
TECHNICAL GUIDE

Oslo Terrengsykkelfestival 2022

Cross-country Olympic XCO C1 and XCC C3

Nordic Championships XCO Junior, Elite and Masters



IF FRØY

Postboks 77, Manglerud, 0612 Oslo

<https://froy.no/>

<https://terrengsykkelfestival.froy.no/>



Technical Guide Oslo Terrengsykkelfestival

Version: 11.08.2022 at 5.15 P.M

Date: 13.08.22 and 14.08.2022

Event Location: Skullerud, Oslo, Norway

Organization: IF Frøy

Class of Event: **XCO:**
Elite Men and Elite Women – UCI Cat 1
Junior Men and Junior Women – UCI Cat 1
Nordic Championships Men and Women Junior, Elite and Masters

XCC:
Elite Men and elite Woman – UCI Cat 3

National event including Youth and Masters will take place on the course in connection with the races.

Prize list: According to UCI rules, following prize money

	XCO, UCI Cat 1		XCC, UCI Cat 3
Place	W/M Elite	W/M Junior	W/M Elite
1	600 €	130 €	200€
2	500 €	100 €	150 €
3	400 €	80 €	100 €
4	300 €	65 €	75 €
5	250 €	55 €	50 €
6	200 €	45 €	
7	150 €	40 €	
8	125 €	30 €	
9	100 €	25 €	
10	50 €	20 €	
Total	2 675 €	590 €	575 €
W&M Total	5 350 €	1 180€	1 150 €



UCI Points scale:

Place	XCO, UCI Cat 1		XCC, UCI Cat 3
	W/M Elite	W/M Junior	W/M Elite
1	60	20	10
2	40	18	6
3	30	16	4
4	25	14	2
5	20	12	1
6	18	10	
7	16	8	
8	14	6	
9	12	4	
10	10	2	
11	8		
12	6		
13	4		
14	2		
15	1		

Race HQ: <General Ruges vei 106, 0694 Oslo, Norway>

License check, race numbers, secretariat, accreditation, press, anti-doping

Opening hours:

Friday 12th 17.00 – 20.00

Saturday 13th 07.00 – 16.30

Sunday 14th 07.00 – 16.00

Timekeeping: Electronic timing with transponders will be used for all riders. The transponders are placed on the back of the Race numbers.
Check of transponders will take place at start

Jury/Commissaries: President of the Commissaries Panel: Tosi Fulvia
Jury: Asgeir Mamen
Rune Andersen
Assistant Commisarie: Anne Nguyen
Lars Gaarder

Registration: All riders shall make registration at <https://eqtming.no>.
Registration XCO:
[Gruppe - Påmelding - Oslo Terrengsykkelfestival NC XCO \(eqtming.com\)](https://eqtming.no)
Registraton XCC:
[Gruppe - Påmelding - Oslo Terrengsykkelfestival NC XCC \(eqtming.com\)](https://eqtming.no)

Latest ordinary registration for UCI riders is Monday the 8th of August at 23.59. Late registration for double fee until Friday the 12th of august at 12:00



Registration fee:

Category	Fee	Late entry
W/M 6-9	NOK 50,-	NOK 75,-
W/M 10-16	NOK 170,-	NOK 340,-
W/M Junior – XCO (Saturday)	NOK 450	NOK 900,-
W/M junior – XCC (Sunday)	NOK 300	NOK 600
W/M Elite	NOK 450,-	NOK 900,-
W/M Master	NOK 450,-	NOK 900,-

Team manager meeting:

For the UCI-categories it will be held in Race HQ, Saturday 10:30 and Sunday 11:00. For other classes – see Race program.

Event to be held in accordance with UCI Regulations.

The start order is determined as follows:

1. As per the last published UCI XCO individual ranking
2. According to the results of the Norway National XCO Cup, Championship (or similar, you will know better)
3. Unclassified riders: by drawing lots

Participants who register after the ordinary deadline (Monday the 8. of August at 23.59) will be placed in group 3.



