



2024 UEC MOUNTAIN BIKE EUROPEAN CHAMPIONSHIPS

XCC – XCR – XCO

Elite, U23, Junior

Cheile Grădiștei (Romania)

8 – 12 May 2024

TECHNICAL GUIDE

Version 26.03.24

1. ORGANISATION

1.1. LOCAL ORGANISING COMMITTEE (LOC)

FRC President	Cătălin Sprinceană	+40 754 227 456	catalin.sprinceana@federatiadeciclism.ro
Event Director	Tudor Oprea	+40 726 349 897	mtb@federatiadeciclism.ro
Technical Director	Răzvan Jugănar	+40 755 122 111	
Team area coordinator	Bogdan Brânză	+40 724 299 591	
Accommodation	Carmen Corneanu	+40 743 056 050	cheilegradistei@gmail.com
Accreditation	Ingrid Metz	+40 753 580 726	
Race office	Alexandru Mareș	+40 728 138 188	
Press Office	Elena Nicolae	+40 731 035 447	

Event website: www.federatiadeciclism.ro

1.2. UEC REPRESENTATIVES

UEC Management Board

Enrico Della Casa (SUI)	President
Henrik Jess Jensen (DEN)	Vice President
Delmino Pereira (POR)	Vice President
Katarina Jakubova (SVK)	Member
Dragomir Kouzov (BUL)	Member

UEC General Secretary	Alasdair MacLennan (GBR)
UEC Events Coordinator	Tiziana Lardieri (SUI)
UEC Sports Coordinator	Vladimiro Petsas (GRE)
UEC Press Officer	Stefano Bertolotti (ITA)
UEC technical Delegate / technical	Paolo Pesse (ITA)
UEC Technical Delegate / administration	Henrik Hakala Dahle (NOR)
UEC Photographer	Alessandro Perrone (ITA)
UEC Video Operator	Christian Bohm (ITA)

UEC MTB Commission

Petr Marek (CZE)	President
Ivana Ruzskowki (CRO)	Member
Tord Bern Hansen (NOR)	Member
Jurgen Pail (AUT)	Member
Pedro Vigario (POR)	Member

1.3. COMPOSITION OF THE COMMISSAIRES PANEL

Panel of the commissaires

President of the Commissaires Panel (UCI)	Beatriz Bertomeu Bertomeu (ESP)
Commissaire UEC	Armando Esteves (POR)
Commissaire UEC II	Matus Radosa (SVK)
Race secretary UEC	Ulf Luik (GER)
National Commissaire	Alexandru Mares
National Commissaire	Narcis Costache
National Commissaire	Cristian Losonczy
National Commissaire	Iulia Roman
National Commissaire	Alexandru Stănescu
Nationale Commissaire	Elena Berbecuti
Speakers	Alex Grecu (ROU)
Timing / live timing	Evodatan (ITA)

2. GENERAL INFORMATION

2.1. TRAVEL AND ACCOMMODATION

Travel and accommodation expenses to and from Cheile Grădiștei must be covered by the National Federations.

Airports

Nearest airports: Brasov (GHV): 45 km, aprox. 1h
Sibiu (SBZ): 170 km, aprox. 3h
Bucharest (OTP): 191 km, between 3h30min. and 5h (depending on the traffic)

Trains

Closest train station – Braşov, at 45km. There is a fast train from Bucharest Airport
<https://www.cfrcalatori.ro/>

Official travel contact cheilegradistei@gmail.com

Teams' area reservation

In order to reserve a team area, please use the official team area booking form you can find [HERE](#).

VISAS

Visa obligations must be respected.

Each Federation is responsible for obtaining documents for their delegation appropriate entries.

For further information, please visit the embassy website: <https://www.mae.ro/en/node/2035>

For all invitation letter requests please contact the UEC: mail@uec.ch

All riders and attendants must hold insurance valid in Romania.

2.2. OFFICIAL ADDRESS OF THE COMPETITION VENUE

Cheile Grădiștei Resort Fundata
507070 Fundata
<https://cheilegradistei.ro/>
GPS: 45.450574, 25.298856

2.3. VENUE LAYOUT – COURSES MAPS

The venue layout and the maps of the courses can be found in the appendices at the end of the technical guide.

