



EUROPEAN  
CHAMPIONSHIPS  
CYCLING  
MUNICH 2022

# TECHNICAL GUIDE

UEC MTB CROSS-COUNTRY  
EUROPEAN CHAMPIONSHIPS

MUNICH (GERMANY)

19 – 20 AUG 2022



DEAR CYCLING COMMUNITY,

Welcome to European Championships Munich 2022! Munich 2022 is the largest multi-sport event in Germany since the 1972 Summer Olympic Games. From 11–21 August, European Sport unites as elite athletes compete in nine different sports (athletics, beach volleyball, canoe sprint, cycling, gymnastics, rowing, sport climbing, table tennis, triathlon) for the highest accolade in their sport on the continent – the title of European Champion. No other sport is as multifaceted, suitable for everyday life and appeals to such a wide range of audience as cycling does. With a jam-packed programme of track and road cycling, BMX freestyle park and MTB cross-country, Munich 2022 guarantees everything a cycling enthusiast could wish for and will showcase the beautiful Bavarian capital and all its spectacular surroundings.

The individual time trial takes place in neighbouring Fürstfeldbruck while road race cyclists will be treated to an extra dose of Bavarian charm, with the scenic lakes and mountains in Murnau a. Staffelsee and Landsberg am Lech providing a picturesque backdrop for the hotly anticipated race into Munich city centre.

MTB cross-country and BMX freestyle park competitors will also be at the heart of the action at Olympiapark - **Munich 2022's central and pulsating hub**. Furthermore, a purpose-built velodrome awaits competitors for the track events with space for 1,700 enthusiastic fans at Messe München.

The anticipation is rising here in Munich, and we cannot wait to showcase our wonderful venues to you all in August. Until then, we wish you all a safe, enjoyable, and healthy lead up to European Championships Munich 2022.

Best regards,

The Munich 2022 Local Organising Committee

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## DISCOVER MUNICH'S TOP SITES

### MARIENPLATZ

The heartbeat of Munich: Marienplatz (St. Mary's Square), the world-famous centre of the Bavarian capital, is home to the New Town Hall. At any time of year, there's always something happening near the Mariensäule (Column of St. Mary) – whether it's people gathering to witness the Glockenspiel (carillon housed in the Town Hall), the Christmas market, championship celebrations for major sports teams or simply visitors from all over the world strolling through the city.



### NYMPHENBURG PALACE

Travel back in time to the age of the Bavarian monarchy: the extensive park with its pavilions, promenades along the palace canals, enormous fountains, magnificent flower gardens and, of course, impressive palace buildings is a source of fascination for Munich natives and tourists alike. In addition to the rooms inside the palace, which were designed by the best sculptors, painters and plasterers of the time, you can visit several museums housed in the palace itself, including the Museum of Man and Nature and the Museum of Nymphenburg Porcelain.



### VIKTUALIENMARKT

Viktualienmarkt is Munich's largest market and a hub for the city's foodies. Spread across 22,000 square metres, it features a vast range of fresh produce with much more than just fruit and vegetables: Bakers, butchers, fishmongers, delicatessens, and flower stalls have turned Viktualienmarkt into a Munich landmark for more than 200 years. The best thing: Entry to the market is free with food stalls and a relaxing beergarden, complete with an authentic Bavarian maypole, awaiting.



### HOFBRÄUHAUS

German “Gemütlichkeit” and traditional beer drinking rituals are paramount at the Hofbräuhaus on the Platzl square in Munich. The regional cuisine, music, folk dances, waiters in costume and historic atmosphere draw thousands of Munich natives and visitors from all over the world every day. The imposing Neo-Renaissance building remains a unique attraction. The interior has space to serve up to 3,000 guests, and additionally up to 400 seating places in the open-air beergarden outside. Doors open every day at 9:00, seven days a week.



### DEUTSCHES MUSEUM

The largest technology museum in the world: The German Museum of Masterpieces of Science and Technology, as it's officially called, is both a traditional museum and a modern, hands-on facility. Visitors can enjoy demonstrations, experiments, and media stations, where they can press buttons, flip levers and switches and touch many of the exhibits. The 50 or so subjects covered by the museum are diverse, ranging from agriculture and food technology to astronomy, chemistry, photography and film, aeronautics and space technology, marine biology, and physics to shipping, telecommunications and even clocks.

## ORGANISATION

### ADDRESS AND WEBSITE

European Championships Munich 2022

LOC Office

Spiridon-Louis-Ring 22

80809 Munich

[www.munich2022.com](http://www.munich2022.com)

### LOCAL ORGANISING COMMITTEE

Managing Director Olympiapark GmbH	Marion Schöne (GER)
Head of LOC	Frank Seipp (GER)
Head of LOC	Markus Schnetzer (GER)
Head of Sports & Competition	Philip Frankenberger (GER)
Head of Event Services	Laura Mussnug (GER)

### LOCAL ORGANISING COMMITTEE MTB CROSS-COUNTRY

Project Manager MTB	Lukas Kraxberger (AUT)
Assistant Project Manager	Maxime Gierling (GER)
Race Director	Ingo-Sven Linke (GER)
Chief of Course	Rafael Rhyner (SUI)
Chief of Course	Marcel Moser (SUI)
Venue Manager Sport Venue	Sina Übelacker (GER)
Venue Manager Olympiapark	Mike Höhsl (AUT)

### UEC REPRESENTATIVES

President	Enrico Della Casa (ITA),
Vice President	Henrik Jess Jensen (DEN)
Vice President	Delmino Albano Magalhães Pereira (POR)
Member	Katarina Jakubova (SVK)
Member	Dragomir Kouzov (BUL)

UEC General Secretary	Alasdair MacLennan (GBR)
UEC Sports Coordinator	Vladimiro Petsas (GRE)
UEC Events Coordinator	Tiziana Lardieri (SUI)

UEC Press Officer	Stefano Bertolotti (ITA)
UEC Photographer	Roberto Bettini (ITA)
UEC Photographer	Luca Bettini (ITA)
UEC Video Operator	Christian Bohm (ITA)



## GENERAL INFORMATION

### TRAVEL AND ACCOMMODATION

Travel and accommodation expenses to and from Munich must be covered by the National Federations.

### NEAREST AIRPORT

Munich Franz-Josef Strauss Airport; approx. 30 km away from Team Hotel  
Nordallee 25, 85356 Munich

### ARRIVAL / DEPARTURE FROM AIRPORTS AND PICK-UP SERVICE

All accredited teams, who have booked accommodation through the Munich 2022 LOC will be provided with transportation from Munich Airport or the main train station to the hotel and vice versa. To make use of this service, you must register your arrival and departure dates via our Event Management System (EMS). The travel details deadline is 8 August 2022. During this process teams are also required to communicate if oversized luggage (e.g. bicycles) must be transported. If this data is not provided, the LOC will not take on responsibility of this matter. Olympiapark for mountain bike is situated 32 kilometres (30-minute drive) away from Munich Airport and Munich main train station is located five kilometres (15-minute drive) away.

