



Technical Guide

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

«LYTHRODONTAS MTB 2020 by Agios Mnason»

on **Sunday, February 23rd 2020**

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

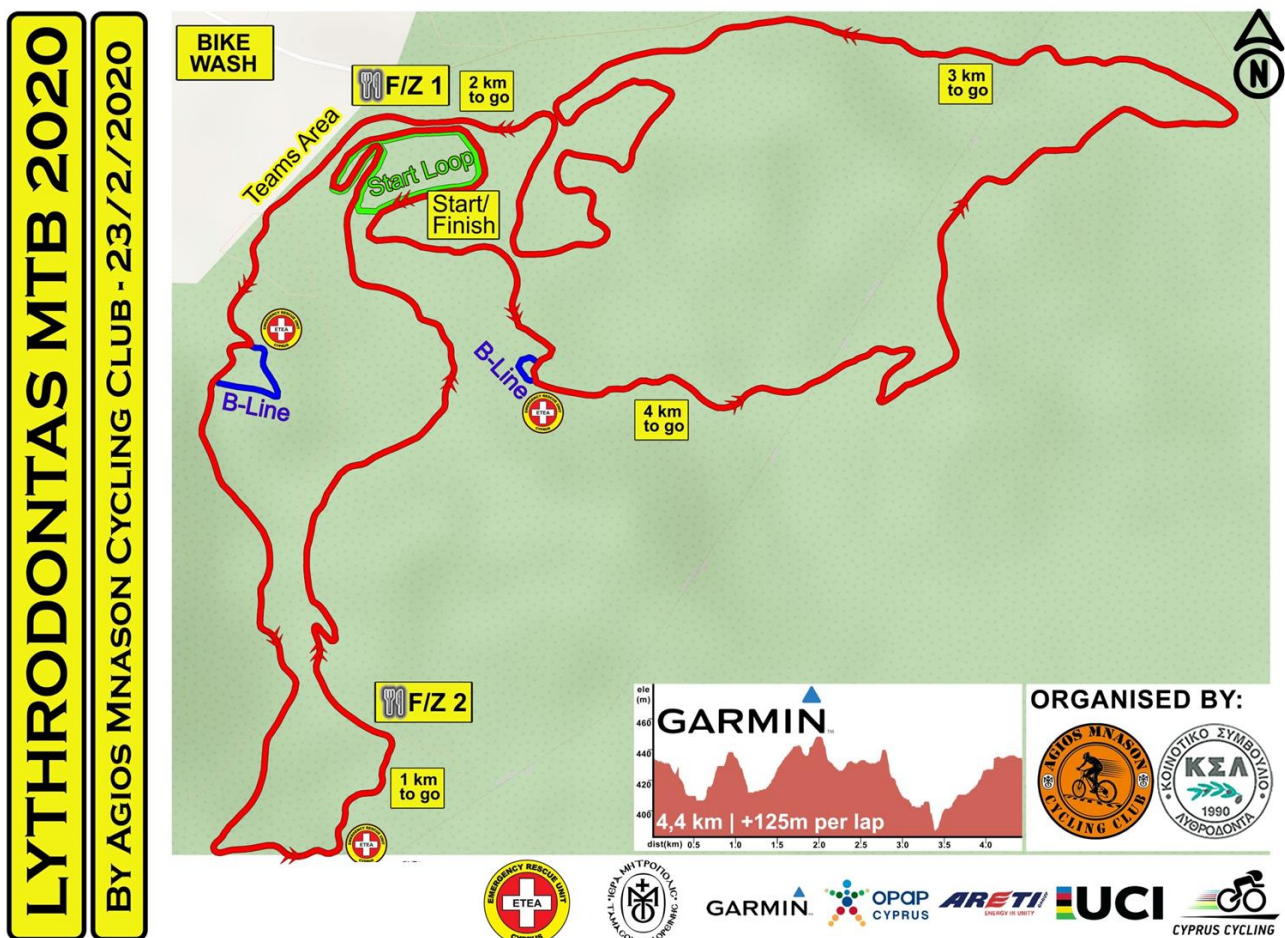
1- Categories

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, Men Junior, Women Junior, 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 125m 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=46636806>

3- FEED AND TECHNICAL ASSISTANCE ZONES

There will be 3 feed and technical assistance zones:

- FTA 1 (2 km to go): Double FTA next to the Start/Finish area (same as FTA 3).
- FTA 2 (900m to go): it can be accessed by 4x4 car or on foot > 500m walk from the Start / Finish area. Parking space will be provided outside the course and must be respected.
- FTA 3 (100m to go): Double FTA next to the Start/Finish area (same as FTA 1).

4- 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.

5- SCHEDULE

Saturday, February 22th, 2020

- | | |
|------------------|--|
| 9:00 am - 5:00pm | Unofficial training |
| 3:00 pm - 5:00pm | Registrations, Riders Confirmations, Race Number and timing chip distribution at the “ To stekki tou Marinou ” restaurant in Lythrodontas square. See location
The UCI license is required to be presented during registration. |
| 6:00 pm | Team Managers Meeting at “ To stekki tou Marinou ” restaurant in Lythrodontas square. See location |

Sunday, February 23th, 2020

- | | |
|-------|---|
| 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 : Men Elite, Women Elite, Men Junior, Women Junior |
| 12:30 | Start of Third Race |
| 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 |

6- REGISTRATIONS

Registrations at ag.mnason@gmail.com up to Wednesday, February 19th, 2020.

Riders Confirmations, Race Number and timing chip distribution at “**To stekki tou Marinou**” restaurant in **Lythrodontas square** on Saturday, February 22th, 2020 from 3:00pm until 5:00pm.

The UCI license is required to be presented during registration.

7- Participation Fees

- €5,00 for all cadets.
- €10,00 for all Juniors
- €20,00 for Men Elite & Women Elite
- €25,00 for Master 1,2,3
- Cycling for All U19 €10,00 (+ €10,00 for 1-day license)
- Cycling for All 19+ €20,00 (+ €10,00 for 1-day license)

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

8- 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

9- NEAREST HOSPITAL - AIRPORT

The Nearest hospital is the Nicosia General Hospital – [See location](#)
Telephone: 22603000

Airport: Larnaca International airport – [See location](#)

10- AWARDS CEREMONY

The Awards Ceremony will be held at the start finish area.

UCI Categories: First 5 Riders are requested on the podium

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

11- Prize Money

As per UCI Financial Obligations for a C3 race in Europe Group 2 countries:

POS	1	2	3	4	5	Total
Men & Women Elite	€140	€105	€70	€53	€35	€403
Men & Women Junior	€46	€35	€21	€18	€14	€134

12- UCI Points

As per UCI Regulations for C3 races:

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

13- Organizer



The race is organized by the Agios Mnason Cycling Club
ag.mnason@gmail.com

Organization Director: Charis Giorgakis - +357 99654747