2.4. ACCOMMODATION

UEC Official hotel

Hotel Bucegi
Cheile Gradistei
<https://cheilegradistei.ro/cazare-fundata-hotel-bucegi>

For other accommodation options check the following link:

<https://www.uec.ch/resources/2024%20Event/mtb/Accommodation%20booking%20form%20-%20Cheile%20Gradistei.pdf>

For any bookings in the hotels, please contact: cheilegradistei@gmail.com

2.5. EXTRA SERVICES

Shuttle from/to Moeciu Resort

Gym

Swimming pool & Spa

Please contact cheilegradistei@gmail.com for further details.

2.6. MEDICAL – EMERGENCY – LOCAL AUTHORITIES

A team of doctors and paramedics will be present onsite throughout official training sessions and competitions. The medical team will be based near the start/finish area.

Official Race Doctor: tbc

Phone: tbc

E-mail: tbc

Nearest hospitals

Spitalul Dr. Caius Tiberiu Spârchez Zărnești – 25km (aprox. 40 min.)
Strada Policlinicii 12, Zărnești 505800, +40 268 220 309

Spitalul de Urgență Brașov – 46km (aprox. 60 min.)
Calea București 25, Brașov 500326, +40 268 320 022

Emergency ambulance:

Phone: **112**

Police:

Phone: **112**

Riders' safety on the roads

- After dark you will require a front and back light fitted to your bike.
- Ensure you adhere to all road signs and do not ride on the pedestrian's way; this is illegal and may result in a fine.
- Please make sure you have your ID with you when you are outside the venue.

3. TEAM SERVICES

3.1. ACCREDITATION

Teams/Officials Accreditation

Team Accreditations can be collected from Tuesday, 7 May 2024, at the accreditation centre, during the opening hours:

Cheile Grădiștei Resort Fundata
GPS: 45.453676, 25.299157

Please ensure that you collect your accreditation as soon as you arrive as it will be required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

Accreditation centre opening hours

Monday, 6 May	15:00 – 18:00	<i>Only for UEC and LOC staff</i>
Tuesday, 7 May	10:00 – 12:00	14:00 – 18:00
Wednesday, 8 May	09:30 – 12:00	14:00 – 18:00
Thursday, 9 May	08:30 – 12:00	14:00 – 17:00
Friday, 10 May	09:30 – 12:00	13:00 – 15:00
Saturday, 11 May	08:30 – 12:00	14:00 – 16:00
Sunday, 12 May	08:30 – 12:00	

Please be mindful that many of the event personnel you will encounter at the venue are volunteers so please treat them with courtesy, as without them the event would not be able to happen.

Permanence - Race Office

Race office it is located near the start/finish area:
Cheile Grădiștei Resort Fundata
GPS: 45.450662, 25.298545

Opening hours – please see point 6. – Competition schedule

This is where event information can be found such as training schedules, bib numbers schedule, etc.

Info point – located near the accreditation centre.

GPS: <https://maps.app.goo.gl/c9Weq4k5THeiQB7G7> m
For general query, accommodation, car parking, lost property, etc.

Opening hours:

Tuesday, 7 May	08:30 – 18:00
Wednesday, 8 May	08:30 – 18:00
Thursday, 9 May	08:30 – 18:00
Friday, 10 May	08:30 – 18:00
Saturday, 11 May	08:30 – 18:00
Sunday, 12 May	08:30 – 18:00

3.2. TEAMS PARKING AREAS

Parking 1 – short term – for registration and access to the race course. GPS: 45.450711, 25.299170

Parking 2 – long term – Team area. Access to this area will be restricted to specific hours.

Passes for both parking areas can be picked up from the accreditation centre.

