



INVITATION – TECHNICAL GUIDE

FØYKA KROSS



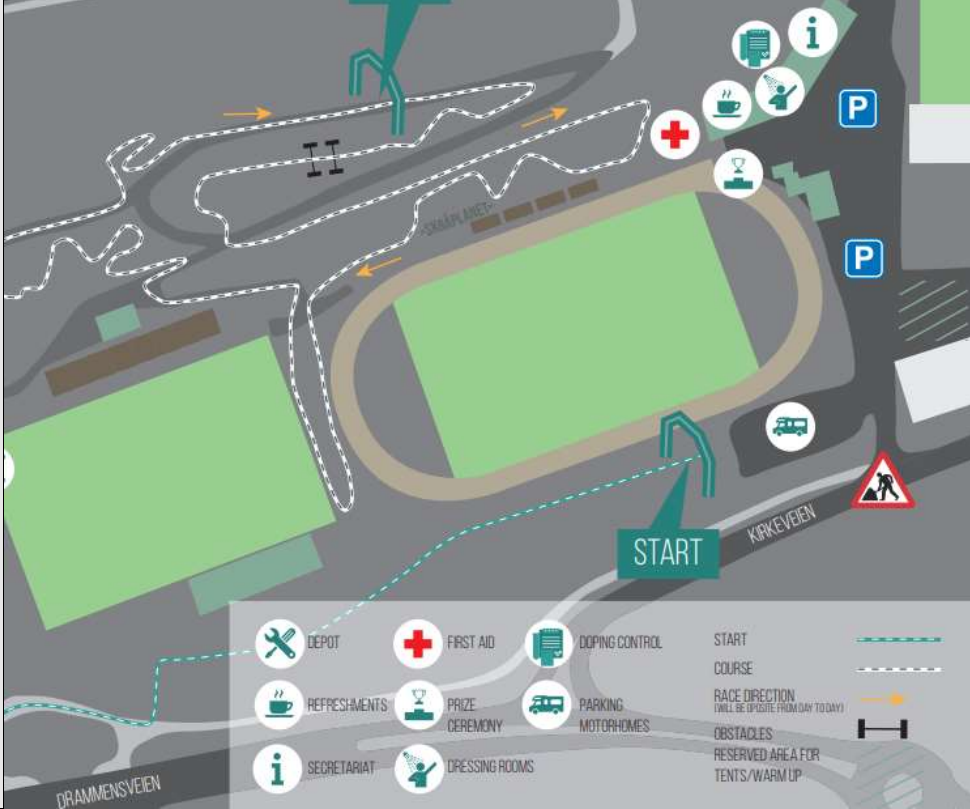
UCI Class 2
Norges Cup 1 and 2



WHO, WHAT AND WHERE?

Place	Føyka Stadion, Kirkeveien 221, 1383 Asker
Date and Time	Saturday 2. og Sunday 3. October 2021. First start 09:30
Registration (Påmelding)	Saturday - https://live.eqtiming.com/57931#dashboard Sunday - https://live.eqtiming.com/57934#dashboard Registration deadline Monday 27. September kl. 23:59.
Classes	<p>Open Class</p> <ul style="list-style-type: none"> • Exerciser from 10 years and older • All types of bikes allowed <p>CX classes</p> <ul style="list-style-type: none"> • M/W(K) 15-16, M/W(K) Junior, M/W(K) Elite • M/W(K) Master (30, 35, 40, 45, 50, 55, 60, 65, 70+) • Only cyclocross bikes allowed according to UCI and NCF regulations
Seeding	<p>UCI/ NC1</p> <p>W/M Junior og W/M Elite</p> <ul style="list-style-type: none"> • As per the most recently published UCI cyclo-cross individual ranking of the current season. Unclassified riders: by drawing lots. • UCI points have priority seeding compared to NC points <p>M Master</p> <ul style="list-style-type: none"> • M Master start and rank overall • Seeding according to last year NC points <p>W/M 15-16 CX, W Master</p> <ul style="list-style-type: none"> • W Master start and rank overall • Seeding according to last years NC points • W/M 15-16 CX no seeding. <p>UCI/ NC2</p> <p>W/M Junior og W/M Elite</p> <ul style="list-style-type: none"> • As per the most recently published UCI cyclo-cross individual ranking of the current season. Unclassified riders: by drawing lots. • UCI points have priority seeding compared to NC points <p>M Master</p> <ul style="list-style-type: none"> • M Master start and rank overall • Seeding according to NC points from NC 1 <p>W/M 15-16 CX, W Master</p> <ul style="list-style-type: none"> • W start and rank overall • Seeding according to NC points from NC 1 • W/M 15-16 CX no seeding. <p>Attendance at latest 10 minutes before start to call up to retain starting position!</p> <p>Other classes</p> <ul style="list-style-type: none"> • Free line up, no seeding