Please update your arrival dates in our EMS system (<https://ems.munich2022.com/#/login>), if any flights or trains dates change.

### OFFICIAL MTB HOTEL

Star G Hotel Premium München  
Weimarer Str. 2, 80807 Munich  
GPS coordinates: 48° 11'04.6"N 11° 35'15.2"E  
48.18468976508619, 11.587544869173335

Distance from the Hotel (Star G) to the Nations Team Area (car park P1) at Olympiapark:

Star G Hotel Premium München: by car: 8 minutes; by bike: 12 minutes

Additionally, there will be a provided shuttle bus service which will run every hour and will drive from the hotel to the Nations Team Area (car park P1) and back.

### ACCOMMODATION

Please note that all accredited teams that have booked accommodation through the Munich 2022 LOC still need to provide the personal data of all team members for the respective hotel rooms that have been booked. The deadline for accommodation booking by name is 7 August 2022 via our Event Management System (EMS). Please write a brief email to [mtb@munich2022.com](mailto:mtb@munich2022.com) if you require access to our Event Management System (<https://ems.munich2022.com/#/login>).

### SHUTTLE BUS

All athletes that booked accommodation through the LOC will be provided with a shuttle service between the Star G hotel and the venue.

The shuttle will leave every hour and extra service will be provided before competition. The exact shuttle times will be communicated in the hotel and at the Nations Team Area.



## NATIONS TEAM AREA

### TEAM AREA RESERVATION

To reserve space in the Team Area, please use the official Team Area booking form and send it to [mtb@munich2022.com](mailto:mtb@munich2022.com). If you have problems finding the booking form online or have other related problems, please contact us at the above-mentioned mail address.

### GENERAL

The Team Area for the National Federations is located at the northeast entrance of Olympiapark, on the south side of the Eissportzentrum (Ice Sports Centre). The ground surface of the area is asphalt.

Each nation will be provided with a shared tent, a whole tent or two tents, depending on the number of riders competing. These tents have a size of 4mx4m (16m<sup>2</sup>) and will be equipped with a beer table and bench. A dedicated bike wash area will be on-site. It is not permitted to wash bikes at the Team Area. Overnight security is provided at the venue by the organiser. Security personnel will be patrolling the Team Area. Nevertheless, please lock away everything important, especially overnight! Also keep in mind that a car is not a safe place to store your bike!

### SPORT INFO DESK

The Sport Info Desk will be located on the east side of the Eissportzentrum (Ice Sports Centre), directly next to the Team Area parking space.

Contact Team Area: [mtb@munich2022.com](mailto:mtb@munich2022.com)

### SPORT INFO DESK – OPENING HOURS

Wednesday, 17 August	08:30 – 18:30
Thursday, 18 August	09:00 – 19:00
Friday, 19 August	08:00 – 20:00
Saturday, 20 August	08:45 – 17:00
Sunday, 21 August	09:00 – 12:00

### ARRIVAL TIMES

Teams can arrive on the following dates:

Wednesday, 17 August	09:00 – 18:00
Thursday, 18 August	09:00 – 12:00

### PARKING SPACE P1

At the following location:

Spiridon-Louis-Ring 7, 80809 Munich  
GPS coordinates: 48° 10'29.5"N 11° 33'31.8"E  
48.17485475808718, 11.558820697670734

Distance from the Nations Team Area to the Start/Finish Area:

On foot: 9 minutes; by bike: 3 minutes

## ACCREDITATION

Each team member will receive a personalised accreditation card, which should be clearly visible and must be worn at all times. The holder is granted access rights ONLY to the zones indicated on the front and shall use the designated entrances accordingly.

ACCREDITATION ZONES	
Zone	Area
1	Field of Play
2	<b>Athletes' Area</b>
3	Warm up Areas
4	Training Area
5	Administrative and Operational Area
6	Media Area
7	Media Mixed Zone
8	<b>Broadcasters' Areas</b>
9	VIP Hospitality

To be allowed to enter the Tech/Feed zone, every National Federation will get two Tech/Feed Zone passes per starting rider. They are not personalised and cannot be replaced.

In the event of a lost accreditation card, a fee of €100 will be charged for the replacement which will be settled via the respective team invoice.

## **TEAMS' / OFFICIALS' ACCREDITATION** (applicable for National Teams ONLY)

All national **teams'** accreditations can be collected at the Sport Info Desk, located at the following location:

Sport Info Desk in Olympiapark (MTB Team Area)  
 Olympiapark München, Spiridon-Louis-Ring 7, 80809 Munich  
 GPS coordinates: 48° 10'28.5"N 11° 33'29.9"E  
 48.174581836428075, 11.55830643047585

according to the schedule below:

Wednesday, 17 August	08:30 – 18:30
Thursday, 18 August	09:00 – 19:00

All officials' accreditations can be collected at the northwest entrance of Messe München, located at the following location (350m away from your hotel):

Northwest entrance Messe München (near hall C1)  
Paul-Henri-Spaak-Str. 12, 81829 Munich  
GPS coordinates: 48° 08' 19.2"N 11° 41' 36.4"E  
48.13867535439128, 11.693436733686797

according to the schedule below:

Monday, 15 August	11:00 – 19:00
Tuesday, 16 August	11:00 – 19:00

In case you arrive later than the above-named times, please contact us at [mtb@munich2022.com](mailto:mtb@munich2022.com).

Please ensure that you collect your accreditation before arriving at the venue as it will be required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

#### DRIVING IN MUNICH

Please remember to follow German traffic laws, including the Sunday and holiday driving ban for trucks heavier than 7.5 tons and obtain the environmental badge needed for **driving in Munich's city centre**. Environmental zones are indicated with a traffic sign "Umwelt ZONE." An additional sign underneath then specifies what type of environmental badge you need. You may have to pay a fine of up to €80 if you enter these eco zones without a valid environmental badge. Please refer to this link: <https://www.germanemissionssticker.com/> for more information.

#### RIDERS' SAFETY ON THE ROADS

- Whilst out on the roads, do not ride on the motorway or main roads
- After dark you are required by law to have a front and back light fitted to your bike
- Ensure you adhere to all road signs and do not ride on footpaths; this is illegal and may result in a fine
- Please make sure you have your ID with you when you are away from the venue

#### VISAS

Citizens of the European Union and the Schengen Area are not required to apply for a visa when entering Germany. However, residents from the following countries must apply for a visa at an embassy of the Federal Republic of Germany: Albania\*, Armenia, Azerbaijan, Bosnia and Herzegovina\*, Georgia\*, Kosovo, Moldova\*, Montenegro\*, North Macedonia\*, Serbia\*, Turkey and Ukraine\*. If invitation letters are required, the LOC will gladly provide the required document. (Please contact [mtb@munich2022.com](mailto:mtb@munich2022.com) in this regard)

\*Only if the national citizen does not hold a biometric passport.

