
TECHNICAL GUIDE

Oslo Terrengsykkelfestival 2023 Cross-country Olympic XCO C1 and XCC C3



IF FRØY

Postboks 77, Manglerud, 0612 Oslo

<https://froy.no/>

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



Technical Guide Oslo Terrengsykkelfestival

Version: 20.08.2023

Date: 02.09.2023 and 03.09.2023

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

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

Place	XCO, UCI Cat 1		XCC, UCI Cat 3
	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>

Secretariat for race numbers and accreditation is at Sørensen Sport, Olav Helsets vei 8. This is at the parking just outside the arena.

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

Opening hours:

Friday 1th 17.00 – 20.00

Saturday 2th 07.30 – 16.30

Sunday 3th 07.30 – 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: Adrian Walls

Jury: Bjørn Birkeland
Anny Slettemoen
Svein Erik Torp

Assistant Commisarie:

Registration:

All riders shall make registration at eqtiming.com/no/

Registration XCO:

[Oslo Terrengsykkelfestival NC XCO 2023 \(eqtiming.com\)](http://eqtiming.com)

Registraton XCC:

[Oslo Terrengsykkelfestival 2023 NC XCC \(eqtiming.com\)](http://eqtiming.com)



Latest ordinary registration for UCI riders is Monday the 28th of August at 23.59. Late registration for double fee until Friday the 1th of September 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 11:00 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 (Tuesday the 29th of August at 23.59) will be placed in group 3.



Race program

Schedule-XCO Saturday 2. Of September

Categories	Start	Course	Lap-distance	Laps	Total distance	Expected winning time	Winner finishes
Team Manager meeting at 08:00							
Training until 09:00							
W 6-7 and M 6-7	09:00	Yellow	0,74	1	0,74	00:04	09:05
W 8-9 and M 8-9	09:10	Yellow	0,74	2	1,48	00:06	09:20
W 10 and M 10	09:20	Green	0,74	4	2,96	00:10	09:32
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
Prize ceremony for yellow and green course when riders come to finish.							
M 13-14	10:20	Blue	2,63	3	7,89	00:29	10:49
W 13-14	10:22	Blue	2,63	3	7,89	00:34	10:56
Prize ceremony for blue course at 11:15							
Course open for training 11:00 - 11:45 (from start in racing direction)							
Team Manager meeting at 11:00 (Junior/Elite Classes, M15-16 and W 15-16 and Master)							
M-Elite	11:45	Red	3,61	6	21,66	01:11	12:56
M-Junior	11:50	Red	3,61	5	18,05	01:01	12:51
Prize ceremony M Elite/Jun at 13:45							
W-Elite	13:30	Red	3,61	5	18,05	01:18	14:48
W-Junior	13:30	Red	3,61	4	14,44	01:04	14:34
W 15-16	13:30	Red	3,61	3	10,83	00:46	14:16
W Master 30-34 and 35-39	13:30	Red	3,61	3	10,83	01:00	14:30
W Master 40-44 and 45-49	13:30	Red	3,61	3	10,83	01:00	14:30
W Master 50-54 and 55-59	13:30	Red	3,61	3	10,83	01:05	14:35
W Master 60+	13:30	Red	3,61	2	7,22	00:45	14:15
Prize ceremony W Elite/Jun, W 15-16, W Master at 15:30							
M 15-16	15:15	Red	3,61	3	10,83	00:40	15:55
Prize ceremony M 15/16 at 16:30							
M Master 30-34 and 35-39	16:15	Red	3,61	4	14,44	01:00	17:15
M Master 40-44 and 45-49	16:15	Red	3,61	4	14,44	01:00	17:15
M Master 50-54 and 55-59	16:15	Red	3,61	4	14,44	01:00	17:15
M Master 60+	16:15	Red	3,61	3	10,83	00:45	17:00
Prize Ceremony M Masters at 17:30							