Prize ceremony	<p>Prize ceremony for all classes:</p> <ul style="list-style-type: none"> • Prizes according to UCI regulations for UCI races • Account number must be delivered in secretariat for transfer of prize money to riders club. <table border="1" data-bbox="432 414 1093 1093"> <thead> <tr> <th colspan="4">Cyclo-cross - Prize money</th> </tr> <tr> <th>Ranking</th> <th>Men¹</th> <th>Women²</th> <th>Men Juniors</th> </tr> </thead> <tbody> <tr><td>1</td><td>350 €</td><td>350 €</td><td>150 €</td></tr> <tr><td>2</td><td>180 €</td><td>180 €</td><td>100 €</td></tr> <tr><td>3</td><td>120 €</td><td>120 €</td><td>70 €</td></tr> <tr><td>4</td><td>90 €</td><td>90 €</td><td>60 €</td></tr> <tr><td>5</td><td>85 €</td><td>85 €</td><td>50 €</td></tr> <tr><td>6</td><td>80 €</td><td>80 €</td><td>50 €</td></tr> <tr><td>7</td><td>75 €</td><td>75 €</td><td>50 €</td></tr> <tr><td>8</td><td>70 €</td><td>70 €</td><td>40 €</td></tr> <tr><td>9</td><td>65 €</td><td>65 €</td><td>40 €</td></tr> <tr><td>10</td><td>60 €</td><td>60 €</td><td>40 €</td></tr> <tr><td>11</td><td>55 €</td><td>55 €</td><td>30 €</td></tr> <tr><td>12</td><td>50 €</td><td>50 €</td><td>30 €</td></tr> <tr><td>13</td><td>45 €</td><td>45 €</td><td>30 €</td></tr> <tr><td>14</td><td>40 €</td><td>40 €</td><td>30 €</td></tr> <tr><td>15</td><td>35 €</td><td>35 €</td><td>30 €</td></tr> <tr><td>16</td><td>25 €</td><td>25 €</td><td></td></tr> <tr><td>17</td><td>25 €</td><td>25 €</td><td></td></tr> <tr><td>18</td><td>25 €</td><td>25 €</td><td></td></tr> <tr><td>19</td><td>25 €</td><td>25 €</td><td></td></tr> <tr><td>20</td><td>25 €</td><td>25 €</td><td></td></tr> </tbody> </table> <p>1) Men Elit + Men Under 23 2) Women Elite + Women Juniors</p> <ul style="list-style-type: none"> • Prizes to all riders up to 12 years • 1/3 awarding for other classes, except Masters. (3 best riders Women and Men) 	Cyclo-cross - Prize money				Ranking	Men ¹	Women ²	Men Juniors	1	350 €	350 €	150 €	2	180 €	180 €	100 €	3	120 €	120 €	70 €	4	90 €	90 €	60 €	5	85 €	85 €	50 €	6	80 €	80 €	50 €	7	75 €	75 €	50 €	8	70 €	70 €	40 €	9	65 €	65 €	40 €	10	60 €	60 €	40 €	11	55 €	55 €	30 €	12	50 €	50 €	30 €	13	45 €	45 €	30 €	14	40 €	40 €	30 €	15	35 €	35 €	30 €	16	25 €	25 €		17	25 €	25 €		18	25 €	25 €		19	25 €	25 €		20	25 €	25 €	
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Withdrawal rules	<p>Withdrawal rules lapped riders:</p> <ul style="list-style-type: none"> • M Elite: Depending on number of participants. or withdrawal according to 80% rule or as for other classes. • Other classes: Continue to winners finish, then riders will be taken out of race. 																																																																																								