All participants must hold a valid passport or identity card. Visa obligations must be respected.

All riders and attendants must hold insurance valid in Germany.

## RADIO EQUIPMENT

All users, who are planning to use wireless devices (such as walkie talkies, wireless cameras, microphones, PMR446, DECT systems and WIFI routers) during the European Championships Munich 2022, already had to submit their requirements to Munich 2022 via the Spectrum Order Portal due to a limited availability of radio resources within the venues.

Upon arrival in Munich these registered users are required to have their wireless equipment validated at a Spectrum Desk which will take place during **Riders' Confirmation** on 18 August (after 11am). The Spectrum Desk team will examine the wireless equipment to ensure that it matches the specifications outlined in the radio licence. All wireless equipment must be programmed to the frequency assigned ahead of time. Once the validation is completed, the wireless equipment will have a label affixed to it which indicates that it has the required permit to operate in the venue. Failure to apply for radio frequency coordination and/or the absence of a label will result in the denial of entry to the venue for that wireless equipment.

Individuals who wish to use mobile phones, laptops, PDAs or smart phones do not need to register their equipment via this process.

Please contact the Munich 2022 Spectrum Management team via email at [ec22\\_spectrum@riedel.net](mailto:ec22_spectrum@riedel.net) for further information and support.

## SMOKING POLICY

Smoking in public buildings and on public transport is prohibited.

## MONEY

The official currency in Germany is the Euro (€, code: EUR). Cash machines (ATMs) can be found in front of banks, supermarkets, and frequented public places/areas. Additionally, many supermarkets offer cash withdrawals at their checkouts. You normally receive a notification if the transaction includes a charge for the withdrawal. Most shops and restaurants accept debit and credit cards.

## LANGUAGE

The national language is German.

## TAP WATER

Tap water can be consumed safely unless otherwise indicated/signposted.

## ELECTRICITY

Standard power sockets operate at 230 volts. A Type C, also called the Europlug, or a Type F, also called Schuko, plug or converter is required to use electrical appliances.

## TELEPHONE

The country code for Germany is +49.

## MEDICAL / EMERGENCY

Medical service will be provided at the official competition, warm-up, and training venues. Trained medical staff will be in place during the opening hours at all official venues.

If a medical emergency occurs, please search for the next medical centre, or approach the nearest medical team.

## HOSPITALS

To provide the best care for athletes in case of injuries, the medical service provider has a list of hospitals, where all athletes of the European Championships Munich 2022 will get preferred treatment.

This service is set in place and will get communicated via the medical director or the medical service provider at all official venues.

### Augustinum

*Cardiology*

Wolkerweg 16

81375 Munich

+49 89 70970

### Klinikum der Barmherzigen Brüder München

*Gastroenterology, Cardiology, Orthopaedics, Sport Orthopaedics, Surgery, Trauma Surgery*

Romanstr. 93

80639 Munich

+49 89 17970

### Klinikum rechts der Isar

*Gastroenterology, Cardiology, Orthopaedics, Sport Orthopaedics, Surgery, Trauma Surgery, Neurology, Ophthalmology, Mouth Jaw & Facial Surgery, Neurosurgery, Gynaecology, Haemato-oncology*

Ismaninger Str. 22

81675 Munich

+49 89 41400

### Präventive Sportmedizin und Sportkardiologie der TU München

*Sports Medicine*

Georg-Brauchle-Ring 56/58

80992 Munich

+49 89 28924441

### Schön Klinik Harlaching

*Orthopaedics*

Harlachinger Str. 51

81547 Munich

+49 89 62112244

## URGENT MEDICAL CARE

Outside the official opening hours at the official venues, there is a 24/7 on-call number available for all athletes. This number can be called if medical advice is needed.

On-call number: +4989200045640

For urgent medical emergencies, which occur outside of competition or training call 112.

## EMERGENCY

Those are the emergency numbers, which should be dialled in case of a particular emergency:

Police: 110

Fire brigade and ambulance: 112

In case of emergency make sure to follow these five aspects:

- Where are you? Where is emergency care required?
- What happened or is happening?
- How many people are affected?
- What type of damages or injuries are occurring?
- Wait for further queries or consultation!

Medical Director: Michel Behr (GER)

## MUNICH 2022 STUDY

This study is about injuries and illnesses during and just before a multi-sport event. During the European Championships, the study team will collect anonymous data about injuries and illnesses during training, warm-up, and competition.

A study team will be present at the medical centre of all official venues and will document the injuries and illnesses. The aim of the study is a better care for athletes during multi-sport events. It is important to ensure better planning for athletes and organisers with a scientific foundation.

## COVID-19 REGULATIONS

Entry and quarantine regulations

Information for all participants from abroad:

- As of June 1, entrants no longer need proof that they have been vaccinated, recovered or tested.
- Exception: entry from a virus variant area. Here, the existing strict registration, proof and quarantine regulations still apply.

For participants after stays in virus variant areas applies:

- An electronic entry registration (<https://www.einreiseanmeldung.de>).
- A quarantine obligation of 14 days, also with vaccination or proof of recovery.

General recommendations for behaviour

The legislator describes the following general behavioural recommendations in the current Infection Protection Measures Ordinance:

- Distance

Wherever possible, a minimum distance of 1.50 m should be maintained.

- Hygiene measures

Hygiene rules should be observed at all times. This includes frequent and thorough hand washing as well as coughing and sneezing into the crook of the arm or into a paper handkerchief in everyday life.

- Wear a mask

Especially indoors or if a distance of 1.50 m from others cannot be safely maintained, a FFP2 mask should be worn.

- Ventilation of indoor areas

In closed rooms, care should be taken to ensure adequate ventilation.

- FFP2 mask

It is recommended to wear a FFP2 mask indoors and in transport vehicles during the European Championships Munich 2022.

Sufficient FFP2 masks will be provided to the participants. The FFP2 masks are to be worn only for single use or for the duration of one working day and then disposed of.

In outdoor areas it is recommended to always keep the minimum distance of 1.50 m between each other.

- Hand hygiene

For thorough hand hygiene, frequent hand washing (30 seconds with soap and water, followed by thorough rinsing) is recommended.

Sufficient disinfection dispensers are available for the use of hand disinfection, e.g. before entering and when leaving the venues.

- Management of suspected Covid 19 cases and confirmed infections

If Covid19 infection is suspected, daily testing services are available to athletes and their teams.

If there is a positive result from an antigen test, the affected person should undergo PCR testing and be placed in isolation until the result is known.

Currently, the isolation period after a positive Corona test is 5 days. Access to the sports facility is then possible again if symptoms are absent for 48 hrs. If symptoms persist, isolation must be continued until signs of acute COVID-19 disease have been absent for 48 hours, but for a maximum of 10 days.

