



2023 AUSCYCLING GRAVITY ENDURO SA STATE CHAMPIONSHIPS



Valued Partners

Host Partners



AusCycling Partners



Australian Government
Australian Sports Commission



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Section One – Welcome

The 2023 AusCycling Gravity Enduro South Australia State Championships will be held in conjunction with Round 4 of the GESA State Series Rounds at Fox Creek Bike Park on Sunday 10 September. AusCycling would like to thank Gravity Enduro South Australia for hosting this event which will showcase the high-level Gravity Enduro riders in the state, and nation-wide.

Section Two – Event Details

Categories

You should enter based on the category you would choose to race in a normal GESA round.

Series Race Podiums will be awarded for the fastest three riders in each Series category as per other GESA Series rounds.

State Championship podiums & medals will only be awarded to South Australian permanent residents as per AusCycling General Technical Regulations 2.03.02.

To establish the State Champions, and presentation of Masters State Championship medals in line with AusCycling National Championship categories, results will be automatically recategorised for those in **Expert, Masters and Super Masters Categories**. Riders in Open, E-Bike (both Elite and Open) and Novice Categories will not be eligible for the State Championship medals in the Masters 35-44, Masters 45-54, Masters 55-64 and Masters 65+ Categories.

Should any riders racing Elite GESA Category wish to be classified as a Masters rider for State Championship (and therefore National Championship) rather than being included in the Elite results, they need to email hello@gravityendurosa.com no later than 8:00pm Thursday 7 September 2023.

All Open and Novice Categories are not considered State Championship Categories and so will be treated only as Series races. No State Championship medals will be awarded in these categories.

Non-Championship category riders will be eligible to use an AusCycling day license or a 4-week free trial membership, however, State Championship categories must have an All-Discipline or Off-Road racing AusCycling membership. Further information can be found in the Membership section below, in Section Three – Event Details.

Standard GESA Race Category (per EntryBoss)	Age (at 31 Dec 2023)	Stages	State Championship Category
<i>Elite Men & Women</i>	21+ years	6	<i>Elite Men & Women</i>
<i>Elite E-Bike Men & Women</i>	19+ years	6	<i>E-Bike Men & Women</i>
<i>Elite Under 21</i>	17-20 years	6	<i>Under 21 Men & Women</i>
<i>Under 21 Open</i>	17-20 years	5	No
<i>Expert Men & Women</i>	21+ Years	5	<i>Masters 35-44, Masters 45-54 and Masters 55-64 & Masters 65+ medals will be awarded based on times from these four categories ONLY.</i>
<i>Masters</i>	40-49 Years	5	
<i>Super Masters</i>	50+	5	
<i>Open Men & Women</i>	21+ years	5	No
<i>E-Bike Open</i>	19+ years	5	No
<i>Under 17</i>	15-16 years	5	<i>Under 17 Men & Women</i>
<i>Under 15</i>	13-14 years	4	<i>Under 15 Men & Women</i>
<i>Under 13</i>	11-12 years	2 or 3	<i>Under 13 Men & Women</i>
<i>Novice</i>	15+ years	3	No
<i>Adaptive</i>	14+ years	TBC	<i>Adaptive Men & Women</i>

Schedule

The schedule for the event day is as follows:

<i>Sunday 10 September</i>		
Time	Event Schedule	Location/Trails
8:30am – 9:45am	Rego	GESA Timing tent Top of Skill Park
9:45am	Rider Briefing	
10:00am	Wave 1	All Elite Rider (M&F) including U21 and all E-Bike Riders
10:15am	Wave 2	Expert, Super Masters and Masters
10:30am	Wave 3	All Open classes
10:45am	Wave 4	U15, U13 and Novice
2:45pm	Tracks Close	
3:00pm	Timing Closes	
3:15pm	Timing Closed	
3:45pm	Presentations	

Contact List

Race Management

President of the Commissaires' Panel (PCP)

Susan Mitchell

0478 399 030

Technical Delegate

Kenny Williams

0416 078 301

AusCycling Management

Executive General Manager - Sport

Kipp Kaufmann

MTB Sport & Technical Delegate

Andrew Miller

0412 227 240

Off-Road Event Delivery Coordinator

Eliza Doddridge

0422 891 768

Timing & Results

Timing and Results Coordinator

Jason Madden

0430 874 153

Medical

Event Medical

Raf Sciezka

0400 990 465

Dial 000 for any emergencies.

