



TECHNICAL GUIDE – COPA CATALANA INTERNACIONAL VALLNORD PAL ARINSAL XCO & DHI

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1. PROGRAM

XCO VALLNORD PAL ARINSAL

WORLD CUP TRACK / PAL ESTACIÓ

SATURDAY, September 11th

- 09.30h a 12.15h Official XCO training
 - 12:30h 1st Start: CADET, MASTER 40, MASTER 50/60, WM JUNIOR, WM CADET, WM M-30/40
 - 14.00h 1st Race Ceremony Awards
 - 14:30h 2nd Start Women ELIT-S23, JUNIOR, MASTER 30
 - 16.45h 3th Start ELIT-S23
 - 18.00h Ceremony Awards
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DHI VALLNORD PAL ARINSAL

NEW DHI TRACK

SATURDAY, September 11 th- OFFICIAL DHI TRAININGS

09.00h – 12.00h BIB NUMBER PICK UP

10.00h – 14.00h OFFICIAL TRAININGS

10.00-12.00h OFFICIAL GROUP B TRAINING (GREEN BIB)

12.00-14.00H OFFICIAL GROUP A TRAINING (YELLOW BIB)

15.00h – 17.00h OFFICIAL TRAININGS

15.00h-16.00h OFFICIAL GROUP B TRAINING (GREEN BIB)

16.00h-17.00h OFFICIAL GROUP A TRAINING (YELLOW BIB)

SUNDAY, September 12 th- On Foot Downhill Course Inspection >>> Riders / Teams

9.00h – 10.00h

10.30h 1st ROUND

12.30h 2nd ROUND (aprox.)

Followed by AWARDS CEREMONY

2. UCI XCO CLASS 1

- Once again, Vallnord Pal Arinsal is hosting a test of the Continental Super Cup Massi, a test in the UCI class 1 calendar. Also the Andorran Championship and scoring points for the Catalan International BTT Cup.
- The route will be the traditional one of the XCO World Cup of past editions of 4km and 250m positive / lap difference. This year, however, it will have some small modifications that will integrate the route in the Caubella area, where the pump truck will be used.
- The start and finish will be in front of the Planell building, next to the children's inflatable area.
- XCO Race Office will be just next to the start and finish line. Picking up bib numbers or registrations. Money prizes will be paid in customer suport.

Ranking / Classement	Class 1 / Classement		
	XC		
	M&W / H&F Elite	M&W / H&F U23	M&W / H&F Juniors
1st / 1er	600 €	260 €	130 €
2nd / 2ème	500 €	210 €	100 €
3rd / 3ème	400 €	180 €	80 €
4th / 4ème	300 €	100 €	65 €
5th / 5ème	250 €	65 €	55 €
6th / 6ème	200 €	50 €	45 €
7th / 7ème	150 €	30 €	40 €
8th / 8ème	125 €	30 €	30 €
9th / 9ème	100 €	20 €	25 €
10th / 10ème	50 €	10 €	20 €
Total	2'675 €	930 €	590 €

MEDICAL SERVICE:

Saturday, September 11 th – XCO Staff

- 1 Ambulance SVB from 9:30h to 18:00h
- 1 Ambulance SVA (doctor included) from 12:00h to 18:00h

3. UCI DHI CLASS 1

- Descent will test the new circuit of World cup 2022. A first pilot test of what will be a spectacular descent in a new location at the station. Scoring event for the Catalan BTT DH Cup and Andorra Cup Championship.
- The route will be approximately 2.5 km long and about 750 m high. Just on the arrival, takes the Cubil chairlift, which leaves right at the starting point. At the top of the Cubil at 2364mts. So it will be necessary to equip properly according to the weather.
- Race Office will be next to the finish line, that take place in the start of Cubil chairlift.
- The ceremony awards will be next to the DHI Race Office, Cubil chairlift and there will be even the reception of Money prizes winners from 13.00 to 14.00.

