



**2006 Mid-Atlantic Cyclocross Series
Technical Guide**

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Part 1 – Overview

1.0 Introduction

This Technical Guide encompasses the guidelines, rules, and regulations for the Mid-Atlantic Cyclocross Series (the MAC Series). It may be made available in whole or in part to cyclocross organizers nationwide to assist in the continued growth and promotion of cyclocross in the Mid-Atlantic region and across the U.S. For MAC Series organizers (the Organizer), the information and regulations contained herein are requirements for inclusion in the MAC Series; for non-Series organizers they are suggestions for organizing a successful event.

2.0 MAC Series Contacts

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3.0 MAC Series Goal

The goal of the MAC Series is to further develop cyclocross in the Mid-Atlantic region through the organization of national caliber races with grassroots involvement.

Part 2 – MAC Series Organizer Requirements & Guidelines

1.0 MAC Series Fee and Benefits

The fee for inclusion in the 2006 MAC Series is \$200. The fee includes, but is not limited to, promotional efforts by MAC support staff and is used for marketing, organizational, and infrastructure purchases. There is a \$75 fee for the MAC equipment. Note: Individual organizers are responsible for the logistics and transportation of the MAC equipment.

The benefits of being a MAC Series event are:

- 1.1 Usage of UCI Compliant Course Equipment such as course stakes, wooden barriers, course crossings, Start/Finish Banners, Series Sponsor Banners
- 1.2 Weekly Press Releases
- 1.3 Advertising Opportunities
- 1.4 Web Site Construction and Hosting
- 1.5 Increased Rider Turnout (200+ riders)
- 1.6 Increased Rider Quality and Profile
- 1.7 Increased Event Cachet - Being part of the Series will increase your ability to sell your individual race to local sponsors.
- 1.8 Increased Event Coverage through Local, Regional, National and International Media
- 1.9 Overall Individual and Team Series Standings and Awards
- 1.10 Promotional Support/Assistance/Ideas from the Community of Experienced Series Organizers

2.0 Responsibilities of the MAC Series

The MAC Series is responsible for providing the following to the MAC Series Organizers and individual racers:

- 2.1 Provide MAC Series Leaders' Jerseys
- 2.2 Provide awards to MAC Series overall winners
- 2.3 Provide overall MAC Series rankings
- 2.4 Provide Start/Finish area setup, including banners and PA system with music.
- 2.5 Provide a finish podium with a backdrop with MAC Series sponsors logos
- 2.6 Provide MAC Series standings prior to each weekends events
- 2.7 Administer the placing of MAC Series ads in targeted media

- 2.8 Attempt to secure MAC Series sponsorship
- 2.9 Create and maintain a MAC Series web site including schedule, rankings, links, and content
- 2.10 Provide media coordination and assistance
- 2.11 Provide technical coordination and assistance
- 2.12 Provide registration coordination and assistance
- 2.13 Provide results coordination and assistance
- 2.14 Post same-day results on the MABSBS List Server

3.0 Responsibilities of the MAC Series Organizers

- 3.1 Obtain and complete a USAC permit by the appropriate deadline.
- 3.2 Secure a venue. Every effort should be made to include indoor facilities for registration, bathrooms, showers, changing rooms and a water source.
- 3.3 The venue must have sufficient parking. Parking areas must be clearly identified.
- 3.4 Secure event sponsorship (if needed).
- 3.5 Provide prize list per required “Individual Prize Minimums”. See Part 3, section 2.0.
- 3.6 Provide the following to the MAC Series Media Director by September 1, 2006:
 - 3.6.2 Name(s) of local DAILY newspapers
 - 3.6.3 Name(s) of any local WEEKLY publication
 - 3.6.4 Addresses of any local General-Interest, Community or Government Websites
 - 3.6.5 Channel and location of local Broadcast TV stations
 - 3.6.6 Call letters from any local AM or FM radio stations
- 3.7 Place an event advertisement in cycling and local media referencing the MAC Series.
- 3.8 Provide or contract with a service that provides quick, complete results with finish times on-site.
- 3.9 Provide results electronically, in the proper format, to the MAC Series Media Director, the MAC Series Results Coordinator, USAC and the UCI (if necessary) immediately after finalizing results.
- 3.10 If necessary, coordinate the logistics, including transportation, of the MAC equipment with other MAC Series organizers.

4.0 Race Registration

- 4.1 Organizers are required to utilize online registration through www.bikereg.com and provide pre-completed release forms for on-line registrants on race day. Events must be posted on www.bikereg.com no later than August 15, 2006.