4. OFFICIAL MEETINGS

4.1. COMMISSAIRES PANEL MEETING

Date: Tuesday, 7 May
Time: 17:00 until 19:00
Location: Commissaires meeting room – at the Race office

4.2. CONFIRMATION / LICENSE CHECK

Tuesday, 7 May	15:00-17:00
Wednesday, 8 May	10:00-13:00
Thursday, 9 May	08:30-10:30
Friday, 10 May	10:00-12:00

Team managers must confirm all starters, presenting all licenses (with passport for the Juniors category) and provide a sample of teams' apparel.

4.3. TEAM MANAGERS MEETING

Date: Wednesday, 8 May
Time: 18:00
Location: Conference room under the restaurant
GPS: <https://maps.app.goo.gl/bCdAGufVc2RMSYJz9>

Timing transponders will be handed out together with start numbers and must be returned immediately after the race at the tent located near the finish line.

During the team Managers meeting maximum 2 persons per nation are required, depending on the size of the team.

Attendance is required by:

- UEC MTB Commission President
- Representative of the organising committee
- UCI and National Commissaires
- Team Managers
- Event Director
- UEC Technical Delegate
- UEC Sports Coordinator

5. MEDIA

5.1. MEDIA CENTRE

The Media Centre during the MTB events is located in the conference room below the restaurant.

GPS: <https://maps.app.goo.gl/bCdAGufVc2RMSYJz9>

To access the Press Area accreditation is necessary.

To apply for media accreditation, please visit the UEC website <https://www.uec.ch/en/media>
Media accreditation and photographer's bibs can be collected during the opening hours of the Accreditation Centre.

Please ensure that you collect your accreditation as soon as you arrive onsite as it will be required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

For any further inquire please contact Mr. Stefano Bertolotti, UEC Press Officer s.bertolotti@uec.ch or Elena Nicolae elena.b.nicolae@gmail.com

Parking for media is available at the MTB venue, parking 1 – short term.

GPS: 45.450711, 25.299170

Opening hours

Wednesday, 8 May	10:00 – 18:00
Thursday, 9 May	11:00 – 20:00
Friday, 10 May	11:00 – 20:00
Saturday, 11 May	11:00 – 20:00
Sunday, 12 May	11:00 – 20:00

5.2. FLASH INTERVIEW ZONE

Next to the Awards Ceremony podium, a flash interview zone will be organised open for the media.

6. COMPETITION SCHEDULE

Schedule subject to change depending on the XCC entries and XCO circuits and start/finish areas and TV restrictions.

Tuesday, 7 May	
12:00 – 14:00	Courses inspection by UCI, UEC and LOC
15:00 – 17:00	Rider's confirmation – all categories - all races

Wednesday, 8 May	
10:00 – 13:00	Rider's confirmation – all categories - final for XCC
10:00 – 11:30	Official training XCC for all Women
11:30 – 13:00	Official training XCC for all Men
13:00 – 14:30	Official training XCR/XCO for Women
14:30 – 16:00	Official training XCR/XCO for Men
16:30	Qualification heat Men E #1 and #2 (TBD) Qualification heat U23 #1 and #2 (TBD)
17:00	Qualification heat Men Jun #1 and #2 (TBD)
18:00 – 18:45	Team managers meeting

Thursday, 9 May	
08:30 – 10:30	Riders confirmation, final for XCR - Race Office
08:30 – 09:30	Official training XCC for Women
09:30 – 10:30	Official training XCC for Men
11:00 – 11:30	Women Junior's Cross Country, Short Track (XCC), Final
11:30 – 11:45	<i>Junior Women's Cross Country, Short Track (XCC) Awards Ceremony</i>
11:45 – 12:15	Men Junior's Cross Country, Short Track (XCC), Final
12:15 – 12:30	<i>Junior Men's Cross Country, Short Track (XCC) Awards Ceremony</i>
13:30 – 14:30	Official training XCR/XCO for Men/Women
14:30 – 15:00	Women U23's Cross Country Short Track (XCC), Final
15:00 – 15:15	<i>Women U23's Cross Country Short Track (XCC) Awards Ceremony</i>
15:15 – 15:45	Men U23's Cross Country Short Track (XCC), Final
15:45 – 16:00	<i>Men U23's Cross Country Short Track (XCC) Awards Ceremony</i>
16:00 – 16:30	Women Elite's Cross Country, Short Track (XCC), Final
16:30 – 16:45	<i>Women Elite's Cross Country, Short Track (XCC) Awards Ceremony</i>
16:45 – 17:15	Men Elite's Cross Country, Short Track (XCC), Final
17:15 – 17:30	<i>Men Elite's Cross Country, Short Track (XCC) Awards Ceremony</i>
19:00 – 19:30	Riders final confirmation for Team Relay (XCR) – Race office – S/F-line