<p>Parking</p>	<p>Parking allowed on assigned spaces at Føyka Stadion. Parking fee pr day NOK 70, - for passenger cars and NOK 150 per day for motorhomes to be paid with VIPPS nr #24563 (Asker Cykleklubb). VIPPS is the most common used payment app in Norway.</p> <p>We recommend participants to pay by VIPPS before you enter the parking area and show the digital receipt upon arrival.</p> 
<p>Dressing room</p>	<p>According to Arena map</p>
<p>Food and drinks</p>	<p>It will be possible to buy food and refreshments at the arena, provided by Asker Cykleklubb.</p>
<p>Timekeeping</p>	<p>EQ-Timing brikker benyttes. Lånebrikker tilgjengelig for leie for 75 kroner/rytter.</p>

ORGANISATION

Officials

Event director	Stig Fjærli	977 55 625 - fjerli@outlook.com
Course manager	Truls Veslum	975 09 211
Security manager	Svein Aalrust	905 72 502
Race office/secretariat	Øivind Flaterud	482 98 755 – oivindflaterud@hotmail.com
Time keeping	Jostein Tofte	900 76 614
Arena Technical	Kristian Gullhav	908 43 798
Arena	Bjørn Bjune	952 91 476
Media – press room	Tom Atle Bordevik	456 62 228
Registration	Øivind Flaterud	482 98 755 – oivindflaterud@hotmail.com
Race doctor	Red Cross Asker	900 40 715 – Khang Dinh Vu

Commissaires

President of Commissaire Panel	Gary Mcilroy	+35 3864 08 88 22
Commissaire	Asgeir Mamen	+47 482 41 412
Commissaire	Ronny Skjellum	
Commissaire	Henning Andersen	
Commissaire	Pål Gulliksen	

ADMINISTRATIVE GUIDLINES

Registration fees	M/W 10-16 - NOK 170 Master classes - NOK 350,- UCI classes – NOK 450,- Payable upon registration in www.eqtiming.no
Start numbers	One number on the back and two numbers for shoulders to be used both days.
Race office	Open fra 08:30- 17:00 on race days
Race category	UCI Class 2 and category 3
Rules and licenses	The race is arranged in accordance with UCI's and NCF's regulations. Riders with a yearly license are obliged to wear in the suit of the license club. All riders in NC are required to have a yearly license. All riders in UCI classes must show valid UCI license card when collecting start numbers. In open class, riders can redeem a on-time license (NOK 150 for adults and NOK 50 for children between 13-16 years. Free for children under 13 years). In open class / Heat 0 the race is run after a fixed number of laps and set riding time for the other classes heat 1-5. All riders participate in the class corresponding to the age they have next years as of 31.12.2022. This is in accordance with the UCI's regulations and comes from the fact that the CX season extends over the winter season from September 2021 to March 2022.
Results	Result lists are posted continuously as soon as the chief commissioner has approved them. Deadline for complain: 30 minutes Price ceremony is held continuously for the respective classes. Only top 3 will attend the award ceremony, the other 1/3 will receive a prize in the secretariat.
First aid	2-3 people from Red Cross Asker with necessary treatment facilities. Further treatment will be carried out at Bærum Sykehus.
Doping control	Organizer reserves the right to unannounced doping control, which is carried out at Føyka in a reserved room for that purpose.
Accommodation	Thon Hotell Vettle Adresse: Konglungveien 201, 1392 Vettle Telefon: 66 90 22 11 Booking – please click on link below. UCI Ritt Thon Hotels

