



TECHNICAL GUIDE

Nordic BMX Championships

LATVIA | VALMIERA

09.09.2023.

NORDIC BMX CHAMPIONSHIP

10.09.2023.

CRYSTAL DENT BMX LATVIAN CUP

ROUND 8

VALMIERA OLYMPIC CENTER
VALMIERA
Izglītības un sporta ministrija

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INTRODUCTION

Valmiera Olympic Centre and the city Valmiera are very proud to welcome you to the BMX track, inspired by the great achievements of two-times Olympic gold medalist Maris Strombergs.

TRACK DETAILS

The track is 330 meters long, with two starting hills (8 and 5 meters high) and three start gates (8, 5 and 3 metres high). BMX track configuration has been developed by "PRO TRACKS" – experienced developers of several Olympic BMX tracks.



THE CITY OF VALMIERA

Valmiera – sports capital of Latvia

As you arrive in Valmiera, you immediately feel that the city is bustling with life. Valmiera has long been the centre of entrepreneurship, education and a vibrant life. Surrounded by the greenest forests and clearest rivers, Valmiera is home to genuine and sincere people. It's a safe and family-friendly city with a rich cultural heritage, delicious food and boundless opportunities for leisure and sporting activities.

Valmiera Municipality was rated 'the most athletic municipality of the year' in Latvia for two years running. We have everything we need to achieve our athletic goals on our doorsteps – a swimming pool, hockey arena, the Jānis Daliņš Stadium and Athletics Arena, "Mežs" – an active recreational park featuring a skate park, bicycle track, outdoor exercise equipment and playground.

The BMX track in Valmiera is named after two-time Olympic BMX champion Māris Štrombergs, a resident of Valmiera. Last year the track also became the Northern Europe Centre for the BMX European Cycling Union (UEC).

We can safely say that people in Valmiera love sport, so we're happy to welcome anyone who wants to train and play sport here. The symbol of the city is the Medal of Growth. It confirms the idea that anyone that contributes to the development of Valmiera with their work, ideas and energy, deserves to receive the Medal of Growth. In Valmiera we celebrate success with new goals!

This year, from the 21st to the 23rd of July, Valmiera will celebrate its 740th birthday with an extensive cultural, sports and entertainment programme. You'll always receive a warm welcome in Valmiera!



