



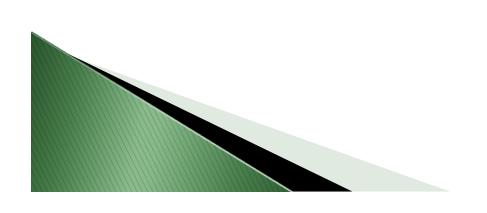


# XCO / E-MTB XC / XCC Namibian National Championships





## 7 – 8 April 2023 TECHNICAL GUIDE



## **Our Sponsors**





## VZTRUCKING











SWAKOPMUND HIRE SALES & SERVICES

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

NEDBANK

Call Up: 20 minutes before start

#### <u>2023 Namibian National Championships - XCO - E-MTB XC - XCC - Start Times and Laps</u>

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

Category			T:			,				
Race 1: Friday 7 April   15:00 Start								MANY WITH CITY CONTROL OF COLUMN		
E-MTB open Men UCI 19+ EOW 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  Race 2: Friday 7 April 16:30 Start  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  Race 3: Friday 7 April 17:00 Start  Short Course Men Open UCI 19+ SW 17:00 1 tbc Appr 20 min Short course  Race 3: Friday 7 April 17:00 Start  Short Course Men Open UCI 19+ SW 17:01 2 tbc Appr 20 min Short course  Race 4: Saturday 8 April 8:00 Start  Sprog Boys (U12) 11-12 SB 8:00 1 3 35 - 40 min Blue track Nipper Boys (U10) 13-14 JG 8:00 1 3 35 - 40 min Blue track Nipper Boys (U12) 11-12 SG 8:02 2 2 25 - 35 min Blue track Nipper Girls (U12) 11-12 SG 8:02 2 2 25 - 35 min Blue track Nipper Girls (U12) 11-12 SG 8:02 2 2 25 - 35 min Blue track Nipper Girls (U10) < 10 NB 8:02 2 2 2 25 - 35 min Blue track Nipper Girls (U10) < 10 NG 8:02 2 1 20 - 30 min Blue track Nipper Girls (U10) < 10 NG 8:02 2 1 20 - 30 min Blue track Nipper Girls (U10) < 10 NG 8:02 2 1 20 - 30 min Blue track  Race 5: Saturday 8 April 9:15 Start  Youth Boys (U16) 15-16 VB 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-Unior Boys (U14) 13-14 JB 9:17 2 4 60 - 75 min Red track Sub-Vet Men 30-39 SVM 9:17 2 4 60 - 75 min Red track Master Men 50+ MM 9:19 3 2 40 - 50 min Red track Master Men 50+ MM 9:19 3 2 40 - 50 min Red track UCI 323 EW 10:15 1 6 75 - 100 min Red track UCI 323 EW 10:17 2 6 75 - 100 min Red track Veteran Momen UCI 17-18 JW 10:19 3 5 5 0 - 60 min Red track Veteran Women 40-49 VW 10:21 4 3 60 - 75 min Red track Veteran Women 40-49 VW 10:21 4 3 60 - 75 min Red track Veteran Women 40-49 VW 10:21 4 3 60 - 75 min Red track Veteran Women 40-49 WW 10:23 5 2 50 - 60 min Red track Veteran Women 40-49 WW 10:23 5 2 50 - 60 min Red track Veteran Women 40-49 WW 10:23 5 2 50 - 60 min Red track UCI 323 EBM 11:30 1 7 7 75 - 100 min Red track UCI 320 Start WW 11:30 1 7 7 75 - 100 min Red track UCI 320 Start WW 11:30 1 7	Category	c	Age	Code	Time	Start Order	Laps	Duration		
E-MTB open Women	Race 1: Friday 7 April 15:00 Start									
Race 2: Friday 7 April 16:30 Start	E-MTB open Men	UCI	19+	EOM	15:00	1	5	Appr 60 min	Red track	
Short Course Boys	E-MTB open Women	UCI	19+	EOW	15:02	2	5	Appr 60 min	Red track	
Short Course Boys	Race 2: Friday 7 April 16:30 Start									
Race 3: Friday 7 April   17:00 Start	Short Course Boys						tbc	Appr 10 min	Short course	
Short Course Men Open	Short Course Girls		14-18	SG	16:31	2	tbc	Appr 10 min	Short course	
Short Course Men Open										
Race 4: Saturday 8 April   8:00 Start										
Race 4: Saturday 8 April 8:00 Start	Committee of the Commit						110.0			
Sprog Boys (U12)	Short Course Women Open	UCI	19+	SW	17:01	2	tbc	Appr 20 min	Short course	
Sprog Boys (U12)	Race 4: Saturday & April 8:00 Start									
Sub-Junior Girls (U14)	Sprog Boys (U12)						3	35 - 40 min	Blue track	
Nipper Boys (U10)							_			
Sprog Girls (U12)			< 10	NB	8:02	2	2	25 - 35 min	Blue track	
