



Oceania Cycling
Confederation

**Technical Guide -
2023 Oceania XCO Championships**

*Karingal Campsite
Mount Cotton, Queensland*

VALUED PARTNERS

STRATEGIC PARTNERS



HOST PARTNERS



Table of Contents

Section 1 – WELCOME	4
Section 2 – EVENT DETAILS	4
Section 2a - COMPETITIONS	4
Section 2b - SCHEDULE	4
Section 2c - CONTACT LIST	6
Section 2d - RIDER REGISTRATION	7
Section 2e - MEMBERSHIP/LICENSE REQUIREMENT	7
Section 2f - GENERAL.....	7
Section 3 – VENUE DETAILS	8
Section 4 – TECHNICAL REGULATIONS	9
Section 4a COMPETITOR INFORMATION	9
Section 4b - SEVERE WEATHER GUIDELINES	11
Section 4c - DOPING CONTROL	11

Section 1 – WELCOME

The **RATS Cycling Club** is hosting the Oceania Championships in conjunction with AusCycling at the Karingal Scouts Campground at Mount Cotton. The RATS Cycling Club in partnership with Karingal Scouts Campground have committed extensive work to facilitate a high level XCO event and towards creating a truly high performance XCO training facility.

This will be a Continental Championship event and therefore will be conducted under the guidance of the UCI Technical Regulations. In conjunction with the Oceania Championships focussing on UCI categories, there will be an **Oceania Challenge**, incorporating age group categories including juniors and masters. The Oceania Challenge will operate in accordance with AusCycling Technical Regulations.

Section 2 – EVENT DETAILS

Section 2a - COMPETITIONS

Categories for which the Oceania Championships will be awarded for both male and female are as follows:

Cross Country Olympic (XCO)	J19 U23 Elite
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Categories for which the Oceania Challenge (non-championship) will be awarded for both male and female are as follows:

Cross Country Olympic (XCO)	U13 U15 U17 Masters 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
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Section 2b - SCHEDULE

DAY 1 | FRIDAY MARCH 17

DAY 1 FRIDAY MARCH 17		
Village Open	1200	1600
Registration Open	1300	1600
UCI PCP Track Walk	1230	1400
Official Practice	1400	1600

DAY 2 | SATURDAY MARCH 18

DAY 2 SATURDAY MARCH 18		
Registration Open	0730	1600

XC: Official Practice	0730	0930
Call Up: U13B, U15B, MM5-9	0930	0940
XCO Racing: U13M	0945	1100
XCO Racing: U15M	0945	1100
XCO Racing: MM5-9	0945	1100
Call Up: U13G, U15G, MW1-10	1100	1110
XCO Racing: U13W	1115	1230
XCO Racing: U15W	1115	1230
XCO Racing: MW1-4	1115	1230
XCO Racing: MW5-9	1115	1230
XCO Racing: U17W	1115	1230
XC: Official Practice	1245	1415
Call Up: U17B, MM1-4	1415	1425
XCO Racing: U17M	1430	1615
XCO Racing: MM1-4	1430	1615
Presentations: All	1630	1700

DAY 3 | SUNDAY MARCH 19

Information Desk Open	0730	0900
XC: Official Practice	0730	0900
Call Up: WJ19, WU23, WE	0900	0915
XCO Racing: WJ19	0930	1115
XCO Racing: WU23	0930	1115
XCO Racing: WE	0930	1115
Presentations: J19, U23 & WE	1130	1200
Call Up: MJ19	1145	1155
XCO Racing: MJ19	1200	1400
Call Up: MU23, ME	1400	1410
XCO Racing: MU23	1415	1615
XCO Racing: ME	1415	1615
Presentations: J19, U23 & ME	1630	1700

Section 2c - CONTACT LIST

RACE MANAGEMENT

President of the Commissaires' Panel (PCP) Jeremy Christmas (NZ)
Race Director Andy Miller (AusCycling) 0412 227 240

COMMISSAIRES AND TECHNICAL DELEGATE

Member Tony Scott
Member Hayden Lester
Member Joe Mullan
Member Allie Smith
Member Andrew Wilson
Technical Delegate Lonnie Toia

AUSCYCLING MANAGEMENT

Executive General Manager - Sport Kipp Kaufmann
Head of Events | Off Road Dale Percy 0431 648 054
MTB Event Co-Ordinator John Davis
Race Director Andy Miller 0412 227 240

TIMING & RESULTS

Neil Hamey Timing and Results Manager neil.hamey@auscycling.org.au

MEDICAL

1300 Medics TBA

Dial 000 for any emergencies.

