

**Technical Guide -
NSW State Titles Coondo**



AUSCYCLING
MTB

Welcome/Introduction

This Technical Guide is for the information of participants competing in the 2022 Ultimate Cycles State XCO titles at Coondoo on Sat the 12th and Sun 13th of November, 2022

The Shoalhaven welcomes you to the South Coast of NSW for the 2022 XCO State Titles.

1 Event Details

1.1 Event Description

S.C.U.M. is hosting the XCO titles. This will be a National Cup Silver event and therefore will be conducted under the guidance of the AusCycling Technical Regulations.

1.2 Event Location

Event Address: Western Road, Nowra State Forest, Comberton Grange, South Nowra

Venue Details: Coondoo Mountain bike trail located in Nowra State Forest.

Registration/Event Sign-on:

Event registrations are online via the Entry Boss website. Race plates can be collected onsite at the event village. Sign-on will be open at the following times:

Saturday 12/11 8am till 5pm

Sunday 13/11 8am till 12pm

1.3 Event Start and Finish Times

Competition will be held on Saturday 12th Nov for XCC and Sunday 13th Nov for XCO

Official Practice will be held on Saturday 12th 8am til 12pm. and Sunday 13th 8am til 8.25am

The full event schedule can be found in Appendix A.

1.4 Key Contacts

The event will be delivered by South Coast United Mountainbikers.

The contact details are as follows:

KEY EVENT CONTACTS

Kath Hopkins	Club Contact/Volunteer Coordinator	0408 439 059 kathhop40@gmail.com info@scum.asn.au
Nick Smee	Head Commissaire	0414 312519 nsmee65@gmail.com
Lynne Vaughan	Race Director	0408 835 234 vaughanl@outlook.com.au
Val Gomez	Event Centre/Traffic Management	0410 075 935 valgomez567@gmail.com

Event Volunteers will be assigned roles and responsibilities to facilitate the planning and running of the event.

1.5 Social Media

Website: <https://www.scum.asn.au/>
Facebook: <https://www.facebook.com/scummtb/>
Instagram: https://www.instagram.com/scum_mtb/
Official Hashtag: #scummtb

1.6 Course Location & Maps

Coondoo Trail (Trail head cnr of Western and Coondoo Rd), Nowra State Forest, South Nowra 2541.

Coondoo trail is classified as an intermediate cross-country trail. The XCO will be approximately 6 km in length. Coondoo doesn't have many changes in altitude but makes up for this with plenty of sections requiring the rider to be pedal fit and ready for the challenge of fast flowy sections and technical features (with A and B lines). Coondoo is much loved and recognised as one of the South Coast's best and most accessible cross country trails. The XCC course will be approximately 1km in length. It will be a loop drawn from the XCO course. The XCC race is optional for riders but the results will be used for the XCO start-line seeding.

Course maps can be found in Appendix B

1.7 Facilities

1.7.1 Toilets

Toilets will be at the event centre from late Fri afternoon.

1.7.2 Food vendors

The 'Bearded Brewer' (Mobile coffee van) will be supplying coffee and snacks at the event centre.

SCUM will be running a food, drink and 'merch' stall offering sausage sizzle, egg and bacon rolls, cakes, fruit and cold drinks. The stall will be run by parents and friends of SCUM's Junior Academy.

1.7.3 Water

Water, courtesy of Shoalhaven Water, will be available at the event centre.

1.7.4 Sunscreen

Sunscreen will be available at the rego office.

1.7.5 Spectator viewing areas

The racecourse passes through the event centre and can viewed from several points along Coondoo Road, accessed by foot.

2.7.6 Parking

There is limited parking in the Coondoo Trail Head car park. 'Overflow' parking will be available in 'Coondoo Farm' adjacent to the event centre. Coondoo Farm is private property and all vehicles must be parked neatly in the designated area. Campers are to park in Coondoo Farm.

2.7.7 Camping

Camping will be available on 'Coondoo Farm' which is adjacent to the event centre. A fee of \$5.00 per camper (capped at \$15 per family) will be charged for camping with this payment option included in the on-line registration process. Coondoo Farm is private property and all campers must adhere to the following rules:

- 1 Camps must be set up in the designated area that will be clearly marked.
- 2 No ground fires
- 3 No pets
- 4 Campsites are to be left rubbish free, clean and tidy.
- 5 Coondoo Farm gate must remain shut at night.
- 6 Campers must adhere to any further instructions provided by event marshals at the event.

7 Competitor Information

7.1 Technical Regulations

The event will be conducted under the guidance of the AusCycling Technical Regulations (<https://www.auscycling.org.au/page/about/policies-rules>) both General and Mountain Bike specific.

7.2 Competitor Responsibilities

Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Riders must always act in a sporting manner and shall not wilfully obstruct any fellow competitor. Any walking or running of the course is carried out in deference to any riders still riding their bicycles.
- If a rider exits the intended course for any reason, he must return to the course at the same point from which he/she exited.
- The responsibility for following the official course lies with the rider.
- Be required to wear minimum safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Extra food or liquid can only be taken in the designated feed zone
- Riders may only receive technical assistance in the designated Technical Zone.
- Be responsible for ensuring they are fit enough for the activity.
- Collect number plates before their race at the schedule times.

