



## Technical Guide

**Agios Mnason Cycling Club** in collaboration with the municipality of **LYTHRODONTAS** is organizing at LEXEKO area the MTB XCO race:

### «LYTHRODONTAS MTB 2019»

on **Sunday, February 17th 2019**

The race for Men Elite, Men Junior, Women Elite, and Women Junior is a **UCI C3** race. The race is also the first round of the Cyprus National MTB Cup series and will be held as per the UCI and Cyprus Cycling Federation regulations.

## SPECIFIC REGULATIONS

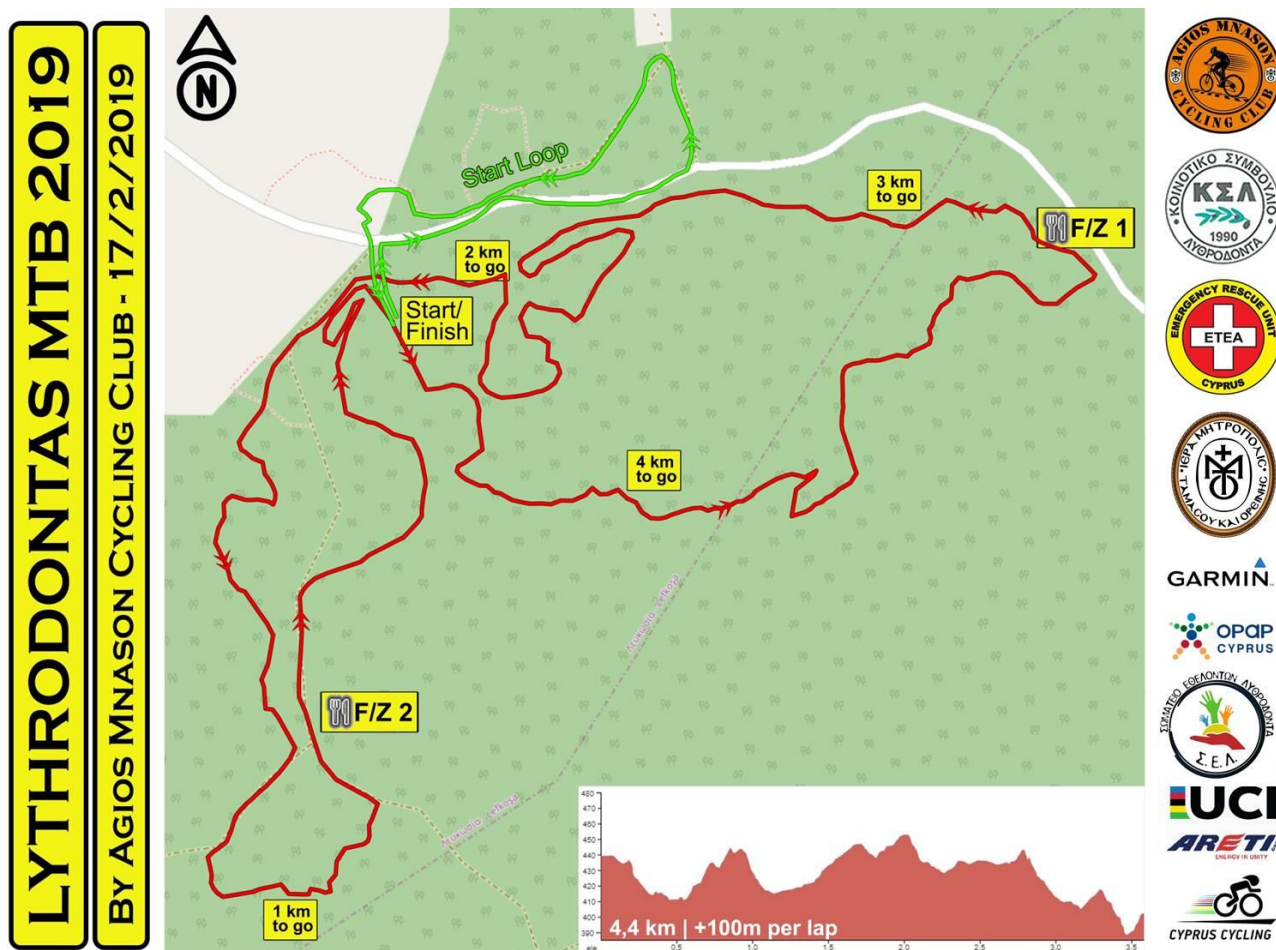
### 1- Categories

The following categories may compete:

- **UCI C3 RACE:**  
Men Elite, Women Elite, Men Junior, Women Junior.
- **CYPRUS NATIONAL MTB CUP SERIES:**  
Men Elite, Women Elite, Junior Men, Junior Women, Cadet boys U17, Cadet girls U17, Cadet boys U15, Cadet girls U15, Masters Men 1,2,3 & Masters Women 1,2,3
- **CYCLING FOR ALL (OPEN RACE):**  
U19 Boys, U19 Girls, 19-39 Men, 19-39 Women, 40+ Men, 40+ Women

## 2- Course & Map

- 4,4 Km XCO route with 85m of altitude gain per lap, in the beautiful forest of Lythrodontas



Link on the internet:

<https://www.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=22431582>

### 2a- Feed and technical assistant zones

There will be 2 feed zone and technical assistant points

FEEDZONE1 (1.12KM)

FEEDZONE2 (3.70KM)

The first feed zone can be accessed either on foot or by car – 800m from the Start Finish area.

The second feed zone can only be accessed on foot - 500m walk from the Start Finish area

## 3- TIMING

Timing will be done with the Mylaps timing transporter chips. Riders are obliged to return their timing chip after their race. Riders who fail to return their chip face a penalty of €80

#### 4- RACE SCHEDULE

##### Saturday, February 16th, 2019

- 9:00 am - 5:00pm Unofficial training
- 9:00 am - 5:00pm Registrations, Riders Confirmations, Race Number and timing chip distribution at “**To stekki tou Marinou restaurant**” at **Lythrodontas square**.
- 6:00 pm Team Managers Meeting at “**To stekki tou Marinou restaurant**” at Lythrodontas square.

“To stekki tou Marinou restaurant” LINK:

<https://www.google.com/maps/place/%CE%A4%CE%BF+%CE%A3%CF%84%CE%B5%CE%BA%CE%BA%CE%B9+%CE%A4%CE%BF%CF%85+%CE%9C%CE%B1%CF%81%CE%B9%CE%BD%CE%BF%CF%85/@34.9509064,33.2948848,15z/data=!4m5!3m4!1s0x0:0xa57e077595835e01!8m2!3d34.9509064!4d33.2948848>

##### Sunday, February 17th, 2019

- 8:45 Call-up for **First Race**: Cadet boys U17, Cadet girls U17, Cadet boys U15, Cadet girls U15
- 09:00 Start of **First Race**
- 10:25 Call-up for **Second Race**: Masters Men 1,2,3, Masters Women 1,2,3 Cycling For All categories
- 10:40 Start of **Second Race**
- 12:00 Awards Ceremony for **First Race & Second Race** at the Start-Finish area. First 3 Riders on the Podium.
- 12:15 Call up of **Third Race**
- 12:30 Start for **Third Race**: Men Elite, Women Elite, Junior Men, Junior Women
- 14:30 Awards Ceremony for **Third Race** at the Start-Finish area. First 5 Riders on the podium
- 14:45 Prize Money Distribution at the Start-Finish area after the award ceremony

## 5- REGISTRATIONS

Registrations at [ag.mnason@gmail.com](mailto:ag.mnason@gmail.com) up to Wednesday, February 13th, 2018.

Riders Confirmations, Race Number and timing chip distribution at  
“**To stekki tou Marinou restaurant**” at **Lythrodontas square.**  
on Saturday, February 16<sup>th</sup> 2019 from 9:00am until 5:00pm

## 6- Participation Fees

- €5,00 for all cadets.
- €10,00 for all Juniors
- €15,00 for Men Elite & Women Elite
- €20,00 for Master 1,2,3
- Cycling for All U19 €5,00 (+ €10,00 for 1-day license)
- Cycling for All 19+ €15,00 (+ €10,00 for 1-day license)

Late Registrations (After February 13, 2019): +€5

## 7- MEDICS / PARAMEDICS

An ambulance and a doctor will be present on race day. The race course emergencies will be handled by the **ETEA** volunteer rescue team

## 8- NEAREST HOSPITAL - AIRPORT

The Nearest hospital is the Nicosia General Hospital - [Map Link](#)

Telephone: 22603000

Airport: Larnaca International airport - [Map Link](#)

## 9- AWARDS CEREMONY

The Awards Ceremony will be held in front of the municipal authority office at Lythrodontas square.

**UCI Categories:** First 5 Riders are requested on the podium

**Cyprus National Cup Series:** First 3 Riders are requested on the Podium

## 10- Prize Money

As per UCI Financial Obligations for Europe Group 2 countries:

## 11- UCI Points

As per UCI Regulations for C3 races:

Ranking	Men Elite	Women Elite	Men Junior	Women Junior
1	10	10	20	20
2	6	6	18	18
3	4	4	16	16
4	2	2	14	14
5	1	1	12	12
6			10	10
7			8	8
8			6	6
9			4	4
10			2	2

## 12- Organizer

The race is organized by the Agios Mnason Cycling Club [ag.mnason@gmail.com](mailto:ag.mnason@gmail.com)

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