SOCIAL MEDIA

Website [AusCycling | 2023 Oceania Mountain Bike Championships - XCO](#)

Facebook @AusCyclingAus and

@OceaniaCyclingConfederation

Twitter @AusCyclingAus and

@OceaniaCyclingConfederation

Instagram @auscyclingaus and

@OceaniaCyclingConfederation

Official Hashtag #OCCMTBChamps

Section 2 – EVENT DETAILS

TYPE OF EVENT

The 2023 Oceania XCO Championships is a feature event on the Australian mountain bike racing calendar, with riders competing for international recognition and coveted UCI international ranking points. In each UCI categorised event, the first placed rider shall be acknowledged as the Oceania Champion for that discipline and will be presented with the Oceania Champions jersey. All Elite, U23, J19 events are registered on the UCI calendar.

In conjunction with the Oceania Championships there will be an Oceania Challenge, incorporating age group categories including juniors and masters. Podium placegetters will be presented with medals.

Section 2d - RIDER REGISTRATION

[2023 Oceania Mountain Bike Championships - XCO - EntryBoss](#)

Please note the following important information regarding Rider Registration:

- Registration will close 11:59pm Tuesday 14 March 2023

Section 2e - MEMBERSHIP/LICENSE REQUIREMENT

Riders will be required to hold one of the following:

- A current AusCycling 'Race – Off Road or All Discipline' membership (for all Championship events)
- All riders holding a UCI Licence from a National Federation who is a member of the Oceania Cycling Confederation
- A Member of Cycling New Zealand.

All Riders in the Championship Event must have a UCI ID.

Failure to provide one of the above will result in the rider having to pay to renew their membership at registration.

Section 2f - GENERAL

MEDICAL

Paramedic personnel will be present each day of the event. Medical staff will be located at the start/finish line and throughout the courses.

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'.

