place in the tent of registration in the finish area.

08:00-10:00 Rider Course Inspection. Courses (Complete and short) open for inspection.

10:00-11:30 Lunduro MTB-race An enduro-like MTB race open to everyone. (tentative)

12.00-14.00 U11-U17 MTBliga race See details in the table below.

13.30-16.00 U11-U17 Technical drills

15:00-17:00 Training. Course open for training. Number plate required.

17:00 Team managers meeting (on request)

Sunday:

07:30–14:00 Registration

Collection of start number and entry pass for feed-/tech-zone will take place in the tent of registration in the finish area.



7.30-9.15 **Training.** Course open for training. Number plate required.

9.30-16.30 **All adult (including UCI) MTBliga races** See details in the table below.

Saturday Class	Starting time	Rute	Laps	Start Box	Estimated time of race
START 1					
Boys U13	12.00	Short	4	Box 1	40 min.
Girls U13P	12.02	Short	3	Box 2	40 min.
Boys U11	12.04	Short	3	Box 3	30 min.
Girls U11P	12.06	Short	3	Box 4	30 min.
START 2					
Boys U17	13.00	Complete	4	Box 1	60 min.
Boys U15	13.02	Complete	3	Box 2	45 min.
Girls U17P	13.04	Complete	2	Box 3	60 min.
Girls U15P	13.06	Complete	2	Box 4	45 min.
technique drills for youth classes	13.30 - 16.00				
Prize Award Ceremony	16.00				

Sunday Class	Starting time	Rute	Laps	Start Box	Estimated time of race
START 1					
M40	9.30	Complete	4	Box 1	75-90 min.
M50	9.32	Complete	3	Box 2	75-90 min.
M60	9.34	Complete	3	Box 3	60-75 min
START 2					
Elite W	11.15	Complete	4	Box 1	90-105 min.



Junior W	11.15	Complete	3	Box 2	60-75 min.
Women +40	11.17	Complete	2	Box 3	75-90 min.
Women B	11.17	Complete	2	Box 4	75-90 min.
Women +50	11.17	Complete	2	Box 5	75-90 min.
START 3					
Men B	13.00	Complete	4	Box 1	75-90 min.
Men C	13.02	Complete	3	Box 2	75-90 min.
START 4					
Elite Men	14.45	Complete	6	Box 1	90-105 min.
Junior Men	14.47	Complete	5	Box 2	60-75 min.
Prize Award Ceremony Will be announced after the race					

Please notice that Junior Women start at the same time as Elite women. However, they start in a stall placed behind the first.

Sign up closes 30 minutes before your start time.

3.3 Registration procedure

Riders can preregister for the event online through the MTBliga homepage. The MTBliga be found at the Internet address www.mtbliga.dk

By online registration on the homepage credit cards payments of starting fees are possible.

Registration is possible on race day too. At the race day cash payment of starting fees only and fee will be twice the normal price. Please be informed that this is not possible for UCI rider categories.

3.4 Rider accreditation

Rider accreditation takes place at the race office, which is located at the start/finish area. For rider accreditation times, please see the race program in section 3.2.

All riders will receive a race number plate, which must be placed on the handlebar of the bike, and number for the back of the riders.

Riders holding their own AMB type timing chip must present their chip at the rider accreditation, as the chip code (Tag Id) will be checked.



Riders not holding their own AMB type timing chip, can rent a chip.

All riders must pass the AMB chip check, to confirm the rider information's is correct. It's the riders answer that it's correct information's.

All riders entering UCI or DCU regulated rider categories must present a valid UCI license at the rider accreditation. Riders who cannot present a valid UCI license will not be permitted to start.

3.5 Course description

The race course will have a distance of approximately 4.5 km. Further details can be found on www.mtbliga.dk

3.6 Start/finish area

The start/finish area is located at an open area. There will be a short start loop of.

3.7 Start procedure and timing

The riders will be started in groups according to the respective rider categories. UCI commissars will conduct and determine the final procedure.

The race will be timed using precise electronic timing equipment. Each rider has a chip which is registered each time the rider cross the finish line after a completed lap.

3.8 Feed and technical zone

The feed and technical zone is located close to the start/finish area. The feed and technical zone will be clearly marked with signs written in both Danish and English.

3.9 Course marshals and medical assistance

Marshals will be positioned at specific locations along the course to assure the safety of the riders and spectators. All marshals will be equipped with first aid kit and radio or cell phone to call for assistance if needed.

Paramedics will be located at the start/finish.

Distance to nearest hospital is 10 kilometres from the race venue.



3.10 Award ceremonies

Award ceremonies will take place at the awards podium located at the start/finish area shortly after the race in the various classes has finished though of course allowing time for anti doping testing.

3.11 Anti doping and mechanical doping tests

Facilities for anti doping testing will be available.

http://www.antidoping.dk/dopingkontrol_i_danmark/saadan-foregaar-en-dopingkontrol

3.12 Arrival information

This information will be posted on the MTBliga's homepage www.mtbliga.dk, where all necessary information will be posted well in advance of the race.

3.13 Parking

Parking will be available near to the start/finish area. See www.mtbliga.dk

3.14 Changing rooms and showers

Changing rooms and showers are located in the vicinity of the race venue. See www.mtbliga.dk