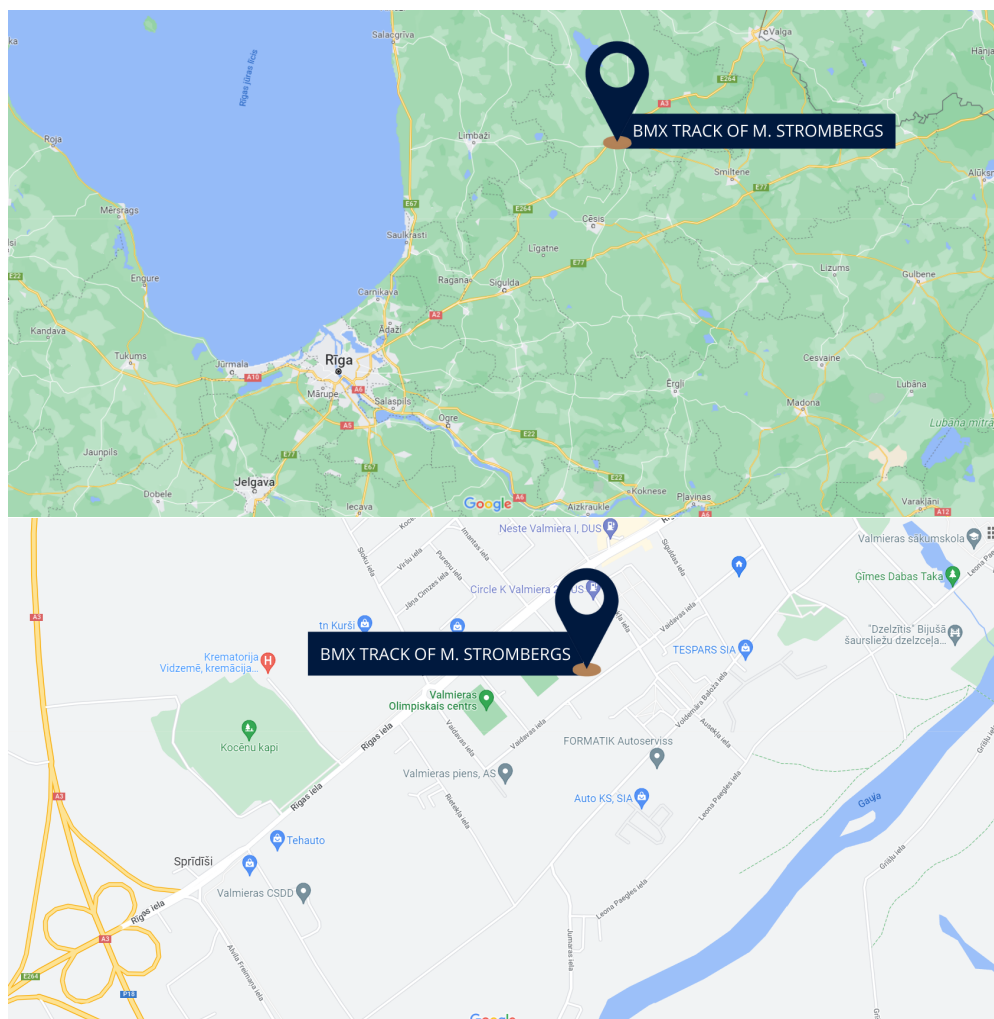
GENERAL INFORMATION

Organisation:	Valmiera Olympic Centre
Location:	Cempionu iela 3, LV-4201, Valmiera, Latvia
Competition:	2023 Nordic BMX Championships Saturday: C1 class
Date:	9 September 2023
Information:	Valmiera Olympic Centre Email: sandis.karklins@voc.lv Website: www.valmierasoc.lv Facebook: https://www.facebook.com/ValmierasOlimpiskaisCentrs Instagram: @valmierasolimpiskaiscentrs Twitter: @VOCsports Phone: +371 29479071
National Federation:	Artis Ozols, email: bmx@lrf.lv
Admission fee:	Free
Team-area:	Free Team tent space reservation required. Please contact via e-mail: biedriba81@gmail.com

LOCATION

The BMX track of Maris Strombergs is located in the North of Latvia, city Valmiera.

More information: <http://bmxvalmiera.lv/en/home-3/>



By car

Driving from the road P133 to the street Kārļa Ulmaņa gatve / A10. Head to Kārļa Ulmaņa gatve / A10. Vidzeme suburb: drive along Brīvības Street to A2 Street. Kocēni parish: take the road A2 and A3 to Rīgas iela. Valmiera: drive along Rīgas iela to Vaidavas iela. At the roundabout, take the 1st exit onto Vaidavas Street. Turn left to stay on Vaidavas Street.

By plane

By plane: Riga Airport (RIX), is located 115 km from the track, approximately 2 h drive.



WELCOME CENTRE

The Welcome Centre address: Cempionu iela 3, Valmiera, BMX track of Maris Strombergs.

The Welcome Centre will be used for:

- Riders Confirmation (Chef D'Equipe)
- Number plate distribution
- Accreditation

Opening hours Welcome Centre:

Date	Open	Closed
Friday, Sept 8	14:00	20:00
Saturday, Sept 9	9:00	20:00

PROGRAMME*

Block 1: Challenge riders 7-10

Block 2: Challenge riders 11 and older, all Cruisers

Block 3: Championship classes

FRIDAY	14:00	Welcome Centre open
	14:00 – 16:00	Rider's Confirmation / Team manager accreditation
	15:30 – 15:45	Team manager meeting
	16:00 – 16:55	Training Block 1 - Challenge riders 7 - 10 years
	17:00 – 17:55	Training Block 2 - Challenge riders 11 - 17+ years; Cruisers
	18:00 – 18:55	Training Championship classes
	19:00	Nordic BMX Commission meeting (at Welcome centre)
SATURDAY	09:30 – 9:55	Warm-up Block 1
	10:00 – 10:25	Warm-up Block 2
	10:30 – 10:55	Warm-up Block 3
	11:00	Moto 1 – All blocks
		Moto 2 – All blocks
		Moto 3 – All blocks
		Qualifiers and Finals, All blocks
		Award Ceremony, All blocks