Social Media

Website

[AusCycling Event Page](#)

[GESA Website](#)

Facebook

[@AusCyclingMTBCX](#)

[@gravityendurosa](#)

Instagram

[@auscyclingsa](#)

[@gravityenduro sa](#)

Twitter

[@AusCycling](#)

Section Three – Event Details

Type Of Event

The 2023 AusCycling Gravity Enduro State Championships is the premier event for Gravity Enduro racing in South Australia.

Rider Registration

Rider registration for the event will be via [EntryBoss](#). Entries will open Sunday 27 August at 7:30pm ACST and close Wednesday 6 September at 7:30pm ACST.

Membership Requirement

To participate in this event, riders will be required to:

- Hold a current AusCycling All-Discipline or Off-Road racing membership.
- EntryBoss account must have the correct AusCycling membership number.

AusCycling day license and 4-week free trials are accepted for non-Championships categories but for State Championships categories, AusCycling day licenses and 4-week free trials will not be accepted. Please bring your license card/digital membership with you to sign-on! To be eligible to obtain a FREE 4-week trial membership, you must not have held an AusCycling, CA or MTBA membership in the last three years. If this applies to you, you can sign up [here](#).

Medical

Paramedic personnel will be present on site with 4WD for access. Course Marshalls will be located at the start & finish of stages with basic 1st aid kits and radios for direct communications with the Race Director and Medical. If there is an incident, the medical staff can be reached over the two-way radio communications. In the case of a serious emergency, please call '000'.

Hospital

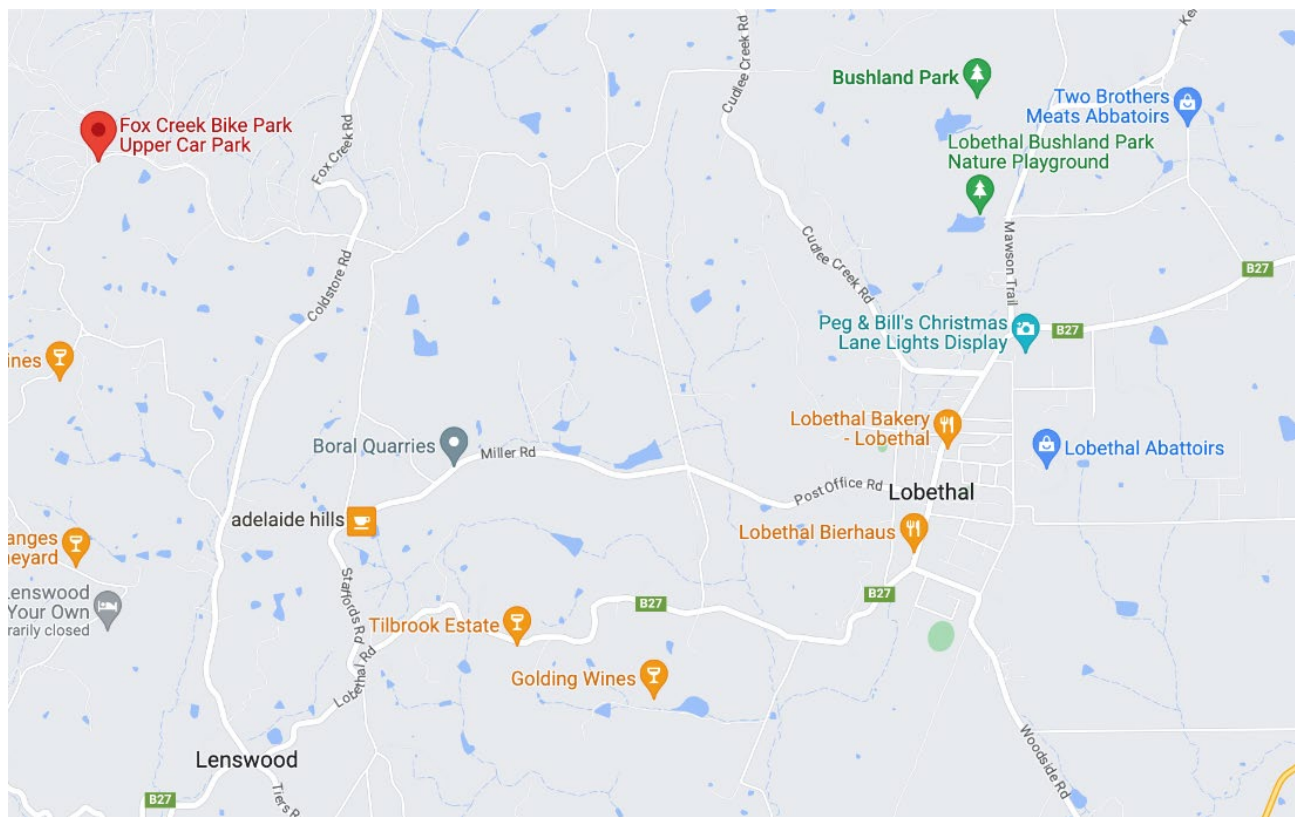
Modbury Hospital is located 23km from Fox Creek MTB Park & is approximately a 27-minute drive. The hospital is open 24 hours and can be contacted on (08) 8161 2000.

