

EUROPEAN  
CHAMPIONSHIPS  
**CYCLING**  
GLASGOW 2018

# MTB TEAM GUIDE

**7 August 2018**

Cathkin Braes Mountain Bike Trails, Glasgow, Scotland

[www.glasgow2018.com](http://www.glasgow2018.com)

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## Official Meetings Schedule and Accreditation

### Registration and confirmation of all starters

Team managers must confirm all starters, present licences and provide a sample of the team clothing. This meeting will be in the **athlete lounge tent** in the team area at Cathkin Braes.

Monday 6 August: 09:00–11:00

### Team managers' meeting

**Championships Family lounge** next to the start/finish area at Cathkin Braes:

Monday 6 August: 18:00

Rider numbers will be distributed at the team managers' meeting. Attendance at the meeting is restricted to two persons per team. Timing transponders will be handed out together with start numbers and must be returned immediately after the race to the sport information desk on venue. If a transponder is not returned a £130 penalty will be applicable per transponder.

### Commissaires Panel meeting

**Commissaires Office** is next to the start/finish area:

Monday 6 August: 14:00

### Accreditation

For all four cycling disciplines accreditation cards will be available for collection at the Venue Accreditation Help Office (VAHO) within the Sir Chris Hoy Velodrome, prior to arrival at sport venues and before training commences.

The VAHO will be located at the main entrance of the of the Sir Chris Hoy Velodrome.

Team managers are required to collect the accreditation cards for all team members, including the Member Federation delegates. The team manager will need to confirm their identity at collection, with a passport or national identity card, and sign a confirmation of receipt for all cards received from Glasgow 2018 Accreditation.

### Venue Accreditation Help Office (VAHO)

The VAHO will be located at the main entrance of the Sir Chris Hoy Velodrome and will start operating from Sunday 29 July 2018.

All accreditation must be picked up from the VAHO.

Address:

**Main reception**

**Sir Chris Hoy Velodrome (SCH)**

Emirates Arena  
1000 London Road  
Glasgow G40 3HG

### Opening times:

Sunday 29 July	09:00–16:00
Monday 30 July	09:00–20:00
Tuesday 31 July	08:30–18:00
Wednesday 01 August	08:30–18:00
Thursday 02 August	07:30–20:20
Friday 03 August	11:00–21:00
Saturday 04 August	07:30–21:00
Sunday 05 August	07:30–21:00
Monday 06 August	08:30–21:00
Tuesday 07 August	09:00–16:15
Wednesday 08 August	08:30–21:00
Thursday 09 August	08:30–16:30
Friday 10 August	09:15–13:10
Saturday 11 August	08:15–13:10
Sunday 12 August	10:00–16:30

All team accreditation applications must be approved by UEC.

### Training and Competition Schedule

Date	Event	Time
Monday 6 August	Rider confirmation	09:00–11:00
	Training	12:00–17:00
	Team managers' meeting	18:00
Tuesday 7 August	Women's XCO Training	07:45–08:45
	Women's XCO Final	09:30–11:00
	Women's XCO Award Ceremony	11:05
	Men's XCO Training	12:30–13:30
	Men's XCO Finals	14:30–16:00
	Men's XCO Award Ceremony	16:05

## General Information

### Hotel locations and parking



#### Hotel parking

**1. Holiday Inn Glasgow Airport**  
Caledonia Way  
Paisley PA3 2TE

£10.00 per vehicle per day.  
Vehicles must be registered on arrival.

**2. Holiday Inn Glasgow East Kilbride**  
Stewartfield Way  
East Kilbride G74 5LA

Free parking.  
Vehicles must be registered on arrival.

#### Competition venue

##### Cathkin Braes Mountain Bike Trails

Arden Craig Road  
Glasgow G45 0HR

#### Arrival from airports and pick-up service

All accredited delegations, that have booked accommodation through Glasgow 2018 and adhere to booking deadlines, will be provided with return hotel transfers from Glasgow International Airport, which is the specified arrival point for the Championships.

## Medical/emergency

### Transport

Transport will not be provided between accommodation and competition venue during training and competition days.