Race program

Schedule-XCO Saturday 13.08.2022

Categories	Start	Course	Lap-distance (km)	Laps	Total distance	Expected winning time	Winner finishes
Team Manager meeting at 08:00 (Youth Classes except W/M 15-16)							
Training until 09:00							
W 6-7 and M 6-7	09:00	Yellow	0,74	1	0,74	00:05	09:05
W 8-9 and M 8-9	09:10	Yellow	0,74	2	1,48	00:07	09:20
W 10 and M 10	09:20	Yellow	0,74	4	2,96	00:12	09:32
Prize ceremony for Yellow Course when riders come to finish .							
M 11-12	09:45	Green	2,08	3	6,24	00:22	10:07
W 11-12	09:47	Green	2,08	3	6,24	00:24	10:11
W 13-14	10:15	Blue	2,73	3	8,19	00:33	10:48
M 13-14	11:00	Blue	2,73	3	8,19	00:30	11:30
Prize ceremony for Green Course at 11:00. Prize ceremony for Blue Course at 12:00							
Team Manager meeting at 10:30 (Junior/Elite Classes and W/M 15-16 and Masters)							
M 15-16	11:45	Red	3,63	3	10,89	00:41	12:26
Prize ceremony M 15/16 at 12:45							
Training in the red course from 12:30 – from start in racing direction.							
W-Elite	13:00	Red	3,63	5	18,15	01:22	14:22
W-Junior	13:02	Red	3,63	4	14,52	01:14	14:16
W 15-16	13:04	Red	3,63	3	10,89	00:51	13:55
W Masters 30-34 and 35-39	13:06	Red	3,63	3	10,89	01:00	14:06
W Masters 40-44 and 45-49	13:06	Red	3,63	3	10,89	01:00	14:06
W Masters 50-54 and 55-59	13:06	Red	3,63	3	10,89	01:05	14:11
W Masters 60-64 and older classes	13:06	Red	3,63	2	7,26	00:55	14:01
Prize ceremony W Elite/Jun, W 15-16, W Masters at 14:45							
Training in the red course from 14:30 – from start in racing direction.							
M-Elite	15:00	Red	3,63	6	21,78	01:18	16:18
M-Junior	15:05	Red	3,63	5	18,15	01:07	16:12
Prize ceremony M Elite/Jun at 16:45							
M Masters 30-34 and 35-39	17:00	Red	3,63	4	14,52	00:57	17:57
M Masters 40-44 and 45-49	17:02	Red	3,63	4	14,52	01:00	18:02
M Masters 50-54 and 55-59	17:04	Red	3,63	4	14,52	01:03	18:07
M Masters 60-64 and older classes	17:06	Red	3,63	3	10,89	00:55	18:01
Prize Ceremony M Masters at 18:30							