"Close contacts" only need to be in isolation if they have also tested positive, according to the current regulation.



## SOCIAL MEDIA

Munich 2022 encourages and fully supports athletes, as well as other accredited persons, to engage in social media activities throughout the duration of the European Championships. Munich 2022 wants as many athletes and team staff as possible to share their experiences and successes at the European Championships. It is important, though, to note the following:

Athletes and team staff do not have the right to publish any video footage filmed in competition areas. All social media activities should be in a first-person, diary-type format and not in the role of a journalist, for example reporting competitions. If team staff want to film and publish non-live/delayed video material (that does not contain competition footage) from the Mixed Zone, they require prior approval as a Non-Rights Holder.

In addition, they should not:

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

Please feel free to tag official Munich 2022 channels in all your posts using the official hashtags #Munich2022 and #BackToTheRoofs:

Facebook: [@ECMunich2022](#)

Instagram: [@munich2022](#)

Twitter: [@ECMunich2022](#)

LinkedIn: [European Championships Munich 2022](#)

YouTube: [Munich 2022](#)

## USE OF DRONES

The use of drones is prohibited during all cycling competitions and training times at European Championships Munich 2022.

## MUNICH 2022 OPENING

The official opening of European Championships Munich 2022 will take place in Olympiapark on 10 August 2022, ringing in and raising the excitement for 11 action-packed days of sports and festival. The programme is based on the organisers' overall vision of creating a unique event experience for everybody, providing memorable moments of happiness.

## THE ROOFS

The Roofs is a festival of diversity and surprise accompanying the European Championships with a mix of music, culture, art, food and much more. Combining big-name headliners with a lovingly curated programme, The Roofs creates special moments that make Munich 2022 a holistic event experience. The festival is made up of 11 Roofs, each with their own character and charm. There's something on offer for young and old alike. Plus, the entire programme is free of charge.

## ATHLETES' ROOF

The Athletes' Roof, featuring the Red Bull Energy Station, will be the go-to spot for all athletes competing at European Championships Munich 2022. Hanging out with teammates, recharging after the competition, watching events live, cheering on compatriots or getting to know other athletes from all over Europe – the Energy Station underlines and bundles the beauty of the multi-sport European Championships. There is something on offer for everyone to savour the Munich 2022 experience, and much, much more. The outdoor chill-out area awaits with additional varied activities. Stay tuned! The Athletes' Roof in Olympiapark will be open daily from 10–21 August; the exact opening hours will be communicated shortly. We cannot wait to host you!

## ATHLETES' TICKETS

In the spirit of the multi-sport event, accredited athletes will have the opportunity to attend events of all nine sports free of charge. Please note that the number of available seats depends on the capacity and occupancy of the venues.

Reservations are generally not possible, and access will be granted on site and is subject to availability. In general, no tickets will be issued. On site, the athlete can enter the venue through a specially assigned entrance (usually located at the main entrance). Admission will be granted upon presentation of a valid European Championships Munich 2022 accreditation.

There is no pre-determined entitlement to a seat. As soon as the ticket holder claims their seat, the athlete must give up the seat and find an alternative available seat. In most venues there will be a designated area for athletes.

The current sales status is viewable in the European Championships 2022 web shop. By clicking on the corresponding session, the current availability can be checked. In general, a distinction is made as follows:

Available (High probability of access to the respective event)

Limited availability (The probability of access to the event is limited and cannot be guaranteed on site)

Not available (Access to the respective event is not possible)

Ticket availability is fluid and can change at short notice, therefore access is not guaranteed.

To allow other athletes access to the venue, it is important to use the exclusive entrance when leaving the venue. This will ensure that the ticketing volunteer frees up a space in the system and another athlete can attend the event.

## SPECTATORS' TICKETS

As a multi-sport event, European Championships Munich 2022 hosts nine different sports. Although mountain bike cross-country is one of the non-ticketed events, there's numerous sports you can enjoy and buy tickets for. Please visit [munich2022.com/tickets](https://munich2022.com/tickets) for ticket information and don't hesitate to share this information with your contacts.

## SUSTAINABILITY

### GENERAL INFORMATION

As LOC we are aware of our responsibility towards nature, society and the economy and are committed to actively contribute to local and global sustainability. We have developed a sustainability strategy that prioritises six focus areas: (1) Reuse of sports facility and equipment, (2) transport and mobility, (3) waste and littering, (4) impact on grassroots and professional sports, (5) inclusion and accessibility, (6) local value creation. The sustainability strategy was published in November 2021 and the sustainability post-event report will follow in December 2022. Questions can be directed to [countandlast@munich2022.com](mailto:countandlast@munich2022.com) regarding sustainability.

### ACCESSIBILITY

Please contact [inclusion@munich2022.com](mailto:inclusion@munich2022.com) for any accessibility/mobility assistance queries.

### WASTE MANAGEMENT

Our waste management is based on the principles: rethink, reduce, reuse, recycle. In this sense, together we are trying to produce the smallest amount of waste as possible and avoid littering. For recycling we will set up waste stations to sort waste by type. Additionally, standard bins will be placed at the venue for residual waste collection. Everyone attending is encouraged to use the recycling waste stations and bins throughout the venue.



# EUROPEAN CHAMPIONSHIPS CYCLING MUNICH 2022

## EUROPEAN CHAMPIONSHIPS MUNICH 2022 – SPORTS PROGRAMME

SPORT / DISCIPLINE	VENUE	11 THU	12 FRI	13 SAT	14 SUN	15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT	21 SUN
Athletics	Olympiastadion					▼	▼	▼	▼	▼	▼	▼
Athletics Marathon	Munich City Centre					▼						
Athletics Race Walking	Munich City Centre						▼				▼	
Beach Volleyball	Königsplatz										▼	▼
Canoe Sprint	Munich Olympic Regatta Centre									▼	▼	▼
Cycling Track	Messe München	▼	▼	▼	▼	▼	▼					
Cycling Road	Munich City Centre				▼			▼				▼
Cycling Mountain Bike	Olympiapark									▼	▼	
Cycling BMX Freestyle	Olympiapark	▼	▼	▼								
Artistic Gymnastics	Olympiahalle	▼		▼	▼				▼		▼	▼
Rowing	Munich Olympic Regatta Centre			▼	▼							
Sport Climbing Boulder	Königsplatz			▼	▼							
Sport Climbing Lead	Königsplatz			▼	▼							
Sport Climbing Speed	Königsplatz					▼						
Sport Climbing Boulder & Lead	Königsplatz							▼	▼			
Table Tennis Doubles	Rudi-Sedlmayer-Halle					▼			▼			
Table Tennis Singles	Rudi-Sedlmayer-Halle											▼
Triathlon	Olympiapark		▼	▼	▼							
 MEDAL EVENTS		1	8	21	24	14	12	9	10	20	23	35

