



CB – XP LATVIAN MTB XCC AND LATVIAN AND LITHUANIAN XCO CHAMPIONSHIPS

TECHNICAL GUIDE

"CB – XP" Latvian Mountain Bike (MTB) Championship in Short Track (XCC) and joint Latvian and Lithuanian MTB Championship in Cross-Country Olympic (XCO) on July 20 and 21, 2024, is organized by the Latvian Cycling Federation in cooperation with the Lithuanian Cycling Federation and "Velokomanda Ogre".

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1. LOCATION

Ogres novads, Nature park "Ogres Zilie kalni". Location: <https://goo.gl/maps/jZ366XSJ1Hb4SPnJ7>

2. PARTICIPANTS

- Championship categories for XCC: MWELITE/U23; MW18; M16; Amateurs MW19-34, Masters 1-2, Masters 3+ groups. **Note: Lithuanian riders can participate but will not be awarded.**
- Championship categories for XCO: MWELITE/U23; MW18; MW16; MW14, MW Amateurs 19-34 (with CFA licenses), and MW Masters groups.
- Participation in these categories requires a UCI license.
- In the Open class distance race, all unlicensed athletes from the age of 13 can participate.

3. CATEGORIES AND RACES

XCC RACE

Gender	Group	Year of the birth	Time in the distance	Laps	Race Number
Women	Elite/U23/ Amateurs M19-34	2005. and older	15 minutes	3	Nr.1
Women	W18	2006. – 2007.	15 minutes	3	Nr.1.
Men	M16	2008. – 2009.	15 minutes	3	Nr.1.
Men	Masters 4+	1979. and older	15 minutes	3	Nr.1.
Men	Elite/U23	2005. and older	20 minutes	5	Nr.2.
Men	M18	2006. – 2007.	20 minutes	5	Nr.2
Men	Amateurs M19-34	1990. – 2005.	20 minutes	5	Nr.2
Men	Masters 1-3	1980. – 1989.	20 minutes	5	Nr.2.

XCO RACE

Gender	Group	Year of the birth	Time in the distance	Laps	Race Number
Women	U14*	2010. – 2011.	0:40 - 0:45	2	Nr.1.
Women	U16**	2008. – 2009.	0:40 - 0:45	2	Nr.1.
Men	U14*	2010. – 2011.	0:30 - 0:35	2	Nr.1.
Women	Masters 3+	1979. +	0:40 - 0:45	2	Nr.1.
Women	18+ OPEN	2006. and older	0:30 - 0:45	2	Nr.1.
Men	13-17 OPEN	2007. and younger	0:40 - 0:45	2	Nr.1.
Women	13-17 OPEN	2007. and younger	0:40 - 0:45	2	Nr.1.
Men	U16	2008. – 2009.	0:45 - 0:50	3	Nr.2.
Women	Masters 1-2	1980. – 1989.	1:00 - 1:05	3	Nr.2.
Men	Master 5+	1969. and older	0:55 - 1:00	3	Nr.2
Men	18+ OPEN	2006. and older	0:50 - 1:05	3	Nr.2.
Women	U18	2006. – 2007.	1:00 - 1:05	3	Nr.2.
Men	Master 4	1970. – 1974.	1:05 - 1:10	4	Nr.3.
Men	Master 1	1985. – 1989.	1:00 - 1:05	4	Nr.3.
Men	Master 2	1980. – 1984.	1:00 - 1:05	4	Nr.3.
Men	Master 3	1975. – 1979.	1:00 - 1:05	4	Nr.3.
Women	Elite/U23/ Amateurs W19- 34	2005. and older	1:00 - 1:05	4	Nr.3.
Men	Elite/U23	2005. and older	1:25 - 1:30	6	Nr.4.
Men	M18	2006. – 2007.	1:05 - 1:10	5	Nr.4.
Men	Amateurs M19-34	1990. – 2005.	1:15 - 1:20	5	Nr.4.

***Athletes born in 2012 and 2013 can also participate in the U14 category.**

4. THE PROGRAM

2024 07 20 (Saturday)

14:00-17:00 Registration of participants and issuing of race numbers at the registration center.

14:00-15:50 Track test.

15:30 Meeting of team representatives for the 1st and 2nd race.

16:00 Start of the 1st race.

16:40 Start of the 2nd race.

17:20 Award ceremony

2024.07.21 (Sunday)

9:30-16:15 Registration of participants and issuing of race numbers at the registration center.

9:30-10:40 Track test.

10:30 Meeting of team representatives for the 1st-2nd race.

11:00 Start no. 1.

12:15 Start no. 2.

13:50 Award ceremony for athletes of the 1st-2nd race.

13:30-14:15 Track test.

14:15 Meeting of team representatives for the 3rd race.

14:30 Start no. 3.

