



2019 UEC BMX EUROPEAN CUP
Round 5 & 6
3, 4 & 5 May 2019

Råde BMX Arena
Norway



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1. INTRODUCTION

A warm welcome to all BMX riders in Europe. **We are BMX** are proud to invite you all to beautiful Østfold county in Norway and Råde BMX Arena for the round 5 and 6 of this years UEC European Cup in BMX. This event is hosted by We Are BMX , a joint effort between 4 clubs in the region. Combining forces from Råde BMX, Moss BMX, Aremark BMX and Gressvik BMX clubs, we hope to give you a great event and a joyful experience when visiting our great new SX track we proudly share in our region. The race will be held at Råde BMX Arena a SX track in Norway with an high international level BMX track built by Elite Trax in 2016. The track has pro-sections on the 2nd and 3rd straight. Dual start hill with both a 5 meters high hill with a Bensink gate and a 8 meters hill equipped with a Pro Gate start.

We are really excited to show you this fantastic BMX arena. All is set for a spectacular and challenging race. We are looking forward to see you all in Norway this May.

On behalf of We Are BMX

Lars Aslaksrud

Lars Aslaksrud | e: lars@wrbmx.no
Race Director

2. TRACK DETAILS

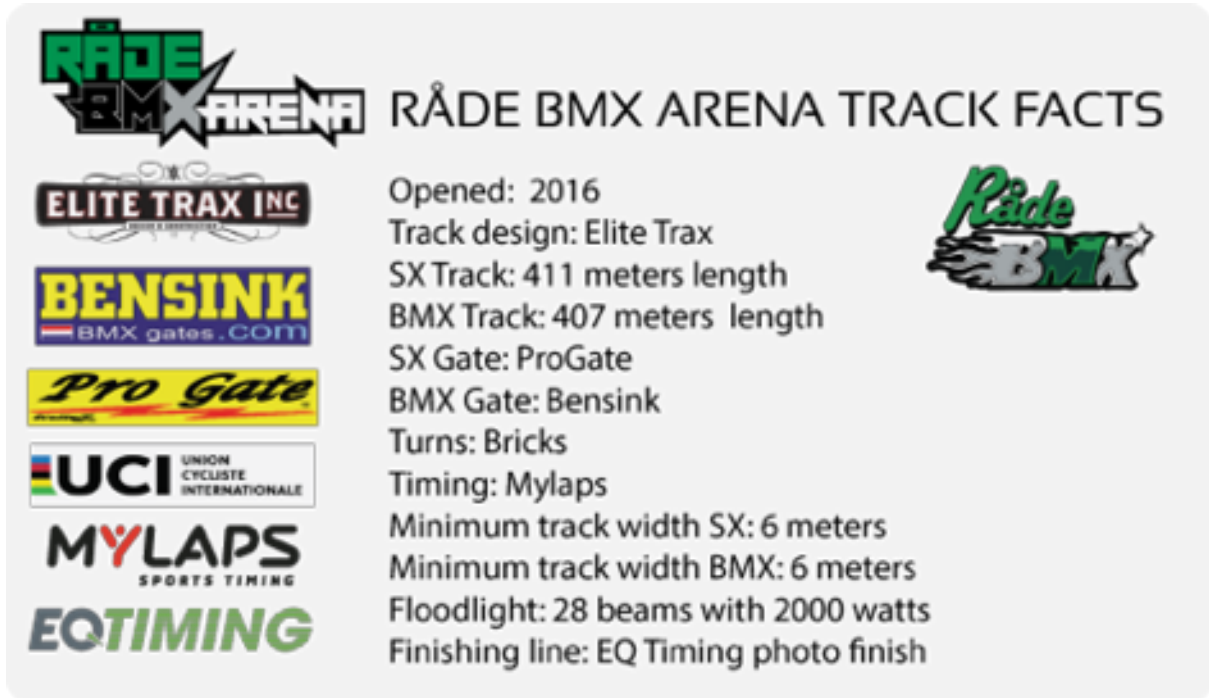


How to get here



Location: Idrettsveien 28, 1640 Råde , Norway

Approximately 30 minutes driving from Svinesund on E6 towards Oslo, **GPS location: 59° 21,55'N
10° 51,67'Ø**