## MTB CROSS-COUNTRY SPECIFIC INFORMATION

### UEC MTB COMMISSION

President UEC MTB Commission	Petr Marek (CZE)
Member UEC MTB Commission	Ivana Ruzskowski (CRO)
Member UEC MTB Commission	Tord Bern Hansen (NOR)
Member UEC MTB Commission	Jürgen Pail (AUT)
Member UEC MTB Commission	Pedro Vigario (POR)
Medical Director	Michel Behr (GER)

### COMPOSITION OF THE COMMISSAIRES' PANEL

President	Michaela Nussbaumer (AUT)
Assistant PCP	Evangelos Diamantides (CYP)
Race Secretary	Ulf Luik (GER)
Member of the Commissaires' Panel	Diego Tosti (ITA)
Member of the Commissaires' Panel	Jan Schlichenmaier (GER)
Member of the Commissaires' Panel	Fritz Feucht (GER)
Member of the Commissaires' Panel	Björn Schultheiß (GER)
Member of the Commissaires' Panel	Angelika Wörter (GER)
Member of the Commissaires' Panel	Albert Müller (GER)
Member of the Commissaires' Panel	Hanne Schurig (GER)
Technical Delegate	Henrik Hakala Dahle (NOR)
Race Director	Ingo-Sven Linke (GER)
Project Manager MTB XCO	Lukas Kraxberger (AUT)
Chief of Course	Rafael Rhyner (SUI)
Chief of Course	Marcel Moser (SUI)

## RACE OFFICE

The Race Office is located in:

Office Tower (Start/Finish Venue next to Olympia-Schwimmhalle)  
Olympiapark München, Coubertinplatz 1, 80809 Munich  
GPS coordinates: 48° 10' 22.4" N 11° 33' 08.3" E  
48.17287788700284, 11.552310950615462

and will be open as follows:

Wednesday, 17 August	09:00 – 17:30
Thursday, 18 August	08:30 – 12:00 / 16:00 – 19:00
Friday, 19 August	08:00 – 19:00
Saturday, 20 August	09:00 – 13:00

## OFFICIAL MEETINGS

### COMMISSAIRES' PANEL MEETING

Wednesday, 17 August	12:30 – 13:30
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Officials' Lounge (Start/Finish Venue next to Olympia-Schwimmhalle)  
Olympiapark München, Coubertinplatz 1, 80809 Munich  
GPS coordinates: 48° 10' 22.4" N 11° 33' 08.3" E  
48.17287788700284, 11.552310950615462

## RIDERS' CONFIRMATION / LICENCE CHECK

The licence check, the initial confirmation of riders, the check of the national teams' clothing and the distribution of race numbers will be organised on:

Wednesday, 17 August	14:00 - 17:00
Thursday, 18 August	09:00 - 11:00 (Final Men)
Friday, 19 August	08:00 - 09:00 (Final Women)

in the following location:

Athletes' Lounge (Start/Finish Venue next to Olympia-Schwimmhalle)  
Olympiapark München, Coubertinplatz 1, 80809 Munich  
GPS coordinates: 48° 10' 22.4" N 11° 33' 08.3" E  
48.17287788700284, 11.552310950615462

#### TIMING TRANSPONDERS

Transponder Pick-Up (Men)

Friday, 19 August 15:00 - 16:00

Transponder Pick-Up (Women)

Saturday, 20 August 10:00 - 11:00

in the following location:

**Athletes' Lounge** (Start/Finish Venue next to Olympia-Schwimmhalle)  
Olympiapark München, Coubertinplatz 1, 80809 Munich  
GPS coordinates: 48° 10'22.4"N 11° 33'08.3"E  
48.17287788700284, 11.552310950615462

Team managers of national teams must confirm all starters, presenting all licences and providing a sample of **the national teams' apparel**.

Note: Equipment/Rule. 1.3.57 - Jersey guidelines: <https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>

Note: World champions must wear their world champion jersey with the sponsors of the national team.

#### DISTRIBUTION OF RACE NUMBERS AND FEED/TECH ZONE PASSES

Race numbers will be distributed during that procedure. Due to the high number of teams entered, a maximum of two representatives per team is requested to attend that confirmation.

Please note, that training will not be authorised without a number plate.

The Feed/Tech Zone passes for the double Feed/Tech Zone will be distributed at the confirmation of the riders to the representatives of the national teams.

#### TEAM MANAGERS' MEETING

Thursday, 18 August 18:00 – 19:00

in the following location:

**Athletes' Lounge** (Start/Finish Venue next to Olympia-Schwimmhalle)  
Olympiapark München, Coubertinplatz 1, 80809 Munich  
GPS coordinates: 48° 10'22.4"N 11° 33'08.3"E  
48.17287788700284, 11.552310950615462

Due to the health protocol and sanitary measures put in place, we ask you to limit participation in the Team Managers' Meeting to one (1) representative per nation.

Attendance is required for:

- UEC MTB Commission President
- UCI and Additional Commissaires
- Team Managers
- Doping Control Officer
- MTB Project Manager
- Race Director
- UEC Technical Delegate
- UEC Events/Sports Coordinator

## COMPETITION SCHEDULE

Wednesday, 17 August

- 09:00 – 12:00 Courses inspection by UCI, UEC and LOC
- 14:00 – 17:00 Riders' Confirmation / Licence Check

Thursday, 18 August

- 09:00 – 11:00 Riders' Confirmation / Licence Check (Final Men)
- 13:00 – 14:30 Training Mixed
- 16:00 – 17:30 Training Mixed
- 18:00 – 19:00 Team Managers' Meeting

Friday, 19 August

- 08:00 – 09:00 Riders' Confirmation / Licence Check (Final Women)
- 09:00 – 10:30 Training Women
- 10:30 – 12:00 Training Men
- 15:00 – 16:00 Transponder Pick-Up Men
- 16:00 – 16:30 Training Men / Warm-Up
- 16:30 Call-Up Men Open
- 17:00 – 18:40 Final Men
- 18:40 – 18:55 Medal Ceremony

Saturday, 20 August

- 10:00 – 11:00 Transponder Pick-Up Women
- 11:00 - 11:30 Training Women / Warm Up
- 11:30 Call-Up Women Open
- 12:00 – 13:40 Final Women
- 13:40 – 13:55 Medal Ceremony



## MEDIA

The Main Media Centre of the European Championships functions as the Venue Media Centre.

The Main Media Centre is located at:

Kleine Olympiahalle at Olympiapark München  
Spiridon-Louis-Ring 21, 80809 Munich  
GPS coordinates: 48° 10'28.5"N 11° 33'09.3"E  
48.174604743216186, 11.55257256917295

In order to access the Main Media Centre an accreditation is necessary.

