



# MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS



## TECHNICAL GUIDE



26-27 FEB 2022 - CHRISTCHURCH



Updated 25 February



## 1. WELCOME

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A warm welcome to all our riders and supporters here at Christchurch for the 2022 Torpedo7 Mountain Bike National Championships.

This event is our premium mountain bike national event and spectators will be treated to a showcase of top level cross country and downhill racing.

Thank you to Christchurch Singletrack Club and Gravity Canterbury, their volunteers and support personnel who are vital to the success of the event. Also to the Commissaires who play a fundamental role in supporting the integrity in our sport – and give their time voluntarily to officiate events throughout the country.

Thank you to our valued partner, Torpedo7 for their support.

To all of our riders, on behalf of Cycling New Zealand, we wish you all the best for the upcoming days.

*Phil Holden*

*Chair – Cycling New Zealand Board*

## 2. KEY CONTACTS

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Event Manager	Charlotte Pearson	021 292 0563
Event Director	Janette Douglas	027 644 8921
Race Manager – Cross Country	Murray Anderson	
Race Manager - Downhill	Will Keay	
Chief Commissaire (PCP)	Dereck McCarthy	021 192 2144
Assistant PCP	Matt Amos	
Assistant Commissaires	Mark Darvill	
	Ryan Cooney	
	Lisa Morgan	
	Andrea Davis	

## 3. EVENT WEBSITE

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For more information please check the event website <https://mountain-bike-nationals.cyclingnewzealand.nz/>

## 4. EVENT PARTNERS

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We would like to extend our thanks to the event partners whom without their support the event would not be possible.



**MILES ŠKODA**



## 5. COVID-19 RESPONSE

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Click [here](#) for the event's Covid Response Plan.

The intent of this plan is to summarise Cycling New Zealand's response to the delivery of the **2022 Torpedo7 MTB National Championships** under the Covid Protection Framework and the steps that the event will undertake in considering all its stakeholders, the wellbeing of all those attending and to uphold the intent and guidelines directed by the NZ Government.

The event recognises that the Covid-19 situation is fluid and the government can make decisions that impact the event at any time. The Ministry of Health (MOH) website and updates will be monitored and reviewed when new information is released. At the time of publishing this plan (15/2/2022) – the country is in the RED setting of the Covid Protection Framework and the event planning to take place under these RED settings guidelines as set out by the Government and Sport NZ. It should be acknowledge by all that the guidelines could change at any time.

### KEY POINTS

- This is a My Vaccine Pass event. This applies to all riders, supporters, staff, officials and volunteers.
- Masks are required for all, with the exception of when you are riding your bike.
- Scan in via the event QR codes each day. A manual sign in will be available at the race desk if required.
- Stay at home if you are sick (If you have cold or flu symptoms call your doctor or Health line and make sure you get tested.)
- If you are told by health authorities to self-isolate you must do so immediately.
- Stay at home if you are awaiting the results from being tested for COVID-19
- Stay at home if you have been in contact with any known/suspected cases in the past 14 days
- Stay at home if you have returned or been in contact with anyone else who has returned from overseas in the past 7 days
- You are encouraged to maintain physical distancing from people you do not know.
- Wash your hands.
- Get your booster vaccine as soon as possible.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
- If you test positive for Covid-19 following your attendance at the event, please notify the Event Organiser immediately.
- Have a plan if you are required to isolate away from home.

The success and safety of this event relies on all those involved with the event to comply with the instructions in this plan and any instructions or messages issued by officials at the event. This plan can only work if we all work together. The continuation of events and racing is at risk if we are unable to support or follow this plan. Please ensure you are thinking about your own safety and that of others when you are interacting with those connected with the event.





## 6. EVENT LOCATION

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The Cross Country event will take place at [Crocodile XC MTB Park](#), Halswell Quarry Park, Kennedy's Bush Rd. The Downhill event will take place at [Christchurch Adventure Park](#), 225 Worsleys Rd.

## 7. LICENSING

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All entries in UCI Categories must be 2022 Cycling New Zealand Annual Licence holders.

