



# **AUSCYCLING**

## **MTB**

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

<b>Version</b>	<b>Date</b>	<b>Description</b>	<b>Author</b>
1	9/07/2022	Draft	A.Miller
2	8/10/2022	Revised	A Miller
3	17/10/2022	Revised	A.Miller

# 1 Welcome/Introduction

This Technical Guide is for the information of participants competing in the 2022 GE National Championships at Red Hill MTB Park, VIC on 21-23 October 2022.

## 2 Event Details

### 2.1 Event Description

AusCycling is hosting the event in conjunction with Red Hill Riders MTB Club (RHR). 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:** Arthurs Seat State Park MTB Park, Purves Road, Arthurs Seat, Victoria 3936

**Venue Details:** Event parking in the Seawinds MTB car park, accessed via Purves Road Entrance

#### Registration/Event Sign-on:

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

Friday	21 October	8am – 5pm
Saturday	22 October	7am – 4pm
Sunday	23 October	7am - 5pm

### 2.3 Event Start and Finish Times

Official Practice will be held on Friday 21 October from 8am – 5pm.

- NB: Shuttling during practice and competition is prohibited. Stakeholder permission facilitating the event has expressly forbidden shuttling. Riders transgressing this will be subject to disqualification.

Competition will take place on Saturday 22 October and Sunday 23 October, as follows:

#### Saturday AM

- 8:30am Adaptive – Stages A1, A2 & A3
- 8:30am E-MTB – Stages 1-6 plus Power Stages 1 & 2
- 9:00am U13 to U17 M and W - Stages 2-6

#### Saturday PM

- 12:30pm U21, Elite and all Masters M and W - Pro Stage

#### Sunday AM

- 8:00am U21, Elite and all Masters M and W – Stages 1-6

The full event schedule will be added to Appendix A and the event web page on 19 October, detailing rider start list and trails.

## 2.4 Key Contacts

The contact details are as follows:

Name	Position/Title	Phone	Email
Alex Gunn	Club Contact	0418 585 464	agunn@redhillriders.com.au
Anthony Newham	President of the Commissaire Panel	0409 291 456	antandbec@y7mail.com
Lucas Walsh	Event Manager	0438 776 242	lucas@redhillriders.com.au
Andy Miller	Technical Delegate/Race Director	0412 227 240	Andrew.miller@auscycling.org.au
Daz Stead	Village / Reg Mgr		
Alex Gunn	Course Manager	0418 585 464	agunn@redhillriders.com.au
Toby Meredith	Volunteer/Marshal Co-ordinator		tooby@redhillriders.com.au
Christopher Naunton	Timing Manager	0400 153 199	Christopher.naunton@livingitlive.com.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 GE National Championships - Red Hill](#)

Facebook: @auscyclingaus @AusCyclingMTBCX

Instagram: @auscyclingaus @AusCyclingMTBCX

Official Hashtag: #ge #mtbnats22

## 2.6 Course Location & Maps

The event will showcase the best trails of the Arthurs Seat State MTB Park. The course will take riders on a journey with a magnificent network of purpose-built trails, starting and finishing at the Seawinds Gardens, atop the Arthurs Seat State Park.

Course maps can be found in Appendix B

## 2.7 Facilities

The Arthurs Seat State Park and surrounds provides a full array of services and amenity.

# 3 Competitor Information

## 3.1 Event Regulations

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

Additionally, the following supplementary regulations apply for the event:

1. UCI Technical Regulations re E-MTB apply for the event and the following E-MTB bike compliance testing protocol will be in place:
  - 1.1. All podium bikes will be quarantined immediately upon race completion and submitted to scrutinization including software, physical and ergometer testing;
  - 1.2. In addition, up to five (5) random bike checks will also be completed.
2. In accordance with AusCycling Technical Regulations a Gravity Enduro A Standard helmet requirement will be in place for the event. Specifically this requires:
  - 2.1.1. For Special Stages/Racing a full faced helmet meeting AS2063 or equivalent standard with or without detachable mouthpiece;
  - 2.1.2. For Liaison Stages any helmet meeting AS2063.
3. A jersey or shirt covering the elbows must be worn as a minimum. 3/4 length jerseys are acceptable. Knees must be covered by full-length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road competition.
4. For all riders who are eligible to compete in the Under 13, 15, and Under 17 categories, the following equipment is mandatory at all times while on track regardless of registered category:
  - 4.1. Full-finger gloves must be worn;
  - 4.2. Full-length jersey – jersey must cover elbows at all times;
  - 4.3. Knee pads and elbow pads must be worn.
5. AusCycling strongly recommends the use of the following for all competitors:
  - 5.1. Neck brace expressly designed for off-road competition;
  - 5.2. Back and shoulder protection expressly designed for the purpose;
  - 5.3. Full finger gloves;
  - 5.4. Elbow protectors and/or long sleeve jersey to the wrist;
  - 5.5. Goggles that are expressly designed for the purpose.

### **3.2 Competitor Responsibilities**

Participants shall:

- Shuttling during practice and competition is prohibited. Stakeholder permission facilitating the event has expressly forbidden shuttling. Riders transgressing this will be subject to disqualification.
- Display race or official number plate during official practice. Course access prohibited otherwise.
- 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. Outside assistance is not permitted, riders are required to be self-sufficient for technical and nutrition requirements.

- 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.

**Entries are fully subscribed and are now closed.**

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	21>
U21 Men/Women	MJ/WJ	17-20
Under 17 Men/Women	M17/W17	15-16
Under 15 Men/Women	M15/W15	13-14
Masters 35-44 Men/Women	MM/MW 35-44	35-44
Masters 45-54 Men/Women	MM/MW 45-54	45-54
Masters 55-64 Men/Women	MM/MW 55-64	55-64
Masters 65+ Men/Women	MM/MW 65+	65+
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 Saturday and 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 1300Medic. They will be onsite from village opening to village close.

The nearest hospital is:

Frankston Hospital

2 Hastings Road, Frankston VIC 3199

### 3.9 Race Results

The event will be timed, recorded, displayed and publicised by LiveItLive 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 U21 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 the venue. There are a variety of local camping and accommodation options in and around the region.

## Appendix A – Event Schedule

Official Practice will be held on Friday 21 October from 8am – 5pm.

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### Saturday PM

- 12:30pm            U21, Elite and all Masters M and W - Pro Stage

### Sunday AM

- 8:00am            U21, Elite and all Masters M and W – Stages 1-6

## Appendix B – Course Maps

- [GE Nationals Course Maps](#)
- [GE Nationals Saturday Adaptive Course Map](#)
- [GE Nationals Saturday Pro Stage Course Map](#)
- [Arthurs Seat MBT Signage 400x600 FINAL \(redhillriders.com.au\)](#)
  - Screenshot of venue below