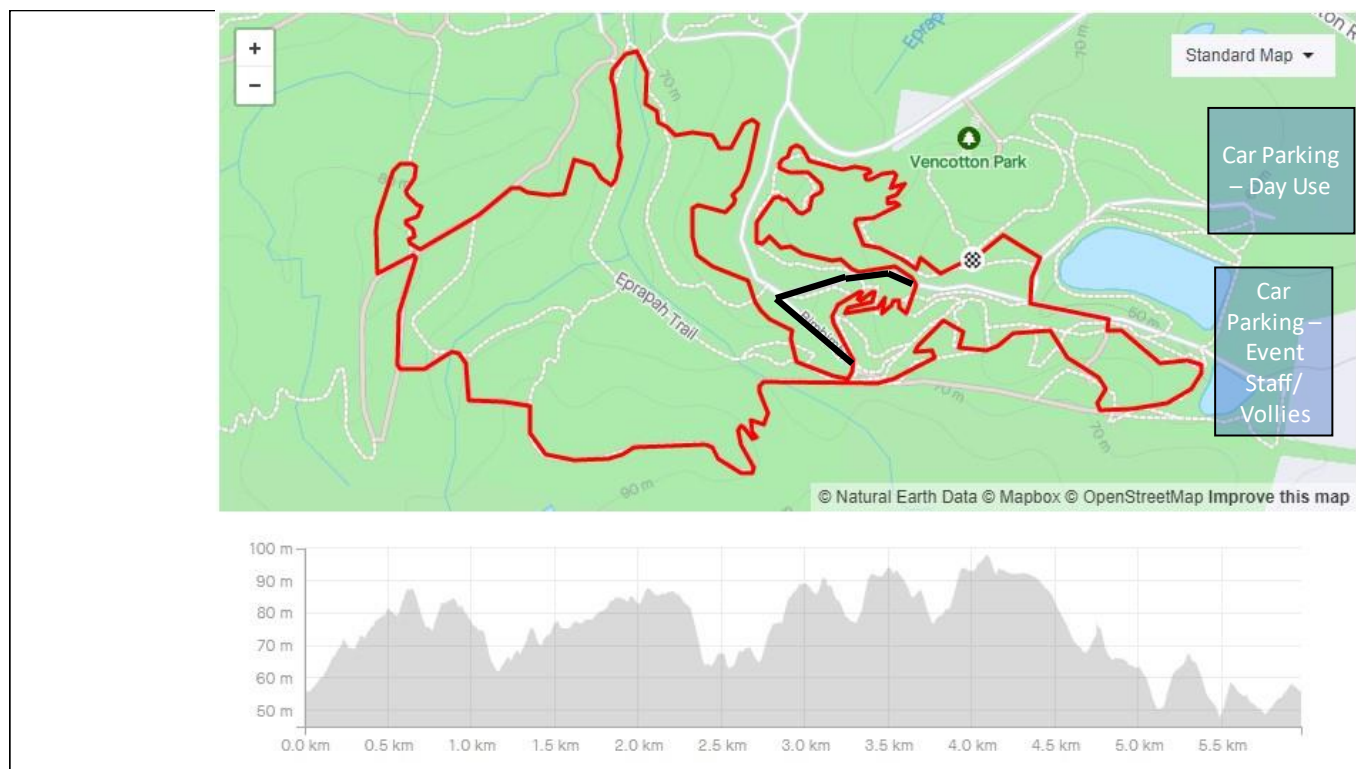
HOSPITAL

Redland Hospital is located 96km from the event venue.

Address: Weippin Street, Cleveland 4163

Ph: (07) 3488 3111

COURSE MAP



Section 4 – TECHNICAL REGULATIONS

RULES & REGULATIONS

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

Section 4a 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.

U23 & Elite Women Competitions

U23 Women and Elite Women will race combined with no separate results being submitted to UCI, however, will be presented as separate categories. Should a U23 Women competitor finish in the overall top three of any race, they will be recognised with both medals and jerseys for the U23 Championship and Elite Championship.

RACE NUMBERS

All Riders will be issued a frame plate and transponder at registration. Oceania Championship categories will also be issued a body number.

Frame Plates must not be cut, folded or modified in any way.

START ORDER

The start order is determined as follows:

Elite, U23, J19

1. As per the last published UCI XCO individual rankings;
2. Unclassified riders: by drawing lots.

U17,U15

1. National XCO Series rankings
2. All other riders in entry order.

Masters

1. The defending format class National Champion;
2. Recognised UCI World Champion in the format;
3. National XCO Series rankings
4. All other riders in entry order.

U13

1. The defending format class National Champion;
2. All other riders in entry order

START PROCEDURE

- Riders will be called to the start no earlier than 20 minutes before the scheduled start of the race.
- Five minutes before a call-up an announcement will be made over the public address system to inform riders of the fact, and again three minutes beforehand.
- The riders line up in the order in which they are to be called to the start line. The number of riders on each line is decided by the president of the commissaires' panel and supervised by a commissaire. The rider himself decides which position on the line to take.
- Once the riders are lined up, warm-up (by rollers, turbo trainer, etc.) is excluded inside or outside the start area.
- The start is given by the start commissaire using the following procedure: warnings 3, 2, 1 minutes and 30 seconds before the start, then a final announcement that the start is given within the next 15 seconds. A whistle will be given to indicate the start.
- The start commissaire is in sole control of the public address system from three minutes before the start, until the start has been given.

HELMET REQUIREMENTS

- All riders are expected to always wear a compliant helmet whilst on their bike.
- This applies during competition, practice and when commuting to and from their events. Downhill riders must wear a full-faced helmet meeting **AS2063 or equivalent** standard. Bicycle helmets that satisfy current Australian or equivalent international standards are compulsory in all AusCycling sanctioned events.
- Helmets must be always fastened whilst on a bicycle. Helmets must be in good condition and fit for purpose. All helmets must be compliant as determined by the presence of an appropriate compliance sticker.
- To ensure all riders comply with the regulations, and their helmet meets current safety standards, helmets may be inspected by a Commissaire at any time throughout the duration of the event.

Feed/Tech Zone

Two (2) designated Feed Zones will be located on course, within approximately 50m of each other.

Feeding and Technical support may only be provided in this Zone.

All individuals who are feeding or providing technical support must register with the individual or team that they are supporting. Feeding is only permitted at this Feed Zone by the Tech/Feed Zone Commissaire approved support person who shall hand up bidons or food.

No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors.

Section 4b - SEVERE WEATHER GUIDELINES

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In all cases the event will follow the UCI Extreme Weather Guidelines.

In the event of extreme weather including lightning, strong winds or a severe storm, Thredbo Resort will have to close the chairlift for safety reasons. In the event of a chairlift closure, event operations may be affected and schedule changes may happen. In the event a chairlift closure effects a seeding or finals run, the final results may be determined by either the seeding run or finals run only.

Section 4c - 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 each day at the finish line timing marquee.

Anti-Doping facilities will be located nearby the start/finish zone

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 via www.globaldro.com/AU/search

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

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 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.