

**Confirm**

Chairman of the Murmansk regional cycling federation

\_\_\_\_\_ Lipin A.M.

**Confirm**

Chairman of sport department

«Apatit» JSC

\_\_\_\_\_ Khrusch A.I.

**Confirm**

Chairman of the Kovdor physical culture, sport and youth affairs committee

L.G. \_\_\_\_\_ Grivtseva

**Confirm**

Chairman of the Murmansk regional sport and physical culture committee

\_\_\_\_\_ Kozhukhov  
S.N.

**Confirm**

Chairman of the Apatity physical culture, sport and tourism committee

\_\_\_\_\_ Mikhaelis S.A.

## **The Barents Championships**

### **Murmansk regional road cycling championships**

#### **Regulations**

##### **1. Goals and aims**

- popularizing and development of cycling sport in the Barents region and Murmansk region;
- revelation of promising sportsmen;
- establishment and development of friendly relations between sport organizations and sportsmen in the Barents region and Murmansk region.

##### **2. Time and place of implementation**

The competitions are held **from the 16<sup>th</sup> till the 19<sup>th</sup> of June, 2010** in the towns of Apatity and Kovdor (Murmansk region).

- **16<sup>th</sup> of June** – individual time trial is held on the road from Apatity to the “Khibiny” airport. The distances are 10 and 15 km depending on class. The turning point is after 5 and 7,5 km correspondingly.
- **17<sup>th</sup> of June** – team time trial is held on the road from Apatity to the “Khibiny” airport. The distances are 25 km (1 lap) and 50 km (2 laps) depending on class.
- **18<sup>th</sup> of June** – group race is held on the road from M18 “Saint-Petersburg - Murmansk” state road to the town of Kovdor. The distance 45 km is from the control point to the town of Kovdor, the 65 and 125 km are from the turn to Avva-guba settlement to the town of Kovdor. The 125 km long race is organized with turn at the M18 road. The finish of the race is on the central square of the town of Kovdor.
- **19<sup>th</sup> of June** – group uphill race with mass start to the Rasvumchorr plateau . The distance 30 km is from the town of Apatity, the 12 km is from the turn to the Central mine and 8 km is from the control point of Central mine. The finish of the race is at the end of the ascent before coming to the plateau.

### 3. Management

The Murmansk regional sport and physical culture committee, the Murmansk regional cycling federation, the Apatity physical culture, sport and tourism committee, the Kovdor physical culture, sport and youth affairs committee organize and carry out the competitions.

### 4. programme, participants and terms of the competitions

#### 1. Participants

The participants must obey these regulations and the traffic rules. The cycling helmet is obligatory. The age of the participants is not younger than 13 years. The age is determined by the 31<sup>st</sup> December 2010.

#### Classes and distances by days

Class	Age	Distances by days			
		June 16 (ITT)	June 16 (TTT)	June 18 (GR)	June 19 (uphill)

#### Road bicycles

Men	1	13-14 years	10 km	25 km (junior team)	45 km	8 km
	2	15-16 years	15 km		65 km	12 km
	3	17-18 years	15 km		65 km	30 km

	<b>4</b>	19- 39 years (elite/racing)	<b>15 km</b>	<b>50 km</b>	<b>125 km</b>	<b>30 km</b>
				(elite team)		
	<b>5</b>	40-49 years	<b>15 km</b>	<b>25 km</b>	<b>125 km</b>	<b>30 km</b>
				(Masters' team)		
	<b>6</b>	50 and older	<b>15 km</b>		<b>125 km</b>	<b>30 km</b>
<b>Women</b>	<b>7</b>	13-15 years	<b>10 km</b>	<b>25 km</b>	<b>45 km</b>	<b>8 km</b>
	<b>8</b>	16-18 years	<b>15 km</b>		<b>45 km</b>	<b>8 km</b>
	<b>9</b>	19- 39 years (elite/racing)	<b>15 km</b>	(elite team)	<b>65 km</b>	<b>8 km</b>
	<b>10</b>	40 and older	<b>15 km</b>		<b>65 km</b>	<b>8 km</b>
<b>MTB</b>						
<b>Men</b>	<b>11</b>	13-15 years	<b>10 km</b>	-	-	<b>8 km</b>
	<b>12</b>	16-18 years	<b>10 km</b>	-	-	<b>12 km</b>
	<b>13</b>	19- 39 years	<b>15 km</b>	-	-	<b>12 km</b>
	<b>14</b>	40 and older	<b>10 km</b>	-	-	<b>12 km</b>
<b>Women</b>	<b>15</b>	13-16 years	<b>10 km</b>	-	-	<b>8 km</b>
	<b>16</b>	17 and older	<b>10 km</b>	-	-	<b>8 km</b>

The MTB participants may register for their age group on road bicycles if they want.

In case of too few participants in one the classes the organizers keep the right to unite it with neighbor group.