Friday, 10 May	
10:00 – 12:00	Official training XCO All categories
10:00 – 12:00	Riders final confirmation for all XCO races (Junior, U23 and Elite) – At the Race Office (start/finish area)
12:00 – 14:00	Official training ONLY for Team Relay (XCR)
15:00 – 16:30	Team Relay (XCR), Final
16:45 – 17:00	<i>Team Relay Awards Ceremony (XCR)</i>

Saturday, 11 May	
09:00 – 10:00	Official training for Cross Country WJ, MJ, MU (XCO)
11:00 – 12:15	Men Junior's Cross Country, XCO, Final
12:30 – 12:45	<i>Junior Men's Cross Country, (XCO), Awards Ceremony</i>
13:00 – 14:15	Women Junior's Cross Country, XCO, Final
14:30 – 14:45	<i>Junior Women's Cross Country, (XCO), Awards Ceremony</i>
14:45 – 15:30	<i>Break</i>
16:00 – 17:30	Men U23's Cross Country, XCO, Final
17:45 – 18:00	<i>Men U23's Cross Country, (XCO), Awards Ceremony</i>

Sunday, 12 May	
09:00 – 10:00	Official training for Cross Country WU, WE, ME (XCO)
10:30 – 12:00	Women U23's Cross Country, XCO, Final
12:15 – 12:30	<i>Women U23's Cross Country, (XCO) Awards Ceremony</i>
13:00 – 14:40	Women Elite's Cross Country, XCO, Final
14:55 – 15:10	<i>Women Elite's Cross Country, Awards Ceremony</i>
16:00 – 17:40	Men Elite's Cross Country, XCO, Final
17:55 – 18:10	<i>Men Elite's Cross Country, Awards Ceremony</i>

7. EVENT SPECIFIC REGULATIONS

ARTICLE 1. GENERAL RULES

- 1.1. The 2024 UEC MTB European Championships for Elite, U23 and Juniors categories, are organised by the Union Européenne de Cyclisme (UEC) in cooperation with Cheile Grădiștei Resort and the Romanian Cycling Federation.

The technical preparation and coordination will be done by

Technical Director: Mr. Răzvan Jugănaru

Event website: www.federatiadeciclism.ro

- 1.2. The event will be organised in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.
- 1.3. The 2024 UEC European MTB Championships consist of the following races:
Cross Country Short Track (XCC), Team Relay (XCR), and Cross Country (XCO).

They are scheduled **from 8 – 12 May 2024.**

These Championships may be contested by riders entered by their National Federation as a National Team.

ARTICLE 2. TYPE OF THE EVENT

- 2.1. The event is open to athletes of the Women Junior (WJ), Men Junior (MJ), Women U23 (WU), Men U23 (MU), Women Elite (WE) and Men Elite (ME) categories.
- 2.2. Age categories for which the individual title of the European Champion will be awarded are the following:
- | | | |
|----------------|--------------------|--------------------|
| ▪ Men Elite | for XCO / XCC /XCR | (aged 23 and over) |
| ▪ Men U23 | for XCO / XCC /XCR | (aged 19 to 22) |
| ▪ Women Elite | for XCO / XCC /XCR | (aged 23 and over) |
| ▪ Women U23 | for XCO / XCC /XCR | (aged 19 to 22) |
| ▪ Men Junior | for XCO / XCC /XCR | (aged 17 and 18) |
| ▪ Women Junior | for XCO / XCC /XCR | (aged 17 and 18) |
- 2.3. It is entered on the UCI calendar as a Continental Championships event (UCI CC).