RÅDE BMX ARENA RÅDE BMX ARENA TRACK FACTS

ELITE TRAX INC
Track design: Elite Trax


BENSINK
BMX gates.COM
SX Track: 411 meters length
BMX Track: 407 meters length

Pro Gate
SX Gate: ProGate
BMX Gate: Bensink

UCI UNION CYCLISTE INTERNATIONALE
Turns: Bricks

MYLAPS SPORTS TIMING
Timing: Mylaps

EQTIMING
Minimum track width SX: 6 meters
Minimum track width BMX: 6 meters
Floodlight: 28 beams with 2000 watts
Finishing line: EQ Timing photo finish



3. THE CITY OF RÅDE AND VISIT ØSTFOLD



Råde

The location for the event is Råde. "The village between the cities"

Råde is one of eighteen municipalities in the county of Østfold, centrally located to the largest towns in the region; Sarpsborg, Fredrikstad and Moss. The town has idyllic surroundings and is very popular during the summer. This becomes evident as many people travel to Saltholmen (located in Saltnes - Råde), to swim at the beach and enjoy the lovely views of the Oslo fjord. The 20 km long Coastal Walk Trail which passes through the outskirts of the town, is also a popular venture all year round.

What else to do ? Are you up for some exploring ?

Check out the fortified town in Fredrikstad and the summer paradise Hvaler Islands.

Read more at



<https://www.visitoestfold.com/en/>



<https://www.youtube.com/watch?v=akiT28IJ3B8>

Fredrikstad – The old town

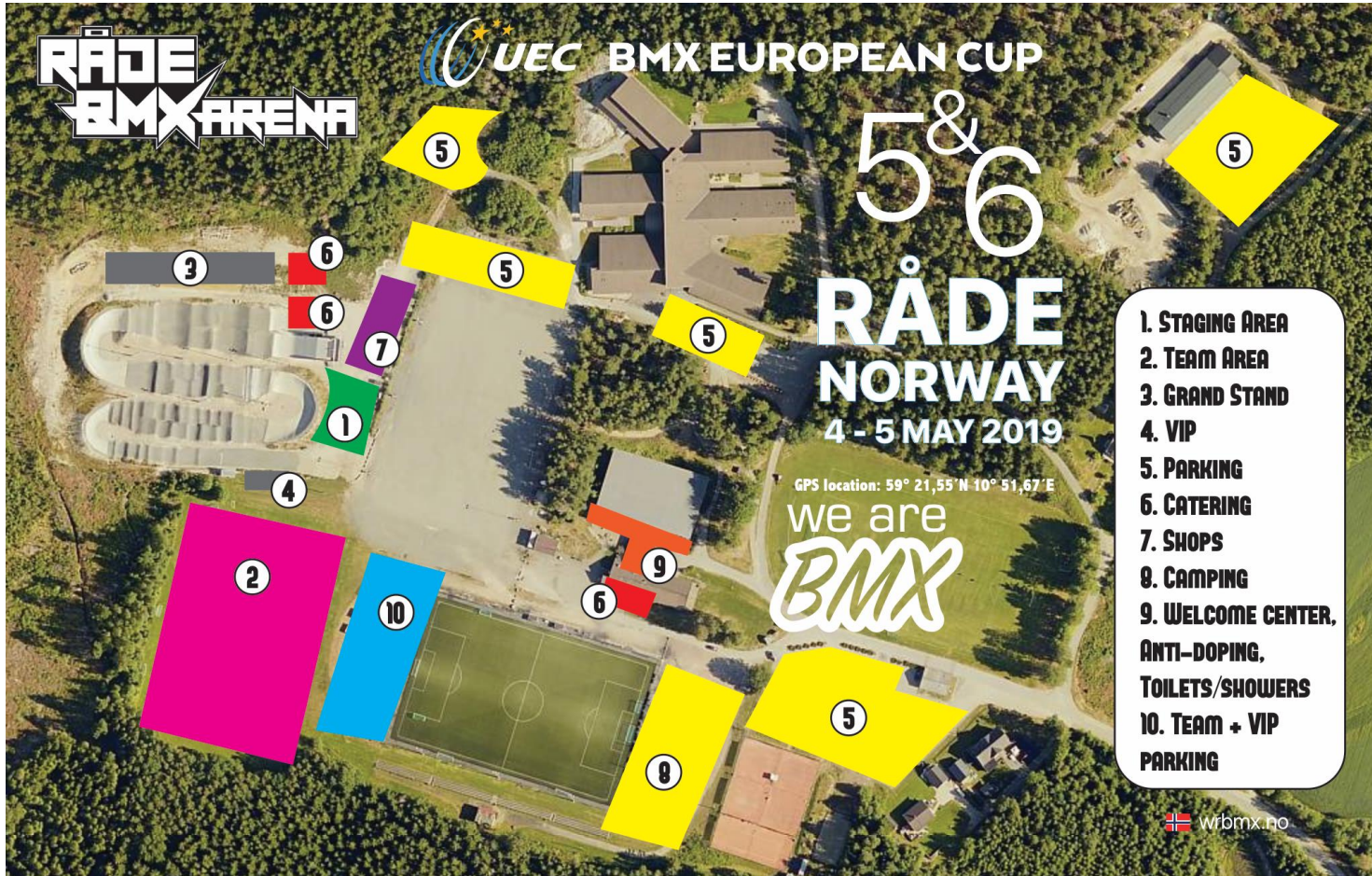
Fredrikstad was founded in 1567 during the reign of King Frederik II, after King Olav II's ancient town Sarpsborg had been burnt to the ground by Swedish troops. The best preserved fortress town in Scandinavia consists of buildings from the 18th century and a fortification with walls and moats from the 17th century.

