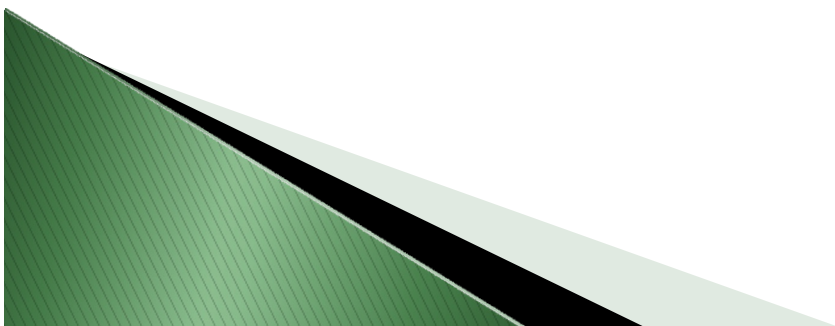




# XCO / E-MTB XC / XCC Namibian National Championships



7 – 8 April 2023  
**TECHNICAL GUIDE**



# Our Sponsors



The event is organized by:





# Program

## Commissaire Track Inspection

Thursday, 6 April 2023 17:00 to 18:00

Friday, 7 April 2023 08:00 to 11:00 Final track changes (if needed)

## Registration/Accreditation

Friday, 7 April 2023 10:30 to 11:30

## Official Practice Session

Friday, 7 April 2023 11:00 to 14:30

*Note:* Only riders with number boards are allowed on the track.

## Manager/Technical meeting

Friday, 7 April 2023 14:00 to 14:30

## Race day program

Friday, 7 April 2023 Races commence 15:00

Saturday, 8 April 2023 Races commence 08:00

## Medal Ceremony

Saturday, 8 April 2023 13:30 - 14:30



Venue for all: Race venue



# Start Times and Laps

Call Up: 20 minutes before start

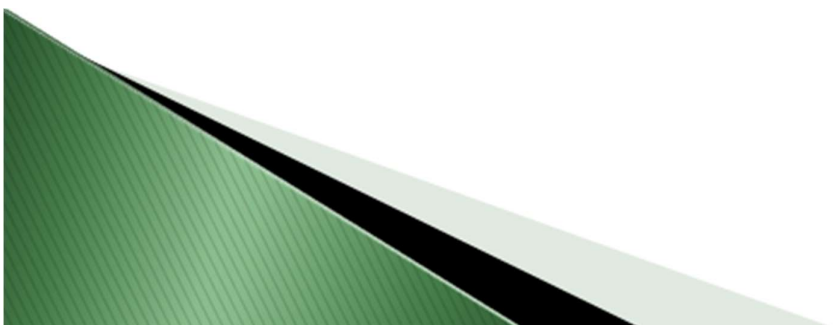
## 2023 Namibian National Championships - XCO - E-MTB XC - XCC - Start Times and Laps