All entries in Non-UCI Categories must be a 2022 Cycling New Zealand Annual licence holder or purchase a Cycling New Zealand one-day licence at the time of entry or have a license from their National federation.

All riders are also required to be a member of an affiliated MTB Club.

## 8. RACE OFFICE

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The race office is located from the Cycling New Zealand tent at Crocodile Park, and from the Guest Services building at Christchurch Adventure Park.

## 9. RACE PACK PICK UP

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Race Pack Pick up (for race number and timing transponder collection) is available from the Race Office. Please see Full Event Schedule for times. No late entries will be accepted.

## 10. TIMING AND NUMBER PLATES

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All riders will be issued with a race number and race plate. The race number must be attached to the back of the rider's shirt. Race numbers must be displayed on the handlebars of the bicycle. Pins and zip ties will be provided at race pack pick up.

Altering, cutting or placing of unauthorised sponsors' logos on numbers will result in a fine and/or disqualification. All riders must display their race numbers if riding the course on the official practice day(s) or on race day(s). Downhill riders will not be allowed on the downhill transport unless they have a number attached to the handlebars of their bicycle.

Timing transponders will also be provided to riders at race pack pick up. These must be secured around your front fork and returned after your race. Riders will be charged \$150+gst for timing transponders that are not returned.

## 11. RULES

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The event is run under the Rules and Regulations of the UCI

<https://www.uci.org/>

The MTB Protection Policy applies and is required to be adhered to by all riders. See Section 6 in the [MTBNZ Technical Regulations](#) for more information.

## 12. HEALTH AND SAFETY

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The event is committed to providing and maintaining the upmost health and safety standards by enduring that all risks and hazards associated with the vent are adequately identified and managed to prevent harm in accordance with the Health and Safety at Work Act 2015 (HSAW2015)

The safety of the riders, officials, volunteer and spectators are included in the event planning. This includes (but not limited to) course inspections, course marking, directional signage, hazard warning signage, communications and first aid provisions.

The venue and course is in a public mountain bike park and other users may be present during the event.

The event courses are designed for mountain biking and required a certain amount of skill is required. By entering this event you are deemed to have the sufficient level of experience and skill to ensure your own safety. It is your responsibility to manage your own safety during the event, to be aware of other road users at all times and to make responsible decisions. There is course taping in place however, there may be public and official traffic on the circuit during your race.

The event is held in an outside environment and weather conditions are likely to be very changeable. Please ensure you are prepare for inclement, adverse or extreme (hot or cold) conditions. If you have any questions or concerns regarding Health and Safety please report to the Event Director or the Chief Commissaire.

## 13. MEDICAL

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Medical support will be present at the venue. Notify an event official in the case of medical attention being required. **In the event of an emergency please call 111.**

The nearest after hours medical centre is:

Pegasus 24 Hour Surgery  
401 Madras St  
Christchurch  
03 365 7777

The nearest hospital is:

Christchurch Hospital  
2 Riccarton Ave  
Christchurch Central City, 8011



#### 14. WITHDRAWING FROM THE RACE

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If you are pulling out of a race, you **MUST** notify officials at the finish line. This is to ensure that everybody is accounted for at the conclusion of the race.

#### 15. ANTI-DOPING

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Drug testing could happen at any time and will be administered by Drug Free Sport NZ. Anti-doping officials will inform riders chosen. Drug Testing will be undertaken in provided facilities on site at the event village.

#### 16. RACE BRIEFING

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For XCO – riders will be briefed on the start line prior to their race start.

For DH – riders will be briefed prior to seeding run. Please see times in schedule below.

Important information including any updated race or course information, any key safety messages, changes to the event or contingency plans will be provided at these briefings.

#### 17. POINTS

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The following events are registered with the UCI and will be eligible for UCI Points. UCI points are being awarded as per the UCI Regulations for the appropriate points scale, and summarized as follows:

	<b>National Championships</b>
<b>XCO Cross Country</b>	
Men's and Women's Elite/U23 Combined Race	Top 10
Men's and Women's Junior	Top 5
<b>DHI Downhill</b>	
Men's and Women's Elite /Junior Combined Race	Top 10
<b>XCC Short Track</b>	
Men's and Women's Open (riders aged 19 and over as of 31 December 2022)	Top 10

## 18. SCHEDULE

Please note this programme is subject to change.