Race program

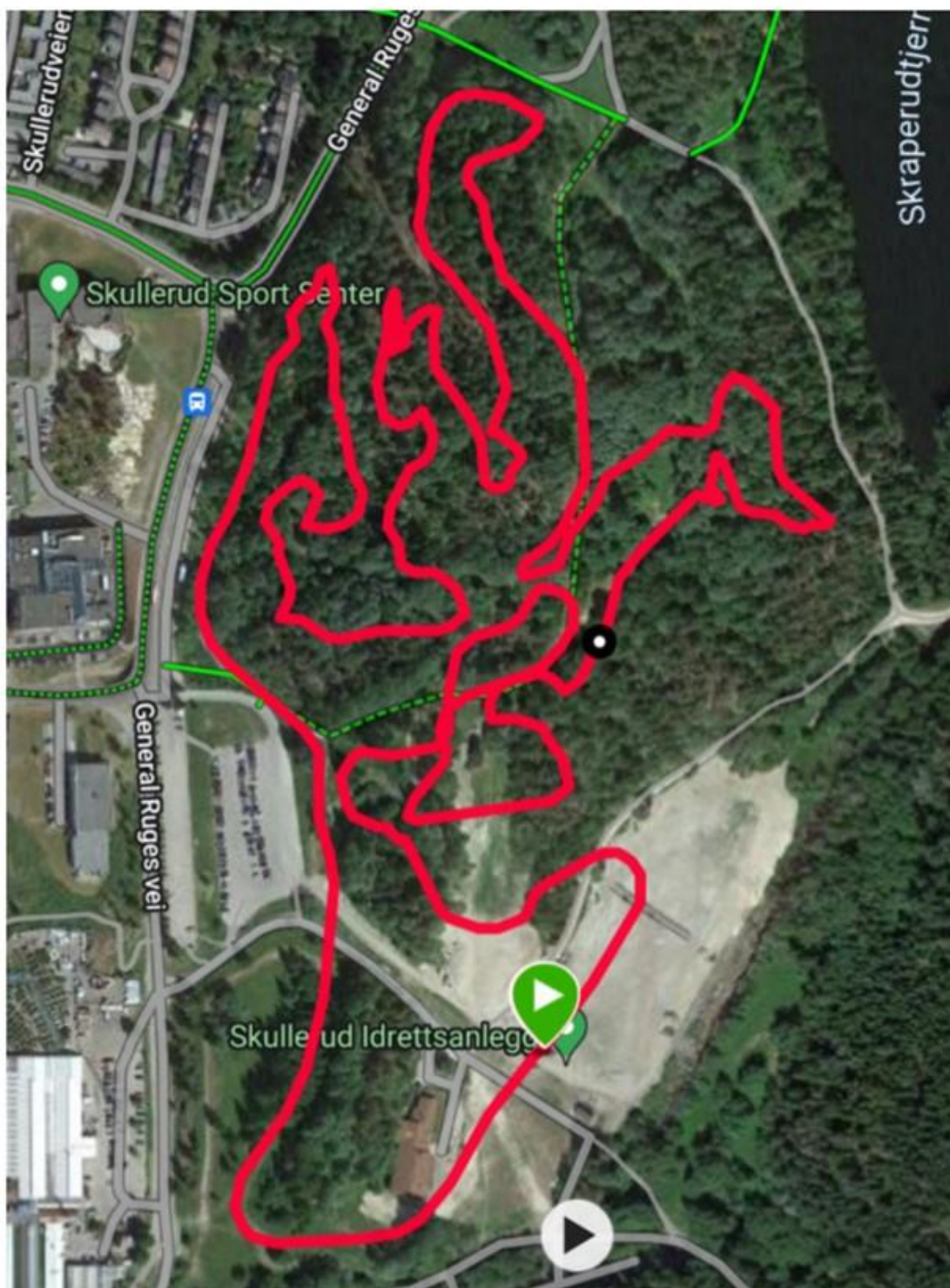
Schedule XCC Sunday 14.08.2022

Categories	Start	Course	Lap-distance	Laps	Total distance	Expected winning time	Winner finishes
Team Manager meeting at 08:15 (Youth Classes and M 15-16)							
Training until 09:00							
W 6-7 and M 6-7	09:00	XCC Short	0,83	1	0,83	00:12	09:12
W 8-9 and M 8-9	09:15	XCC Short	0,83	2	1,66	00:12	09:27
W 10 and M 10	09:30	XCC Short	0,83	4	3,32	00:13	09:43
Prize ceremony for W/M6-10 when riders come to finish.							
M 11-12	10:00	XCC Long	1,37	3	4,11	00:09	10:09
W 11-12	10:20	XCC Long	1,37	3	4,11	00:10	10:30
M 13-14	10:45	XCC Long	1,37	4	5,48	00:11	10:56
W 13-14	11:10	XCC Long	1,37	4	5,48	00:13	11:23
Prize ceremony for W/M 11/12/13/14 at 11:45							
M 15-16	11:30	XCC Long	1,37	7	9,59	00:18	11:48
W 15-16	12:00	XCC Long	1,37	6	8,22	00:18	12:18
Prize ceremony M 15/16 at 13:00							
Team Manager meeting at 11:00 (Junior/Elite Classes and Master)							
Training in the XCO course from 12:30 – from start in racing direction.							
W-Elite	13:00	XCC Long	1,37	8	10,96	00:24	13:24
W-Junior	13:31	XCC Long	1,37	7	9,59	00:22	13:53
M-Elite	14:15	XCC Long	1,37	9	12,33	00:23	14:38
M-Junior	14:45	XCC Long	1,37	8	10,96	00:20	15:05
Prize ceremony W/M Elite/Jun at 15:30							
W Master 30-34 and 35-39	15:30	XCC Long	1,37	6	8,22	00:21	15:51
W Master 40-44 and 45-49	15:30	XCC Long	1,37	6	8,22	00:22	15:52
W Master 50-54 and 55-59	15:30	XCC Long	1,37	6	8,22	00:23	15:53
W Master 60+	15:30	XCC Long	1,37	6	8,22	00:25	15:55
M Master 30-34 and 35-39	16:15	XCC Long	1,37	7	9,59	00:20	16:50
M Master 40-44 and 45-49	16:15	XCC Long	1,37	7	9,59	00:21	16:52
M Master 50-54 and 55-59	16:15	XCC Long	1,37	7	9,59	00:21	16:59
M Master 60+	16:15	XCC Long	1,37	7	9,59	00:23	16:47
Prize Ceremony W/M Masters at 17:30							