RACING PROGRAMME

HEAT 0

Classes	Number of laps	Start time	Expected finish time
Open class M/W 10	1	09:30	09:40
Open class M/W 11-12	2	09:30	09:50
Open class M/W13-14	3	09:30	10:00
Open class M/W 15+	3	09:30	10:00

Warming up		10:00	10:20
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HEAT 1

Classes	Cycling time	Start time	Expected finish time
M-Master 30 og 35 CX	00:40:00	10:30	11:10
M-Master 40 og 45 CX	00:40:00	10:30	11:10
M-Master 50 og 55 CX	00:40:00	10:30	11:10
M-Master 60 og 65 CX	00:40:00	10:30	11:10
M-Master 70+ CX	00:40:00	10:30	11:10

Warming up		11:10	11:25
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HEAT 2

Classes	Cycling time	Start time	Expected finish time
M/W 15-16 CX	00:40:00	11:30	12:10

Warming up	00:10:00	12:10	12:30
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HEAT 3

Classes	Cycling time	Start time	Expected finish time
M Junior CX	00:40:00	12:30	13:10

Warming up		13:10	13:30
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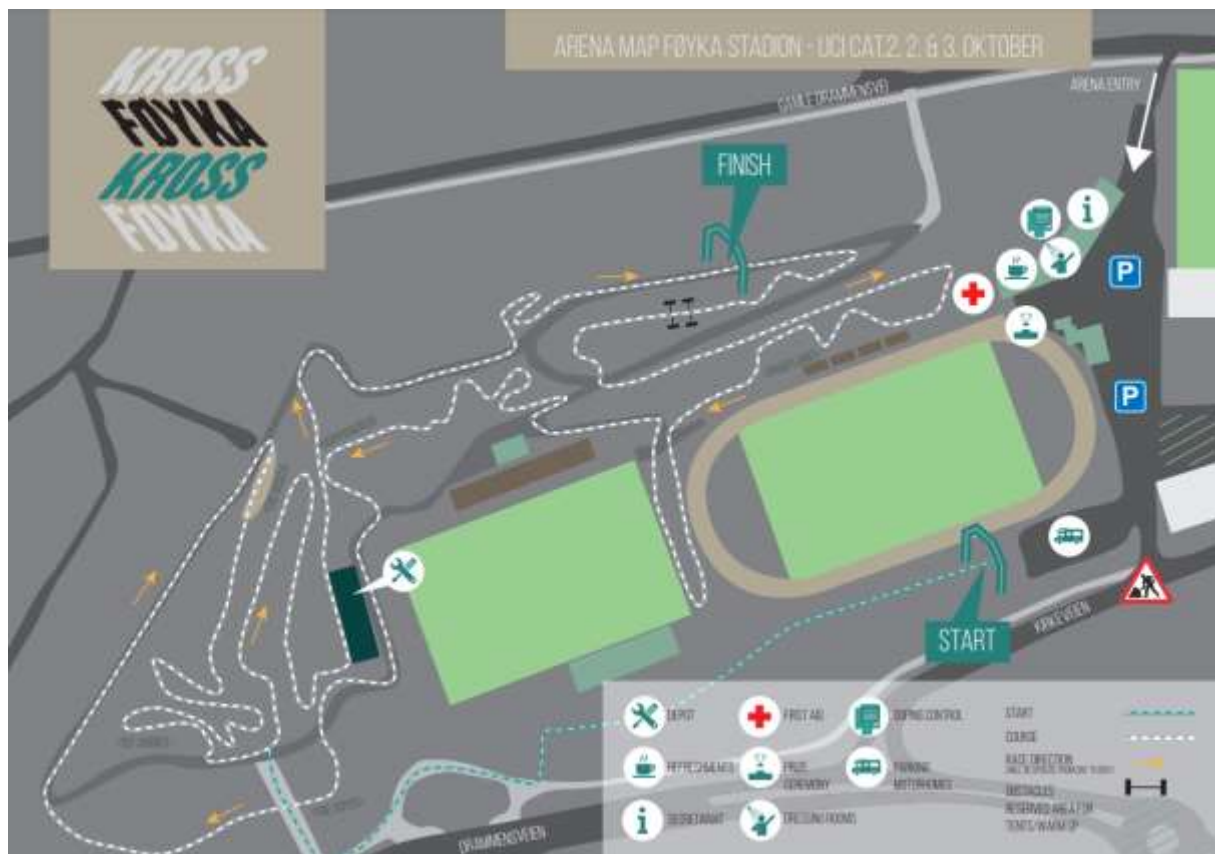
HEAT 4