7.3 Participant Details

All competitors must have a current Auscycling Off Road or an All Discipline race licence. Or purchase an Auscycling Day licence as part of registration for the event.

7.4 Entry Process

Race entry is online only via the entryboss web site <https://entryboss.cc/races/11919>

The operation hours of registration desk are outlined in the Event Schedule (See Appendix A). The Registration Desk will also be utilised for the distribution of race plates.

7.5 National Cup Categories

Age Category^	Code	Age	XCO National Cup
Elite Men/Women	ME/WE	19>	X
Expert Men/Women	MX/WX	19-29	X
Under 23 Men/Women	MU/WU	19-22	X
Junior Men/Women (U19)	MJ/WJ	17-18	X
Under 17 Men/Women	M17/W17	15-16	X
Under 15 Men/Women	M15/W15	13-14	X
Under 13 Men/Women	M13/W13	11-12	X
Masters 1/2 Men/Women	M1/W1	30-39	X
Masters 3/4 Men/Women	M3/W3	40-49	X
Masters 5/6 Men/Women	M5/W5	50-59	X
Masters 7+ Men/Women	M7/W7	60-69	X
E-Bike Men/Women		19+	X

* The Under 23 (MU & WU) (19-22 years old) category are included in the National Championships. The 'Expert' category will therefore be 23-29 years old. National Cup Gold and above that offer an U23 category, points will be awarded and combined to the participants Under 23 National Cup point score.

7.6 Prize Money/Prizes

Place getters (first, second and third) in each race category will be awarded a gold, silver or bronze Auscycling medal. First place getters in categories with 3 or more riders will have the opportunity to order an Auscycling XCO State Titles 'Winners' Jersey (at no cost to the rider).

Four 'lucky door' prize packs will also be given away at the event.

7.7 Presentations

Presentation ceremonies will take place at the Event Centre at Coondoo.

All riders who finish 1st to 5th in elite or 1st to 3rd in all other categories must be present at the presentation.

7.8 First Aid/Medical Services

Professional medical services will be provided by 'All Events Medical Services'. They will be onsite from event centre opening to event centre close.

The nearest hospital is Shoalhaven District Memorial Hospital located at Scenic Dr, Nowra NSW 2541

7.9 Race Results

The event will be timed, recorded, displayed and publicised by SCUM. Live results will be available throughout the event and will be displayed at the registration desk.

7.10 Anti-Doping Testing

7.10.1 Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

Therapeutic Use Exemption (TUE) A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample. Who needs to complete a TUE in-advance for Cycling?

Athletes who are:

- Competing in the Elite and U23 categories
- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships If you are currently taking any medication, please check whether this substance is banned in or out of competition via www.globaldro.com/AU/search Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

7.10.2 Sport Integrity Australia App

Any athlete and official can download the SIA app.

The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

8 Appendix A – Event Schedule

AC XCO/XCC State Titles – hosted by SCUM: Coondoo Trail - 12th & 13th November, 2022

EVENT SCHEDULE

Fri 11 November

12 noon - 6pm	The event centre will begin to be set between these times
3pm	Coondo Trail open for 'informal' practice Camp site and over-flow parking area opens

Sat 12 November

8am – 12.00pm	XCO and XCC courses open for practice
8am-5pm	Race plate/Rego Bag collection Food, Coffee and First Aid available
12 noon	Official opening of event (Nick Smee, President of SCUM) & Welcome to Country (Trevor Wright, Indigenous member of SCUM)
1pm – 1.30pm	XCC Women's U15/17, Masters 5/6/7 plus
1.45pm – 2.15pm	XCC Men's Masters 5/6/7 plus
2.30pm – 3pm	XCC Women's U19/23, Elite, Expert, Masters 1/2/3/4
3.15pm – 3.45pm	XCC Men's U19/23, Elite, Expert Masters 1/2/3/4
4pm – 4.30pm	XCC U13 Men and Women
4.45 – 5.15pm	XCC Men's U15/17
5.30	Results of XCC Races announced Announcements/updates for Day 2
6.00pm– 6.30pm	Event Centre closes

Sun 13 November

8am - 8.25am	XCO course open for practice Food, Coffee and First Aid available
8am – 12noon	Race plate/Rego Bag collection
8.15am	Welcome to Country (Trevor Wright, Indigenous member of SCUM)
8.30 - 9.30am	XCO U13 Men and Woman plus podium presentation
9.30 -11.30am	XCO All Women U15/17/19/23, Elite, Expert, Masters 1/2/3/4/5/6/7 plus podium presentation
11.30 -1pm	XCO Men's U15/17, Masters 5/6/7/8/9/10 plus podium presentation
1 – 3pm	XCO Men's U19/23, Elite, Expert Masters 1/2/3/4 plus podium presentation
3 - 4	XCO E-bikes All Men and Women plus podium presentation
4.30	Event Centre closes

9 Appendix B – Course Maps