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- 4.2 Online registration must close no later than 12:00 PM on the Thursday prior to following weekend's events.
- 4.3 Race-day Registration must be available to racers by no later than 8:00 am.
- 4.4 If possible, Registration should be in an enclosed facility with available electricity.
- 4.5 Registration must have sufficient and competent personnel on hand to expedite racer registration.
- 4.6 Organizers are required to advertise and collect a \$10 same-day registration fee.
- 4.7 Organizers are required to advertise that same-day registration and number pick-up closes 45 minutes prior to each event.
- 4.8 Refunds of registration fees (pre-registration or same-day) are at the discretion of the Organizer.

5.0 Series Schedule

Race #1	Granogue Cross	Saturday, October 21
Race #2	Wissahickon Cross	Sunday, October 22
Race #3	Beacon Cross	Saturday, October 28
Race #4	Lower Allen Twp Cross	Saturday, November 11
Race #5	Highland Park Cross	Sunday, November 12
Race #6	Guy's Cross	Saturday, November 18
Race #7	EVO Cross	Sunday, November 19
Race #8	Capital Cross Classic	Sunday, December 3

6.0 Race Start Times

Start Time	Category	Duration
10:00 a.m.	C-Men, B-Masters 35+, Master Men 55+	40 minutes
10:02 a.m.	U19 Juniors, B Women	40 minutes
11:00 a.m.	B-Men	45 minutes
12:15 a.m.	Elite Master Men 35+/45+	45 minutes
1:30 p.m.	Elite Women, U23 Women & Master Women 35+	40 minutes
2:30 p.m.	Elite Men & U23 Men	60 minutes

7.0 Entry Fees

Category	Non-UCI Fee	UCI Fee
U19 Juniors	\$10	\$10
C-Men, B Women, B-Master Men 35+, Master Men 55+	\$25	\$25
B-Men	\$25	\$25
Elite Master Men 35+/45+	\$25	\$25
Elite Women, U23 Women & Master Women 35+	\$25	\$30
Elite Men & U23 Men	\$25	\$30

8.0 Course and Pit Area Guidelines

8.1 Course Guidelines

The following Course Guidelines represent the minimum requirements for inclusion in the MAC Series. For MAC Series races with UCI status, the UCI course guidelines may supersede these requirements.

- 8.1.1 A Cyclocross course shall include road, country and forest paths and meadowland, alternating in such a way as to ensure changes in the pace of the race and allowing riders to recuperate after difficult sections.
- 8.1.2 The course shall be usable in all circumstances, whatever the weather conditions.
- 8.1.3 Before the start of each race, the organizer, or one of his crew members, must check the condition of the course and carry out any repairs required.
- 8.1.4 In the event of wintry weather, the start/finish area must be kept free of ice and snow.
- 8.1.5 The course must be open for inspection and warm-up for at least 15 minutes prior to each race.
- 8.1.6 From the start of the race onwards, the course may not be ridden by anyone other than the riders in the race. Riders found warming up on the course during another race may face disqualification.
- 8.1.7 The organizer must provide crossing points for spectators on the course. Crossing points shall be placed in areas where the oncoming course is visible. If at all possible, the crossings should be marshaled.
- 8.1.8 The course must have a width of at least 10 feet throughout and clearly marked on both sides with course marking tape, fencing or flagging.
- 8.1.9 Course marking tape must be placed around structures (course stakes, trees, posts, etc.) in such a way that the tape is always on

- the inside of the structure; thus eliminating the potential danger of a racer “riding the tape” into the structure. This is especially important when wrapping course marking tape around trees.
- 8.1.10 An assembly area for starters (call-up zone) shall be provided and marked off with course marking tape behind the start line.
 - 8.1.11 Eight lanes with a width of 2’ – 6” and a length of at least 6’ – 0” shall be marked out on the ground at right angles to the start line in order to facilitate organizing the riders into starting order.
 - 8.1.12 The start section must be on firm ground and preferably on surfaced road. It must have a width of at least 20’ – 0”. It must be as straight as possible and not include any descent. The first narrowing or obstacle after the start section must not be abrupt; it must be such as to allow all the riders to pass easily. The first corner must be greater than a right angle.
 - 8.1.13 The start section must be free of obstacles.
 - 8.1.14 The finish section must be flat or uphill.
 - 8.1.15 The course may include up to three (3) – sets of wooden barriers for USAC sanctioned, non-UCI events and no more than one (1) – set of wooden barriers for UCI sanctioned events. The wooden barriers must have a height of 15 3/4” and be placed 13’ – 0” apart. The wooden barriers must be solid for their entire height and not be made of metal. They must extend the entire width of the course. The supports for the wooden barriers must be placed on the backside of the barrier (away from oncoming race traffic) and must not extend above the wooden barrier.

8.2 Pit Area Guidelines

The following Pit Area Guidelines represent the minimum requirements for inclusion in the MAC Series. The UCI Pit Area guidelines may supersede these requirements.

