

# **2023 AUSCYCLING CYCLO-CROSS STATE CHAMPIONSHIPS**

## **SUNDAY 13 AUGUST**



# CONTENTS

1.	Acknowledgement of Country	3
2.	2023 AusCycling Cyclo-Cross State Championships – SA	3
3.	Event Details	3
4.	Race Categories	4
5.	Schedule	5
6.	Entry   Registration   Membership Requirements	5
7.	Number Placement   Timing Tags	6
8.	Course Location	7
9.	Practice   Warm up	7
10.	Start Area   Rider Call Ups	7
11.	Pits	8
12.	Feeding   Hand-Ups	8
13.	Timing and Results	8
14.	Presentations	8
15.	State Elite Race Eligibility	9
16.	STATE CHAMPIONSHIP EVENTS	9
17.	Anti-doping	9
18.	Facilities	9
19.	Accommodation	10
20.	Event staff	10
21.	Medical	10
22.	Additional Resources and Information	10

## 1. Acknowledgement of Country

AusCycling acknowledges that we are meeting on the traditional country of the Kurna people of the Adelaide Plains and pays respect to Elders past, present and emerging. We recognise and respect their cultural heritage, beliefs and relationship with the land. We acknowledge that they are of continuing importance to the Kurna people living today.

We are very fortunate the City of Adelaide Council granted us permission to host the event in the parklands, so we ask that you show your appreciation by maintaining the park area in a tidy fashion and respecting the native areas. Where possible, warm up on nearby access roads, use paths and keep off the lawn and native vegetation at all times.

## 2. 2023 AusCycling Cyclo-Cross State Championships – SA

The 2023 AusCycling Cyclo-Cross State Championships – SA is the pinnacle of the Cyclo-Cross events in South Australia, a critical part of the CX competition structure. This year, we will be hosting the event at G S Kingston Park/Wirrarninthi – Kingston Gardens, also known as Park 23.

## 3. Event Details

The 2023 AusCycling Cyclo-Cross State Championships – SA will be held on Sunday 13 August at G S Kingston Park/Wirrarninthi – Kingston Gardens, Park 23. The events will be run according to the [AusCycling Technical Regulations: Cyclo-cross](#) as published on the [AusCycling website](#).

## 4. Race Categories

Race categories are as at 31 December 2024 ages to align with other States & Territories' State Championships and the National Cyclo-Cross Series and Championships.

Category	Age (at 31 Dec 2024)	Code	Years
Elite	19 years and over	ME; WE	2001 and older
Expert	19-29 years	MX; WX	1995 to 2005
Open Men			2007 and older
Open Women			2007 and older
Masters 1	30-34 years	M1; W1	1990 to 1994
Masters 2	35-39 years	M2; W2	1985 to 1989
Masters 3	40-44 years	M3; W3	1980 to 1984
Masters 4	45-49 years	M4; W4	1975 to 1979
Masters 5	50-54 years	M5; W5	1970 to 1974
Masters 6	55-59 years	M6; W6	1965 to 1969
Masters 7	60-64 years	M7; W7	1960 to 1964
Masters 8	65-69 years	M8	1955 to 1959
Under 23		U23	2002 to 2005
Junior 19	18 years and under	J19	2006, 2007
Junior 17	16 years and under	J17	2008, 2009
Junior 15	14 years and under	J15	2010, 2011
Junior 13	11-12 years	J13	2012, 2013
Junior 11		J11	2014, 2015
Little Crossers	2 years and over		

## 5. Schedule

The Event Schedule outlines the day of racing. This is provisional and subject to change based on final entry numbers. Waved starts will be used for races where multiple categories are racing at the same time.

Schedule			
Saturday 12 August			
Time	Event		
2 – 4pm	Set Up		
Sunday 13 August			
Time	Event	Category	Race Duration
9:00am	Registration Open		
9:30am	Course Open for Practice	Riders must have signed on to ride the course	
10:00am	Race 1	Little Crossers	Modified Course
10:15am	Race 2	Juniors J9 + J11, J13 + J15	15/20 minutes
10:45am	Race 3	J17 + J15	25/35 minutes
11:30am	Open Practice + Presentations for morning racing		
12:00pm	Race 4	Masters Women 1, 2, 3, 4, 5, 6, 7 and Open Women	45 minutes
1:00pm	Race 5	Masters Men 1, 2, 3, 4, 5, 6, 7, 8 and Open Men	45 minutes
2:00pm	Race 6	Elite, U23 Men (Combined Race), J19 (Separate Start)	45 minutes
3:00pm	Race 7	Elite, U23, J19 Women (Combined Race)	45 minutes
4:00pm	Presentations		

## 6. Entry | Registration | Membership Requirements

Riders must hold either an AusCycling Race Off-Road or All Discipline Membership to race in this event. Membership information can be [accessed here](#). Entries for the event are via EntryBoss and will close on Friday 11 August at 12:00pm ACST. Late entries will not be permitted. To enter, [click here](#). At least 30 minutes prior to racing, riders must sign on, present an appropriate license, and pick up their race numbers and Port Adelaide Cycling Club timing tags.

