

2023 TENNESSEE NATIONAL - TECH GUIDE

March 16-26, 2023, Windrock Bike Park, Oliver Springs TN

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SCHEDULE

Monday 13 - Thursday 23 / Windrock Bike Park Open to Public 10-5

Thursday 16 / Enduro Practice at Bike Park & Campground Trails

Friday 17 / Enduro Practice at Bike Park & Campground Trails

Saturday 18 / Enduro Race at Bike Park & Campground Trail

Sunday 19 / Enduro Race at Bike Park

Friday 24 - Sunday 26 / Bike Park Trails Closed to Public / Campground Trails Open to Public

Friday 24 - Sunday 26 / Downhill and XC Practice & Racing

THURSDAY 16 & FRIDAY 17

10:00 - 5:00 / Registration Open

10:00 - 5:00 / Enduro Practice

SATURDAY 18

9:00 / Enduro Start / Elite Men, U21 Men

9:20 / Enduro Start / Elite Women, UCI U21 Women

9:40 / Enduro Start / Masters 35+ Men, Masters 35+ Women, E-Bike Men Open, E-Bike Women Open

10:00 / Enduro Start / Sport Masters 35+ Men, Sport Masters 35+ Women, Sport U21 Men, Sport U21 Women

10:20 / Enduro Start / Sport Men Open, Sport Women Open

5:00 / Enduro Race Cut Off Time

SUNDAY 19

9:00 / Enduro Start / Elite Men, U21 Men

9:20 / Enduro Start / Elite Women, UCI U21 Women

9:40 / Enduro Start / Masters 35+ Men, Masters 35+ Women, E-Bike Men Open, E-Bike Women Open

10:00 / Enduro Start / Sport Masters 35+ Men, Sport Masters 35+ Women, Sport U21 Men, Sport U21 Women

10:20 / Enduro Start / Sport Men Open, Sport Women Open

4:00 / Enduro Race Cut Off Time

4:30 / Enduro Awards

DOWNHILL RACE - GROUP

A - UCI Elite Men, UCI Elite Women, UCI Cat 1 Men 17-18, UCI Cat 1 Women 17-18

B - Cat 1 Men, Cat 1 Women

C - Cat 2/3 Men, Cat 2/3 Women

*Start Order Based on UCI Ranking, Followed by USAC Rankings

THURSDAY 23

10:00 - 5:00 / Registration Open

10:00 - 5:00 / Downhill Track Walk

10:00 - 5:00 / Windrock Bike Park / Open - Limited Trail Access, Lift Tickets at Windrock General Store

FRIDAY 24

DOWNHILL

8:00 - 9:00 / Group A / Registration Center Open

9:30 - 11:30 / Group B / Registration Center Open

12:00 - 2:00 / Group C / Registration Center Open

9:00 - 11:30 / Group A / Practice

11:30 - 2:00 / Group B / Practice

2:00 - 4:30 / Group C / Practice

CROSS COUNTRY

10:00 - 5:00 / Registration Center Open

10:00 - 3:00 / XCO & XCC Race Track Open for Practice

3:30 - 3:50 / Short Track Race / Cat 1 Women Open

4:00 - 4:20 / Short Track Race / Cat 1 Men Open

4:30 - 4:50 / Short Track Race / UCI 19+ Women

5:00 - 5:20 / Short Track Race / UCI 19+ Men

XCC Awards

5:30 - 6:30 / XCO Race Track Open for Practice

FREESTYLE JAM

5:30 - 7:00 / Freestyle Jam at The Red Bull Ravine

SATURDAY 25

DOWNHILL

8:00 - 9:00 / Group B / Registration Center Open

9:30 - 11:30 / Group A & C / Registration Center Open

9:00 - 11:00 / Group B / Practice

11:00 - 1:00 / Group A / Practice

1:00 - 3:00 / Group C / Practice

3:30 / Group A & B / Seeding Run

YOUTH DOWNHILL

9:30 - 10:30 / Registration Center Open

10:30 - 12:30 / Youth Downhill Race Practice

1:00 / Youth Downhill Race Start

2:00 / Youth Downhill Awards

CROSS COUNTRY

8:00 - 12:00 / Registration Center Open

9:00 - 10:30 / Amateur Race / Cat 1/2/3

Amateur XC Awards 12:00

11:00 / UCI Elite Women 80-100 min

11:02 / UCI Junior Women 60-75 min

12:45 / UCI Junior Men 60-75 min

2:15 / UCI Elite Men 80-100 min

UCI XCO Awards

SUNDAY 26

8:00 / Downhill / Start Times Posted

8:00 - 9:00 / Group C / Practice

9:00 - 10:00 / Group B / Practice

10:00 - 11:00 / Group A / Practice

11:30 / Downhill / Race Start C/B/A

Downhill Awards

SPECTATOR

All spectators must have a wristband to leave the parking lots and enter the venue. Purchases can be made at the registration center. Wristband cost: Daily \$10, Full Event \$25, Children Under 15 free.

Spectators are able to access the venue and ride the shuttle truck to access all race tracks on foot. There is a trail for spectating next to the race tracks. Enduro trails are best accessed by walking Medic Access E1 or walking Medic Access E3.

DOWNHILL RULE BOOK

TIMING

Downhill racers will start at 30 second intervals. Start lists will be posted at the registration center on the morning of qualification runs and racing.

Zone 4 System - Chips on bike

TRACKS

All categories will compete on the same track.