### Driving in Glasgow

There will be no 'games lanes' or dedicated transport infrastructure to support journey times to and from the venues. However, Glasgow 2018, along with its transport partners, has identified a set of core routes which will have additional monitoring

### Visas

Each federation is responsible for obtaining the relevant documentation for their delegation. To request an official visa invitation letter, please email:

[Glasgow2018Cycling@glasgow.gov.uk](mailto:Glasgow2018Cycling@glasgow.gov.uk)

More information on entry to the United Kingdom can be found on [www.gov.uk/check-uk-visa](http://www.gov.uk/check-uk-visa)

### Smoking policy

Smoking in public buildings and on public transportation is prohibited in Great Britain. There will be a clearly marked designated smoking area outside the venue. Any persons found in breach of this law may be subject to eviction from the venue and potential prosecution.

### Money

The local currency in Great Britain is pound sterling (£). ATM machines can be found outside most banks, supermarkets and transport stations. There may be a charge for withdrawals but you will be notified of any charge prior to making the transaction. Most shops and restaurants accept debit and credit cards.

### Language

The national language of Great Britain is English.

### Tap water

Tap water in Great Britain is safe to drink unless otherwise signposted.

### Electricity

Standard power sockets operate 240 volts. You will require a 3 pin converter in order to use your electrical appliances if purchased outside of Great Britain.

### Telephone

The country code for Great Britain is +44.

### Hospitals

#### Glasgow Royal Infirmary

84 Castle Street  
Glasgow G4 0SF

#### Queen Elizabeth University Hospital

1345 Govan Road  
Glasgow G51 4TF

### Urgent medical care

Advice available from NHS24

[www.nhs24.scot](http://www.nhs24.scot)

Telephone: 111

### Emergency

If at any point you require the police, fire or ambulance service, please dial 999. When making a call, remember the following points;

- Know your location
- Tell the operator which service you require
- Be prepared to answer basic questions.

## Team Information

### Sport information desk

A sport information desk is located in the athlete tent. The desk will provide a variety of services to teams as follows:

- Dissemination of competition and training information
- Publication and distribution of start lists
- Publication of results
- Lost and found
- General information

The desk will be open throughout all training and competition sessions:

Monday 6 August	08:00–19:00
Tuesday 7 August	07:30–17:30

### Athlete lounge

A lounge for athletes and support staff is located within the team area. Televisions showing the live feed of competition will be located in this area along with wireless internet. The lounge will be open during all training and competition sessions. There are no changing room provisions on site.

### Team parking area

Please note that onsite parking is limited and access to the competition venue will be managed using a Vehicle Access and Parking Permit (VAPP). The VAPP will be allocated to the teams according to the numbers of riders entered. There is a maximum limit of two passes. Any further vehicles parking should be discussed with the Member Federation Services Coordinator.

Those teams that are driving to Glasgow or hiring team vehicles in Glasgow will need to apply for a VAPP by emailing the following information to:

[Glasgow2018Cycling@glasgow.gov.uk](mailto:Glasgow2018Cycling@glasgow.gov.uk)

- Type of vehicle
- Number of vehicles
- Venue for which you require access.

The VAPPs, which are free of charge, can be picked up at the same time as the team accreditation is handed out.

### Team tents

Team tents will be available from Monday 6 August. Team tents are allocated based on the size of each team. Each team will be allocated one table per tent and a chair for each team member. Due to the large number of people on venue, the space is limited and we ask you to keep to your allocated area. Please ensure equipment does not excessively narrow or block walkways.

### Technical/feed zone

The technical/feed zone is located at Propeller Point. Access to the technical zone is by foot, as shown on the map on [page 12](#) or teams may drive to the technical zone car park.

### Doping control

The anti-doping controls will be under the responsibility of UK Anti Doping (UKAD). An official communiqué will be distributed by the appointed Doping Control Officer.

Anti-doping tests will be carried out by the UKAD Doping Control Officers in accordance with the CADF and UCI Regulations.

Chaperons must accompany athletes at all times. Athlete staff should ensure the chaperons are not prevented from observing athletes.

Riders are reminded that it is their responsibility to report for doping control.