Race program

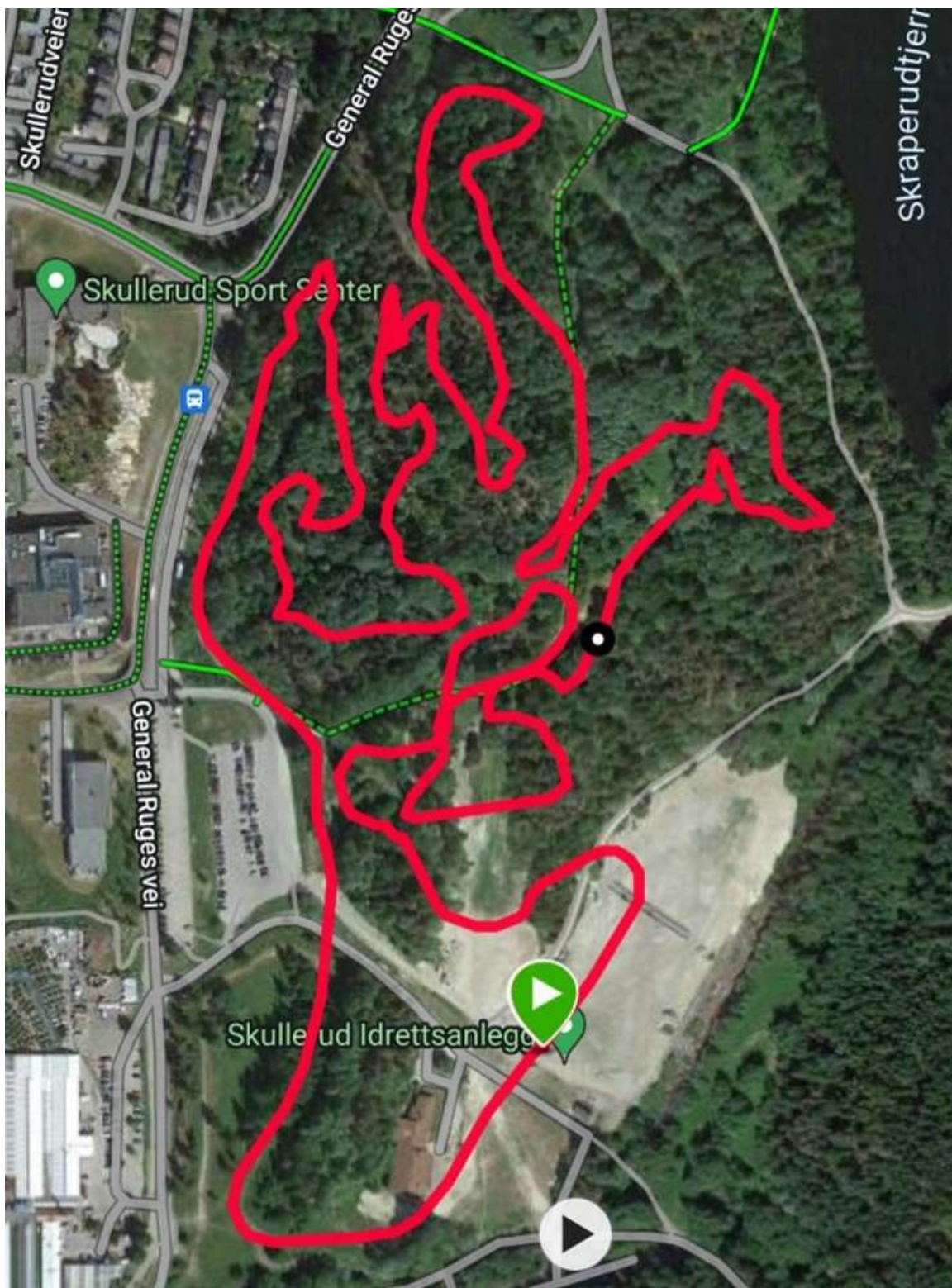
Schedule XCC Sunday 3.9 202

Categories	Start	Course	Lap-distance	Laps	Total distance	Expected winning time	Winner finishes
Team Manager meeting at 08:15 (Youth Classes)							
Training until 09:00							
W 6-7 and M 6-7	09:00	XCC Short	0,74	1	0,74	00:12	09:12
W 8-9 and M 8-9	09:15	XCC Short	0,74	2	1,48	00:12	09:27
W 10 and M 10	09:30	XCC Short	0,74	4	2,96	00:13	09:43
Prize ceremony for W/M6-10 when riders come to finish.							
M 11-12	10:00	XCC Long	1,13	3	3,39	00:09	10:09
W 11-12	10:20	XCC Long	1,13	3	3,39	00:10	10:30
M 13-14	10:45	XCC Long	1,13	4	4,52	00:11	10:56
W 13-14	11:10	XCC Long	1,13	4	4,52	00:13	11:23
Prize ceremony for W/M 11/12/13/14 at 11:45							
Training in the XCO course from 11:30 – from start in racing direction.							