## **2. Insurance and the responsibility**

The participants are responsible for everything that can happen to them on the road during the race (falling down, collisions, mass falls, etc). **It is strictly prohibited to race on the left side of the middle line of the road.** The competitors will answer for their own insurances.

## **3. The programme and the terms of the competitions**

**15<sup>th</sup> of June** – arrival of the participants.

**16<sup>th</sup> of June** – individual time

trial

10.00 – 11.00 –

registration of the participants at the “Athlete” sports hall (Apatity, Pobedy str, 4);

11.00 – 11.30 – the ceremonial opening of the competitions;

11.40 – 11.50 – the participants cycle

to the start place with escort of traffic police;

12.00 – start of the race.

Interval starts every 60 seconds. At first the participants for 10 km start and then after 10min pause the participants for 15 km start.

15.00 – the end of the race.

16.00 – prize ceremony

**17<sup>th</sup> of June** – team time trial. The teams are chosen according to classes as shown in 4.1.

The elite team is chosen from all the participants according to their results without age limits. There are 4 participants in the team. The three best teams in the team tempo will get the allowance seconds. The members of the best team will get 30 seconds allowance, the members of the second best team 20 seconds and the members of the third best team 10 seconds.

10.00 – 11.00 – registration of the participants at the “Athlete” sports hall;

11.00 – 11.10 – instructions for the participants;

11.10 – 11.30 – the participants cycle to the start place with escort of traffic police;

11.30 – 11.55 – preparation of the sportsmen to the start

12.00 – start of the race.

13.30 – the end of the race.

15.00 – prize ceremony

**18<sup>th</sup> of June** – group race with mass start

08.00 – 09.00 – loading of the bicycles and the participants into the buses;

09.00 – 11.00 – transfer of the participants to the start place for 65 and 125 km;

11.00 – 11.50 – registration and preparation of the participants to the start;

11.50 – departure of the bus with the participants for 45 km;

12.00 – start of the race for 65 and 125 km. The participants for 65 km start in western direction to Kovdor. The participants for 125 km start in opposite direction. After the turning point (1 km before the M18 state road) the participants cycle to Kovdor. 45 km before finish the feeding point is organized. Food service is available after 50 km of racing and ends 20 km before the finish.

13.00 – start of the race for 45 km.

16.30 – the end of the race.

17.30 – 18.00 – prize ceremony

18.00 – 19.00 – loading of the bicycles and the participants into the buses;

19.00 – departure for Apatity

**19<sup>th</sup> of June** – uphill group race with mass start to the Rasvumchorr plateau .

09.00 – 09.50 – registration of the participants at the “Athlete” sports hall;

09.50 – 10.00 – loading of the personal things of the participants into the special technical assistance car provided by “Apatit” JSC. Every participant must have warm clothes for excursion on the plateau, things needed for sauna, etc.;

10.00 – 11.00 – the participants cycle to the start places for 8 and 12 km;

10.30 – the ceremonial start of the race for 30 km. The participants cycle in the column with escort of traffic police along the central streets of the town in order to popularize the cycling. The start signal will be given by start gun from judge car after coming to the main road without stopping.

11.00 – 11.30 – preparation of the participants to the start for 8 and 12 km;

11.30 – start of the race for 8 and 12 km;

13.00 – finish of the last participants, sauna and lunch;

13.40 – prize ceremony at the Central mine’s cantina;

14.00 – guided tour on the Central mine.

14.20 – departure of the participants.

The descent from the top is organized with special transport. **The descent by bicycle is strictly forbidden.**

## **5. winners**

In every race the top three participants in the class are awarded. The combined time for the total competition will be calculated in 1-10 classes from the results of the individual time trial, group race and uphill group race. The allowance seconds gained from the team tempo will be subtracted from the total time. The title of the Barents Champion among the men and women is awarded according to the combined time among 4-6 classes and 9-10 classes correspondingly (19 years and older).

## **6. Funding**

The Murmansk regional sport and physical culture committee, the Apatity physical culture, sport and tourism committee, the Kovdor physical culture, sport and youth affairs committee, sport department of

«Apatit» JSC and sponsors cover the expenses connected with organizing and carrying out of the competitions. Participants cover own traveling, boarding and accommodation expenses.

The participation fee is 50 RUB per race for the 13-17 years participants and 100 RUB per race for the adults.

## **7. awarding**

In every race the top three participants in the class are awarded with diplomas, medals, cups and gift prizes. The winners in uphill group race to the Rasvumchorr plateau are awarded with sport department of

«Apatit» JSC prizes.

## **8. registration**

The lists of the participants are to be sent to the Apatity physical culture, sport and tourism committee before the 15<sup>th</sup> of May, 2010 by fax +7 (815 55) 7-74-07 or e-mail [kfks@aprec.ru](mailto:kfks@aprec.ru)

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