

Specialized Latvian and Lithuanian Mountain Bike Cross-Country championship 2020 (Sigulda, Latvia)

1. General information:

Date: 12.07.2020

Location: "Fisher" cross-country Ski center (Puķu iela 4, Sigulda, Siguldas novads)

Organizer: Race will be organized and coordinated by Latvian and Lithuanian Cycling federations.-:

Latvia – Armands Bēcis: Race organizer (+371 26157929) armands@lrf.lv; Toms Markss: Executive

director (+371 26255435) toms@lrf.lv,

Lithuania – Gabija Valentinavičiūtė

2. Commissaires

Chief commissaire Ita Erta (LAT)

Secretary Maris Ozolins (LAT)

3. Accommodation

Hotel Sigulda ***

Pils iela 6, Sigulda, LV-2150, Latvija

+371 67972263; +371 26165530

Aparjods ***

Ventas iela 1A, Sigulda, LV-2150, Latvija

+37167972230; +37129383717

3. Registration and confirmation of riders

Registration will be done by filling in registration form on web page: www.lrf.lv.

Race participant will automatically be placed in an age group, according to his license category.

Race participant who hasn't registered NF cycling license, will be automatically moved to the HOBBY race.

Registration deadline is 08.07.2020

Confirmation & distribution of race numbers will be held on 12.07.20 from 8:30 at the competition venue.

One plate number with time chip will be distributed for each participant.

Team managers meeting starts at 9:30 and 13.30 (for elite riders).

4. Participants

Latvian and Lithuanian championship categories: ELITE; U23; U18; U16; U14; AMATEURS (Cycling For All and MASTERS categories) - UCI cycling license will be required.

In HOBBY race all participants from age 13 without NF licence will be allowed to participate.

5. Race categories and distance length:

Gander	Race category	Year of birth	Estimated time for race leaders	Race laps	Start group
Woman	U14	2006.-2007.	0:30 - 0:45	2	Nr.1.
Woman	U16	2004.-2005.	0:30 - 0:45	2	Nr.1.
Man	U14	2006.-2007.	0:30 - 0:45	2	Nr.1.
Man	U16	2004.-2005.	0:50 -1:05	3	Nr.2.
Woman	U18	2002.-2003.	0:50 -1:05	3	Nr.2.
Man	Master 1,2	1985.-1976.	1:00 - 1:15	4	Nr.3.
Man	Master 3,4	1975.-1966.	1:00 - 1:15	4	Nr.3.
Man	Master 5+	>1965.	0:50 -1:05	3	Nr.3.
Woman	Cycling for all and Master	>2001.	0:50 -1:05	3	Nr.3.
Woman	Elite/U23	>2001.	1:00 - 1:15	4	Nr.3.
Man	Elite/U23	>2001.	1:20 - 1:40	7	Nr.4.
Man	U18	2002.-2003.	1:00 - 1:15	4	Nr.4.
Man	Cycling for all	2001.-1986.	1:00 - 1:15	4	Nr.4.
Man	17+ Hoby	>2003.	0:50 -1:05	3	Nr.5.
Woman	17+ Hoby	>2003.	0:30-0:45	2	Nr.5.
Man	13-16 Hoby	<2003	0:30-0:45	2	Nr.5.
Woman	13-16 Hoby	<2003	0:30-0:45	2	Nr.5.

6. Race program:

8:30 – 14:00 Registration/ race number distribution

09:30 Team managers meeting

10:00 Start of group Nr. 1.

10:50 Start of group Nr. 2.

12:00 Start of group Nr. 3.

13:10 Award ceremony for race finishers of group Nr. 1. and Nr. 2.

13:15 Team managers meeting

13:30 Start of group Nr. 4.

15:30 Start of group Nr. 5.