Please be at the start at least 20 minutes before your race time

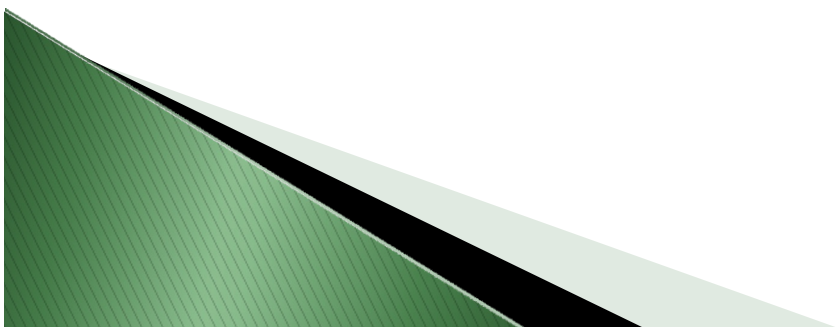
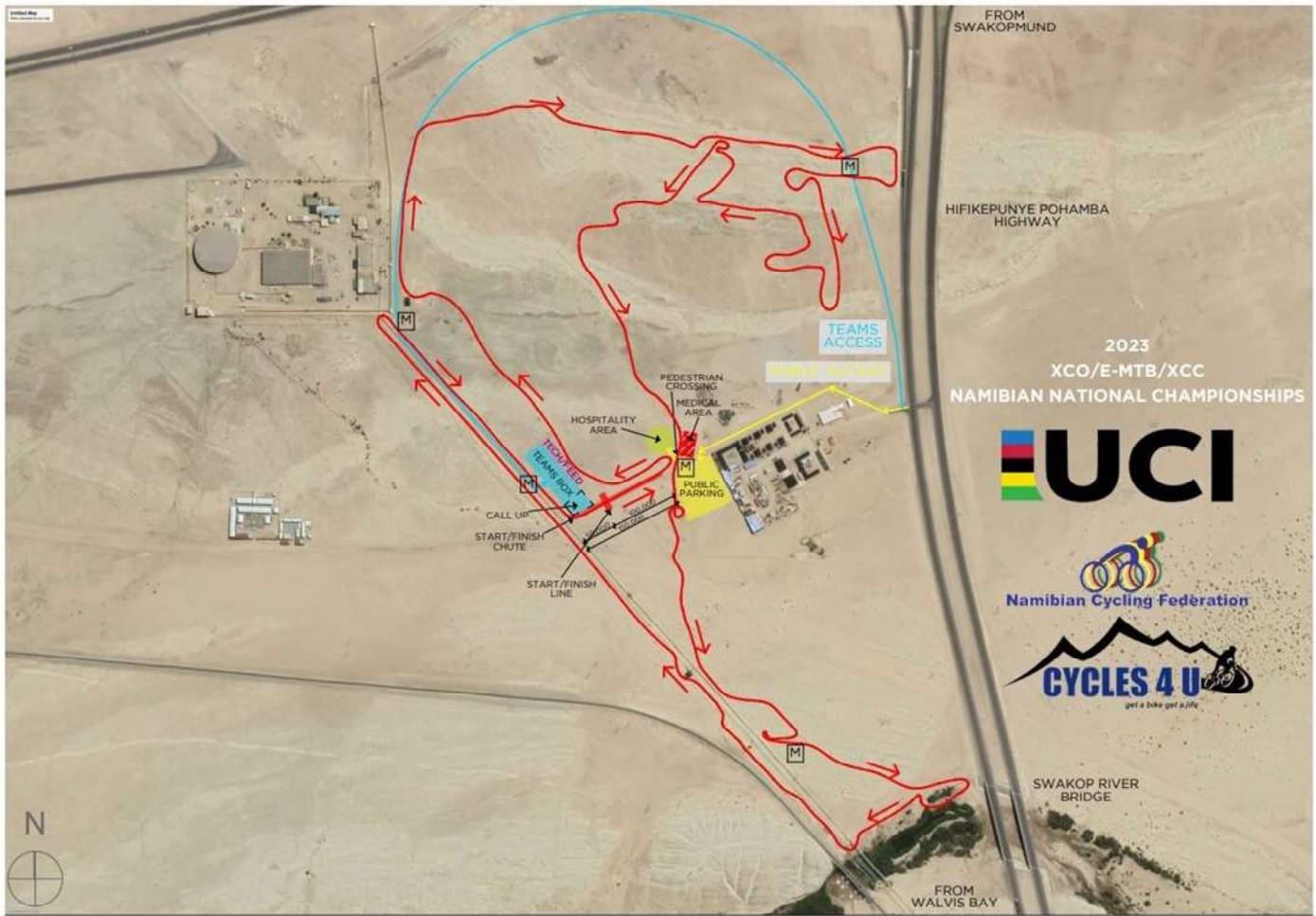
Category		Age	Code	Time	Start Order	Laps	Approximate Duration	
<b>Race 1: Friday 7 April 15:00 Start</b>								
E-MTB open Men	UCI	19+	EOM	15:00	1	5	Appr 60 min	Red track
E-MTB open Women	UCI	19+	EOW	15:02	2	5	Appr 60 min	Red track
<b>Race 2: Friday 7 April 16:30 Start</b>								
Short Course Boys		14-18	SB	16:30	1	tbc	Appr 10 min	Short course
Short Course Girls		14-18	SG	16:31	2	tbc	Appr 10 min	Short course
<b>Race 3: Friday 7 April 17:00 Start</b>								
Short Course Men Open	UCI	19+	SM	17:00	1	tbc	Appr 20 min	Short course
Short Course Women Open	UCI	19+	SW	17:01	2	tbc	Appr 20 min	Short course
<b>Race 4: Saturday 8 April 8:00 Start</b>								
Sprog Boys (U12)		11-12	SB	8:00	1	3	35 - 40 min	Blue track
Sub-Junior Girls (U14)		13-14	JG	8:00	1	3	35 - 40 min	Blue track
Nipper Boys (U10)		< 10	NB	8:02	2	2	25 - 35 min	Blue track
Sprog Girls (U12)		11-12	SG	8:02	2	2	25 - 35 min	Blue track
Nipper Girls (U10)		< 10	NG	8:02	2	1	20 - 30 min	Blue track
<b>Race 5: Saturday 8 April 9:15 Start</b>								
Youth Boys (U16)		15-16	YB	9:15	1	4	45 - 55 min	Red track
Sub-Junior Boys (U14)		13-14	JB	9:17	2	3	40 - 50 min	Red track
Sub Vet Men		30-39	SVM	9:17	2	4	60 - 75 min	Red track
Veteran Men		40-49	VM	9:17	2	4	60 - 75 min	Red track
Master Men		50+	MM	9:19	3	3	50 - 60 min	Red track
Grand Master Men		60+	GMM	9:19	3	2	40 - 50 min	Red track
<b>Race 6: Saturday 8 April 10:15 Start</b>								
Elite Women	UCI	>23	EW	10:15	1	6	75 - 100 min	Red track
U23 Women	UCI	19-23	U23W	10:17	2	6	75 - 100 min	Red track