ARTICLE 3. PARTICIPATION

- 3.1. **Cross Country Short Track (XCC)**

XCC will be organised for the following categories:

Men Elite, Women Elite, Men U23, Women U23, Men Junior and Women Junior.

Participation for all categories:

Total riders that may be registered: 12 riders per category/per nation.

Maximum 8 riders to start per category/per nation.

3.2. **Team Relay (XCR)**

In accordance with the UCI rules, article 9.2.032, for the team relay, each nation may enter only one single team.

Each national team shall be made up of 6 riders as follows: 1 Men Elite, 1 Women Elite, 1 Men U23, 1 Men Junior, 1 Women U23 and 1 Women Junior.

However, the following substitutions shall be permissible:

- **1 Men Elite** by Women Elite or Men U23 or Men Junior or Women U23 or Women Junior
- **1 Women Elite** by Women U23 or Women Junior
- **1 Men U23** by Women Elite or Women U23 or Men Junior or Women Junior
- **1 Women U23** by Women Junior
- **1 Men Junior** by Women Junior
- **1 Women Junior** (compulsory)

For the UEC European Championships Team Relay, the team manager must use the form provided, to notify the names and categories of the riders making up their team and their start order to the President of the Commissaire's panel, **on Thursday, 9 May at 19:00, at the Race Office.**

This start order may not be altered subsequently.

The exchange boxes will be allocated on the basis of the results of the team relay event in the preceding European championships. The order of nations not placed will be determined by drawing lots. The first nation will be installed in box number 1 and so on.

Note that UCI points which will be awarded to the team relay will be given to the nation and not to the individual riders.

3.3. **Cross Country Olympic Format (XCO)**

XCO will be organised for the following categories:

Men Elite, Women Elite, Men U23, Women U23, Men Junior and Women Junior.

Participation for all categories:

Total riders that may be registered: 12 riders per category/per nation.

Maximum 8 riders to start per category/per nation.

3.4. **Riders' registration – Final confirmations times**

The National Federations have to register their riders **directly on the UEC website www.uec.ch.**

The registration will open on 25 March 2024 (12:00 CET).

The registration will be closing on 27 April 2024 (23:59 CET).

Staff accreditation can only be requested through <https://uec.getyourevent.online/defaultmulti.aspx>

The registration will close on 1 May 2024 (23:59 CET)

- 3.5. The final confirmation of the participants and the distribution of the race numbers will take place at:
Race office:

Cheile Grădiștei Resort Fundata
GPS: 45.450662, 25.298545

- 3.6. Riders ages shall be defined according to the UCI Regulations.

The age of a rider shall be determined by the difference between the year of the event and the year of birth of the rider.

ARTICLE 4. TEAM MANAGERS MEETING

The team managers' meeting, organised in accordance with the UCI regulations in the presence of the Members of the Commissaries Panel, is scheduled for

Wednesday 8 May
Time 18:00
Location: Conference room under the restaurant
GPS: <https://maps.app.goo.gl/bCdAGufVc2RMSYJz9>

ARTICLE 5. RACES PROCEDURES

XCO / XCC START PROCEDURE

For all XCO races, the start procedure will be conducted according to the following UCI MTB Regulations:

- 4.1.030. For Olympic Games, World Championships, World Cup and Continental Championship events and hors class events, the organizer must make provisions for a call-up area which is sufficiently large for riders to warm up in, close to the start zone.
- 4.1.031. In mass start events, riders must be called to the start no earlier than 20 minutes before the scheduled start of the race. This period can be reduced where the number of riders allows.

Five minutes before the call-up an announcement must be made over the public address system to inform riders of the fact, and again three minutes beforehand.

The riders line up in the order in which they are to be called to the start line. The number of riders on each line is decided by the President of the commissaires' panel and supervised by a commissaire. The rider himself decides which position on the line to take.

Once the riders are lined up, warm-up (by rollers, turbo trainer etc.) is excluded inside or outside the start area.