Fredrikstad's historic Old Town is a dynamic part of the city. In addition to the historic buildings, you will find several small shops with designer goods, arts and crafts, furniture, food and curiosities.

Fredrikstad City Museum with its historic city exhibition is also located here, and the flea market every Saturday on the town square is well worth a visit. The Old Town is also home to many galleries and a number of cosy restaurants and cafés.

<https://layup.design/view/fortress-town/english-map-fortress-town>

4. MAP of the BMX EVENT



5. GENERAL INFORMATION

Organisation:	We Are BMX
Location:	Idrettsveien 28 , 1640 Råde Norway
Competition:	UEC BMX 2019 European Cup Rounds 5 & 6
Date:	3, 4 and 5 May 2019
Information:	Lars Aslaksrud , Race Director WRBMX Email: wrbmx@wrbmx.no Website: www.wrbmx.no Twitter: https://twitter.com/wearebmx Facebook: https://www.facebook.com/wrbmxUEC Phone: + 47 926 27 686
UEC Event Manager:	Mrs. Jolanda Polkamp, email: jolandapolkamp@gmail.com
National Federation:	Cato Karbøl , email: cato.karbol@sykling.no
Parking:	There are many parking options in the area. See the map. There will be signs and guidance on the arena. Parking for the event is 100 NOK all days. Tickets will be sold on entrance.
Camping:	more information see page 19 #Section 13 Toilets / showers available in welcome center No Electricity available. Reservation required.
Admission fee:	Saturday 150 NOK Sunday 150 NOK Passe-partout 300 NOK
NOTE! All payment will be in Norwegian kroner , You <u>can pay</u> with VISA/MASTER cards. VIPPS (Mobile payment will also be accepted)	
Team-area:	more information see page 15 #Section 9 UEC 2019 registered teams, € 150,00 Non-registered teams, € 200,00 To register and reserve team space see chapter 9.