Team Manager meeting at 11:00 (Junior/Elite Classes, W/M 15-16 and Master)							
M-Elite	12:15	XCC Long	1,13	9	10,17	00:23	12:38
M-Junior	12:45	XCC Long	1,13	8	9,04	00:20	13:05
W-Elite	13:15	XCC Long	1,13	8	9,04	00:24	13:39
W-Junior W15-16, W Master	13:45	XCC Long	1,13	7	7,91	00:22	14:07
Prize ceremony M Elite/Junior at 13:30 and W Elite/Junior, W15-16 and Master at 14:30							
M 15-16	14:30	XCC Long	1,13	7	7,91	00:18	14:48
Prize ceremony M 15/16 at 15:15							
M Master 30-34 and 35-39	15:15	XCC Long	1,13	7	7,91	00:20	15:35
M Master 40-44 and 45-49	15:15	XCC Long	1,13	7	7,91	00:21	15:36
M Master 50-54 and 55-59	15:15	XCC Long	1,13	7	7,91	00:21	15:36
M Master 60+	15:15	XCC Long	1,13	7	7,91	00:23	15:38
Prize Ceremony M Masters at 16:00							



The Course

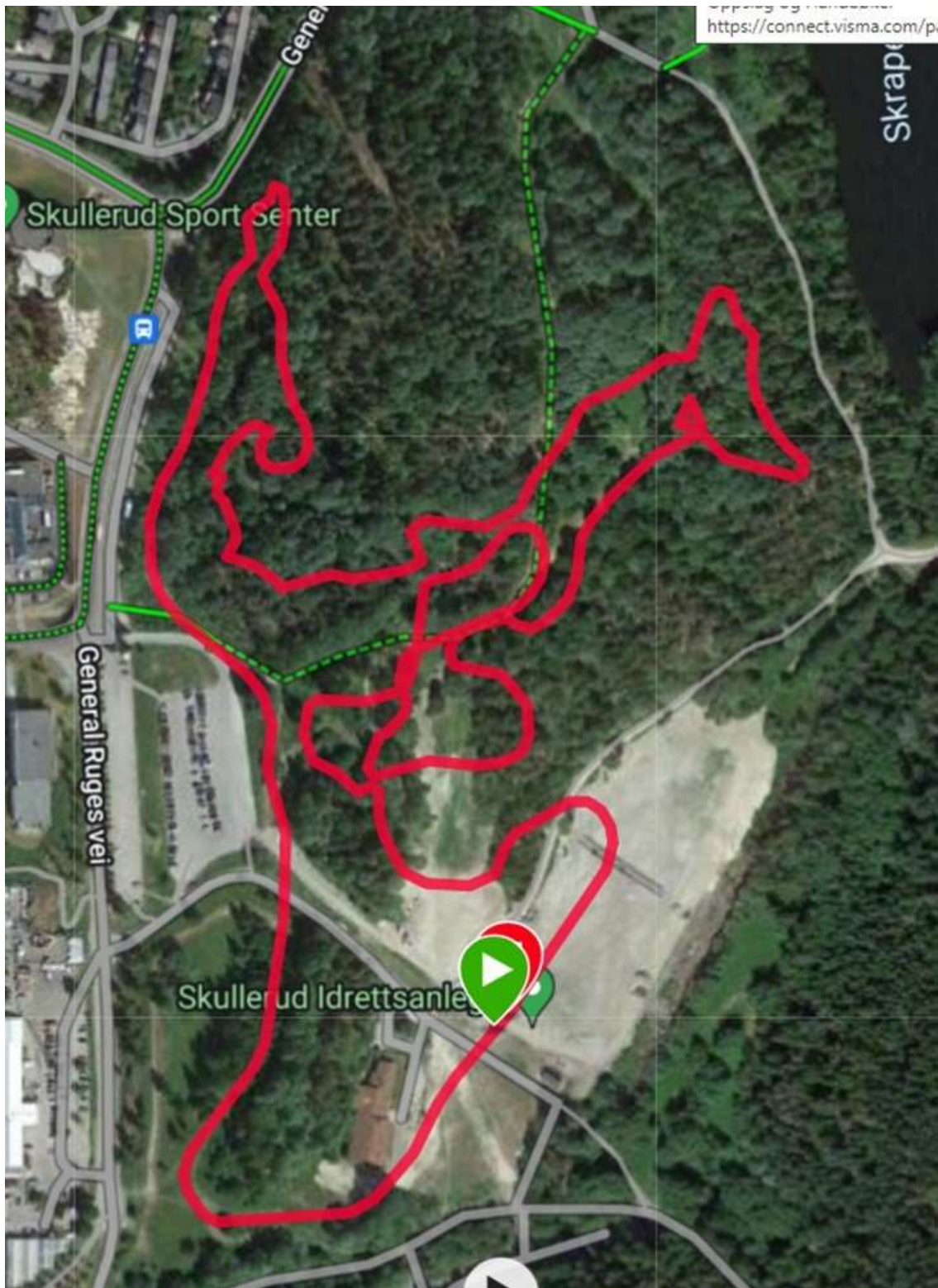
XCO – Red Course M/W from 15-16 years and older



