

**VALGA PUU ESTONIAN GRAVEL CHAMPIONSHIPS 2024**  
**LATVIAN GRAVEL CHAMPIONSHIPS 2024**  
**NORDIC GRAVEL CHAMPIONSHIPS 2024**

**TECHNICAL GUIDE**

**1. ORGANIZATION**

The competition is organized in cooperation with the NGO Livonia Cycling Club, the NGO Pro Cyclists Club from Estonia and the Latvian Mountainbike Federation. Also, in cooperation with the Estonian Cyclists Union (EJL) and Latvian Cycling Federation. The races will be conducted under the UCI GRAVEL regulations, the EJL competition rules and the Estonian Cup Cycling Marathon Series 2024 season guide.

**2. TIME AND PLACE**

The race will take place on **08.06.2024** in Valga County, Jaanikese Motocentre ([location](#)). The race route will be on the territory of Estonia, passing through the municipalities of Valga and Tõrva and also on the territory of the municipality of Valka on the Latvian side.

**3. PARTICIPANTS**

Only riders with a valid license have the right to participate in the Estonian, Latvian and Nordic Championships. Championships will be held for the following age groups:

<b>Men's GP distance</b>	<b>at 12:00 / start corridor I / max 100 persons</b>
ME 2005 and earlier	blue numbers
<b>Men's GP distance</b>	<b>at 12:00 / start corridor II / max 100 persons</b>
M19-34 / 2005-1990	blue numbers
M35-39 / 1989-1985	blue numbers
M40-44 / 1984-1980	blue numbers
<b>Men's GP distance</b>	<b>at 12:00 / start corridor III / max 100 persons</b>
M45-49 / 1979-1975	blue numbers
M50-54 / 1974-1970	blue numbers
M55-59 / 1969-1965	blue numbers

<b>Women's GP distance</b>	<b>at 12:10 / start corridor I / max 100 persons</b>
WE 2005 and earlier	pink numbers
W19-34 / 2005-1990	pink numbers

## Estonia – Latvia

W35-39 / 1989-1985 pink numbers

W40-44 / 1984-1980 pink numbers

**Half Marathon distance at 12:40 / start corridor I / max 100 persons**

M65-69 / 1959-1955 blue numbers

W60-64 / 1964-1960 pink numbers

W65-69 / 1959-1955 pink numbers

**Marathon distance at 13:10 / start corridor I / max 100 persons**

M60-64 / 1964-1960 blue numbers

W45-49 / 1979-1975 pink numbers

W50-54 / 1974-1970 pink numbers

W55-59 / 1969-1965 pink numbers

**4. REGISTRATION**

Participant registration for Estonian, Latvian and Nordic championships occurs on various websites.



For Latvians registration will be made on <https://velo.lv/>.



For Estonians and other Nordic countries, registration will be made at <https://iseteenindus.ejl.ee/en/register>.

If a licensed participant is already registered for the Estonian Cup series they will automatically be added to the Estonian championships or Nordic championships or both participants lists depending on their nationality.

**The registration closes two working days before the start on 05.06.2024 at 24.00.**

License checks will be performed at the Race Secretariat using a pre-assigned form.

NOTE: Competitors who are correctly pre-registered and whose absence has not been notified to the Secretary-General by the team representative at the time of final confirmation of the starters will be entered in the official list of starters. In accordance with UCI CR art.1.2.055, a competitor on the official start list will be fined for not starting.

**5. REGISTRATION FEE**

	<b>Until 29.05.24</b>	<b>Until 05.06.24</b>
GP and Marathon distance	30€	35€
Half Marathon distance	25€	30€

## 6. COMPETITION CENTRE

The Competition Centre will be open at the start area on 08.06.2024 from 09:00-18:00. The representatives of the teams will be able to pick up the numbers and starting materials from the secretariat on 08.06 at 9:00-10:30.