6. LOCATION

By car

Driving on motorway E6 from south or north exit at Råde. From **South**: Approx 30 min drive from the Swedish border Svinesund. From **North**: Approx 1 hrs drive from Oslo

By plane

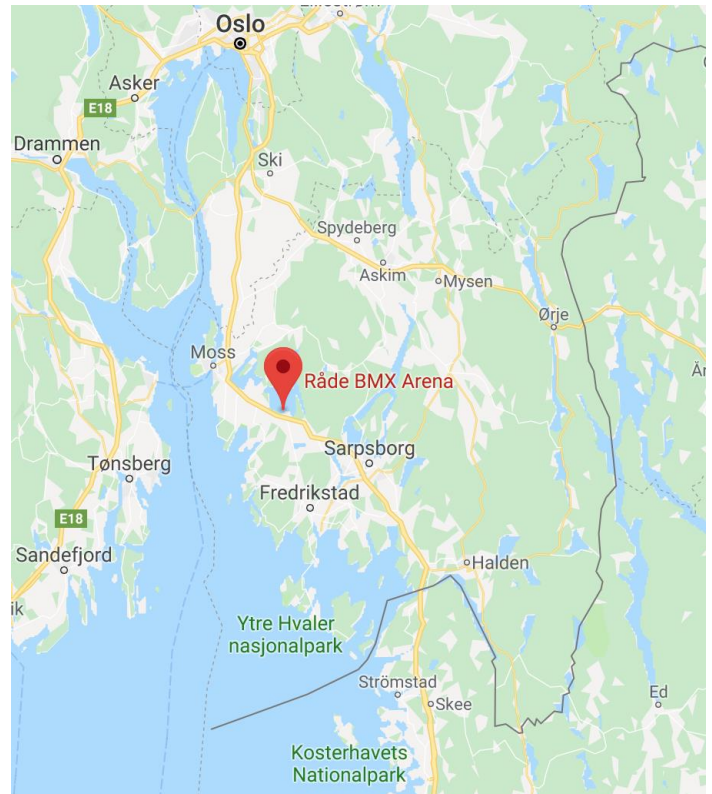
2 airports available.

Oslo - OSL

Sandefjord - TORP

From Oslo approx 1,2 hrs car drive to Råde.

From Sandefjord is it approx 1 hrs drive + a 30 min car ferry from Horten to Moss
(https://basto-fosen.no/?lang=en_GB)



7. RULES

The provisions of the UCI's BMX Rulebook in its latest version apply with a few amendments:

- Riders categories: as set forth in chapter 'Riders Registration, Registration fees, late entries and classes'.
- For all categories (Challenge and Championships) scrambled seeding is used for the motos according to article 6.1.027 and 6.1.027 quarter of the UCI BMX Rulebook v20190101.
- Rider's equipment:
 - The use of interlocking pedal-cleat systems is allowed for categories 13 years and over according to article 6.1.079 of the UCI BMX Rulebook v20190101.
 - All riders receive a number plate and side plate from UEC at registration of the UEC BMX European Cup Race. In all UEC sanctioned BMX events a rider must display the number plate and side plate assigned to him. A rider who fails to display the correct number plates will be refused their start, or relegated, if it is noticed after beginning a heat or run.
 - all Championship and Challenge riders must either wear a clearly visible national flag of their country on both shoulders or the national jersey of their country.
 - if a Championship rider is National Champion in their class, this rider must wear either:
 - the jersey awarded by the federation,
 - a replica of that jersey with publicity in the spaces allowed by the regulations,
 - their normal jersey with the left sleeve designed to look like the flag of their country
- Number of motos: in case of special conditions (weather, wind or else) or a high number of participants, the UEC BMX Commission allows the PCP in agreement with the UEC Technical delegate to reduce the number of motos. This can only apply for challenge classes and never for championship classes.
- Team Managers meeting will be on Friday 3rd of May at 16:00.
The location of the meeting will be at the welcome center marked on the overview map of the arena. Location 9.

The participation is mandatory for:

- max. 1 National Delegate (Chef d'Equipe)
- max. 1 Team Manager of the UEC registered team

If necessary, the UEC Technical delegate and PCP can decide to call for other meetings during the event.

