

2015 National MTB Championships (XCO)

Technical Guide



Issued July 2015

About the National MTB Championships (XCO)

For yet another year, the National MTB Championships in the discipline of Cross Country (XCO) takes centre stage in Chaguaramas as T&T's and some of the top Mountain Bikers in the Caribbean battle for National Glory on July 19th 2015. With the TTCF selecting its first ever National Team to represent Trinidad & Tobago at an International MTB event, Caribbean MTB Championships, the importance of this event became that more relevant.

As our MTB specialists speed through the mud trails of Trinidad's North West Peninsula, tackling any obstacle and testing their skills and techniques that they have been honing for the past few months through rigorous training, National Glory remains on their mind.

Cyclist Eligibility

Cyclist wishing to participate in the National MTB Cycling Championships must satisfy the following requirements

- Must possess a valid 2015 Union Cycliste Internationale (UCI) Licence and must be a national of Trinidad & Tobago.
- Cyclists wishing to compete in respective events must meet the following age requirements

Category	Year of Birth
Elite	1996 or before
Junior	1997 or 1998
Juvenile	1999 or 2000
Tinymite	2001 or 2002
Masters 40-44	1971 – 1975
Masters 45-49	1966 – 1970
Masters 50-54	1961 – 1965
Masters 55-59	1956 – 1960
Masters 60-64	1951 – 1955
Masters 65-69	1946 – 1950
Masters 70+	1945 or before

Governing Rules

The National MTB Cycling Championships will be governed by the UCI Rules – Part IV – MTB Rules:

<http://www.uci.ch/mm/Document/News/Rulesandregulation/16/72/76/MTBReglementsENGEnglish.pdf>

Cyclist Registration

Cyclists' registration can be filled out via the following link: <http://goo.gl/forms/6ENSCCDnu8>

Registration closes on Friday 17th July 2015 @ 9:00pm.

Sign-in, Race times and Registration Fee for the respective groups shall be as seen on the table below

Category	Sign-In Time	Race Time	Registration Fee
All Cyclists except YD	6:30am – 7:00am	7:30am	TT\$100
Youth Developers	8:30am – 9:00am	9:30am	Free

XCO Race Course Description – All Categories (Except YD)

Date: Sunday 19th July, 2015

Start/Finish: Samaan Park

Start Time: 7:30am

Lap Distance: 5.5km

Elevation Gain: 40m

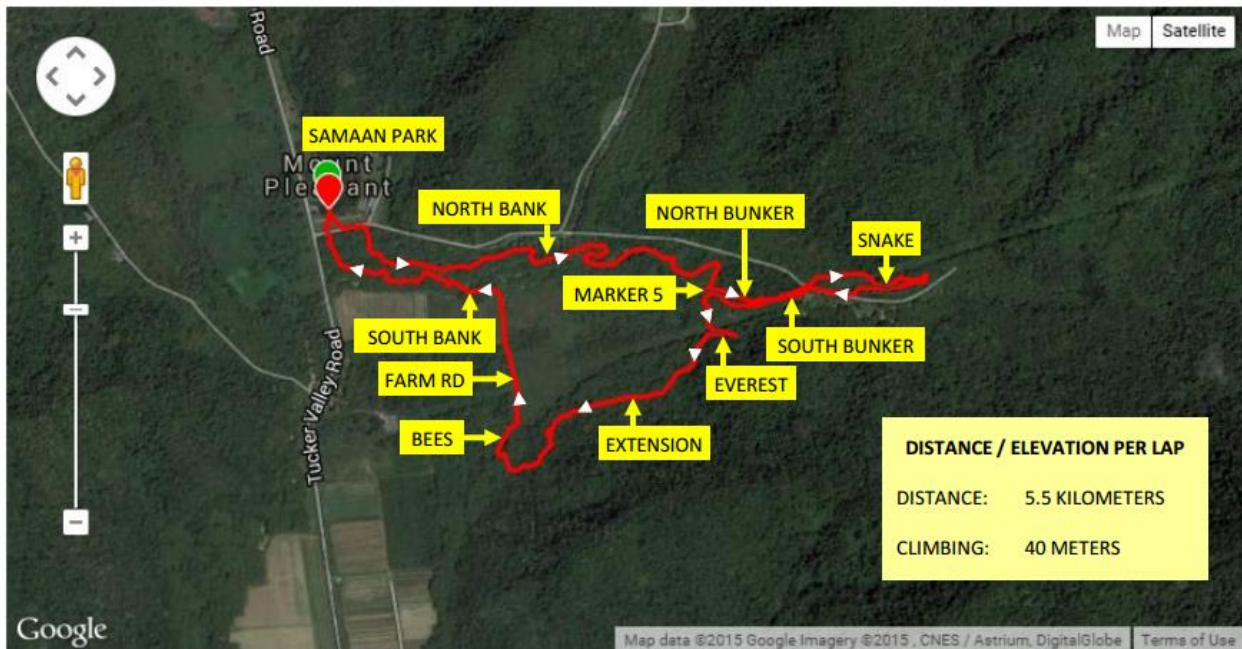
Course Description

Start - Samaan Park – Enter Mangoes Opposite Police Post – Left Up North Bank – Left At Marker 5 – Up North Bunker – Up Snake to Top End, Down Snake To Exit Half Way Down Arboretum Road – Left Turn Then Right Into to South Bunker – Marker 5 – Left Turn And Under Electricity Pylon – Left Turn And Everest Loop Clockwise – Extension – Bees – Left Turn Before Oh Mudda Along Jeep Trail Alongside Fence – Down Lower South Bank – Exit Mangoes Through Lower Humps - Samaan Park - Finish

Course Distances

Category	# of Laps
Elite Men	4
Junior Men	3
Juvenile Men	3
Masters 40-49	3
Masters 50-59	3
Elite Women	3
Junior Women	2
Juvenile Women	2
Tinymite Men	2
Tinymite Women	1

Course Map



XCO Race Course Description – Youth Developers

Date: Sunday 19th July, 2015

Start/Finish: Samaan Park

Start Time: 9:30am

Start - Samaan Park – Lower Entrance to Mangoes – Up Lower North Bank – Left Turn to Upper
Exit From Mangoes Opposite Police Post – Samaan Park - Finish

Course Distances

Category	# of Laps
YD 13 – Boys	4
YD 13 – Girls	4
YD 11 – Boys	4
YD 11 – Girls	4
YD 9 – Boys	2
YD 9 – Girls	2
YD 7 – Boys	2
YD 7 – Girls	2



This event is hosted by the Trinidad & Tobago Cycling Federation

In Collaboration with

- Northern Rangers MTB Club
 - Mike's Bikes
- MTB Advisory Committee