



# **AUSCYCLING**

## **MTB**

### **Technical Guide - 2022 XCM National Championships**

<b>Version</b>	<b>Date</b>	<b>Description</b>	<b>Author</b>
1	9/07/2022	Draft	A.Miller
2	15/07/2022	Revised	A Miller
3	25/07/2022	Revised	A Miller

# 1 Welcome/Introduction

This Technical Guide is for the information of participants competing in the 2022 XCM National Championships at Pomingalarna MTB Park, NSW on 13/14 August 2022.

## 2 Event Details

### 2.1 Event Description

AusCycling is hosting the event in conjunction with MTB Wagga Inc and the Wagga Wagga City Council. This will be a closed National Championship event and therefore will be conducted under the guidance of the AusCycling and UCI Technical Regulations.

### 2.2 Event Location

**Event Address:** Pomingalarna MTB Park / Wagga Wagga Multisport Cycling Complex

**Venue Details:** Sturt Hwy, Wagga Wagga

**Registration/Event Sign-on:**

Event registrations will be onsite at the event village within the administration building adjacent the velodrome. Registrations will be open at the following times:

Saturday 13 Aug          7am – 4pm

Sunday 14 Aug          7am - 8am

### 2.3 Event Start and Finish Times

Competition will be held on Sunday 14 August

Official Practice will be held on Saturday 13 August

The full event schedule can be found in Appendix A.

### 2.4 Key Contacts

The contact details are as follows:

Name	Position/Title	Phone	Email
David Reid	Club Contact	0437 659 616	crebbinreid@bigpond.com
Darryl Cram	President of the Commissaire Panel	0404 008 758	dadcram@gmail.com
Andy Miller	Event Manager	0412 227 240	Andrew.miller@auscycling.org.au
Jeff Hughes	Race Director	0427 885 112	maxamy@bigpond.com
Dan Beresford	Course Manager	0408 669 687	danielartefx@gmail.com
James Nguyen	Timing Manager	0405 779 800	James.nguyen@auscycling.org.au

Volunteers will be assigned roles and responsibilities to facilitate the planning and running of the event.

## 2.5 Social Media

Website: [AusCycling | 2022 AusCycling Marathon National Championships - Wagga Wagga](#)

Facebook: @auscyclingaus @AusCyclingMTBCX

Instagram: @auscyclingaus @AusCyclingMTBCX

Official Hashtag: #xcm #mtbnats22

## 2.6 Course Location & Maps

The event will showcase the best parts of Wagga Wagga MTB. The course will take riders on a journey with a magnificent network of purpose-built trails and tracks, starting and finishing at the new multisport cycling complex at Pomingalarna Reserve.

Course maps can be found in Appendix B

## 2.7 Facilities

The Multisport Cycling complex provides a full array of services and amenity.

# 3 Competitor Information

## 3.1 Technical Regulations

The event will be conducted under the guidance of the UCI and [AusCycling Technical Regulations](#), both General and Mountain Bike specific.

## 3.2 Competitor Responsibilities

Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Be required to wear minimum safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Be responsible for ensuring they are fit enough for the activity.

## 3.3 Participant Details

Riders must hold a valid AusCycling All-Discipline Racing license or Off-Road Racing license to compete in the National Championships.

Registration Portal - 2022 AusCycling Marathon National Championships (ENTRIES OPEN)

**Entries Close:**

Online Entries - 10:00am AEST Monday 8th August 2022

The operation hours of registration are outlined in the Event Schedule (See Appendix A). The Registration Office will also be utilised for the distribution of race plates.

### 3.4 National Championship Categories

Age Category^	Code	Age
Elite Men/Women	ME/WE	19>
Expert Men/Women	MX/WX	19-29
Junior Men/Women (U19)	MJ/WJ	17-18
Under 17 Men/Women	M17/W17	15-16
Under 15 Men/Women	M15/W15	13-14
Masters 1 Men/Women	M1/W1	30-34
Masters 2 Men/Women	M2/W2	35-39
Masters 3 Men/Women	M3/W3	40-44
Masters 4 Men/Women	M4/W4	45-49
Masters 5 Men/Women	M5/W5	50-54
Masters 6 Men/Women	M6/W6	55-59
Masters 7 Men/Women	M7/W7	60-64
Masters 8 Men/Women	M8/W8	65-69
Masters 9 Men/Women	M9/W9	70-74
Masters 10 Men/Women	M10/W10	75-79
E-Bike Men/Women		19+
Adaptive Men/Women		19+

### 3.5 UCI Event Class

NC – National Championship

### 3.6 Prize Money/Prizes

National Champion jerseys will be awarded to 1<sup>st</sup> place and medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placegetters of recognised categories.

Prizemoney is not awarded at National Championships.

### 3.7 Presentations

Presentation ceremonies will take place onsite Sunday afternoon as soon as possible following the completion of racing.

All riders who finish 1<sup>st</sup> to 5<sup>th</sup> in elite or 1<sup>st</sup> to 3<sup>rd</sup> in all other categories must be present at the presentation.

### 3.8 First Aid/Medical Services

Professional medical services will be provided by GetFirstAid. They will be onsite from village opening to village close.

The nearest hospital is:

Wagga Wagga Base Hospital

Sturt hwy & Docker Street, Wagga Wagga New South Wales

### 3.9 Race Results

The event will be timed, recorded, displayed and publicised by AusCycling Timing. Live results are available [<Insert link>](#).

### 3.10 Anti-Doping Testing

#### 3.10.1 Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

**Therapeutic Use Exemption (TUE)** A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample. Who needs to complete a TUE in-advance for Cycling?

Athletes who are:

- Competing in the Elite and U23 categories
- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships If you are currently taking any medication, please check whether this substance is banned in or out of competition via [www.globaldro.com/AU/search](http://www.globaldro.com/AU/search) Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

#### 3.10.2 Sport Integrity Australia App

Any athlete and official can download the SIA app.

The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

### 3.11 Camping

There will be No Camping at Pomingalarna MTB Park / Wagga Wagga Multisport Cycling Complex for 2022. Camping facilities at the venue are not complete, camping option should be made available for future events. There are plenty of other local camping options in and around the Wagga Wagga region.

## **4 Appendix A – Event Schedule**

- Saturday - Official Practice & Registration
- Sunday - Racing All Categories (AM)

### **Tentative Schedule Sunday:**

#### **Start time - 9:00am**

- Wave 1 (75km) - Elite, U19, Expert, Masters 1-6 (updated 20/06/22)
- Wave 2 (50km) - U17, Masters 7+, Adaptive Men & Women
- Wave 3 (25km) - U15
- Wave 4 Wagga Wiradjuri Wander (25km / 50km) - Men, Women & Mixed (Non-Championship)

## 5 Appendix B – Course Maps