## MAIN MEDIA CENTRE - OPENING HOURS

8–10 August	09:00 – 20:00
11–14 August	08:00 – 23:30
15–21 August	06:00 – 01:00

## MEDIA SEATS

A small number of tabled media seats and observer seats is available on the grandstand near the finish line.

## MIXED ZONE

At the course exit after the finish line, Munich 2022 will organise a Mixed Zone. All riders must pass through this Mixed Zone where media can interview them. Riders are encouraged to talk to the media representatives in the Mixed Zone but are under no obligation to talk to them.

## MEDIA ACCREDITATION

To apply for media accreditation, please visit the Munich 2022 website at [munich2022.com/media](https://munich2022.com/media).

Photographers' bibs can be collected at the Main Media Centre.

For any further inquiries please contact: [mediaaccreditation@munich2022.com](mailto:mediaaccreditation@munich2022.com)

LOC Communications representative: Manuel Deutschmeyer – [manuel.deutschmeyer@munich2022.com](mailto:manuel.deutschmeyer@munich2022.com)

LOC Media Operations representative: Melanie Listl – [melanie.listl@munich2022.com](mailto:melanie.listl@munich2022.com)

## ANTI-DOPING CONTROL

The Anti-Doping centre is situated in Olympiahalle. A shuttle back to the Star G hotel may be provided in case all regular shuttles are missed.

Doping Control Officers are appointed by PWC (Professional Worldwide Controls).

## MTB CROSS-COUNTRY ELITE SPECIFIC REGULATIONS

### ARTICLE 1. GENERAL RULES

1.1 The UEC MTB Cross-Country European Championships are organised by the Union Européenne de Cyclisme (UEC) in cooperation with the LOC of European Championships Munich 2022. The technical preparation and coordination will be done by the LOC.

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 UEC MTB Cross-Country European Championships includes the Cross-Country Elite (XCO) competition, scheduled for 19–20 August 2022. These Championships may be contested by riders entered by their National Federation as a national team.

### ARTICLE 2. TYPE OF THE EVENT

2.1. The event is open to athletes of the Men Elite (ME) & Women Elite (WE) categories.

2.2. Categories for which the title of European Champion will be awarded are the following:  
Men Elite (Cross-Country XCO)  
Women Elite (Cross-Country XCO)

2.3. It is entered on the UCI calendar as a Continental Championships event (CC).

### ARTICLE 3. PARTICIPATION

3.1. Cross-Country Olympic (XCO)

Women Elite, Men Elite (riders aged 23 and over)

Participation for all categories:

Total riders that may be registered: 10 riders per category/per nation

Maximum 8 riders to start per category/per nation

### 3.2. Riders' registration – Final confirmation times

#### NATIONAL TEAMS (Elite)

The National Federations must register their riders and staff directly on the UEC website ([www.uec.ch](http://www.uec.ch)).

The registration will open on 11 July 2022 (12:00 CET).

Deadline for the registration is 7 August 2022 (23:59 CET).

3.3. The initial and final confirmation of the participants and the distribution of the race numbers will take place at the Race Office located at:

**Athletes' Lounge** (Start/Finish Venue next to Olympia-Schwimmhalle)

Olympiapark München, Coubertinplatz 1, 80809 Munich

GPS coordinates: 48° 10'22.4"N 11° 33'08.3"E

48.17287788700284, 11.552310950615462

3.6. 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 birth year of the rider.

## 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 Commissaires' Panel, is scheduled for:

Thursday, 18 August                      18:00 – 19:00

in the following location:

**Athletes' Lounge** (Start/Finish Venue next to Olympia-Schwimmhalle)

Olympiapark München, Coubertinplatz 1, 80809 Munich

GPS coordinates: 48° 10'22.4"N 11° 33'08.3"E

48.17287788700284, 11.552310950615462

## ARTICLE 5. RACE PROCEDURES

### 5.1 XCO START PROCEDURE

For all XCO races, the start procedure will be conducted according to the following UCI MTB Regulations:

#### UCI RULES

The start order is determined as follows:

XCO Men Elite, XCO Women Elite

1. As per the last published UCI XCO individual ranking.
2. Unclassified riders: by nations in rotation (\*).

(\*) The start order of the riders within the team must be confirmed by the National Federations during the riders' confirmation. Taking each nation in turn on the basis of the classification by nation of the concerned category from the most recent UCI nations ranking, a place is allocated to the next rider in sequence. On the basis of the same rotation system, unclassified nations take the next places in an order determined by drawing lots.

4.1.30 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.

4.1.31 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 riders themselves 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 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 start lights, if none are available, a whistle, will be used to give the start.

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

4.1.023 In the event of bad weather the President of the Commissaires' Panel may decide to cancel or postpone the event after consulting with the organiser and, where appointed, the UCI Technical Delegate.

## ARTICLE 6. TECHNICAL ASSISTANCE

6.1 The following UCI Regulations will be applicable:

### UCI RULES

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/herself or with the help of a teammate, team mechanic or neutral technical assistance.

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, it is only authorised between riders of the same national team, and racing in the same category.

Riders may carry tools and spare parts provided if these do not involve any danger to the riders themselves or the other competitors.

### Equipment:

4.1.038 The use of radio links or other remote means of communication with riders is forbidden.

4.1.042 Cameras are not permitted during the final for cross-country and during qualifying rounds and the final for downhill/four cross/cross-country eliminator. Riders are responsible for securing the fixation of the cameras in order to avoid any danger. The UCI can decide to allow a camera during the final but only for the usage of the TV production company.

### Comment:

See also, in particular, articles 1.3.001 - 1.3.003 and 1.3.031 Part 1 of the UCI Regulations (...)

## ARTICLE 7. TECHNICAL ASSISTANCE / FEEDING ZONES

- 7.1 In XCO races, one double-sided technical assistance / feeding zone will be organised.
- 7.2 The location of the technical assistance / feeding zones will be shown in the official race maps. Technical assistance / feeding zone passes will be distributed immediately after the Team Managers' Meeting.
- 7.3 A neutral technical assistance will be organised by VITTORIA.

## ARTICLE 8. AWARDS CEREMONIES

- 8.1 In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the three best riders of each category must attend the official awards ceremony, as well as any interviews organised.
- 8.2 Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.
- 8.3 Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

## ARTICLE 9. AWARDS AND PRIZE MONEY

- 9.1 Jersey and medals

Every European Championship medallist will be awarded with the following:

First place: Champion jersey and gold medal

Second place: silver medal

Third place: bronze medal

- 9.2 Prize money list (amounts in Euro):

XCO - Cross-Country ELITE Men/Women

First place: €625

Second place: €375

Third place: €250

Total: €1,250

## ARTICLE 10. ANTI-DOPING

- 10.1 The UCI anti-doping regulations are entirely applicable to the event. The anti-doping tests will take place at the anti-doping station located in the north of Olympiahalle.