Doping control testing station is located next to Athlete Medical.

### Rider safety rules

While on the course, riders must wear a helmet. The use of personal stereo or Go-Pro camera equipment and headphones, while riding on the track, is forbidden.

Riders must also have their rider number attached to their bike. Any team staff wishing to accompany riders during training sessions must also register with the Race Secretary at the technical officials' office and affix a number board to their bike.

### **Team medical**

A team of doctors and paramedics will be present throughout official training and competition; response teams will be based at key locations on the field of play during official training and racing. The athlete medical room located close to the team area will be available at all times that the venue is open to athletes.

### **Radio equipment**

All teams are required to provide Glasgow 2018 with details of any radio equipment they intend to operate during the Championships. This is to enable spectrum management between all radio equipment in use during competition to avoid any disruption to event operations, results or broadcast. UK law is very strict regarding radio spectrum usage. Any team using equipment without an appropriate licence will be subject to prosecution and confiscation of the equipment.

As previously instructed in the Cycling Bulletin, all teams should have registered their radio equipment by completing the radio spectrum registration form by 30 March 2018. Any applications submitted after this date may not be approved. Teams will be issued with a permit to operate their equipment at the Championships.

For further information please email:  
[john Dundas@dundastech.com](mailto:john Dundas@dundastech.com)

### **Results distribution**

Results will be displayed on the noticeboard at the Sport Information Desk and available from  
[www.europeanchampionships.com](http://www.europeanchampionships.com)

## Mixed Zone

### Interview mixed zone

At the exit of the course (after the finish line) there will be a mixed zone where media and broadcast can have a short interview with riders.

## Social media

Glasgow 2018 encourages and fully supports athletes, as well as other accredited persons, taking part in social media activities throughout the duration of the Championships. Glasgow 2018 want as many athletes and team staff as possible to share their experiences and successes at the Championships. It is worth noting the following:

All activities should be in a first-person, diary-type format and not in the role of a journalist, for example, reporting competitions. Posts may not include any information, which is confidential or private, in relation to any other person or organisation. Social media posts and blogs should at all times support the spirit of the Championships and shall not be discriminatory, offensive, hateful, defamatory or otherwise illegal and shall not contain vulgar or obscene words or images.

In addition, they should not:

- Intrude upon the privacy of participants or other accredited persons and entities
- Interfere with the competitions or the ceremonies of the Championships
- Violate security measures.

### Photographs

Participants and other accredited individuals may take photographs within the competition venues and post them on social media platforms or websites for personal use. They are not permitted to commercialise, sell or otherwise distribute these photographs.

## Accreditation zones

Accreditation zone privileges are printed on the accreditation card along with the individual's personal information, job title and country name.

Everyone participating in the Glasgow 2018 European Championships will be required to go through specific accreditation access control points to enter an accredited venue. This will be where the venue code on the card is checked.

Once inside the venue, an individual may be required to go through various other access control points to enter internal areas (zones). This is where the access codes (zone numbers) are checked on the accreditation card.

**Accreditation must be worn and displayed at all times within an accredited venue.**

The accreditation zoning implemented for Glasgow 2018 European Championships is reflected in the table below.

### Accreditation zones

Zone	Area
1	Competition areas
2	Athletes' areas
3	Technical officials' areas
4	European Federations' areas
5	Anti-doping areas
6	Media/press areas
7	Broadcast areas
8	Operational areas
9	Protocol areas



## MTB Elite European Championships Specific Regulations

### ARTICLE 1: General rules

- 1.1 The 2018 UEC MTB European Championships are organised by the Union Européenne de Cyclisme (UEC) in cooperation with Glasgow 2018 and British Cycling Federation. The technical preparation and coordination will be done by: Keith Stocker Competition Manager MTB.
- 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 European MTB Championships consist of Men's and Women's Elite Cross Country Olympic format (XCO). They are scheduled on Tuesday 7 August 2018. These Championships may be contested by riders entered by their National Federation as a National Team.

### ARTICLE 2: Type of event

- 2.1 The event is open to athletes of the Women Elite (WE) and Men Elite (ME) categories.
- 2.2 It is entered on the UCI calendar as a Continental Championships event (UCI CC).

