

# **2016 National MTB Championships (XCO)**

## **Technical Guide**



Issued July 2016

## 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 10<sup>th</sup> 2016. 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 2016 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	1997 or before
Junior	1998 or 1999
Juvenile	2000 or 2001
Tinymite	2002 or 2003
Masters 40-49	1967 – 1976
Masters 50+	1966 or before

## Governing Rules

The National MTB Cycling Championships will be governed by the [UCI Rules – Part IV – MTB Rules](#) and [TTCF Racing Rules – Chapter VI – Mountain Biking](#)

## Cyclist Registration

All clubs and/or unattached cyclists are required to register via the [TTCF website login](#) by Thursday 7<sup>th</sup> July, 2016 @8:00pm. Persons requiring assistance with their login credentials are required to send an email to [gacosta@ttcyclingfederation.org](mailto:gacosta@ttcyclingfederation.org)

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	Late Fee
All Cyclists except YD	6:30am – 7:00am	7:30am	TT\$100	TT\$50
Youth Developers	8:30am – 9:00am	9:30am	Free	TT\$50

**Late registration will only be accepted for those previously unregistered cyclists. A late fee will apply of an additional TT\$50.**

## XCO Race Course Description – All Categories (Except YD)

Date: Sunday 10<sup>th</sup> July 2016

Start/Finish: Samaan Park

Start Time: 7:30am

Lap Distance: 6.6km

Elevation Gain: 40m

### Course Description

Start in Samaan park heading north. Enter Huggins trail from Samaan park. Exit Huggins on to road along police station. Enter Mangos at eastern entrance. Up north bank to marker 5. Left turn at marker 5 to big snake western entrance. Full snake in reverse exiting out of race entrance. Enter north bunker to marker 5. From marker 5 to south bank. From south bank exit mangos at Whoopi Doo exit. Cross road and FINISH at Samaan park.

## Course Distances

Category	# of Laps
Elite Men	5
Junior Men	3
Juvenile Men	3
Masters 40-49	3
Masters 50+	3
Elite Women	3
Junior Women	2
Juvenile Women	2
Tinymite Men	2
Tinymite Women	1

## Course Map





This event is hosted by the Trinidad & Tobago Cycling Federation

In Collaboration with

- Survival OS
- Northern Rangers MTB Club
  - Trailing Edge
- MTB Advisory Committee