Classes	Cycling time	Start time	Expected finish time
W Senior og W junior	00:45:00	13:30	14:15
W Master 30 – 70+	00:45:00	13:30	14:15

HEAT 5

Classes	Cycling time	Start time	Expected finish time
M Senior CX	01:00:00	14:30	15:30

ARENA



COURSE

Surface	Asphalt, grass, soil og gravel
Obstacles	Two obstacles as illustrated on course map
Technical zone	As illustrated on arena map
Warming up in racetrack	<p>No warm-up during races. Riders warming up in track during races will not be allowed to start.</p> <p>Course is available for training on Friday 1st October from 10:00 to 20:00. On Saturday 2nd and Sunday 3rd of October see race program for available time slots for warm-up.</p>

OUR QUALITY PROMISE

The Norwegian Cycling Federation wants you as a participant to be confident that the race you are participating in will be safe and follow a proportionate quality. We want you as a participant to know what you can relate to, and what you get as a participant in our race.

Organizer	Asker Cykleklubb som er tilsluttet Norges Cykleforbund (NCF) og NIF.
Insurance	Rittet er terminlistefestet, noe om betyr at rittets arrangør har ansvarsforsikring gjennom NCF/NIF og du som utøver er forsikret gjennom helårs- eller engangslisens som du bruker under rittet.
Permits	This race has obtained the necessary permission from <ul style="list-style-type: none"> • Asker Skiklubb • Asker Kommune
Race	The race is alerted to the surroundings by: <ul style="list-style-type: none"> • SOME plattforms • Press releases
Rules	The race follows the UCI's and NCF's rules which are described further under the section Administrative Information. The Chief Commissioner has the ultimate responsibility for the implementation of the competition.
First aid	Is further described under the section Administrative Information.
Accident procedure	Guards must report all incidents to the security officer. The safety officer must have a list of contact numbers of the athlete and relatives. It is the athlete's duty to provide this to the organizer. The safety officer notifies relatives and other bodies. Practitioners who are exposed to accidents but who manage on their own must notify the safety officer or the secretariat of the incident. This is for the sake of the license scheme and possible use of insurance.
Security	Course guards are set up at critical points in the trail. The guards' task is to keep unauthorized persons off the track, report accidents and call for help. It is the riders' own duty to get acquainted with the course and the number of laps/time to be cycled.
Financial	The participation fee covers costs for, among other things, the above-mentioned measures, as well as commissioners, arena equipment, timekeeping, prizes, etc. Any profits from the event go to the club's commitment to: <ul style="list-style-type: none"> • Children and youth activities in the club • Further strengthening of the race's sustainability and quality The club and the event are otherwise run by voluntary efforts.

INFECTION CONTROL

Start numbers	Will be delivered out team wise Saturday 2 October.
Advise to participants	<ul style="list-style-type: none">• Remember good hand and cough hygiene• Keep 1-meter distance <p>For those of you who have been diagnosed or probably have covid-19 symptoms or are put in home insulation, please stay at home</p>
Routines	<p>Routines for participants, parents and other support staff</p> <ul style="list-style-type: none">• Everyone who comes to the event is obliged to register when entering the arena at the Secretariat• Only rider and one (1) support person per rider can stay in the warm-up zone.• Only riders are allowed access to the start area• When the riders have completed the race, the riding area, warm-up arena and parking spaces are to be left as soon as possible, so that space is freed up for next riders and people are prevented from being crowded.