Day	Event	Details	Time	Location
<b>Thursday 24<sup>th</sup> February</b>	XCO	Commissaire Course Walk (Course closed to bikes)	6.30pm	Crocodile Park
<b>Friday 25<sup>th</sup> February</b>	XCO	Group 1 – Race 1 Race pack pick up & practice	8am – 11am	Crocodile Park
	XCO	Group 1 – Race 2 Race pack pick up & practice	9am – 12pm	Crocodile Park
	XCO	Venue cleared and cleaned	12pm – 1pm	Crocodile Park
	XCO	Group 2 – Race 1 Race pack pick up & practice	1pm – 4pm	Crocodile Park
	XCO	Group 2 – Race 2 Race pack pick up & practice	2pm – 5pm	Crocodile Park
	DHI	Commissaire Course Walk (Course closed to bikes)	9am	CAP
	DHI	Group 1 Race pack pick up	10.30am -	CAP
	DHI	Group 1 Course walk	11.00am – 12.00pm	CAP
	DHI	Venue cleared and cleaned	1.30pm – 2.30pm	CAP
	DHI	Group 2 Race pack pick up	2.30pm	CAP
	DHI	Group 2 Course walk	3.00pm – 4.00pm	CAP
<b>Saturday 26<sup>th</sup> February</b>	XCO	Group 1 – Race 1 Arrival Time from...	7.30am	Crocodile Park
	XCO	Group 1 - Race 1 Call up	8.00am	Crocodile Park
	XCO	Group 1 - Race 1 Start	8.15am	Crocodile Park
	XCO	Group 1 - Race 2 Arrival Time from...	8.45am	Crocodile Park
	XCO	Group 1 - Race 2 Call up	9.45am	Crocodile Park



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	XCO	Group 1 - Race 2 – Start	10.00am	Crocodile Park
	XCO	Group 1 Race 1 – Depart venue by...	10.30am	Crocodile Park
	XCO	Group 1 Race 2 – Depart venue by...	12.15pm	Crocodile Park
	XCO	Venue cleared and cleaned	12.15pm – 1pm	Crocodile Park
	XCO	Group 2 - Race 1 Arrival Time from...	1.00pm	Crocodile Park
	XCO	Group 2 - Race 1 Call up	2.00pm	Crocodile Park
	XCO	Group 2 - Race 1 – Start	2.15pm	Crocodile Park
	XCO	Group 2 - Race 2 Arrival Time from...	3.00pm	Crocodile Park
	XCO	Group 2 - Race 2 Call up	4.00pm	Crocodile Park
	XCO	Group 2 - Race 2 – Start	4.15pm	Crocodile Park
	XCO	Group 2 – Race 1 – Depart venue by....	4.45pm	Crocodile Park
	DHI	Group 1 – Arrive from	8.30am	CAP
	DHI	Group 1 - Practice	9.00am – 11.30am	CAP
	DHI	Group 1 – Depart venue by...	12.30pm	CAP
	DHI	Venue cleared and cleaned	12.30pm – 1.30pm	CAP
	DHI	Group 2 – Arrive from	1.30pm	CAP
	DHI	Group 2 - Practice	2.00pm – 4.30pm	CAP
<b>Sunday 27<sup>th</sup> February</b>	DHI	Group 1 – Arrive from	8.00am	CAP
	DHI	Group 1 - Practice	8.30am – 9.30am	CAP
	DHI	Group 1 – Briefing	9.50am	CAP
	DHI	Group 1 – Seeding Run	10.15am	CAP
	DHI	Group 1 – Race Run	11.30am	CAP
	DHI	Group 1 – Depart venue by...	1.00pm	CAP
	DHI	Venue cleared and cleaned	1.00pm – 1.30pm	CAP
	DHI	Group 2 – Arrive from	1.30pm	CAP
	DHI	Group 2 - Practice	2.00pm – 3.00pm	CAP



	DHI	Group 2 – Briefing	3.20pm	CAP
	DHI	Group 2 – Seeding Run	3.45pm	CAP
	DHI	Group 2 – Race Run	5.00pm	CAP

## 19. CATEGORIES

The following event categories are available for both men (boys) and women (girls). Age is calculated as at 31 December 2022.