### ARTICLE 3: Participation

National Federations may enter the following riders per Championship:

- 3.1 **Cross Country Olympic (XCO)**  
Men Elite and Women Elite events.

Participation for all categories:

Total riders that may be registered: 12 riders

**Maximum 8 riders to start per category/per nation**

- 3.2 For Men's and Women's Elite Cross Country Olympic format (XCO) events, the outgoing European Champion can be added to the maximum quota of a National Federation provided that he/she remains eligible for the Championships.

#### Riders' registration

- 3.3 The National Federations have to register their riders directly on the UEC website ([www.uec.ch](http://www.uec.ch)). The registration will open on Friday 6 July 2018. **Deadline for the registrations is Friday 20 July 2018, midnight Central European time.**

In accordance with the riders' registration, the National Federations may add a maximum of 4 reserve riders per category to the above mentioned numbers.

The initial and final confirmation of the starters and the distribution of the race numbers will take place at the Race Headquarters located at Cathkin Braes.

- 3.4 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.

- 3.5 The following UCI MTB regulation will be applicable:

#### 4.1.004

**Except in the UCI world championships, continental championships** and, at the discretion of national federations, national championships, under 23 men and women can ride the events for elite men and women respectively, even if a separate event is being run for under 23 riders.

### ARTICLE 4: Team managers' meeting - race office

- 4.1 The team managers' meeting, organised in accordance with the UCI regulations in the presence of members of the Commissaries Panel, is scheduled for **Monday 6 August, 18:00 in the Championships Family lounge tent at Cathkin Braes.**

### ARTICLE 5: Race procedures XCO Start procedure

- 5.1 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 organiser 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 shall line up in the order in which they are to be called to the start line. The number of riders on each line will be decided by the President of the Commissaires' Panel and supervised by a Commissaire.

The rider shall decide 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 will be given by the

Start Commissaire using the following procedure: warnings at 3, 2, 1 minutes and 30 seconds before the start; then a final announcement that the start will be given within the next 15 seconds.

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

#### **4.1.032**

The Start Commissaire shall be in sole control of the public address system from three minutes before the start, until the start has been given.

#### **4.1.033**

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

### **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**

Authorised technical assistance during a race consists of repairs to or the replacement 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.

Small items such as an inner tube or a small tool may be handed up from the feed/technical assistance zones.

#### **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 ELITE MTB team, UCI MTB team or of the same national team.

**During the European Championships, technical assistance is only authorised between riders of the same national team.**

Riders may carry tools and spare parts, provided that these do not present any danger to the rider or the other competitors.

### **ARTICLE 7: Technical Assistance/feeding zones**

**7.1** In XCO races, two technical assistance/feeding zones will be organised. The location of these zones are shown in the appendix.

**7.2** Technical assistance/feed zone passes will be distributed during the riders' confirmation.

### **ARTICLE 8: Awards ceremonies**

**8.1** 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 organised and the press conference.

**8.2** Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

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

**ARTICLE 9: Points scale**

In accordance with the UCI MTB regulations, Annex 2, the following points will be attributed:

**Points scale**

Place	Points	Place	Points	Place	Points
1st	200	15th	45	29th	14
2nd	150	16th	40	30th	13
3rd	120	17th	38	31st	12
4th	100	18th	36	32th	11
5th	95	19th	34	33rd	10
6th	90	20th	32	34th	9
7th	85	21st	30	35th	8
8th	80	22th	28	36th	7
9th	75	23rd	26	37th	6
10th	70	24th	24	38th	5
11th	65	25th	22	39th	4
12th	60	26th	20	40th	3
13th	55	27th	18	41st	X
14th	50	28th	16		

**ARTICLE 10: Awards and prize money****10.1 Jersey and medals**

Every European Championship will be awarded with:

- The 1st place: Champion's jersey & Gold medal
- The 2nd place: Silver medal
- The 3rd place: Bronze medal

**10.2 Prize money list (Euro):****Prize money**

Position	Elite Men	Elite Women
1	€625,00	€625,00
2	€375,00	€375,00
3	€250,00	€250,00
<b>Total</b>	<b>€1'250,00</b>	<b>€1'250,00</b>

**ARTICLE 11. Anti-doping**

**11.1** The UCI anti-doping regulations are entirely applicable to the event. The anti-doping tests will take place at the doping control station on venue

**ARTICLE 12: Penalties**

**12.1** The UCI penalty scale is the only one applicable.

**ARTICLE 13: Responsibilities**

**13.1** The organisers and UEC will not, under any circumstances, be liable for any accidents or damage that occur during training and competitions.













