



RACE BRIEFING

FREE STATE PROVINCIAL XCO

KOEDOESLAAGTE

29 January 2022



To promote Covid-19 protocols (see our detailed protocol attached), we are distributing this RIDER RACE BRIEFING by Free State Cycling's WhatsApp info group and Facebook-page.

Introduction

Organizer: Attie Koekemoer

Commissaire: Peter Bailey & Willem van Aswegen

Rules-

UCI Rules will apply for the Elite and Junior categories. All other categories fall under the Cycling-SA MTB Rules;

There will be no 80% zone, BUT lapped riders will be pulled off at the finish line. Pulled riders retain their positions;

Riders must check at the finish line, to see if they are needed for Anti-doping testing;

Rider and support staff must register with the Covid-19 officer and complete Covid-19 questionnaire and their temperature taken, before they will be allowed access to the Feed and Tech zones;

It is the Rider's responsibility to know the number of laps of his/her own race and the race course.

Open official practice from 07:00 to 08:15 on Saturday morning.

Management team

President: Jarques Koekemoer

Vice-President: Derik van Rooyen

Treasurer: Petri Cronje

Secretary: Lizelle Cronje

Road Commissioner: Pieter Oosthuizen

MTB Commissioner: Manie Smith

Sponsorships: Charl Gray

Technical Commissioner: Peter Bailey

Track Commissioner: Leon van Schalkwyk

Discipline/Clubs: Willie Stoman

Communication: Charl Claassen

Coaching: Francois Oosthuizen

Rider representative: Frik Burger

Support Staff in Tech/Feed zone may not enter the race course. They must have at all times one foot in the Tech/Feed zone.

No cameras, cell phones, Go-Pros etc. is allowed to be worn by Riders.

Please do not litter.

Masks -

- ✓ Masks are to be worn by Riders before and after each race as indicated in the COVID protocol;
- ✓ Riders may remove their masks before the start of their event, when they are told to remove their masks;
- ✓ Masks are to be worn by support staff at all time in Tech- and feed zone.

LAPS & START TIMES

Call-up will be at 10 minutes before your start time. Laps will again be confirmed on the Start line.

START TIME	CATEGORY	LAPS	MAX TIME	
SHORT COURSE				<p>Start times and laps are subject to change.</p> <p>Check your start and seeding at registration.</p> <p>Be at the race venue at least 1 hour before your race start time.</p> <p>Podiums: Top 3 per category will be held directly after they complete their race.</p>
08:30	Nippers Boys & Girls	2		
08:32	Sub-Nippers Boys & Girls	1		
09:00	Sprogs Boys & Girls	4 / 3		
LONG COURSE				
08:30	Youth Men	3	1h15	
08:35	Sub-Junior Boys	2	1h00	
10:00	Youth Women	2	1h10	
10:05	Sub-Junior Girls	2	1h15	
10:05	Veteran Women	3	0h55	
10:05	Master Women	2	1h20	
11:40	Veteran Men	4	1h05	
11:45	u/23 Women	4	1h30	
11:45	Elite Women	4	1h30	
11:45	Junior Women	3	1h15	
11:47	Master Men	2	1h15	
12:30	u/23 Men	5	1h30	
12:30	Elite Men	5	1h20	
12:35	Junior Men	4	1h05	

SEEDED START LISTS

The final Start Lists can be viewed at registration. It is your personal responsibility to check your seeding and raise any issues with the Commissaire at least 1 hour before your race.

COURSE CHANGES

Nippers and Sprogs ride different course.

NB: NOTE: JUNIORS AND ABOVE WILL RIDE THE COURSE. IF YOU ARE NOT FAMILIAR WITH THE COURSE IT IS IMPORTANT TO FAMILIARISE YOURSELF WITH THE COURSE DURING THE OFFICIAL COURSE PRACTICE ON SATURDAY MORNING BETWEEN 07:00 AND 08:15.

FINAL RESULTS

Results will not be printed out at the venue, but will be posted on Free State Cycling's WhatsApp info group and Facebook-page.

Only the Top 3 podiums will be held at the venue directly after the top 3 riders in each category have completed their race.

All the best for your race!