- 8.2.1 The pit areas must be located on a part of the course where the speed is not excessive.
- 8.2.2 The use of a double pit is preferred. If after review by the MAC Series Coordinator and his staff, that a double pit is not possible, two single pit areas may be located at suitable distances around the course.
- 8.2.3 The double pit area must be set up in an area where two sections of the course are close enough together and the distance along the course between the successive pits is more or less equal each way.
- 8.2.4 For the entire length of the pits, the racing lane and the pit lane must be separated using barriers or marking tape.
- 8.2.5 The pit area must be marked precisely with signage or flags at the beginning and the end of the separation between the two lanes.

- 8.2.6 In double pit areas, a water supply for cleaning of equipment must be provided. For single pit areas, the water supply must be in the immediate proximity such that mechanics do not have to cross the course to access it.
- 8.2.7 Single or double pits must be accessible from the venue parking area. Every effort should be made to provide access to the pit areas without having to cross the race course.

Part 3 – MAC Series Rules and Regulations

1.0 Individual Competition

1.1 The following individual categories will be scored and ranked in the MAC Series, although there may not be a separate race (or payout) for each category:

- Elite Men
- U23 Men (race with Elite Men)
- Elite Women
- U23 Women (race with Elite Women)
- Elite Master Women 35+ (race with Elite Women)
- Elite Master Men 35+
- Elite Master Men 45+ (race with Elite Master Men 35+)
- B-Men
- C-Men
- B-Women (race with C-Men)
- B-Master Men 35+ (race with C-Men)
- Master Men 55+ (race with C-Men)
- U19 Men (race with C-Men)
- U19 Women (race with C-Men)

1.2 MAC Series Leader's Jersey will be given to the current series leader. The series leader of the following categories will wear the leader's jersey at each race in the category for which he or she is leading:

- Elite Men
- Elite Women
- Elite Master Men 35+
- Elite Master Men 45+
- B-Men
- Master Men 55+
- U19 Men
- U19 Women

1.3 For age-graded categories your racing age is your age on December 31st, 2007 (not 2006).

1.4 Free race entry will be given to the current MAC Series leaders of the Elite Men and Elite Women categories.

1.5 The overall winner of the B-Men's category is not eligible to score points in the B-Men's category for the following year.

- 1.6 If a rider qualifies for two categories within one race, that rider can receive individual points in each category. Only the higher point total for that rider will count towards the team scoring. As an example, a rider could score in two categories in the same race: Elite Master Men 35+ and Elite Master Men 45+.
- 1.7 The racing age for all categories will be based upon the rider’s age on December 31st of the following calendar year.
- 1.8 Individual MAC rankings are based upon the race results from each race. Race results are posted at each race and are subject to a 15- minute protest period. It is the rider’s responsibility to have any errors corrected by the race officials during the protest period.

2.0 Individual Prize Minimums Per MAC Race

The following Prizes will be awarded as a minimum at each race, although each Organizer reserves the right to increase the prizes and places awarded:

Category	Event Status	Places	Prizes
Elite Men	MAC Non-UCI	15 Places	\$1,200
	MAC UCI C2	25 Places	\$1,885
	MAC UCI C1	30 Places	\$3,986
U23 Men	(Points Only)		
Elite Women	MAC Non-UCI	10 Places	\$600
	MAC UCI C1 & C2	10 Places	\$677
U23 Women	(Points Only)		
Elite Master Women 35+	(Points Only)		
Elite Master Men 35+	MAC UCI & Non-UCI	10 Places	\$500
Elite Master Men 45+	(Points Only)		
B-Men	MAC	10 Places	Merchandise
C-Men	MAC	3 Places	Medals
B-Women	MAC	3 Places	Medals
B-Master Men 35+	MAC	3 Places	Medals
Master Men 55+	MAC	3 Places	Medals
U19 Men	MAC	3 Places	Medals
U19 Women	MAC	3 Places	Medals

3.0 Cyclocross Categories

New for 2006, USAC has introduced ability and experience based Cyclocross Categories. The new categories range from Category 1 (most ability and experience) through Category 4 (least ability or experience). These new categories are a guide to help racers determine which category they should race.

Example: At Non-UCI races, the Elite Men’s race would be a Category 1/2/3 race, the Men’s B race would be a Category 3/4 race, and the Men’s C race would be a Category 4 race. At UCI races, the Elite Men’s race would be a Category 1

race, the Men’s B race would be a Category 2/3, and the Men’s C race would be a Category 4 race.

For the women, similar rules apply. In a Non-UCI race, the Elite Women’s race would be a Category 1/2/3 race, and the Women’s B race would be a Category 4 race. At UCI races, the Elite Women’s race would be a Category 1/2 race and the Women’s B race would be a Category 3/4 race.