Nipper Girls (U10)   < 10   NG   8:02   2   1   20 - 30 min   Blue track	Control of the Contro			SG	8:02	2	2	25 - 35 min		
Vouth Boys (U16)			< 10	NG	8:02	2	1	20 - 30 min	Blue track	
Vouth Boys (U16)										
Sub-Junior Boys (U14)	Race 5: Saturday 8 April 9:15 Start									
Sub Vet Men   30-39   SVM   9:17   2   4   60 - 75 min   Red track	Youth Boys (U16)		15-16	YB	9:15	1	4	45 - 55 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           Race 6: Saturday 8 April         10:15 Start           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 <td>Sub-Junior Boys (U14)</td> <td></td> <td>13-14</td> <td>JB</td> <td>9:17</td> <td>2</td> <td>3</td> <td>40 - 50 min</td> <td>Red track</td>	Sub-Junior Boys (U14)		13-14	JB	9:17	2	3	40 - 50 min	Red track	
Master Men   50+ MM   9:19   3   3   50 - 60 min   Red track	Sub Vet Men		30-39	SVM	9:17	2	4	60 - 75 min	Red track	
Race 6: Saturday 8 April   10:15 Start	Veteran Men		40-49	VM	9:17	2	4	60 - 75 min	Red track	
Race 6: Saturday 8 April   10:15 Start	Master Men		50+	MM	9:19	3	3	50 - 60 min	Red track	
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           Race 7: Saturday 8 April         11:30         5         2         40 - 50 min         Red track           UCI         >23         EM         11:30	Grand Master Men		60+	GMM	9:19	3	2	40 - 50 min	Red track	
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           Race 7: Saturday 8 April         11:30         5         2         40 - 50 min         Red track           UCI         >23         EM         11:30										
U23 Women	Tite Manage	HCI					-	75 100:-	Deal Assals	
Junior Women		00.								
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           Race 7: Saturday 8 April         11:30 Start           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						_	-			
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           Race 7: Saturday 8 April         11:30 Start           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		UCI	5 (6) 1 (4) (6) (1)	10.000	8000000000	455		The same of the sa	7 - A - A - A - A - A - A - A - A - A -	
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           Race 7: Saturday 8 April         11:30 Start           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	C A STATE OF THE S					-	_			
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           Race 7: Saturday 8 April         11:30 Start           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							-	William Tolking School Co.	The second second second second	
Race 7: Saturday 8 April         11:30 Start           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			200	10000			77	70 00 1000		
Race 7: Saturday 8 April 11:30 Start           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										
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	C.C. C. HOSTON			311114	10,20		-	10 30 mm	a track	
U23 Men UCI 19-23 U23M 11:32 2 7 75 - 100 min Red track										
	Elite	UCI	>23	EM	11:30	1	7	75 - 100 min	Red track	
Junior Men         UCI         17-18         JM         11:34         3         6         60 - 75 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	

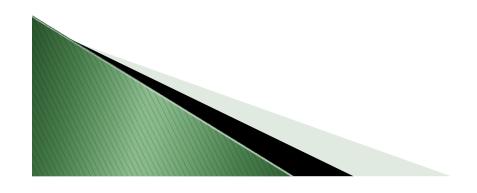
All category start times, groupings and laps are pending approval of the UCI Commissaire. The Commissaire reserves the right to change the laps at the start of each race.





# 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.