## 7. SCHEDULE

### Saturday, 08.06.2024

09:00-10:30 Issuing of starting materials at the Competition Centre

09:00-10:00 Final confirmation of starters

10:00 Meeting of the representatives of the teams with the members of the Commissaire's Panel in the Competition Centre

12:00 start of the Championships GP distance Men 130,6 km (2 laps x 65,3 km)

12:10 start of the Championship GP distance Women 130,6 km (2 laps x 65,3 km)

12:40 start of the Championships Half Marathon distance 28,7 km (1 lap x 28,7 km)

13:00 start of the Championships Marathon distance 65,3 km (1lap x 65,3 km)

### Solar Wheel 2. Valga/Valka award ceremonies

14:30 Half Marathon age group awards ceremony

15:30 Marathon age group awards ceremony

16:30 GP age group awards ceremony

### GRAVEL Championships award ceremonies (Estonian, Latvian and Nordic)

17:00 Senior age groups

17:20 Elite age groups

19:00 Closing of the Competition Centre

## 8. COURSE

- The GP distance of the competition is 130,6 km long, which consists of 2 (two) 65,3 km laps.
- The Half Marathon distance is 28,7 km long, which consists of 1 (one) lap.
- The Marathon of the competition is 65,3km long, which consists of 1 (one) 65,3 km lap.

The course will be marked no later than 31.05.2024. The course will be available as a gpx file from 15.04. until the day of the race.

The course map will be available from 15.04 on the website of the Estonian Cup Cycling Marathon Series <https://estoniancup.ee/> and Latvian Cycling Marathon's Series <https://velo.lv/> and the EJJ website <https://www.ejl.ee/>

## 9. STARTING ARRANGEMENTS

The starting order will be based on the UCI MTB XCO/XCM running ranking and the 2023 MTB gravel Estonian Championship ranking. Separate corridors will be set up for the participants of the Estonian, Latvian and Nordic Championships, which will be located in the first part of the start corridors.

## 10. TIMELIMIT

The time limit is 7 hours, the finish will close at 19:00.

## 11. AWARD CEREMONY

### Nordic Championships

The cyclist who has come first in the Nordic Championships age groups will be awarded the title of Nordic Champion 2024 and will be awarded with a gold medal. The cyclists who come second and third will be awarded with silver and bronze medals.

### Estonian championships

The cyclist who has come first in the Estonian Championships age groups will be awarded the title of Estonian Champion 2024 and will be awarded with a gold medal and a diploma. The Estonian champions of the ME and WE classes will also be awarded with the championship jersey according to the EJC competition rules. The cyclists who come second and third will be awarded silver and bronze medals and diplomas.

### Latvian Championships

The cyclist who has come first in the Latvian Championships age groups will be awarded the title of Latvian Champion 2024 and will be awarded with a gold medal, jersey and diploma. The cyclists who come second and third will be awarded silver and bronze medals and diplomas.

The award ceremony will take place on 08.06 starting at 17:00.

### GRAVEL Championships award ceremonies (Estonian, Latvian and Nordic)

17:00 Senior age groups

17:20 Elite age groups

## 12. TECHNICAL ASSISTANCE AND CATERING

Competitors are allowed to use catering/technical service points.

Teams/helpers can serve food/drinks and can give mechanical support in technical/catering zones. The organizer also has a table with food and drinks.

Handing out food and drinks outside these zones means disqualification. Changing wheels and giving technical assistance outside these zones also means disqualification.

The zones always start with a first part for helpers and end with a table with food/drinks from the organisation. You have to stop yourself to take something from the organiser!

## 13. MEDICAL ASSISTANCE

Medical assistance will be provided at the designated service points and at the start and finish of the race.

#### 14. PROTESTS, PENALTIES

A written protest may be lodged in order to settle any misunderstandings that may arise during the competition. Protests will be accepted up to 30 minutes after the winner has finished. The deposit for a written protest is 50€. Penalties will be applied in accordance with UCI regulations.

All matters not specified in the regulations will be settled by the Commissaire's Panel in accordance with UCI regulations. If the protest is satisfied, the deposit will be returned to the protesting party.

#### 15. ANTI-DOPING

The Championships are subject to the UCI and Estonian anti-doping rules, and SA Eesti Antidoping has the right to conduct doping controls among all participants. For further information, please visit: [www.eadse.ee](http://www.eadse.ee).

All registered athletes must be prepared for doping control. Refusal or avoidance of a doping control shall be considered a doping rule violation. The athlete is obliged to respect the rules of fair play, the rules against manipulation of sporting events and the rules of sports security.

#### 16. OTHER INFORMATION

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