- The posting of race information including start lists and results will be done electronically at every event of the UEC BMX European Cup events.

Rules only applicable during Rounds 5 & 6 in Norway

The race will be open for riders 7 years and over. All riders aged 10 and under will race a slightly different race schedule because they are officially not allowed to race competitively. Riders 11 years and over are allowed to participate in the official UEC BMX European Cup.

All riders aged 7 till 10 years are allowed to race Rounds 5 & 6 of the 2019 UEC European Cup, but the following Norwegian rules have to be respected:

The 10 and under riders:

- will race 4 scrambled motos per category;
- will not transfer or be eliminated from the race;
- will not have a podium ceremony;
- will all receive the same award.

No results of the categories 10 and under will be published or communicated other than at the BMX track.

8. RIDERS REGISTRATION, REGISTRATION FEES, LATE ENTRIES AND CLASSES

Championship classes:

Men Elite	19 years and older
Women Elite	19 years and older
Men Juniors	17 and 18 years old
Women Juniors	17 and 18 years old

Challenge classes:

Boys:	7, 8, 9, 10, 11, 12, 13, 14, 15/16 (minimum age 7 years old)
Girls:	7, 8, 9, 10, 11/12, 13/14, 15/16 (minimum age 7 years old)
Men:	17/24, 25+
Women:	17+
Cruisers:	17/29, 30/39, 40/44, 45+
Cruiser Women:	17 +

The registration fees must be paid by National Cycling Federation by bank transfer or in cash by the National Team Manager on site at registration control.

The registration fees are the following:

- **Challenge classes:** € 30,00 per entry
- **Junior Classes:** € 40,00 per entry
- **Elite Classes:** € 60,00 per entry

Above apply both for all races of the UEC BMX European Cup.

The registration fees for all riders must be paid in full to the UEC bank account indicated in the Invitation of the event before the deadline set for the event. Deadline for payment is Monday before the race weekend.

For all rounds – UEC bank account:

Union Européenne de Cyclisme (UEC)
BIC / Adresse SWIFT : UBSWCHZH80A
UBS Switzerland AG / Place St François 16 / CH – 1002 LAUSANNE
Account EURO Iban: CH70 0026 9269 9200 65M9 K

Federations can register Championships riders as late entries on Friday between 11:00-13:00 paying double entry fee for these riders.

Chef d'Equipe rules

Each federation which registers riders must appoint a Chef d'Equipe (national team manager) to represent the interests of all of its riders. Each Chef d'Equipe must confirm the presence of each rider as per the preregistration riders list, on the scheduled day and times of registration.

Before each event a national federation must register their Chef d'Equipe and assistants in the UEC online registration system, the registration will be checked at the event.

National federations must register official trainer/coaches in the online registration system. This way we can acknowledge them as trainers and give them a pass at European events.

Team managers and assistants need to present a license from the federations. UEC will check the license and then they will be given the accreditation. Without a federation license UEC will not give out accreditation.

A Chef d'Equipe or his nominated assistant is accredited by the organiser with the right to enter a restricted zone in order to perform his duties. Such accreditation may be revoked for any breach of the UCI Regulations or noncompliance with the instructions of the organisation or the Commissaires' panel.

In addition to the Chef d'Equipe, a number of team assistants shall be allowed. This number of team assistants shall correspond to the limits defined below.

Each Chef d'Equipe will also receive extra Crew passes which they can distribute to: mechanic, physics, national coach or any other person of their delegation, according to the table below.