XCO – Cross Country	UCI Categories	<p>Elite - Riders aged 23 or over (as at 31 December 2022)</p> <p>U23 - Riders aged between 19 - 22 (as at 31 December 2022)</p> <p><i>The Elite/U23 races will be run as a Combined Race. In the case of a U23 winning the Combined Race only one (Elite) National Jersey will be awarded to that rider. In the case of an Elite winning the Combined Race, the winner will be awarded with an Elite National Jersey and the first placed U23 rider will be awarded with a U23 National Jersey.</i></p> <p>U19 (Junior) - Riders aged between 17 - 18 (as at 31 December 2022)</p>
	NON - UCI Categories	<p>U15 - For Riders aged between 13 - 14 (as at 31 December 2022)</p> <p>U17 - For Riders aged between 15 - 16 (as at 31 December 2022)</p> <p>Sport- For Riders aged between 17 - 29 (as at 31 December 2022)</p> <p>Masters 1 - For Riders aged between 30 - 39 (as at 31 December 2022)</p> <p>Masters 2 - For Riders aged between 40 - 49 (as at 31 December 2022)</p> <p>Masters 3 - For Riders aged between 50+ (as at 31 December 2022)</p>
DH - Down Hill	UCI Categories	<p>Elite - For Riders aged 19 or over (as at 31 December 2022)</p> <p>U19 (Junior) - For riders aged 17 - 18 (as at 31 December 2022)</p>
	NON - UCI Categories	<p>U15 - For Riders aged between 13 - 14 (as at 31 December 2022)</p> <p>U17 - For Riders aged between 15 - 16 (as at 31 December 2022)</p> <p>Sport - For Riders aged between 17 - 29 (as at 31 December 2022)</p> <p>Masters 1 - For Riders aged between 30 - 39 (as at 31 December 2022)</p> <p>Masters 2 - For Riders aged between 40 - 49 (as at 31 December 2022)</p>



		Masters 3 - For Riders aged between 50+ (as at 31 December 2022)
XCC – Cross Country Short Track	UCI Categories	Men and women – open to all riders aged 19 or over.

## 20. PARKING

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XCO – Event parking is available in the paddock off Cashmere Rd. Please follow the signs for event parking.

DHI/XCC – Parking is available in the Christchurch Adventure Park main carpark, 225 Worsleys Rd.

## 21. TEAM PIT SITES

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Under Covid restrictions there is no provision for Team Pits.

## 22. FOOD AND BEVERAGES

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Under Covid restrictions, there will be no food or coffee vendors available at the Cross Country venue. Please come prepared.

The café at Christchurch Adventure Park will be open during the Downhill, however their own Covid protocols apply (show your Vaccine Pass, wear a mask, limit of 100 people inside)

## 23. SMOKE, DRUG AND ALOCHOL FREE

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The entire event is smoke, drug and alcohol free. Please ensure all your supporters are aware of this.

## 24. MEDAL CEREMONY PROTOCOL

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Medal ceremonies will be for place-getters only, these will take place as soon as possible after your group's race. Please listen to instructions of the officials and MC.

## 25. SOCIAL MEDIA

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Event Facebook	<a href="https://www.facebook.com/CyclingNZL">https://www.facebook.com/CyclingNZL</a>
Instagram	<a href="https://www.instagram.com/cyclingnewzealand">https://www.instagram.com/cyclingnewzealand</a>
Twitter	<a href="https://twitter.com/CyclingNZL">https://twitter.com/CyclingNZL</a>
Website	<a href="https://mountain-bike-nationals.cyclingnewzealand.nz//">https://mountain-bike-nationals.cyclingnewzealand.nz//</a>
Event Hashtag	#MTBNats

## 26. XCO EVENT INFORMATION

**Course lap:** Approx. 4km

Lap numbers below have been updated as of 25 February but still may be subject to changes on race day as decided by the President of the Commissaires Panel. Please note, there will be no separate 'start lap' this year, all laps will be full laps.