* Subject to change

RIDER CATEGORIES

Championship classes:

Men Elite	19 years and older
Women Elite	19 years and older
Men Juniors	17 and 18 years old
Women Juniors	17 and 18 years old

(U23 and Elite classes are Pre-Combined, The results and prizes are according to the combined results. The ranking points are allocated according the class of the rider)

Challenge classes:

Boys:	7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 years and over
Girls:	7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 years and over
Cruiser Men:	17/29, 30/39, 40+
Cruiser Women:	17/29, 30+

REGISTRATION AND RIDER'S CONFIRMATION

Registration procedure

All federations will receive registration form by e-mail. Registration forms must be sent before registration deadline August 28th (23:59 CET) to e-mail address: bmx.sekretariats@inbox.lv

Deadline cancellations

Federations and clubs have the possibility to cancel riders before for event until Monday (23:59 CET) before the event (September 4th) In case this is done, the entry fee is not payable.

Rider confirmation

All team managers must attend the rider confirmation on Friday at the Welcome centre to confirm their rider's participation for the event and receive the number plates and accreditations.

Late entries

Federations, clubs can register riders as late entries till Monday, September 4th (23:59 CET) paying double entry fee for these riders.

Registration fees

The entry fees for all riders must be paid by federations, clubs in full to the organisers bank account before the deadline set for the event. Deadline for payment is Wednesday (September 6th).

The 2023 registration fees are the following:

Challenge classes:	€ 15.- per entry
Junior men and women:	€ 30.- per entry
Elite men and women:	€ 45.- per entry

Payment details for entry fees:

Biedriņa "Eighty One"
BIC / Address SWIFT: HABALV22
Swedbank AS
Account IBAN: LV30HABA0551049188953

RULES

The provisions of the latest version of the UCI's BMX Rulebook apply with a few amendments:

- **Riders' categories:** as set above.
- **Combined Classes:** There must be minimum of 5 riders entered to class. Classes with less than 5 riders shall be combined. Riders in combined classes get results and are awarded the prizes that correspond with the place in the separate results.
- **Jerseys:** All riders must have either national flags on their shoulders or the national jersey. National champions can use National champion jersey.
- **Event format:** For all categories' scrambled seeding is used for the motos according to article 6.1.027quater of the UCI BMX Rulebook. A and B finals in all challenge classes with finals rounds (9 or more riders confirmed).

The posting of race information including start lists and results will be done electronically at event. There will be special WhatsApp group for posting results.

Rider's equipment:

- All riders receive a number plate and side plate from organizer at registration of event. A rider must display the number plate and side plate assigned to him. A rider who fails to display the correct number plates will be refused their start, or relegated, if it is noticed after beginning a heat or run.
- All Championship and Challenge riders must either wear a clearly visible national flag of their country on both shoulders or the national jersey of their country. National champions can use National champion jersey.
- If a Championship rider is National Champion in their class, this rider must wear either:
 - o the jersey awarded by the federation,
 - o a replica of that jersey with publicity in the spaces allowed by the regulations,
 - o their normal jersey with the left sleeve designed to look like the flag of their country

Number of motos: in case of special conditions (weather, wind or else) or a high number of participants, the Nordic BMX Commission allows the PCP in agreement with the National Technical delegate to reduce the number of motos. This can only apply for challenge classes and never for championship classes.

Team manager meeting

Team Managers meeting will be on Friday, as indicated in the time schedule. The location of the meeting will be in Welcome centre (above the 5m starting hill). The participation is mandatory for: max. 1 National Delegate (Team manager).