Red flags indicate a down rider. Please stop on track.

Each rider must complete at least two training runs or they will be disqualified from the race.

SHUTTLES

You can only be on the shuttle and on the track during your practice block. Windrock Bike Park trails are closed. Parts of trails are used for Medic Access so please continue down the track if you are having mechanical issues.

RE-RUNS

There will be no race re-runs if a racer catches you or if you catch someone. Please announce your approach loudly and get out of the way if you're about to be passed. Yield to the racer that is catching you.

If you are stopped on track by a red flag, you will be issued a re-run.

USAC & UCI

You must have an active USAC license permitting you to race in the category you've registered for. No licenses will be sold onsite. Riders registered in a UCI category need to have an active / valid UCI ID at the time of the race in order to be eligible to collect International Ranking points. Points are not assigned retroactively if riders purchase the membership after a qualifier race. UCI IDs are valid for a calendar year. To request a UCI ID, email membership@usacycling.org with a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies.

[UCI Mountain Bike Rule Book](#)

[USAC Rule Book](#)

ANTI-DOPING

Under UCI and USAC C2 designation, USADA reserves the right to anti-doping. UCI ruling here, [UCI Anti-Doping](#).

UCI POINTS

C2 Downhill Elite 1st / 30 2nd / 20 3rd / 15 4th / 12 5th / 10 6th / 8 7th / 6 8th / 4 9th / 2 10th / 1

PAYOUT & PRIZING

Elite Men and Elite Women

1st \$500 2nd \$300 3rd \$200 4th \$150 5th \$107 6th \$97 7th \$86 8th \$75

ENDURO RULE BOOK

TIMING

Zone 4 System - Chips on bike

1 Minute Intervals

TRACKS

All Stages are closed Monday, March 13 - Wednesday, March 15

Sport categories will compete on stages 1-3 Day 1 and 5-7 Day 2 NO STAGE 4

Elite & U21 & Masters categories will compete on all stages

SHUTTLES

Competitors must use the provided shuttle system and under the designated open practice schedule. After hours shuttles are not allowed. Pedaling on the Windrock Bike Park Shuttle Road is not permitted. Outside assistance on transfer stages is not permitted.

EQUIPMENT

Competitors are allowed to return to the venue during competition. Bike changes are not allowed during the race. Wheels and parts are allowed to change.

SAFETY

If you come across a down rider, check their condition. If they need help, stay with the rider and stop the next rider on track, one rider goes to the next marshal post to radio for a medic. Riders responding will be issued a re-run.

PAYOUT & PRIZING

Elite Men and Elite Women

1st \$500 2nd \$300 3rd \$200 4th \$150 5th \$100

CROSS-COUNTRY RULE BOOK

TIMING

Sport Ident System - Chips on Number Plate

XCO/XCC COURSE INFO

The course will be open for pre-riding the week of the event. To access course pre-riding and XC trails, you must purchase an XC permit from the Windrock General Store. You do not need to purchase a permit for riding Friday and Saturday as trail access comes with event entry.

The number of laps on the XCO course will be as follows: 5 UCI Elite & Junior Men, 4 UCI Elite & Junior Women, 3 Amateur (Cat 1,2,3).

For the UCI categories in XCC race, any rider whose time being 80% slower than that of the race leader's first lap is pulled out of the race. They are required to leave the race at the end of their lap in the zone provided for the purpose (the "80% zone") except when the rider is on his final lap. The XCO race will not utilize this 80% rule.

STAGING & STARTING ORDER

All riders must report to the staging area 15 minutes prior to the start of their race. Riders should stage at the back of the start grid and await instruction from officials. USAC races will be staged by USAC ranking, then by date/time of registration. UCI races will be staged in order of the most current UCI MTB XCO individual classification of the current season, then unclassified riders by random draw established by the commissaires.

UCI

Riders need to have a valid UCI ID at the time of the race in order to be eligible to collect International Ranking points. Points are not assigned retroactively if riders purchase the membership after a qualifier race. UCI IDs are valid for a calendar year. To obtain a UCI ID, click [here](#). To request a UCI ID, email membership@usacycling.org with a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies.

All other races are governed under the Rules and Regulations set forth by USA Cycling. All Racers must have a valid USA Cycling license and must sign the associated release form.

ANTI-DOPING

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UCI POINTS

C2 XCO Elite 1st / 30 2nd / 20 3rd / 15 4th / 12 5th / 10 6th / 8 7th / 6 8th / 4 9th / 2 10th / 1

C2 XCO Junior 1st / 20 2nd / 18 3rd / 16 4th / 14 5th / 12 6th / 10 7th / 8 8th / 6 9th / 4 10th / 2

C3 XCC Elite 1st / 10 2nd / 6 3rd / 4 4th / 2 5th / 1

PAYOUT & PRIZING

Elite XCO 1st / \$268 2nd / \$214 3rd / \$161 4th / \$134 5th / \$107 6th / \$97 7th / \$86 8th / \$75 9th / \$65 10th / \$54

Junior XCO 1st / \$86 2nd / \$70 3rd / \$54 4th / \$33 5th / \$27

Elite XCC 1st / \$214 2nd / \$161 3rd / \$107 4th / \$81 5th / \$54

EVENT TEAM

Production Director - Sean Leader / Event Coordinator - Rachel Kelleher / Event Director - Clay Harper

Volunteer & Staffing Director - Lisa Mueller / Medical Director - Glenn Jackson