Olympiapark München, Spiridon-Louis-Ring 21, 80809 Munich

GPS coordinates: 48° 10'31.7"N 11° 32'60.0"E

48.17546897922648, 11.550003726843933

- 10.2 The anti-doping controls will be under the responsibility of the National Anti-Doping Agency Germany (NADA). An official communiqué will be distributed by the appointed DCO.

## ARTICLE 11. PENALTIES

11.1 The UCI penalty scale is the only one applicable.

## ARTICLE 12. RESPONSIBILITIES

12.1 The organisers and UEC will not, under any circumstances, be liable to any accidents, damage or loss that occurs during training and competitions.

12.2 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.

MAPS  
VENUE MAP



**OLYMPIA-SCHWIMMHALLE –  
VENUE MTB**

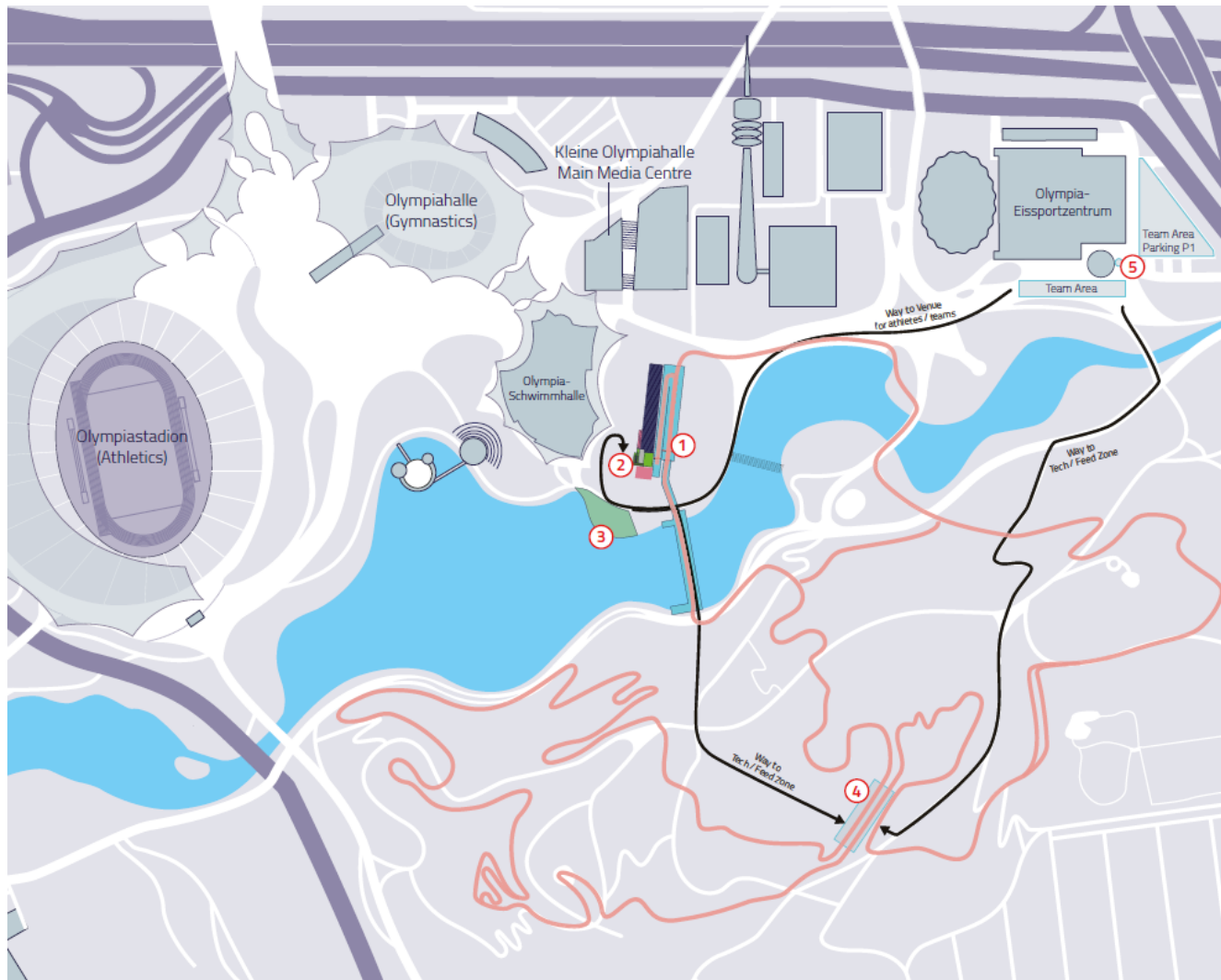
GPS: 48.173584650144214, 11.552645947298238

**LEGENDE**

1. Venue Entrance / Exit
2. Venue Entrance Wheelchair Users / Exit
3. Venue Entrance Athletes / Teams / Media / Staff
4. Grandstand
5. VIP + VIP Grandstand
6. Food & Drinks
7. Toilets
8. Offices
9. Media
10. Mixed Zone
11. Officials Lounge
12. Athletes Services / Athletes Lounge
13. Athletes Toilets
14. Athletes Preparation Area
15. Medical
16. MTB Start
17. Finish
18. Media & Coaches Line
19. Overall Athletes Lounge
20. Medal Ceremony
21. 80%-Zone
22. Commissaires Tent



OLYMPIAPARK MAP



**OLYMPIAPARK  
OVERVIEW**

**LEGENDE**

- 1. Start / Finish
- 2. Offices  
Athletes and Officials Lounges  
Mixed Zone  
Warm Up Area  
Riders Confirmation
- 3. Athletes Roof
- 4. Tech / Feed Zone
- 5. Sport-Info-Desk

MTB COURSE MAP



MTB CROSS-COUNTRY COURSE MAP



Length: 4.3 km  
Altitude: 157 m

- ① Uphill
- ② Downhill
- ③ Rockgarden
- ④ Stairs
- ⑤ Drop
- ⑥ Bridge
- ⑦ Watercrossing
- ⑧ Roots
- ⑨ Tech/Feedzone