If necessary, the National Technical delegate and PCP can decide to call for other meetings during the event.

ACCREDITATION

Each Country must appoint a Team Manager to confirm the participation of all riders, be present at the Team Manager meetings and to collect all number plates for the team. The Team Manager must present his/her license provided by the federation.

TEAM AREA RULES

Arriving will be permitted from Friday, September 8, 14:00
Registration to: Kristers Taims biedriba81@mail.com, +371 26181505

Team Area – FREE

No cars or other motorized vehicles will be admitted to the Team area.

PRIZE MONEY AND TROPHIES

Podium ceremony Championship classes

Nordic Championship 2023

For each class in this category there will be medals for 1st (gold), 2nd (silver) and 3rd (bronze).

The winner will receive a bouquet of flowers. The medals shall be engraved with Nordic Championship 2023 and class. Only riders place 1-3 are obliged to attend the award ceremony.

Overall including non-Nordic riders

Prize money for riders, place 1-8 are obliged to attend the award ceremony.

Prize money

Place	Junior women and men	Elite women and men
1	€ 100	€ 800
2	€ 90	€ 400
3	€ 80	€ 200
4	€ 70	€ 175
5	€ 60	€150
6	€ 50	€125
7	€ 40	€ 100
8	€ 30	€ 75

Podium ceremony Challenge classes

Cups for places 1 - 8 at award ceremony.

NATIONS COMPETITION

The Nation competition is open for the Nordic or Baltic countries and includes riders from classes 13 years and over. Points are awarded in the finals as follows:

Place	Points
1	4
2	3
3	2
4	1

There is only awarded points for one rider from each country in the same final heat: (Example)

Place	Riders' country	Points
1	Sweden	4
2	Sweden	0
3	Latvia	3
4	Sweden	0
5	Finland	2
6	Estonia	1
7	Norway	0
8	Estonia	0

If there are only two nations in the final, the points are reduced as follows: 2 points for 1st place and 1 point for 2nd place. If there is only one nation in the final there is only awarded 1 point.

The winner of the Nations competition is the nation with highest points. If two nations have the same score, the results are decided as follows:

The nation with the highest number of 1st places wins, then 2nd places etc. If the winner still cannot be decided, the last complete final determines the winner.

Place, Points, Place, Riders from Country, Points

The winning nation will receive a Trophy.

TRACK BOOKING

The track will be open for (non-event) practice during the event week (September 4–8).
To book time on the track, check availability and prices please contact: sandis.karklins@voc.lv.

HOTEL

Official race Hotel

Sports Hotel

Vaidavas iela 15, Valmiera, LV-4201

Homepage: www.sportshotel.lv

E-mail: info@sportshotel.lv

Stadium Hotel

Jāņa Daliņa iela 2, LV-4201

Homepage: <https://janadalinastadions.lv/stadium-hotel/>

E-mail: info@janadalinastadions.lv

Bestes Apartaments

Bērzu iela 5, Kocēni, Kocēnu pagasts, LV-4220.

E-mail: iveta@bestesapartamenti.lv

Hotel Wolmar

Tērbatas iela 16A, Valmiera, LV-4201

Homepage: www.hotelwolmar.lv

E-mail: info@wolmar.lv

<https://visit.valmiera.lv/en/accommodation/>

MEDICAL INFORMATION

A team of doctors and paramedics will be present throughout practice and racing. The team will be based on the track and have use of a medical room at the bottom of the start ramp.

The medical team will be available at the official race times.

The nominated hospital:

Vidzeme Hospital

Jumaras iela 195, Valmiera, LV-4201

Be advised, when visiting the hospital, you will need to bring;

1. Copy of ID/Passport, address, postal code and place of residence.
2. Copy of insurance / health care incl. phone number.
3. Credit Card.

Important to remember!

- If it is necessary to go the hospital because of injuries, please report first to the medical team of the organisation. If the medical team of the organization is not available anymore please inform them afterwards. We would like to prevent people going to the hospital unnecessarily and to regulate the number of people visiting the hospital.
- Transportation to and from the hospital is your responsibility.