Ranking / Classement	e 1
	DHI
	M&W / H&F
1st / 1er	600 €
2nd / 2ème	500 €
3rd / 3ème	400 €
4th / 4ème	300 €
5th / 5ème	250 €
6th / 6ème	200 €
7th / 7ème	150 €
8th / 8ème	125 €
9th / 9ème	
10th / 10ème	
Total	2'525 €

MEDICAL SERVICE:

SATURDAY, September 11th – DHI STAFF

- 1 SVB 4x4 from 11:00h to 17:00h
- 1 SVA (doctor included) from 11:00h to 17:00h

SUNDAY, September 12th – DHI STAFF

- SVB 4x4 from 8:45h to 13:30h
- SVA (doctor included) from 8:45h to 13:30h

Nearest hospital:

HOSPITAL NOSTRA SENYORA DE MERITXELL

Escaldes – Engordany, AD700 //. Tel. 00376 871 000

- Stage 8x4m
- Marshalls/volunteers (equipation:long sleeve wear)

4. MAPS:



5. COVID MEASURES

PROTECTION MEASURES TO PREVENT COVID-19 IN COPA CATALANA INTERNACIONAL VALLNORD – XCO & DHI

The Catalan International Cup is governed by the regulations of the International Cycling Union, which delegates its adaptations to local competitions. The guidelines imposed by the Catalan Cycling Federation are followed at all times.

GENERAL MASURES:

- It is mandatory to wear a mask at all times while not competing. Also for technicians, mechanics and companions. Runners must enter to the box with a mask and they will be able to remove it 30 seconds before the start.

- The organization will put **HYDROALCOHOLIC GEL** to wash your hands often in all areas of customer service.
- The **interpersonal space of at least 1.5 m** must be respected at all times, and in queuing areas, the organization will indicate separation lines to ensure this distance.
- Will not be showers. It will be **WC's** with capacity control and staff attending its for the constant disinfection of space.

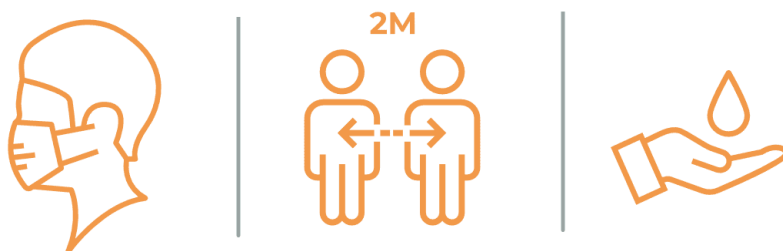
MESURES ESPECÍFIQUES PEL PARTICIPANT:

- When the runner has to pick up the bib, the temperature will be taken first and all those who do not exceed 37.3º will be identified with a bracelet. It must be accessed individually.
- Before the day of the test, you must have accepted the **PERSONAL RESPONSIBILITY** document for NOT having had symptoms associated with COVID in the last 15 days. Without acceptance, bib numbers will not be accepted.
- **The Feed Zones** will be limited as much as possible and the essentials will be arranged so that the runner can access them individually and without handling the drinks / food.
- The technical areas will be with restricted access to adults and with a federal competition license, technical or mechanical, and duly accredited with the bracelet to prove that the temperature control has been passed. To ensure good traceability in the event of infection, you must have previously registered.
- **Equipment tents of a maximum of 6x6m + 1 vehicle can be set up.** We recommend that only runners who are warming up and mechanics be inside the team tent.
- The winning cyclists will have to access the podium alone, without companions or relatives and will have to do it with a mask. They can only be removed for a few seconds once on the podium, to take the official photo. Team prizes will be collected by the team director and with the same precautions as the runners. Greetings and congratulations on the podium with the traditional handshake are prohibited.
- It is forbidden to spit or sneeze during the race and especially in the starting areas. It is a worrying habit that causes a very fast infection.

NOTE: In case of accident, the control staff must not touch the runners and should continue to maintain a safe distance from the injured person.

The control staff will have to prevent the runner coming behind the accident and protect the injured runner. In the meantime, you will need to ask the Director of Controls for support and assess whether you need to turn on the organization's medical help.

The Organization will assign a person to control the measures and to manage event security all time.



6. TRACK