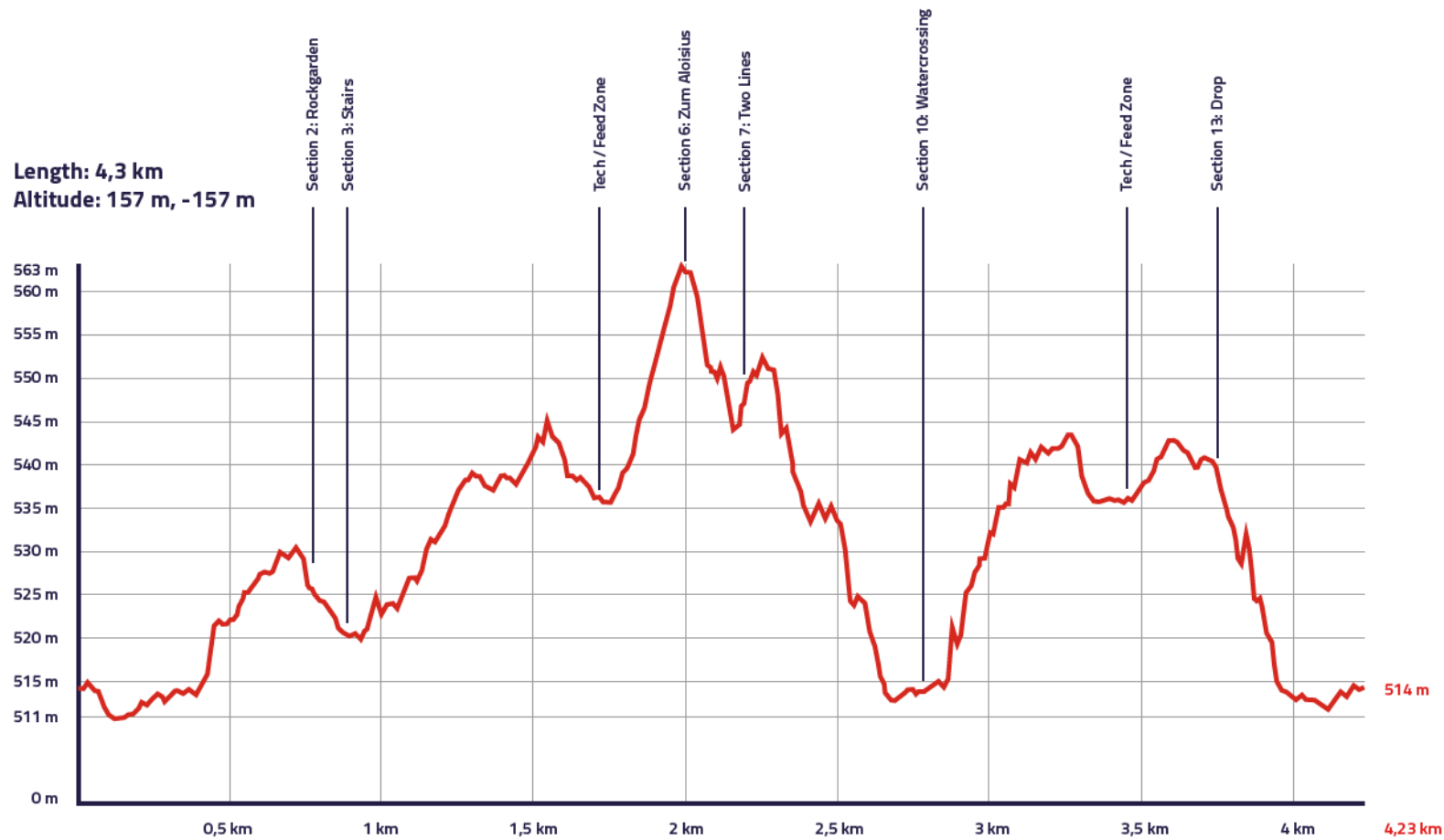
- |                        |                  |                        |                               |
|------------------------|------------------|------------------------|-------------------------------|
| ① Route '72            | ⑤ Olympia Climb  | ⑨ Munich 2022 Wallride | ⑬ S-Flow powered by Sparkasse |
| ② Gfreidi's Playground | ⑥ Zum Aloisius   | ⑩ Olympiasee Highway   | ⑭ Start / Finish              |
| ③ Gfreidi's Home       | ⑦ Winner's Wager | ⑪ Munich Mamba         | ⑮ Start Loop                  |
| ④ From Roots to Roofs  | ⑧ BMW iX Section | ⑫ Oktoberfest Feeling  |                               |

ALTITUDE PROFILE MAP




MTB CROSS-COUNTRY

ALTITUDE PROFILE



## NATIONS TEAM AREA MAP



### TEAM AREA / MTB

GPS: 48.174773420559475, 11.55879319361661

#### LEGENDE

1. Access:
  - ▶ Lerchenauerstraße
  - ▶ Spiridon-Louis-Ring
  - ▶ Team area Parking P1
2. MTB-Shuttle Service Team Hotel
3. Sport-Info-Desk tent

MEDICAL MAP



 **MTB CROSS-COUNTRY** MEDICAL MAP



- |                        |                  |                        |                                |
|------------------------|------------------|------------------------|--------------------------------|
| 1 Route '72            | 5 Olympia Climb  | 9 Munich 2022 Wallride | 13 S-Flow powered by Sparkasse |
| 2 Gfreidi's Playground | 6 Zum Aloisius   | 10 Olympiasee Highway  | 14 Start / Finish              |
| 3 Gfreidi's Home       | 7 Winner's Wager | 11 Munich Mamba        | 15 Start Loop                  |
| 4 From Roots to Roofs  | 8 BMW iX Section | 12 Oktoberfest Feeling |                                |

SECTION	MARSHAL	FIRST AID	COMMENT
Start / Finish	1		
	2		
Route '72	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
Gfreidi's Playground	11		
	12	x	
	13		
	14		
Gfreidi's Home	15		
	16		
	17		
From Roots to Roofs	18		
	19		
	20		
	21		
	22		Tech and Feedzone
	23	x	Doctor
Olympia Climb	24		
	25		

# MTB CROSS-COUNTRY MEDICAL MAP



SECTION	MARSHAL	FIRST AID	COMMENT
Zum Aloisius	26		
	27		
Winner's Wager	28	x	
	29		
BMW iX Section	30		
	31	x	
	32		
	34	x	
Munich2022 Wallride	35		
Olympiasee Highway	36		
	37		
Munich Mamba	38		
	39		
	40		
	42		Tech and Feedzone
Oktoberfest Feeling	43		
	44		
S-Flow powered by Sparkasse	45		
	46	x	
	47		
Start/ Finish	48		
	49		
	50	x	

- 1** Route '72
- 2** Gfreidi's Playground
- 3** Gfreidi's Home
- 4** From Roots to Roofs
- 5** Olympia Climb
- 6** Zum Aloisius
- 7** Winner's Wager
- 8** BMW iX Section
- 9** Munich 2022 Wallride
- 10** Olympiasee Highway
- 11** Munich Mamba
- 12** Oktoberfest Feeling
- 13** S-Flow powered by Sparkasse
- 14** Start / Finish
- 15** Start Loop



## THANK YOU TO OUR PARTNERS

### OFFICIAL PREMIUM PARTNERS



### FEDERATIONS

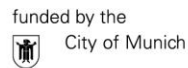


### HOST INSTITUTIONS

Funded by the



Funded by  
Bavarian State Ministry of the  
Interior, for Sport and Integration



funded by the  
City of Munich



### EUROPEAN CHAMPIONSHIPS MANAGEMENT



### BROADCAST