The Course
XCO – Red Course

Oslo Terrengsykkelfestival 2022, XCO rød løype M/K 15 år ->

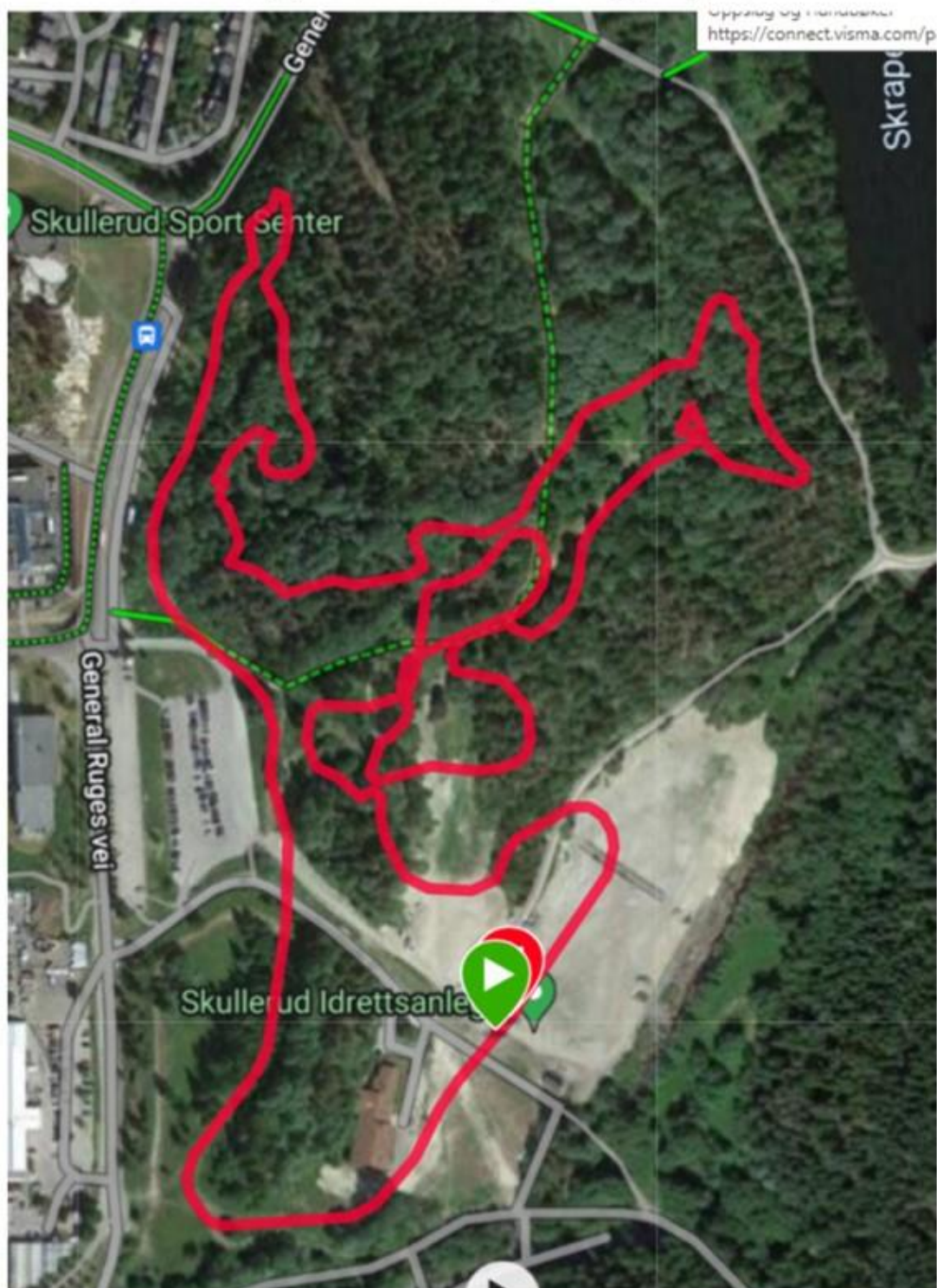