Results

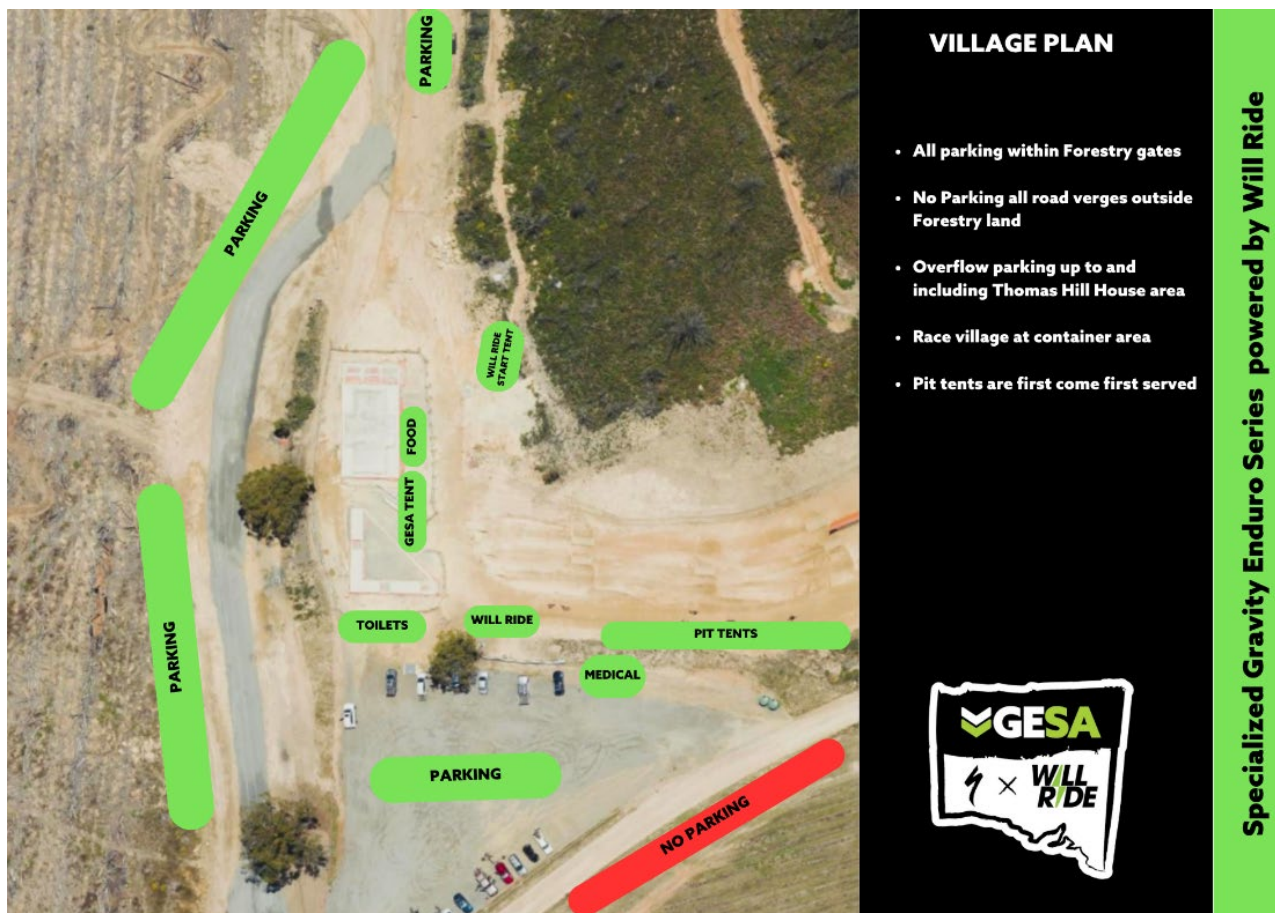
Results will be posted on the Gravity Enduro South Australia website [here](#). Live timing will be available after the race chips are returned. QR code available at GESA Timing Tent. The protest period is 15 minutes after posting, after which time they become final. All protests should be conducted through the President of the Commissaire Panel.