GPS-spor fra Garmin:

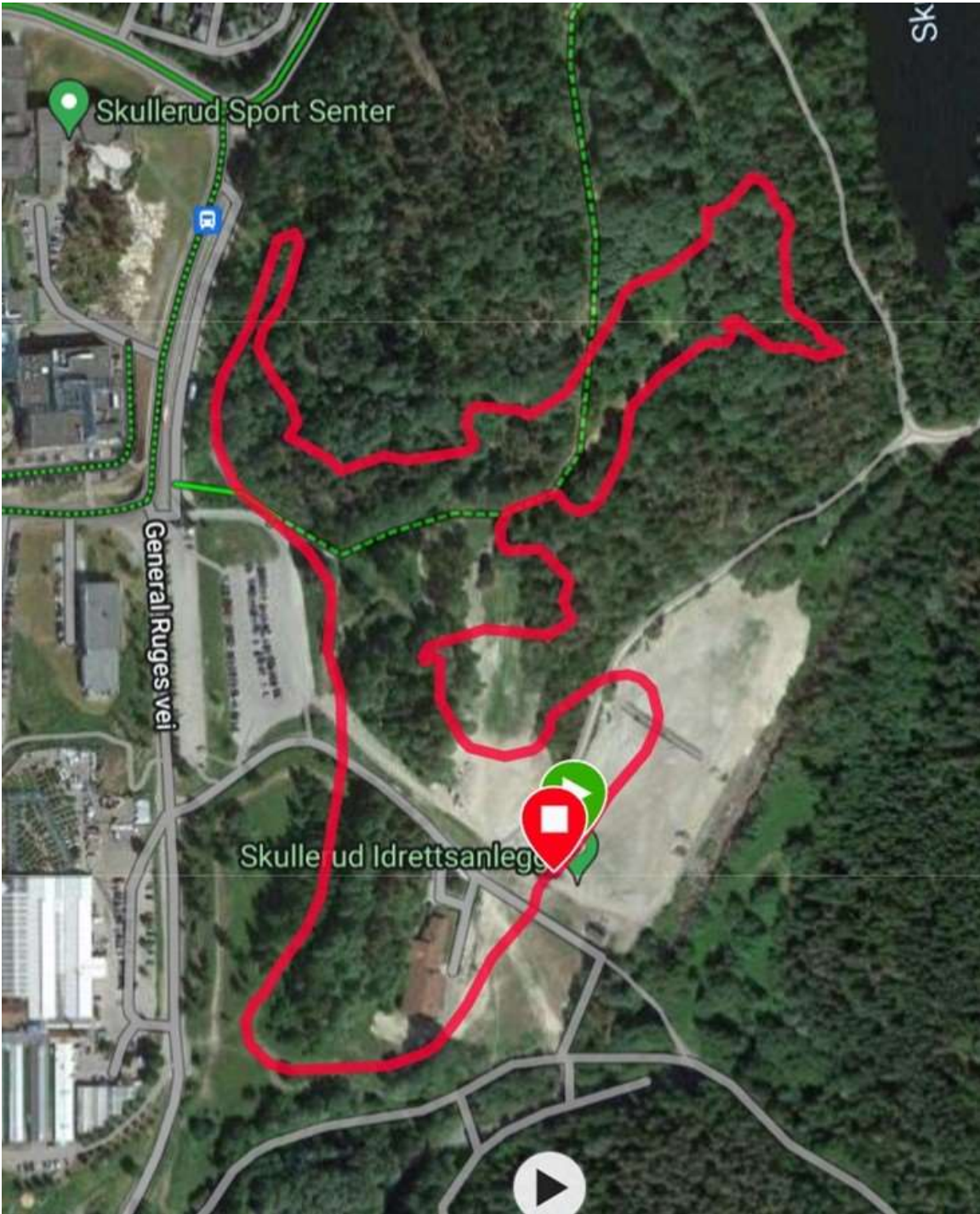
<https://connect.garmin.com/modern/activity/8928675735>