The start is given by the commissaire using the following the procedure: warnings at 3, 2, 1 minutes and 30 seconds before the start, then a final announcement that the start is given within the next 15 seconds.

A starting pistol or start lights, if none is available, a whistle will be used to give the start.

4.1.033. The start briefing will be given in at least one of the official languages of the UCI.

XCC AND XCO RACE NUMBERS

Race numbers are distributed according to the latest updated UCI XCO ranking, unclassified riders: by nations in rotation.

XCC Special procedures

a) if qualification needed

If more than 40 riders are entered and confirmed, qualification heats will be organised

Qualification (if needed) will be organised on Wednesday afternoon.

- Qualifying heat 1 with odd race numbers
- Qualifying heat 2 with even race numbers
- Call up for qualifying heats by race number ascending
- Top 20 from each heat to qualify for the final

For the final:

- Call up for the final by qualifying results: 1st places by time, 2nd places by time, 3rd places by time, etc.

b) if no qualification needed

Call up in the direct final: race numbers according to the latest updated UCI XCO ranking, unclassified riders: by nations in rotation

To note that the bike used for Cross Country Short Track does not have to be the same as the bike used for Cross-Country Olympique.

ARTICLE 6. TECHNICAL ASSISTANCE

The following UCI Regulations will be applicable:

4.2.044. No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors.

4.2.045. Technical assistance during a race is permitted subject to the conditions below.

4.2.046. Authorized technical assistance during a race consists of repairs to or thereplacement of any part of the bicycle other than the frame.

Bike changes are not permitted, and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.

4.2.047. Technical assistance can only be given in the feed/technical assistance zones.

4.2.048. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.

4.2.049. In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITEMTB team, UCI MTB team or of the same national team.

During the European Championships, technical assistance is only authorized between riders of the same national team, racing in the same category.

Riders may carry tools and spare parts if these do not involve any danger to the

ARTICLE 7. TECHNICAL ASSISTANCE / FEEDING ZONES

In XCO races, two single, or one double, feed/technical assistance zones will be organized.

The location of the feed/technical assistance / feeding zones will be shown in the official race maps. Feed/technical assistance zone passes will be distributed immediately after the Team Managers meeting.

ARTICLE 8. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organized and the press conference.

Riders shall appear in racing attire, wearing their neutral jerseys but bare-headed and without headband or glasses, until they leave the official ceremony enclosure.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

ARTICLE 9. AWARDS AND PRIZE MONEY

Jersey and medals

Every European Championship will be awarded with:

- | | |
|----------------------------|-----------------------------------|
| The 1 st place: | Gold medal and Champion(s) jersey |
| The 2 nd place: | Silver medal |
| The 3 rd place: | Bronze medal |

Prize money list (Euro):

Place	XCC (M/W)		
	Junior	U23	Elite
1st	€ 380,00	€ 470,00	€ 625,00
2nd	€ 190,00	€ 250,00	€ 375,00
3rd	€ 100,00	€ 160,00	€ 250,00
Total	€ 670,00	€ 880,00	€ 1'250,00

Place	XCO (M/W)		
	Junior	U23	Elite
1st	€ 380,00	€ 470,00	€ 625,00
2nd	€ 190,00	€ 250,00	€ 375,00
3rd	€ 100,00	€ 160,00	€ 250,00
Total	€ 670,00	€ 880,00	€ 1'250,00

Place	XCR
	1st
2nd	€ 1'250,00
3rd	€ 625,00
4th	
Total	€ 3'750,00

ARTICLE 10. ANTIDOPING

The UCI antidoping regulations are entirely applicable to the event.
The antidoping tests will take place at the Antidoping Station located near the start/finish area.

ARTICLE 11. PENALTIES

The UCI penalty scale is the only one applicable.

ARTICLE 12. RESPONSIBILITIES

The organizer and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The organizer and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizer, the Commissaires Panel and UEC officials.

8. APPENDICES

8.1. VENUE LAYOUT



8.2. COURSES MAPS
➤ XCO/XCR
3.4 KM



➤ **XCC
1 KM**



8.3. COURSES PROFILES

XCO



XCC