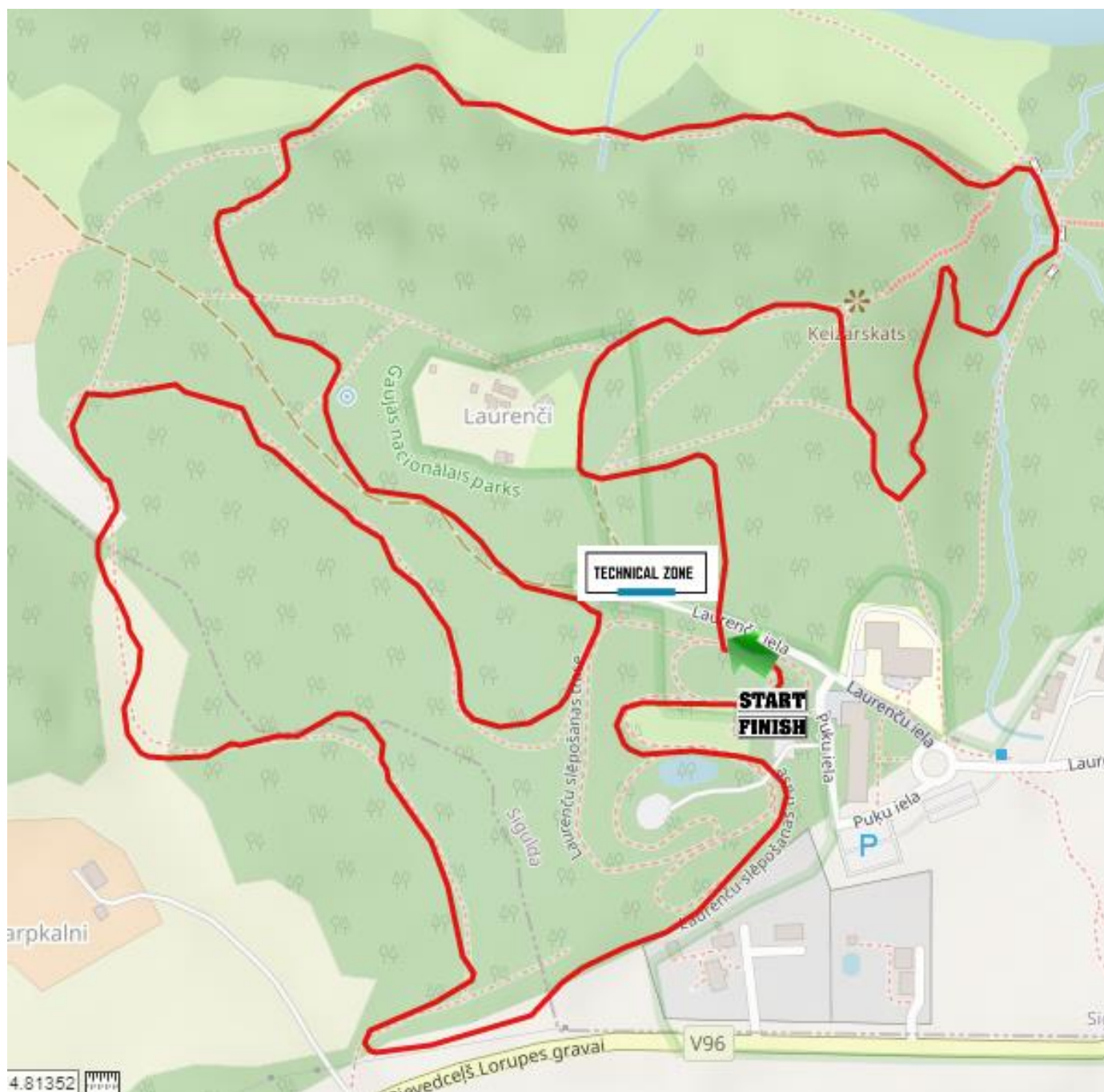
17:15 Award ceremony.

7. Technical information:

Start lap 1,4 km before entering race lap:



Race lap 4,1km with 2 technical zones.



9. For the attention of participants

9.1. For all races the UCI regulations and anti-doping rules will apply.

9.2. If a participant passes outside the race track, rider must return to the same location where he or she left the race track.

9.3. On the race track the participants are required to use helmets.

9.4. In case of any injuries occurred during the race, other participants are obliged to assist and report accident to organizers on number +371 26157929 or inform medical personal.

9.5. If participants are not able to finish the race by any reason they are obligated to inform judges when returning to the start/finish zone.

9.6. Pollution of the nature in the track area prohibited and must be treated with respect to the environment.

9.7. It is prohibited to practice and warm up in the race lap from 10:00 or when the first start is given on the day of competition.

9.8. All participants are obligated to be aware of the competition rules.

9.9. On the day of registration participant agrees to competition rules by providing their signature.

9.10. During the race participant is legally responsible for all caused accidents and material damage.

9.11. Fitness level, technical abilities and health is each participants full individual responsibility.

9.12. The competition organizers are not responsible for potential injuries and/or health problems which occur to the participants during the race.

9.13. Race participants can be fined or disqualified for non-compliance with the rules of the International Cycling Federation (UCI).

9.14. It is allowed to submit protest to race organizers and commissars in case of restricted activities. The protest must be made within 15 minutes after race finish, paying EUR 20.00. If the protest is satisfied, the money will be returned.

9. Award ceremony

In Latvian and Lithuanian championship, 1-3 place will be rewarded with medals and sponsor awards. Winners of man and woman elite categories will receive national champion's jersey. In Open Classes 1-3 place will be rewarded with medals and sponsor awards. All racing athletes are required to wear cycling clothes for award ceremony.



3. Contacts

Phone: +371 26157929 (Armands Bēcis) race organizer, road and MTB cycling manager.

+371 26255435 (Toms Marks) secretary general of Latvian Cycling federation.

Email: armands@lrf.lv; federacija@lrf.lv