Junior Women	UCI	17-18	JW	10:19	3	5	60 - 75 min	Red track
Youth Girls (U16)		15-16	YG	10:21	4	3	45 - 55 min	Red track
Sub Vet Women		30-39	SVW	10:21	4	3	60 - 75 min	Red track
Veteran Women		40-49	VW	10:21	4	3	60 - 75 min	Red track
Master Women		50+	MW	10:23	5	2	50 - 60 min	Red track
Grand Master Women		60+	GMW	10:23	5	2	40 - 50 min	Red track
<b>Race 7: Saturday 8 April 11:30 Start</b>								
Elite	UCI	>23	EM	11:30	1	7	75 - 100 min	Red track
U23 Men	UCI	19-23	U23M	11:32	2	7	75 - 100 min	Red track
Junior Men	UCI	17-18	JM	11:34	3	6	60 - 75 min	Red track

All category start times, groupings and laps are pending approval of the UCI Commissaire.

The Commissaire reserves the right to change the laps at the start of each race.



# Venue Layout





## Award Ceremony

In conformity with UCI Rules - article (1.2.112) - all concerned riders shall be present in competition's clothing (without helmet, caps, glasses or advertisement).

## Feed/Technical Assistance Zone

There will be a Feed and Technical zone on the course approximately 100 meters from the team zone start / finish area.  
Accredited team personnel only.

## Anti-Doping Control

UCI anti-doping rules will be applied. Anti-doping tests may be conducted on race completion, at the venue. All athletes must comply with the anti-doping regulations and procedures.

## Medical Service

The nearest hospital is the Cottage Private Hospital in Swakopmund and is approximately 6 km from the race venue.  
Emergency Paramedics and Evacuation Services will be on site and in case of a serious injury, patients will be transported to Cottage Private Hospital.