Members of the country delegations will receive ID cards / passes at all UEC events according to the following schedule **if they register their staff through the UEC online registration system.**

Riders	No of Chef d'Equipe (Pass A)	No of Assistant Passes (Pass B)	No of Crew Passes (Pass C)
1 – 2	1	0	0
3 – 5	1	1	0
6 – 10	1	1	1
11 – 50	1	2	2
51 – 100	1	3	3
101 – 200	1	4	4
201 +	1	5	4

Accreditation

Pass A - this pass is handed to:

- Chef d'Equipe (1 per country participating)
- Team manager UEC registered team (1 per UEC Team registered to the team competition that weekend)
- personal coach/trainer with UEC accreditation

Pass A rights:

- Free entry to track
- Entry to staging
- Entry to track (in case of crashed rider)
- Entry to Team manager meeting
- Entry to Team manager area

Pass B - this pass is handed to:

- Assistant chef d'Equipe (nr of passes according to number of riders per country participating)

Pass B rights:

- Free entry to track
- Entry to staging
- Entry to Team manager area

Pass C - this pass is handed to:

- Crew (nr of passes according to number of riders per country participating)
- Assistant team manager UEC registered team
- Teams who rent a space in the team area

Pass C rights:

- Free entry to track

Pass D - this pass is handed to:

- Event crew
- UCI officials/UEC officials
- Timing company crew/Live stream company crew

Pass D rights:

- All access to track and event

9. 2019 UEC BMX EUROPEAN CUP TEAM RANKING

UEC Registered teams

UEC teams have to confirm their 4 rider participation before each event together with team registration on Friday. Teams have to fill-in the team Entry form before each race and hand in the form at team registration. The entry form can be downloaded from the website www.uec.ch.

Teams only receive passes during the events when they enter the team competition of the weekend. A team manager or his nominated assistant is accredited with the right to enter a restricted zone in order to perform his duties. Such accreditation may be revoked for any breach of the UEC or UCI Regulations or noncompliance with the instructions of the organisation or the commissaires' panel.

For all other rules concerning Team Ranking see document on UEC website "2019 UEC BMX European Cup Team rules"

The organiser will provide to UEC registered teams:

- Spaces for team tents, as close as possible to the track, of 6 x 3 m for each team registered for that specific race, at the cost of € 150,00.
- The organizer will receive a list of the UEC after registration is closed of the teams who are registered for the race.
- Promote the name of the Team during races as listed on the moto sheets.

Only Teams registered UEC who paid for space tent (€ 150,00) to the organizer receive the following pass at the event when they enter the team competition:

1 PASS A - with the following rights :

- Free entry to track (event)
- Entry to staging
- Entry to track (in case of crashed rider)
- Entry to Team manager meeting
- Entry to Team manager area

Other teams

The organiser will provide spaces for team tents to non-UEC registered teams, of 6 x 3 m for each team, at the cost of € 200,00.

These teams receive the following pass at the event from the organizer:

1 PASS C - with the following rights:

- Free entry to track (event)

Registration team area

Send your team area booking request to: registration@wrbm.no, any questions related to booking of team areas can also be sent to this email or contact directly :

Petter Halvorsen, mobile: +47 900 60 781

Your reservation will be for the area only. No tents are included in the reservation of your team arena spot. See the extra service if you would like to book tents on the spot.

Extra service

There are limited tents available to rent for team who travels with airplanes.

We have 6x3 m tents and 3x3 m tents for rent.

Price per tent is.

€200/2000 NOK for 6x3m tents

€150/1500 NOK for 3x3m tents

Booking needs to be done before 15 April . When you reserve your team spot please also inform about your rental need for tents. We will then confirm the tents as far as possible and send out payment information to confirm your rental.

Payment team area

Payment by bank only !!

Mark your payment with team name and what it is for.

Sample: Payment UEC Team arena Team Sweden.

DNB : 1506.18.50403

BIC SWIFT: DNBANOKKXXX

IBAN : NO6015061850403

Booking is only valid after payment is done. Remember to bring your receipt.

Team tent area rules

- Arriving will be permitted from Friday 9.00 AM.
- You must leave before Sunday 20.00 PM.
- Team Tent area will be closed two hours after the races/practice end.
- The organisers will assign space locations.

During the event for any info/concerns please refer to: Petter Halvorsen mobile: +47 90060781

No cars or other motorized vehicles will be admitted to the Team pit lane

10. WELCOME CENTER

The Welcome Centre is located at location 9 on the map.