Category	Race Time Guidelines	Provisional Laps
U15 Girls	45m – 1.00h	2
U15 Boys	45m – 1.00h	3
U17 Girls	1:00h – 1:15h	3
U17 Boys	1:00h – 1:15h	4
Junior (U19) Women	1:00h – 1:15h	4
Junior (U19) Men	1:00h – 1:15h	5
Sport Women	1:00h – 1:15h	3
Sport Men	1:00h – 1:15h	4
Masters Women 1 - 5	1:00h – 1:15h	3
Masters Men 1 – 5	1:00h – 1:15h	4
Elite and U23 Women	1:20h – 1:40h	5
Elite and U23 Men	1:20h – 1:40h	7

A rider's race **ceases when the winner of their class finishes**. I.e. riders complete their current lap. Lapped riders continue to ride and finish only when the first rider in their class has completed the event.

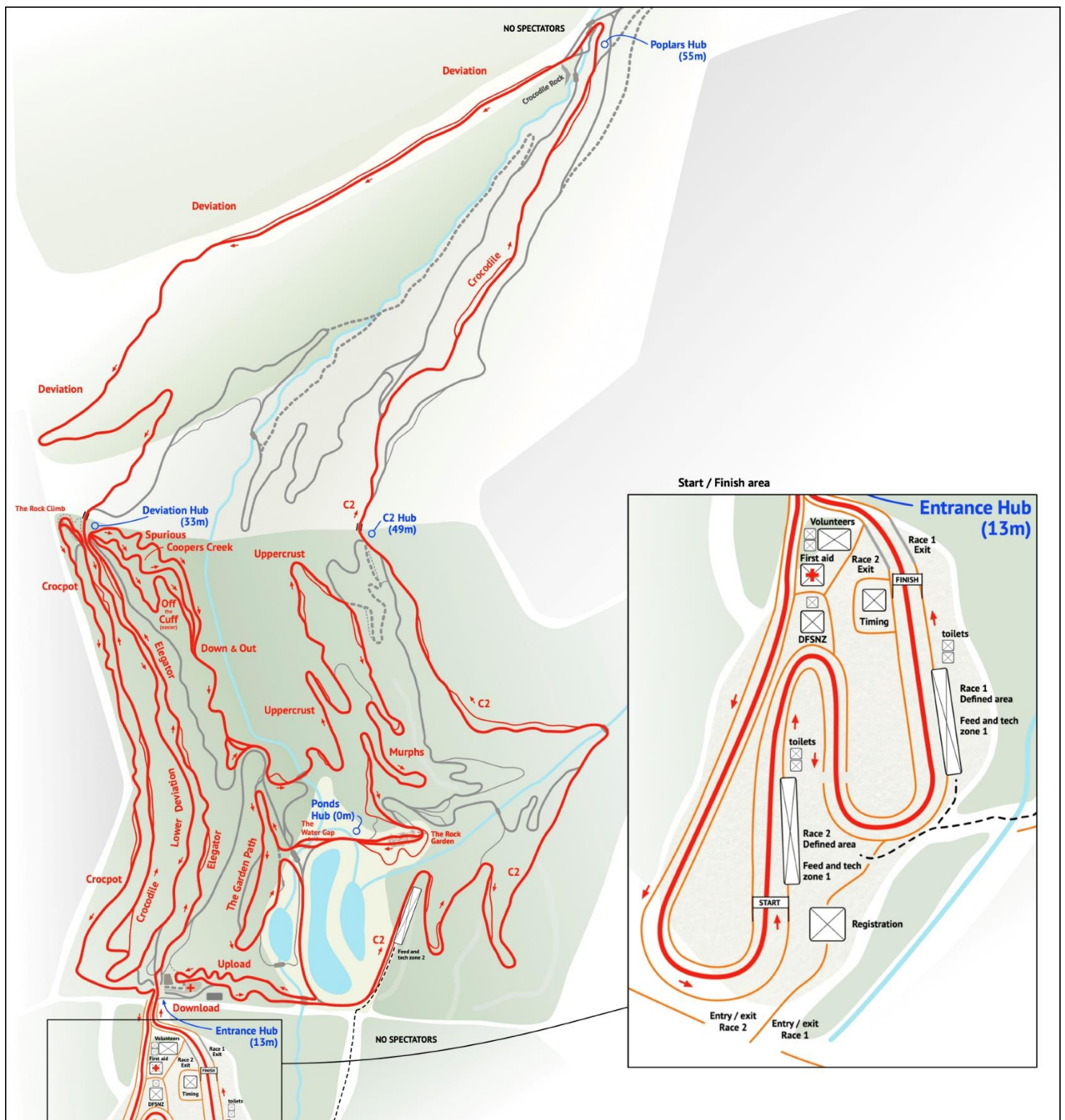
**80% rule** – For Junior, Under 23 and Elite level XCO races, the 80% rule will apply at the discretion of the President of the Commissaires Panel. If a slower rider is more than 80% of the time it takes the leading rider to complete a lap behind that leading rider at the start/finish line, the slower rider may be withdrawn under the 80% rule

