



ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΠΟΔΗΛΑΣΙΑΣ • ΟΛΥΜΠΙΑΚΟ ΠΟΔΗΛΑΤΟΔΡΟΜΙΟ ΑΘΗΝΩΝ
Λ. Σπύρου Λούη, 151 23 Μαρούσι, Αθήνα, τηλ. 210 6859788, φαξ: 210 6859739
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HELLENIC CYCLING FEDERATION • OLYMPIC ATHENS VELODROME
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MTB XCC Larissa C3 Race 2022 **27 November 2022**

1. General Information

Larissa is the capital and largest city of the Thessaly region in Greece. It is the fifth-most populous city in Greece with a population of 144,651 according to the 2011 census. It is also capital of the Larissa regional unit. It is a principal agricultural centre and a national transport hub, linked by road and rail with the port of Volos, the cities of Thessaloniki and Athens. The municipality of Larissa has 162,591 inhabitants, while the regional unit of Larissa reached a population of 284,325 (in 2011).

Legend has it that Achilles was born here. Hippocrates, the "Father of Medicine", died here. Today, Larissa is an important commercial, transportation, educational, agricultural and industrial centre of Greece.



Geographically, Larissa is located in the middle of Greece. There are a number of highways including E75 and the main railway from Athens to Thessaloniki (Salonika) crossing through Thessaly. The region is directly linked to the rest of Europe through the International Airport of Central Greece located in Nea Anchialos a short distance from Larissa (about 60 km). Larissa lies on the river Pineios. The municipality of Larissa has an area of 335.98 km², the municipal unit Larissa has an area of 122.586 km², and the community Larissa has an area of 88.167 km².



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2. Rules

1. The race **MTB XCC Larissa C3 Race 2022** is organized under the rules of the UCI, and the specific rules are mentioned in this guide. Organizer is the Hellenic Cycling Federation in cooperation with the cycling club "PGS Larissas", the Larissa Municipality & the Administrative region of Thessaly, in Mezourlos grove ("Alsos Mezourlou") ([link](#)).

2. Class – Categories

For the **MTB XCC Larissa C3 Race 2022** the following categories are allowed:
Men/Women Elite.

3. UCI Points Scale

Men/Women Elite category will receive points according to the UCI XCO – C3

Points C3 MEN/WOMEN ELITE									
Place	1	2	3	4	5				
Points	10	6	4	2	1				

4. Prize List

Men/Women Elite category will receive prize money according to the UCI XCO C3 (Europe 2).

Prize Money (Europe 2) for MEN/WOMEN Elite					
Place	1	2	3	4	5
Prize Money	140	105	70	55	35

5. Schedule

Saturday 26/11/2022

14.00 – 16.00 Course open for recognition / training.

Sunday 27/11/2022

10.30 – 13.00 XCC Local Races.

13.15 **XCC Races**

14.00 Awards Ceremony near start/finish area





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6. Registration Procedure

The participants can register by sending the Entry Form to the E-mail below:

Email: pgslarissas@gmail.com

Registration of the riders (with distribution of Race number plates) can only be done at the Registration office which will be at the race place, next to the start line starting from 09.00 on the race day.

Please note that training will not be authorized without a number plate.
The Registration office will be located at the place of the race.

7. Entry fees

Entry fee is set to 30,- euros.

Participants can pay the entry fee directly to the following Hellenic Cycling Federation bank account:

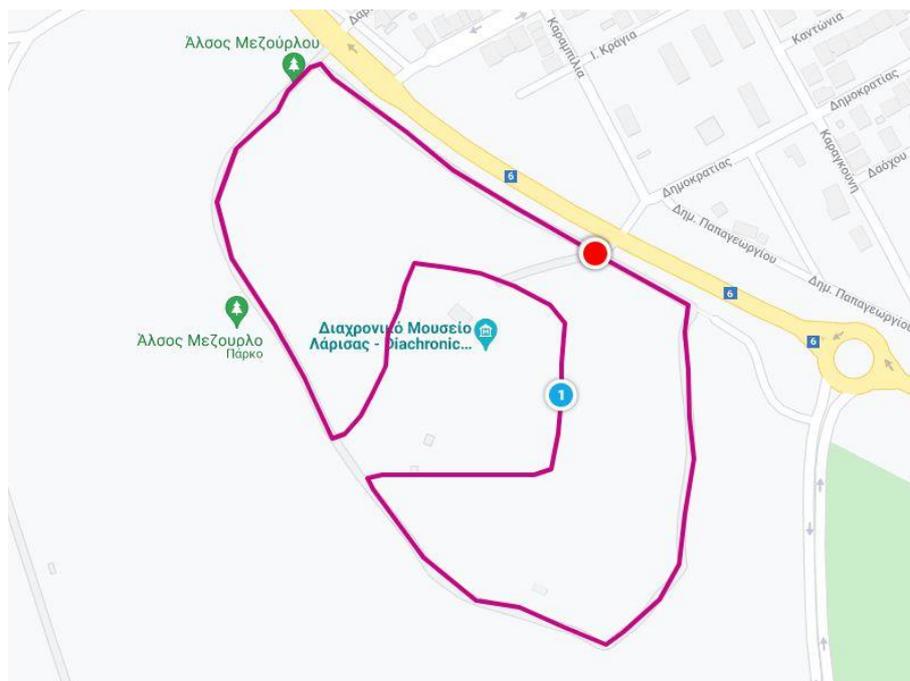
Bank name: EUROBANK

IBAN: GR580260153000020200654714

Swift code: ERBKGRAA

8. Race venue

The race venue is located in Larissa city Municipality, in Mezourlos grove ("Alsos Mezourlou").





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9. Route Description

The race has the starting and finishing lines in Mezourlos area and runs along paths and forest roads.

10. Medical

Throughout the event there will be a rescue team available at many points and in full communication for quick recovery. There will also be a doctor and an ambulance.

11. Starting Procedure (according to Health Protocol)

Riders will be called in the Staging Area 20 minutes before the scheduled start time of the race.

Staging will begin 15 minutes before the scheduled start time of the race.

The rider him/herself can decide his/her position on the line. 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 Start Commissaire using the following procedure: Announcements at 3, 2, 1 minute and 30 seconds before the start, then a final announcement that the start will be given within the next 15 seconds. A starting pistol, whistle or horn will be used to give the start.

The Start Commissaire will be in sole control of the public address system from three minutes before the start until the start has been given.

12. Feed / Technical Assistance

Technical assistance during the race is permitted subject to the conditions below:

Authorized technical assistance during a race consists of repairs 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.

Technical assistance shall only be given in the Feed/Technical assistance zones. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance. Small items such as an inner tube or a small tool may be handed up from the Feed/Technical assistance zones.

All people inside the Feed/Technical assistance zone must have on them in a visible place a Feed/Technical Assistance zone pass. People without a pass will be removed from the Feed/Technical Assistance zone. Passes will be handed during the Team Managers' meeting under the supervision of the President of the Commissaries panel (1 pass for every 3 riders for each Feed/Technical Assistance zone).





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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 MTB team or of the same national team (if riders are registered in the race as part of the National team).

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

Any changes to UCI regulations regarding Feed/Technical assistance will be applied to the above.

13. Hospital

The on-duty hospital at 27.11.2022 will be the General Hospital of Larissa and it is located at a distance of 5 km from the race area.

14. Contact

Organizer is the Hellenic Cycling Federation in cooperation with the cycling club "PGS Larissas", the Larissa Municipality & the Administrative region of Thessaly.

For more information, call the organizers: 6944053711 (Tsilikis Zafeiris) and 6944551118 (Tsopouroglou Savvas)

15. Commissaires Panel

PCP Commissaire appointed by UCI is Mr KONSTANTOPOULOS Dimitrios (GRE). The Hellenic Cycling Federation is responsible for the composition of the commissaries' panel.

16. General Information

Riders, who are National Champions, should wear their National Champion Jersey.

Riders should attend the Award Ceremonies wearing their team Jersey.

Any participant may be subjected to an anti-doping control following the UCI regulations.

All participants should be respectful of other cyclists, commissars, members of the organization, journalists and spectators

All riders should mark their energy gels/bars with their race number. At the start line there will be a random control. It is not permitted to enter the start box with non-marked gels/bars

Riders should throw any waste (bottles, gels etc) only at the Feed/ Technical Zones

All riders and support members should comply with the health protocol in force during the races

For more information, call the organizers: 6944053711 (Tsilikis Zafeiris) and 6944551118 (Tsopouroglou Savvas)

The organizers