16:00 Start no. 4.

18:00 Award ceremony for the 3rd and 4th races.

5. GENERAL RULES OF THE COMPETITION

- "CB – XP" Latvian Mountain Bike (MTB) Championship in Short Track (XCC) and joint Latvian and Lithuanian MTB Championship in Cross-Country Olympic (XCO) takes place in accordance with UCI regulations. As part of the championships, the national champions of Latvia in MTB XCC and the national champions of Latvia and Lithuania in XCO, as well as the 1st-3rd place winners of the absolute rating and the 1st-3rd place winners of OPEN races without licenses are determined.

- Participants will go on the course in streams within their age group with an interval between age groups. The organizers reserve the right to combine starts for several age groups at the same time.

- The length of the race track for XCC cross country – 1.84 km.

- The length of the race track for XCO cross country – 4.97 km.

6. TECHNICAL TERMS

- The participant can only move in the direction of the track.

- When on the competition track, participants must wear a safety helmet.
- Hearing and technical assistance are allowed only in designated and marked areas of the track.
- In case of injuries of another participant, the participant is obliged to report the accident to the head of the distance by phone number: +371 25905054.
- In the event that a participant cannot make a lap and withdraws from the competition, the judges must be informed about this when returning to the starting area.
- Competitors must not pollute the nature in the area of the track and must treat the surrounding environment with respect.
- On the day of the competition, for participants, starting at At 10:50, when the first start is given, it is forbidden to train and warm up on the race track. The track will be opened for practice before each race with the approval of the Chief Commisaire.
- All participants are obliged to familiarize themselves with the rules of the competition.
- When registering on the day of the competition, the participant confirms with his signature that he is familiar with the rules of the competition.
- The competitor is responsible for all accidents and material damages incurred while participating in the competition.
- When registering for the competition and going to the track, each participant takes full responsibility for the suitability of his health for completing the distance.
- The organizers of the competition are not responsible for possible injuries and/or health disorders of the participants during the competition.
- Any participant who believes that they have been restricted in an activity can file a protest with the organizers. The protest must be submitted within 15 minutes after the end of your trip, paying 20.00 EUR.

7. REGISTRATION

- Registration is organized electronically on the website: www.bulta.lv/lcxco and is open from July 2 - 19.
- Competitors will automatically be placed in the appropriate competition category based on their license category.
- If the competitor does not have a UCI license, the competitor will automatically be registered for the Open class ride.

8. PARTICIPATION FEE

There is a fixed entry fee for the participants of the competition.

Age Categories	Participation fee
U14, U16, U18 age categories	10€
Elites, U23, Amateurs 19 - 34, Masters 1, 2, 3, 4, 5+ grupām	15€
Open class categories	20€

The participation fee can be paid at the registration center at the event venue between 08:30 and 14:00, or by transfer to the account of the Latvian Cycling Federation.

Note for Lithuanian riders: Only masters and amateurs have to pay the entry fee. For riders of other categories the entry fee will be paid by the Lithuanian Cycling Federation.

Bank details:

Latvijas Riteņbraukšanas federācija:

Reģistrācijas nr. 40008023340.

A/S «Swedbank»

Account number: LV42HABA0551057024009

In the purpose of payment, indicate: For Name/s Surname/s' participation in the Latvian MTB XCO/XCC Championship.

The participation fee includes:

- Electronic timing.
- Online results.
- Photo gallery within 2 days after the finish.

9. UCI POINTS

In the men's and women's elite and junior groups, UCI points are awarded according to the UCI regulation points.

10. RACE CENTER

Race center is located in the Ogre region, the "Ogre Zilie kalni" Nature Park Location: <https://goo.gl/maps/jZ366XSJ1Hb4SPnJ7>

11. CONTROL OF LICENSES

Licenses are checked at the secretariat, taking into account previous registration.

12. RESULTS

Online results will be provided for the competition, which will be available on the website fotofiniss.lv

13. AWARDING

- In the championship of Latvia and Lithuania, the 1st - 3rd place winners in each age group are awarded with medals. The winners of the elite/U23, junior (for men and women) and masters categories (Lithuanian Championship) receive champions shirts.
- Participants must participate in the awards in the competition uniform, wearing the team shirt and pants. It is not allowed to participate in the award ceremony with glasses or other accessories covering the face while the participant is on the award podium.
- It is mandatory for all athletes who have won places in their age group to attend the official award ceremony. Athletes who do not attend the award ceremony lose their right to awards and may be fined according to UCI regulations.

Note for Lithuanian riders: If an age group does not have at least 5 cyclists, this group is merged with the adjacent group.

14. PENALTIES

The competition is held in accordance with the UCI rules on infringements.

15. ANTIDOPING

Competitors are fully subject to the UCI anti-doping conditions.