Cyclocross Upgrade Requirements and Notes by Category: Racing licenses (USCF or NORBA) obtained from USAC by first-time racers will be listed as Cyclocross Category 4. To receive a cyclocross category upgrade, points must be scored in cyclocross events only.

To upgrade from Category 4 to Category 3, you need to score 20 points in any 12-month period; or experience in 25 qualifying races with a minimum of 10 top-ten finishes. 30 points in 12 months is an automatic upgrade.

To upgrade from Category 3 to Category 2, you need 25 points in any 12-month period. 60 points in 12 months is an automatic upgrade.

To upgrade from Category 2 to Category 1, you need 30 points in any 12-month period. 60 points in 12 months is an automatic upgrade.

Category	Duration	Field Size	Points Awarded
4 to 3: Men Women Junior	30 min 30 min 30 min	20 10 10	10-8-6-5-4-3-2-1 7-5-4-3-2-1 7-5-4-3-2-1
3 to 2: Men Women	40 mi 30 min	30 20	10-8-6-5-4-3-2-1 7-5-4-3-2-1
2 to 1: Men Women	60 min 40 min	30 20	20-17-15-13-11-10-9-8-7-6-5-4-3-2-1 10-8-6-5-4-3-2-1

Qualification for the Men’s and Women’s Elite National Championships:

To be eligible for the Men’s Elite Nationals Championships, riders must be Cat. 1 and have scored at least 1 UCI point in that season, and be ranked on the NRC and UCI rankings.

For the women, riders must be Cat. 1.

4.0 Call-up Protocol

Non-UCI Events: The call-ups for the first MAC Series race (if Non-UCI), for all categories, will be based on the previous year's final rankings as posted on the MAC Series website. Call-ups for remaining races, for all categories, will be based on the MAC Series rankings posted as of the prior Tuesday.

UCI Events: The call-ups for the Elite Men and Elite Women will be based on the most current rankings as posted on the UCI website: www.uci.ch
The call-ups for the first MAC Series race (if UCI), for all other categories, will be based on the previous year's final rankings as posted on the MAC Series website. Otherwise, the call-ups for all other categories will be based on the MAC Series rankings posted as of the prior Tuesday.

Note: There will be no call-ups for the 10:00 AM race categories (U19 Juniors, C-Men, B Women, B-Masters 35+, Master Men 55+).

5.0 Lapped Riders

In UCI Events (UCI Rule 5.1.051): All riders lapped before the final lap must leave the race the next time they cross the finish line. The rider will be given a placing if he was lapped more than half way through the race.

A rider who is lapped on the final lap shall be stopped at the beginning of the finishing straight line and shall be given a placing on the basis of his position.

Lapped Riders in Non-UCI Events: Lapped riders will finish on the same lap as the leaders. Riders in danger of being lapped must yield to oncoming racers and are not to interfere with their progress or trail behind them.

6.0 Overall MAC Series Awards

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7.0 Team Competition

- 7.1 For each team, the top ten scoring places of its members at each MAC race will be counted towards a team total for that race. At each MAC race, the top ten teams in individual points will score team points as below. The team that accumulates the most team points throughout the season shall be the winner of the MAC Cup.

Place	Points
1 st	12
2 nd	9
3 rd	8
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10th	1

- 7.2 Team affiliations will be based on the registration lists/results.
- 7.3 Riders must register under their full team name.
- 7.4 Riders must race in the appropriate team jersey.
- 7.5 A rider may only score points for one team during each MAC season. A rider changing teams during the MAC season will not receive any points towards the team scoring for the second team.
- 7.6 A rider who scores points for two categories in the same race will only be counted once for team scoring purposes. The higher point value will be used for team scoring purposes.

7.0 Individual Category Points Schedule

2006 MAC Points Schedule			
Place	Elite Men, Elite Women, Elite Master Men 35+/45+, Elite Master Women 35+, U23 Men & U23 Women	B-Men, B-Women, B-Master Men 35+, Master Men 55+, U19 Men & U19 Women	C Men
1	120	35	15
2	90	30	12
3	80	27	10
4	75	24	8
5	70	22	6
6	65	20	5
7	62	19	4
8	60	18	3
9	58	17	2
10	56	16	1
11	54	15	
12	52	14	
13	50	13	
14	48	12	
15	46	11	
16	44	10	
17	43	9	
18	42	8	
19	41	7	
20	40	6	
21	39	5	
22	38	4	
23	37	3	
24	36	2	
25	35	1	
*26+	35		
*Any official finisher beyond 25th place of an Elite Men's race or an Elite Women's race will be accorded the same point value as 25th place.			