Section Four – Venue Details

Venue Map



Village Map



Section Five – Technical Regulations

Rules & Regulations

The event will be conducted under the rules and regulations of AusCycling and the Union Cycliste Internationale (UCI). The AusCycling & UCI scale of penalties will apply. For more information, please refer to the AusCycling website www.auscycling.org.au and UCI website www.uci.org.

Competitor Information

Presentations

Presentations will be conducted as soon as possible after the finish of each event. All placegetters must present to the podium immediately following their race finish. Athletes must stand on the podium in their correct attire (race kit).

Race Plates

Riders will use their existing series race plates. New Riders will be issued a Race plate at registration. All riders will be issued with a transponder at registration, however, any rider who fails to return their transponder will be charged \$150. Race Plates must not be cut, folded, or modified in any way. Transponders will be positioned on the right-hand wrist of riders. There are a few mounting options for race numbers.

Timing Chips

Riders will be issued a timing chip at registration, which is to be worn on your right wrist using the wrist strap provided. Do not mount it on your handlebars. Riders must activate their chip upon registration. If you don't activate it, it won't work, and you won't get any results. The chip is the rider's responsibility to keep safe for the duration of the race. If lost or broken, the rider will be charged for the replacement (approximately \$150). Upon completing the course, riders must go straight to the timing tent to download their times and return their timing chip within the specified time limit for the event.

Start Order

The typical start order is determined as follows:

Time	Category
10:00 am	All Elite Rider M+F including U21 and all E-Bike Riders
10:15 am	Expert, Super Masters and Masters
10:30 am	All Open classes
10:45 am	U15, U13 and Novice

Start Procedure

Riders will be called to scrutineering no earlier than 10 minutes before the scheduled start of the race. Once riders have been scrutineered, the wave will be called when ready to leave to stage 1. Riders will start stationary at the start of the yellow tape and will be told when to go by the Race Marshall. A 30 second gap will be given between riders. A larger or shorter gap will be given upon request and is at the discretion of the race marshal. Ideally riders will self-seed fastest 1st.

Bike Regulations

- You may only use one bike during the event.
- Wheel rims, bike frame and fork cannot be changed. The race director has the discretion to prohibit unsafe or unsuitable bikes.
- All bikes must be in perfect working order.
- Bikes can be repaired during the event, but no extra time will be granted.
- Competitors are not to modify race plates.

E-Bike Regulations

An E-Mountain Bike is a bike operated with two energy sources, human pedal power and an electric engine, which only provides assistance when the rider is pedaling.

- E-Bikes may only be used for competition in the E-Bike categories.
- E-Bike riders may not tow other riders on liaison stages.
- All E-Bikes must comply with Australia Standards and not be modified or “chipped” to exceed the legal speed limit for E-Bikes

Safety Equipment Requirements (All Ages)

- Full-faced helmets that meet Australian Standards AS2063 are compulsory on timed stages.
- Knees must be covered.
- Helmets with a detachable chin piece are acceptable.
- Riders must wear a helmet whenever they are riding their bike.
- Riders must carry enough food and water to get around the course.

Additionally, U17 riders and below must wear the following at all times:

- Gloves
- Long sleeved jersey
- Knee pads
- Elbow pads

It is strongly recommended that all competitors carry:

- | | |
|-----------------------------------|--|
| • Suitable backpack | • Basic, well maintained first aid kit |
| • Waterproof jacket | • Map |
| • Emergency blanket | • Food and fluids |
| • Innertubes/ puncture repair kit | • Eye protection (glasses or goggles) |
| • Multi tool | • Emergency contacts supplied by organiser |

Feed/Tech Zone

A designated Feed/Tech Zone will be located in the Race Village/Carpark. Feeding and Technical support may only be provided in this Zone.

Severe Weather Guidelines

The safety of the athletes, spectators, staff, and volunteers is the utmost priority when considering severe weather conditions. In all cases the event will follow the [AusCycling Extreme Weather Guidelines](#).

Doping Control

Anti-Doping Testing may be conducted at this event. It is the responsibility of the rider to ensure they are not required for testing prior to their departure post-race. A list of riders to be tested will be posted at the timing marquee. Anti-Doping facilities will be located at various locations, please see an event official or staff member for assistance on accessing these locations.

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 [here](#). Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website [here](#) or by calling 13 000 27232.

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 with 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.

Section Six – Course Details

Event Details

The 2023 AusCycling Gravity Enduro SA State Championships will be held on Sunday 10 September.

Lap Distances

Start/Finish Location: Fox Creek bike Park Top Carpark, Croft Road, Lenswood.

Sign On: 8:30 under the shelter at top of skills park.