Lengde: 3,63km, høydemeter: 140m



XCO – Blue Course

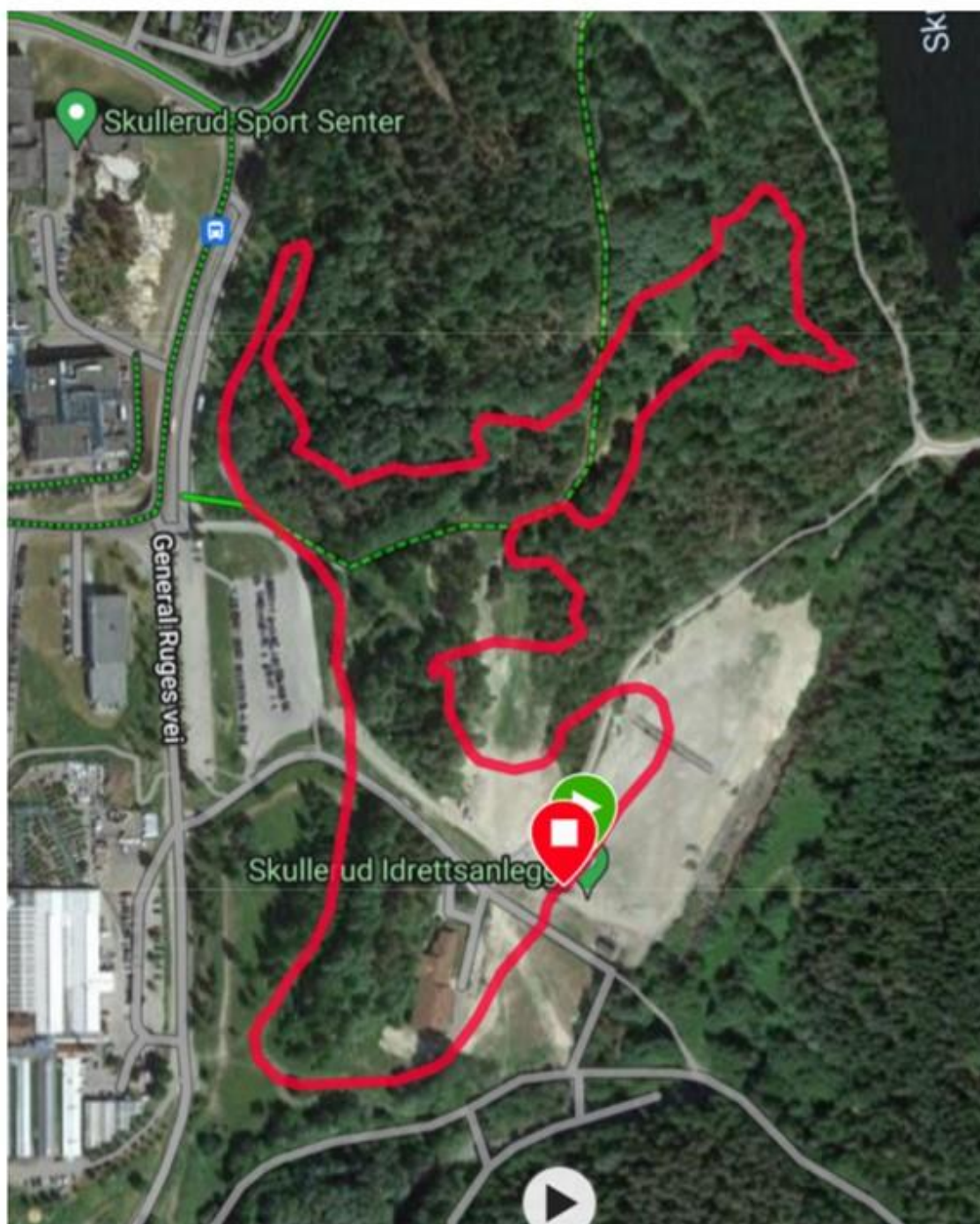
Oslo Terrengsykkelfestival 2022, XCO blå løype M/K 13-14 år