The Welcome Centre will be used for:

- Chef D'Equipe (accreditations, registrations)
- Teams accreditations (accreditations, registrations)
- Officials welcoming
- General information
- Shops accreditations
- Campsite check-in
- Entrance tickets/pass partout

Opening hours Welcome Center

Date	Open	Closed
Friday 3 May	9.00 AM	18.00 PM
Date	Open	Closed
Saturday 4 May	9.00 AM	16.00 PM
Date	Open	Closed
Sunday 5 May	9.00 AM	16.00 PM

11. PRIZE MONEY AND TROPHIES

For the Championship Classes:

In accordance with specific Norwegian fiscal laws the prize money will be paid by the UEC directly to the bank account of each rider. IBAN bank code from top 8 riders will be requested following the finals and award ceremony.

Prize money that is not claimed by a rider or coach, on presentation of the riders' UCI license, directly following the ceremony will not be paid out afterwards.

Prize money (per round)

Rank	Elite men	Elite women	Junior men	Junior women
1	1.600 EUR	1.600 EUR	400 EUR	400 EUR
2	800 EUR	800 EUR	200 EUR	200 EUR
3	400 EUR	400 EUR	150 EUR	150 EUR
4	350 EUR	350 EUR	130 EUR	130 EUR
5	300 EUR	300 EUR	90 EUR	90 EUR
6	250 EUR	250 EUR	60 EUR	60 EUR
7	200 EUR	200 EUR	40 EUR	40 EUR
8	150 EUR	150 EUR	20 EUR	20 EUR

For Challenge Categories 11 years and older:

Cups for places 1 - 8 for both rounds award ceremony.

For Challenge Categories 10 years and under:

- will race 4 scrambled motos per category;
- will not transfer or be eliminated from the race;
- will not have a podium ceremony;
- will all receive the same award;
- No results of the categories 10 and under will be published or communicated other than at the BMX track.

12. TIME SCHEDULE

The time schedule will be established by the UEC according to the number of entries and will be forwarded in due time to the organizer of the race, and will be at the same time posted on the UEC website.

Block 1: Challenge riders 7-12
Block 2: Challenge riders 13-25+
Block 3: Championship classes

Friday :

10:00 - 11:00 UEC Team Registration
11:00 - 13:00 Rider registration by country (Chef d'Equipe only)
Team managers and assistants need to present their license
16:00 Chef d'Equipe meeting

13.00: 20 inches Block 2
14.45: 20 inches Block 1
16.00: All 24 inches
16.30-18:00: Women Junior and Elite women (5m and 8 m hill)
18:00-19:00: Men Junior
19.00-20:00: Men Elite

Saturday

8.00: Warm Up Block 1 & Cruisers
8.30: 3 motos Block 1 & Cruisers
... All finals Block 1 & Cruisers
... Award Ceremony Block 1 & Cruisers

... Warm Up Block 2
... Warm Up Block 3
... 3 motos Block 2 + 3
... Finals Block 2+3
... Award ceremony all classes

Sunday: Schedule similar to the Saturday schedule

According to number of entries this general program can be modified and presented during the Chef d'Equipe meeting that will be held as usual on Friday afternoon (16.00h)

Exact timing will be published on UEC website (www.uec.ch) after registration deadline

13. **Camping**

Råde BMX Arena offers the option of camping at the event, but there are limited spaces available. So booking and reservation in advance is required. First come first served principal. There are also other camping areas in the county.

Arrival

Thursday 2 May from 15.00 p.m. till 20.00 p.m.

Friday 3 May from 9.00 a.m.

Departure

Sunday 5 May - 20.00 p.m. at the latest.

Camping for the whole event Price: €80,00 – / 800 NOK pr. spot.

The campsite will be equipped with:

- restrooms, showers and fresh water (located at the welcome center building. Open all hours)
- No electric power available.