**Feed/Tech zone** - Feeding is permitted only in the zone designated for that purpose, which is also used as technical assistance zone. Riders will pass the Feed/Tech Zone twice in one lap. Riders are permitted to one person only in the Feed/Tech zone. This person must be pre-registered with CNZ by Monday 21 February by emailing [events@cyclingnewzealand.nz](mailto:events@cyclingnewzealand.nz). Riders will receive a pass for their allocated person at race pack pick up.

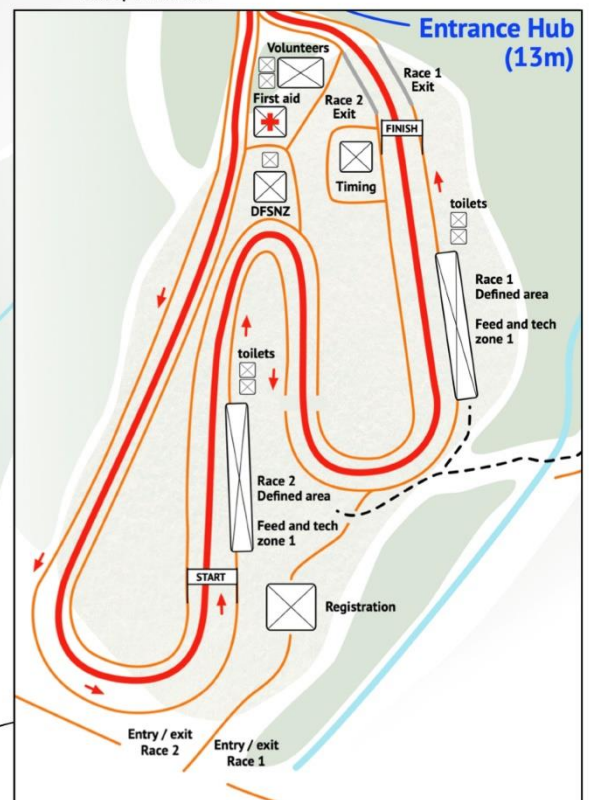
**Practice** - The course will be ready for practice from Friday 25 February – see schedule for times. Please follow event signage and ride with caution.



# MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS



Start / Finish area





## 27. DOWN HILL INFORMATION

**Practice runs:** All riders must complete a minimum of two practice runs over the allocated Practice times.

**Chairlift:** Riders will catch the chairlift to the top of the hill. No competitors are to use any transport other than the official transport supplied by the race organisers for the official downhill practice or race day(s). Riders must have their race plates on their bikes for all practice, seeding and race runs.

**Course:**

Start Elevation: 438m

Finish Elevation: 86m

Total Elevation drop: 352m

Total length: 1.74km

Estimated fastest time: 2.45 – 3.15min