Lengde: 2,73km, høydemeter: 89m



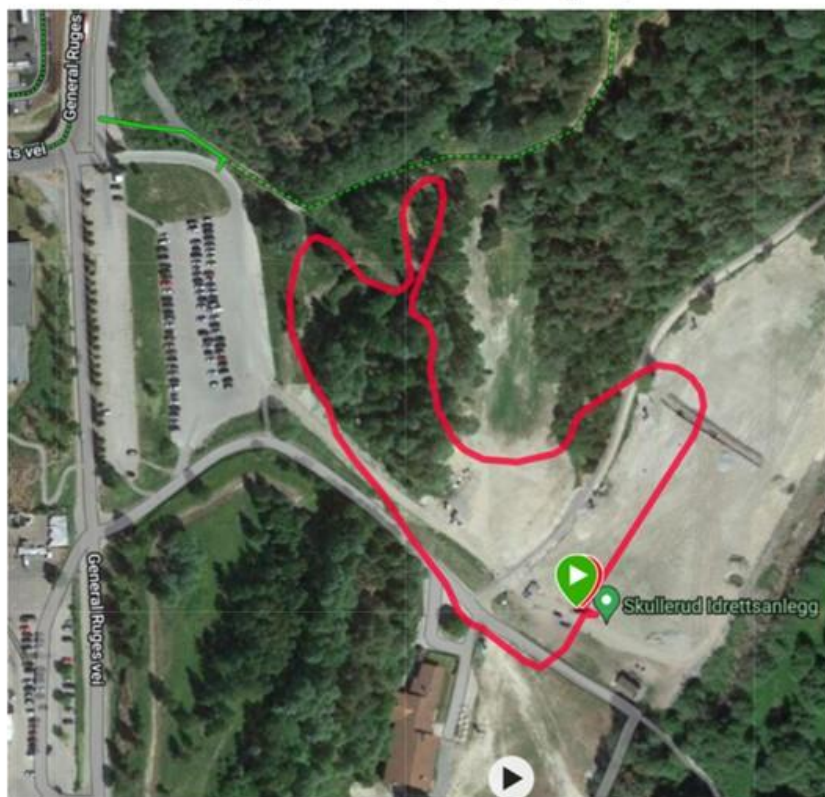
Oslo Terrengsykkelfestival 2022, XCO grønn løype M/K 11-12 år