## 7. Number Placement | Timing Tags

### Race Numbers and Placement

Each rider will be issued two (2) race numbers. The position of these numbers is critical to correct placing of riders in the results. While we are using an electronic timing system, we still rely on your race number to be easily read.

Numbers are to be worn on the lower back of the body to be visible by the officials at the finish. Make sure when in a riding position your number doesn't fold over or flap. If you need more pins, please ask at the registration desk. Please return numbers after racing.



**RIGHT!**



**WRONG!**

### Timing Tags

Timing tags will be used for timing purposes. Local riders must use their regular Port Adelaide Cycling Club timing tag if they have already been issued with one. All new and interstate entrants will be issued with a new tag which can be used at any of our future road or cyclo-cross events. For interstate riders who already have one, this will be a bonus duplicate / spare and can be used on your pit bike.

The tag must be mounted as horizontally as possible on the lower part of your seat post. Cable ties will be included in your registration pack for this. If you are worried about scratches on your seat post, we recommend you wrap it with electrical tape before the event or bring along bits of inner tube.

DO NOT place your tag in your sock or jersey pocket – it will not work.

DO NOT wrap your tag around your seat post

DOT NOT leave your tag on your bike on the roof of your vehicle – it will fall off!

DO NOT share a pit bike with a competitor in your race.



If you are likely to use a pit bicycle, both bicycles must have a timing tag. Additional tags can be ordered for \$6 when registering via EntryBoss. Replacement tags will be issued on race day for a \$10 fee.

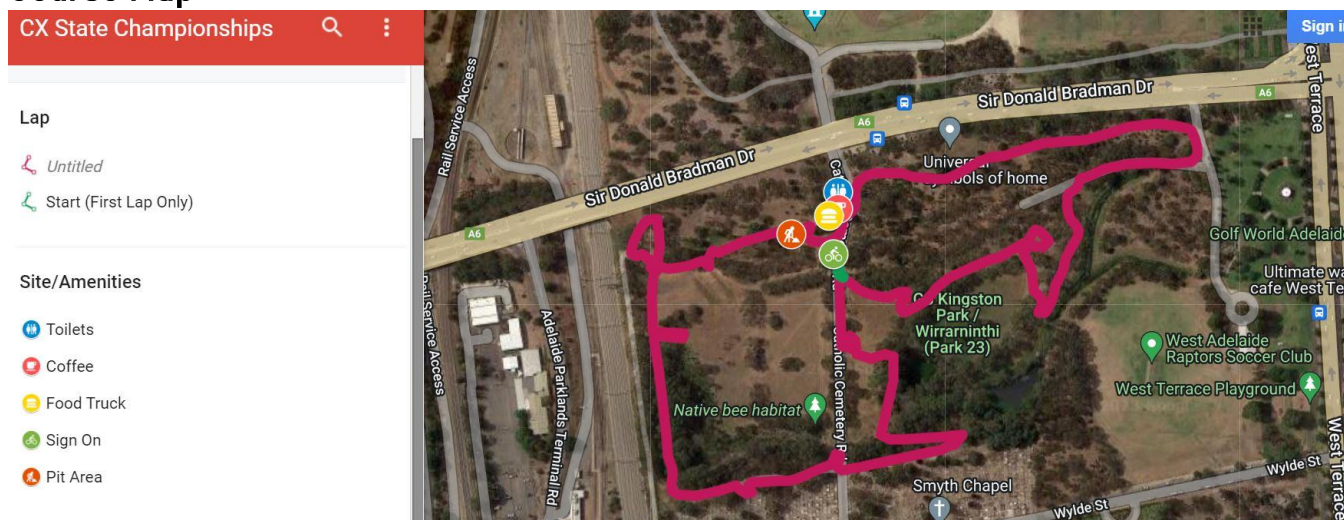
## 8. Course Location

### Race Venue

The event will be held at G S Kingston Park/Wirrarininthi – Kingston Gardens, also known as Park 23. It is in the Adelaide CBD, bounded by West Terrace, Anzac Highway, the Keswick rail line, and Sir Donald Bradman Drive.

[The map can be viewed online here.](#)

### Course Map



## 9. Practice | Warm up

As listed on the schedule, course practice will occur at 9:30am and 11:30pm. The course will be declared open for practice by the President of the Commissaires Panel (PCP) prior to each period. It is not permitted for riders to train or warm up on course outside of the official training periods, or while a race is in progress.

Riders must have signed on and have a race number visible during the warm up sessions. When warming up, please keep to formed paths and keep off native areas.

Riders are reminded of National Technical Regulations which state that penalties may be applied to a rider who shows “.... negligence with respect to land on which a race is being conducted...” or “... proven disregard of land use policies set by official management ...”.

## 10. Start Area | Rider Call Ups

Courses will have a designated starting chute, with a staging area behind the starting grid. Riders must present to the staging area 10 minutes before the start of their race and will be called to the line one by one in the start order.