XCO – Blue Course – M/W 13-14 years



GPS-track from Garmin:

<https://connect.garmin.com/modern/activity/8928478215>



XCO
-

Green Course – M/W 11-12 years

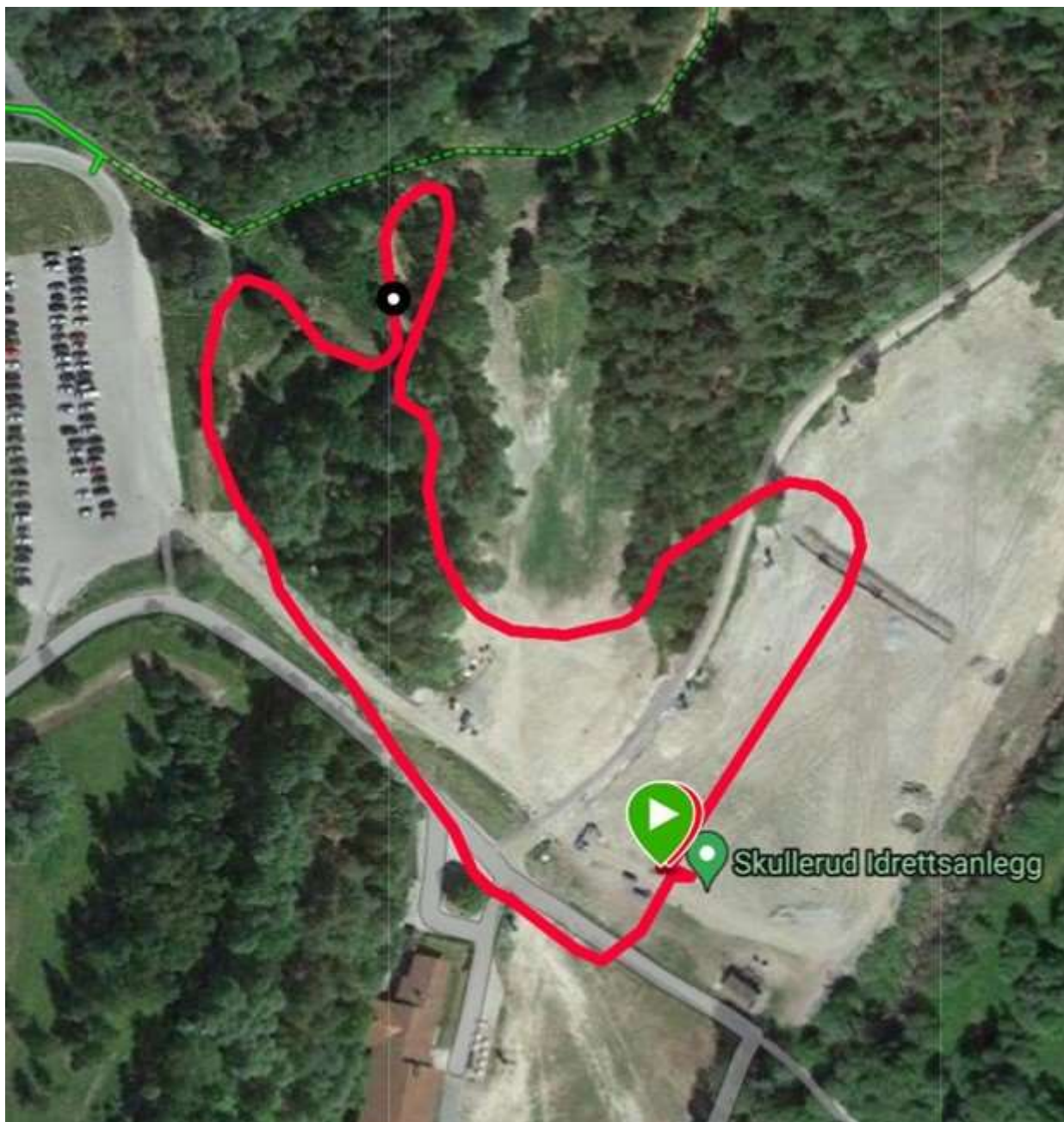


GPS-track from Garmin:

<https://connect.garmin.com/modern/activity/9009397237>



XCO – Yellow Cours M/W 6-10 years and XCC short course – M/W 6-10 years

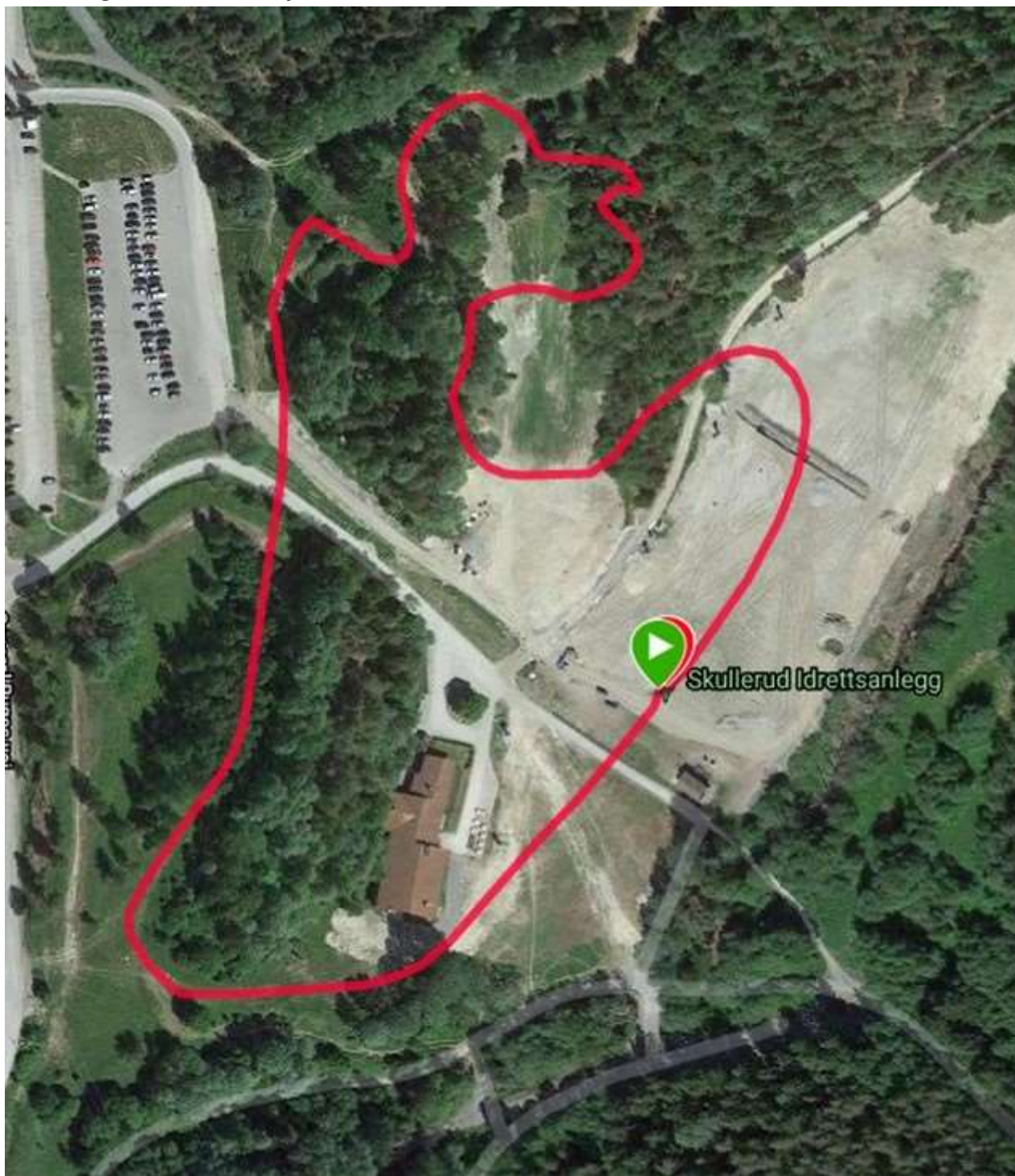


GPS-track from Garmin:

<https://connect.garmin.com/modern/activity/9009325416>



XCC– Long Course M/W 11 years and older

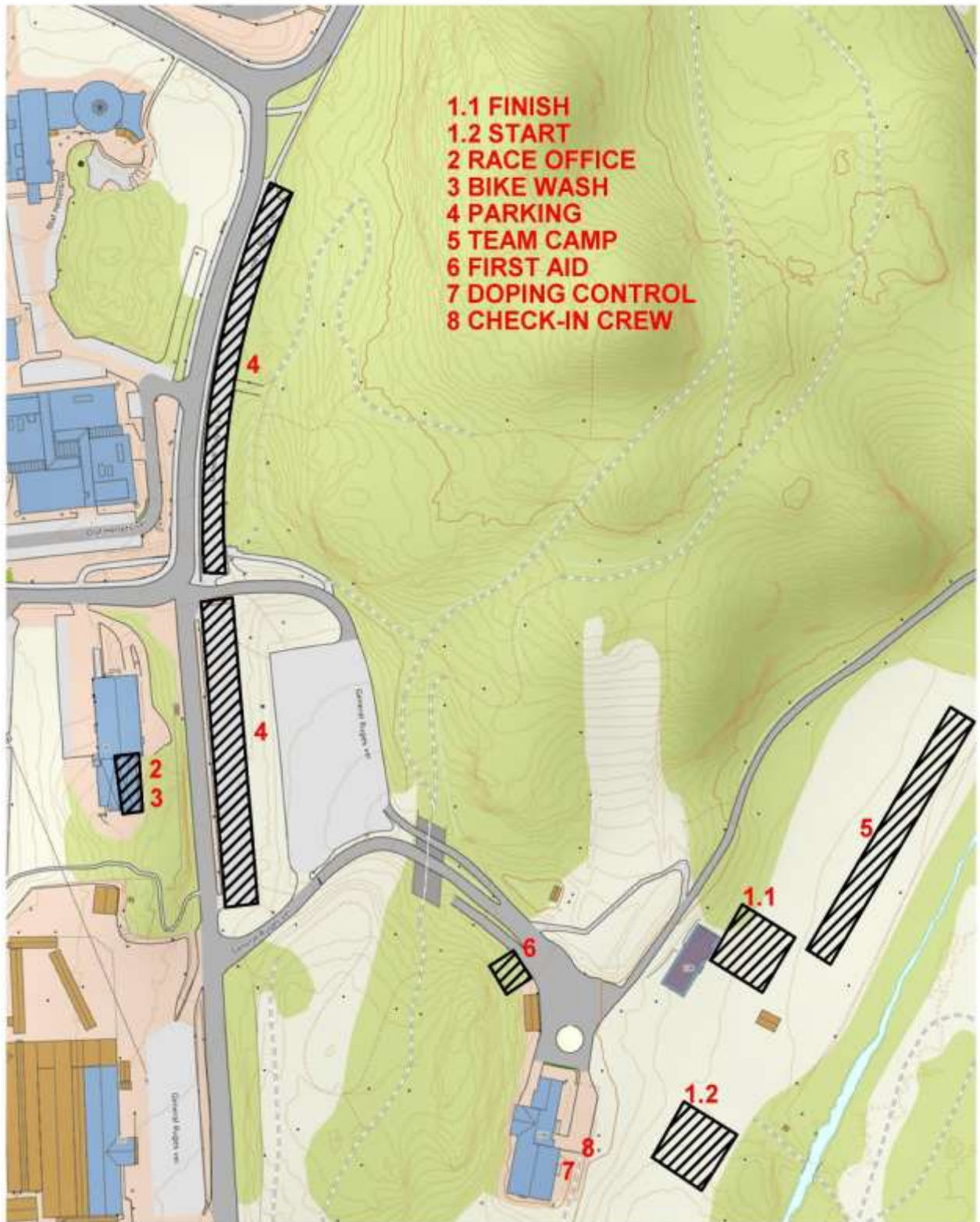


GPS-track from Garmin:

<https://connect.garmin.com/modern/activity/11509898916>



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

Version: 20.08.2023