**13.2** The organisers 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 organisers, the Commissaires Panel and UEC officials.

# MTB Venue: Cathkin Braes Mountain Bike Trails



# Glasgow 2018 European Championships - Programme Schedule

COMPETITIONS	Thu 2		Fri 3		Sat 4		Sun 5		Mon 6		Tue 7		Wed 8		Thu 9		Fri 10		Sat 11		Sun 12				
	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	
 European Swimming Championships																									
 European Diving Championships																									
 European Synchronised Swimming Championships																									
 European Open Water Swimming Championships																									
 European Cycling Track Championships																									
 European Cycling Road Championships																									
 European Cycling Mountain Bike Championships																									
 European Cycling BMX Championships																									
 European Golf Team Championships																									
 European Artistic Gymnastics Championships																									
 European Rowing Championships																									
 European Triathlon Championships																									

 M - Morning   
  A - Afternoon   
  E - Evening   
  P Practice day   
  Q Qualifier   
  Final

## Glasgow 2018 Competition Management

**Cycling Manager:** Bob MacFarlane  
**Cycling Operations Manager:** Leyanne Jenkins  
**Competition Manager:** Keith Stocker  
**Event Venue Manager:** Fred Wallace  
**Venue Medical Manager:** Nick Haines

**Telephone:** +44 (0) 141 287 9621  
**Email:** [Glasgow2018Cycling@Glasgow.gov.uk](mailto:Glasgow2018Cycling@Glasgow.gov.uk)  
**Address:** Glasgow 2018 European Championships  
Commonwealth House  
32 Albion Street  
Glasgow, G1 1LH  
Scotland, UK  
**Website:** [www.glasgow2018.com](http://www.glasgow2018.com)

## UEC Representatives

**President:** Rocco Cattaneo (SUI)  
**Vice-President:** Agata Lang (POL)  
**Vice-President:** Alexander Gusyatnikov (RUS)  
**Vice-President:** Henrik Jess Jensen (DEN)  
**Member:** Sahib Alakbarov (AZE)  
**Member:** Martin Wolf (GER)  
**Member:** Alasdair MacLellan (GBR)  
**General Secretary:** Enrico Della Casa (ITA)

### UEC MTB Commission

**President:** Thierry Marchal (BEL)  
**Member:** Elena Valentini (ITA)  
**Member:** Henrik Hakala Dahle (NOR)  
**Member:** Jurgen Pail (AUT)

**Technical Delegate:** Thierry Marchal (BEL)  
**Technical Delegate:** Vladimirov Petsas (GRE)  
**Press Officer:** Stefano Bertolotti (ITA)

**Photographer:** Luca Bettini (ITA)  
**Photographer:** Dario Belingheri (ITA)

## Composition of the Commissaires Panel

**President of the Commissaires Panel:** Ulf Luik (GER)  
**Asst President of Commissaires Panel:** Heiki Dahle (NOR)  
**Start Line Commissaire:** Manuela Cid Espuny (ESP)  
**UCI Commissaire:** Vittorio Oldani (ITA)  
**Finish line Commissaire:** Thomas Mittas (GRE)  
**Race Secretary:** Kelvin Hoy (GBR)  
**National Commissaire:** Neil Simpson (GBR)  
**National Commissaire:** Adrian Walls (GBR)  
**National Commissaire:** Andrea Lockhart (GBR)  
**National Commissaire:** TBC  
**National Commissaire:** TBC



## PARTNERS



## SUPPORTERS



## PROVIDERS

Arco

Adi.tv

Xerox

Csm Live

Airbnb

## CYCLING PARTNERS



#THEMOMENT

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