Lengde: 2,08km, høydemeter: 57m

XCO – Yellow Course

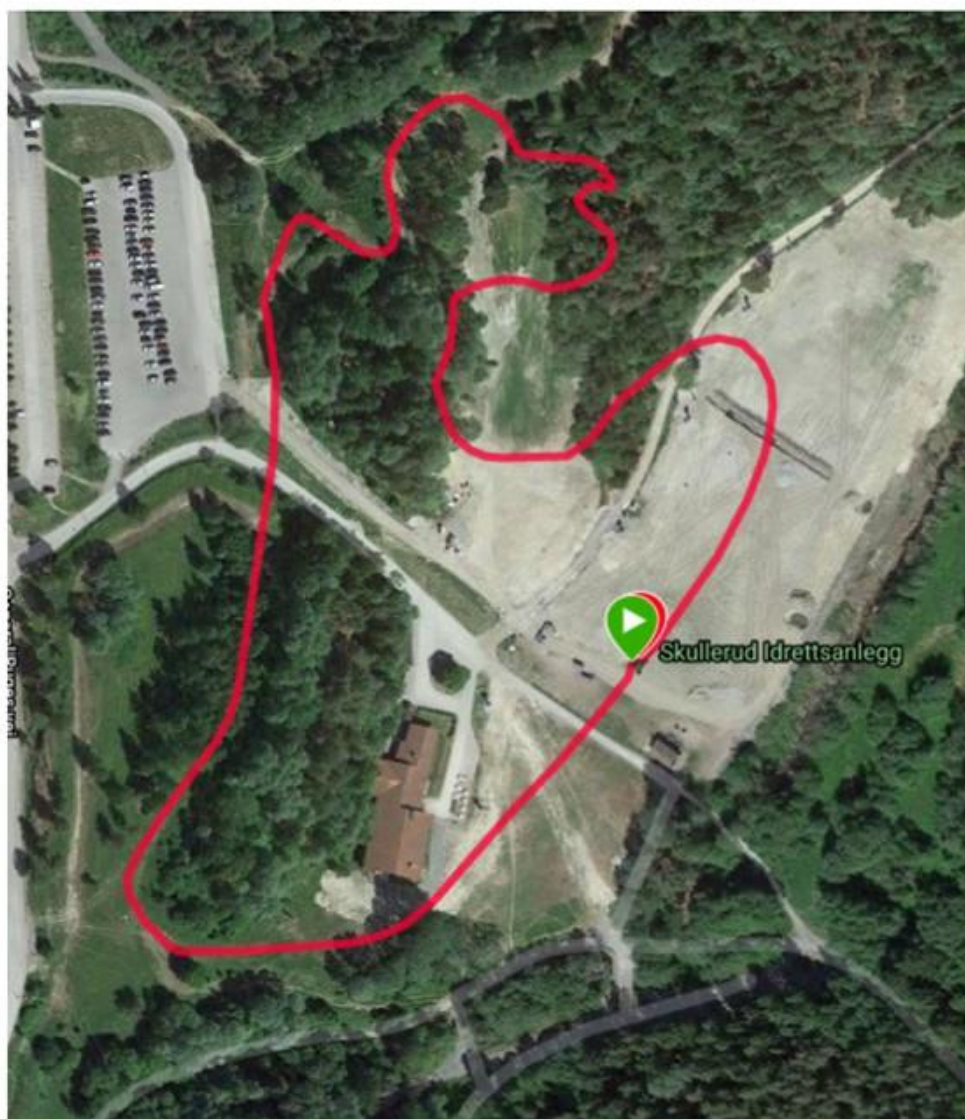
Oslo Terrengsykkelfestival 2022, XCO gul løype M/K 6-10 år



Lengde: 0,74km, høydemeter: 21m



Oslo Terrengsykkelfestival 2022-XCC lang løype:



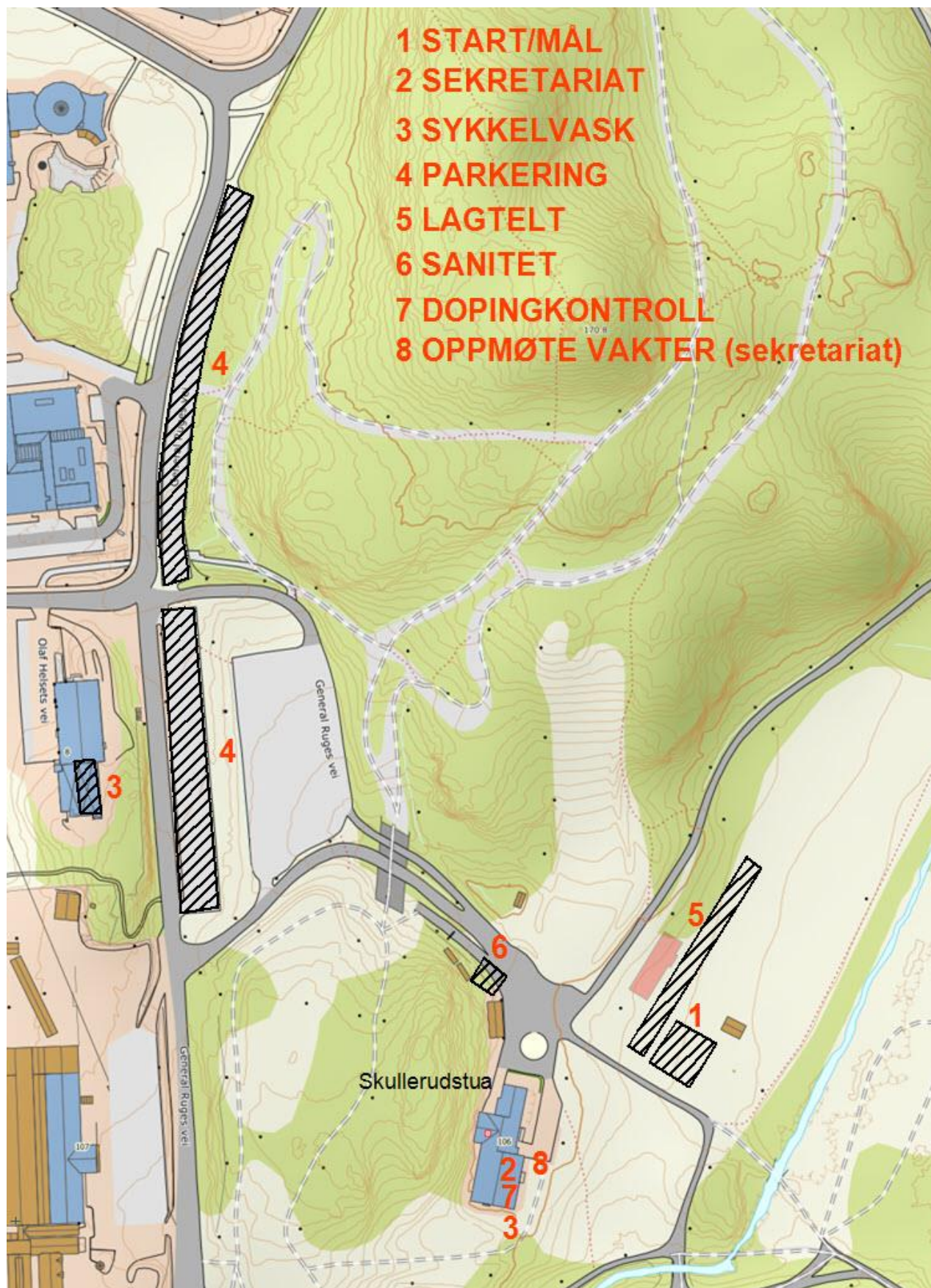
1,06 km og 33 høydemeter

Oslo Terrengsykkelfestival 2022-XCC kort løype:



0,74 km og ca 24 høydemeter

The Arena:



Race Committee

Race Director	Jørn Michalsen	ritt@froy.no	+4791345748
Assistant Race Director	Vidar Handal	hanvid@online.no	+4790748828
Course Manager	Arild Busingdal	Arild.b@hybra.no	+4790560254
Arena Manager	Thomas Götz	thomas@hydraulicsupport.no	+4745005758
Marshal Manager			
Press and Media	Jørn Michalsen	ritt@froy.no	
Race Office	Sidsel Grøndalen	sidsel@micmedianor.no	+4791335105
Registration and Timing	Jostein Tofte	Jostein.tofte@dnb.no	+4790076614

Nearest Airport: Oslo Airport, Gardermoen (OSL)
Nearest Railway station: Oslo S
Nearest Hospital: Ullevål Universitetssykehus

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