Bicycles may be inspected in the staging area and riders will not be able to take the start if their bicycle does not comply with the regulations. If a rider is not present or their bicycle is not compliant, they will forfeit their call up position in the grid and may only proceed to the line when they present and/or their bicycle is approved.

Where multiple categories are allocated the same start time in the schedule, riders shall be called up and staged by category. Where categories have insufficient riders to fill a complete start grid, they may be started together in a wave. The gaps between the start waves will be determined by the PCP.

For races where multiple categories of racing occurs at the same time, the number of laps to be ridden, and hence the end of the race, will be calculated by the first category, regardless of the waves.

## **11. Pits**

Courses will have a single pit area. This is the only area where riders may receive technical assistance and change wheels and/or bicycles. Spectators are not allowed in the pit area. Riders should not gather in the pit area except to receive service. A neutral service may be provided but not relied upon.

No water supply is available in the pits. It is required that timing tags are installed on pit bicycles. Additional tags can be ordered and paid for with your entry in EntryBoss.

## **12. Feeding | Hand-Ups**

Feeding or hand-ups (handing up of food and drink to riders by support staff) is not permitted, unless the PCP specifically announces that feeding may take place. This can be expected when race-day temperatures are likely to reach 20 degrees. In this case, feeding will be allowed from the pit lane only. This does not preclude carrying or consuming food and drink during the race.

## **13. Timing and Results**

Timing will be available, thanks to the Port Adelaide Cycling Club. Please follow the [link here](#). Results will remain provisional until published online by AusCycling.

## **14. Presentations**

There will be a presentation ceremony at the end of the day as shown on the race schedule. All riders who place 1st to 5th in Elite, or 1st to 3rd in other categories are required to be present at presentations. Non-attendance may result in forfeiture of any prizes. Podium placegetters may wear a hat and have sunglasses placed above their head or around their neck but must not cover their eyes while on the podium.

AusCycling medals will be presented to 1st, 2nd and 3rd placegetters in each category.

## 15. State Elite Race Eligibility

Any licensed rider born 2003 or before are eligible to contest this championship (whether they hold a Masters or Elite Membership). For any Age Category in a combined START with the Elite race, Elite medals will be awarded to 1st, 2nd, 3rd place in the combined race and an additional set of medals will be awarded to the 1st, 2nd and 3rd Age Category riders in that race. Age categories are based on age at 31 December 2024 and may differ to National Cyclo Cross Series and Championship age categories.

Masters aged riders (born 1994 or before) may contest either Masters Championships or Elite Championships, or BOTH. You will need enter and pay for both races.

## STATE CHAMPIONSHIP EVENTS

Riders must hold either an AusCycling Race Off-Road or All Discipline membership to race championship events. Trial memberships and day licenses are NOT permitted. The following State Championship Categories will be awarded subject to entries: J9 (mixed), J11 (mixed), J13, J15, J17, J19, Elite, U23, Masters 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. (Masters 1=30-34yo, Master 2=35-39yo and so on based on your age at Dec 31 2024) . Medals will be awarded for each category.

## 16. Anti-doping

All races will be conducted under AusCycling and Sports Integrity Australia regulations.

## 17. Facilities

### Parking

Minimal car parking is available on-site. It is not permitted to drive or park vehicles on the parkland, other than approved event vehicles.

### Team Tents

Teams and individuals are welcome to bring tents / tools / equipment and set up in the area designated. Tents must be secured using weights and not pegs.

### Toilets

Toilets will be made available at the venue, which can be seen on the Course Map.

### Food and Beverages

We are lucky to have a food and coffee van attending this event – please support those who support us!

- DeJa Brew – Serving up coffee, tea, iced drinks and small treats.
- Trott Park BBQ – traditional BBQ food to keep you fueled and warm.

## 18. Accommodation

The event is near the Adelaide CBD so there are plenty of accommodation options just outside of, or within the heart of the city.

## 19. Event staff

*Event Manager:* Eliza Doddridge, AusCycling – [eliza.doddridge@auscycling.org.au](mailto:eliza.doddridge@auscycling.org.au)

*Timing Coordinator:* Paula Hollamby – [paula.hollamby@pacc.org.au](mailto:paula.hollamby@pacc.org.au)

*President of the Commissaire Panel (PCP)* – Lorraine Schutz

## 20. Medical

First aid will be available on site in case of emergency, provided by Vivien Bing Sports Trainer Services. You may seek medical assistance near the designated First Aid Area at any time during the event. The first aid team's contact number is 0411 234 725.

In case of an emergency, the nearest hospital is:

Royal Adelaide Hospital  
Corner North and West Terraces  
Adelaide SA 5000  
Tel: 08 7074 0000

## 21. Additional Resources and Information

2023 AusCycling Cyclo-Cross State Championships – SA

All events will be conducted in accordance with the AusCycling Technical Regulations:

- Technical Regulations: General
- Technical Regulations: Cyclo-cross