To book a camping spot and all requests related to camping please use. email camping@wrbm.no. If you get a booking we will confirm your spot and send the payment instructions to the email address for your final confirmation

Booking is open until 21 April 2019

14. **Livestream**

The UEC BMX European Cup Rounds are broadcasted live on UEC website: www.uec.ch.

15. **Parking**

Car parking is clearly marked on the arenas and there are several options available. Parking fee is 100 NOK for the whole event. Tickets will be sold on entrance to the arena. See the map for parking areas.

16. **Catering**

There will be several catering stands, where you can buy hot and cold food and drinks.

17. **Shops**

A BMX Village will be set up during the UEC BMX European Cup.

If you would like your shop or entertainment to be present during the races, send an e-mail to aslaksrud@wrbm.no to reserve your space.

18. **HOTEL**

Preferred accommodation:

Here is some suggestions of hotels and places to stay during your visit. These locations are acceptable distances to the track and a good starting point to explore and visit the nearby cities and attractions. To drive from Moss or Fredrikstad to Råde is approximate 15 min.

HOTELS with Approx 15 min drive time to the track.

Scandic City Hotel Fredrikstad (www.scandiccity.no)

Quality Hotel Fredrikstad (<https://www.nordicchoicehotels.no/quality/quality-hotel-fredrikstad>)

Victoria Hotel Fredrikstad (www.hotelvictoria.no)

Quality Hotel Sarpsborg (<https://www.nordicchoicehotels.com/quality/quality-hotel-sarpsborg>)

CAMPING

Fredrikstad Motel & Camping (www.fredrikstadmotel.no)

Bevø Camping (www.bevo.no)

Larkollen Camping (larkollencamping.no)

Fuglevikstranda Family Camping (www.fuglevikstranda.no)

More hotel solutions and accommodations can be found on Visit Østfold

Visit: <https://www.visitoestfold.com/en/accommodation/>

19. PRESS

Press passes for the event may be granted only to accredited journalists in possession of an ID card issued by the national press association. Accreditation for the events must be done through the UEC website for all UEC events <http://uec.ch/en/media>.

During the UEC BMX European Cup events accreditation and BIB's will be handed out by UEC Press Officer. It mandatory to wear UEC press BIB's for the journalists on the track. The UEC will provide them and have someone responsible for their distribution.

The number of journalists on the track at the same time must be agreed by the PCP depending on the track space/size.

Time for press conferences, flash interviews etc. must be agreed with the UEC BMX Commission.

For all publications the UEC logo as well as the UEC main sponsor logo should be used in accordance with UEC graphic charter.

General rules

- At every UEC BMX event BIB's are used for press on and off the track.
- The distribution of the BIB at the events is done by the indicated UEC press officer or his / her deputy.
- During the events, five red Bibs' (of which one for the UEC photographer) are distributed, the rest of the photographers get a yellow BIB.
- The BIB distribution is examined separately for Challenge and Championship classes
- A guarantee for each BIB is mandatory: € 50 or an official document (driver's license, identity card, press card ...)
- By failing to comply with the regulations or the instructions of officials, the BIB can be taken from a photographer immediately.
- Be careful when using flash. Do not flash directly into the eyes of the riders.
- Photographers must be impartial on the track; it is not allowed to cheer for a rider in the track.
- It is strictly forbidden to touch a rider and / or bicycle.
- It's forbidden to walk across the photo finish line. This can cause problems for the people of the photo finish cameras.
- A photographers meeting can be organized. This will be announced in advance in a timely manner.

Drones

- Drones might be allowed after consultation with the UEC responsible, providing they are allowed by local laws. The pilot must hold a valid pilot license and there must be compliance with all regulations regarding the airline (flight plan etc.) Moreover, the minimum and the maximum height are fixed according to the regulations of the country. Failure to comply with all the proposed rules will be reported to the police.

Security Service

There will be security guards available under the whole event. Patrolling the arena and camping areas.

The organiser accepts no liability for thefts or damage occurring on the site, during the race, in the car parks or on the track campsite.

Please respect the environment and dispose of your waste responsibly.

Lausanne (SUI), 3/13/19