



Cross Country (XC) MTB – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the Event Location , Rules and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

COMPETITOR PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The XC MTB Race involves an element of risk of injury, where competitors will encounter challenging MTB conditions. You should not attempt any section of the event you do not feel capable of completing safely.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately and marshals are available at key points it is your responsibility to know the course prior to starting your race.

GAMES REGISTRATION

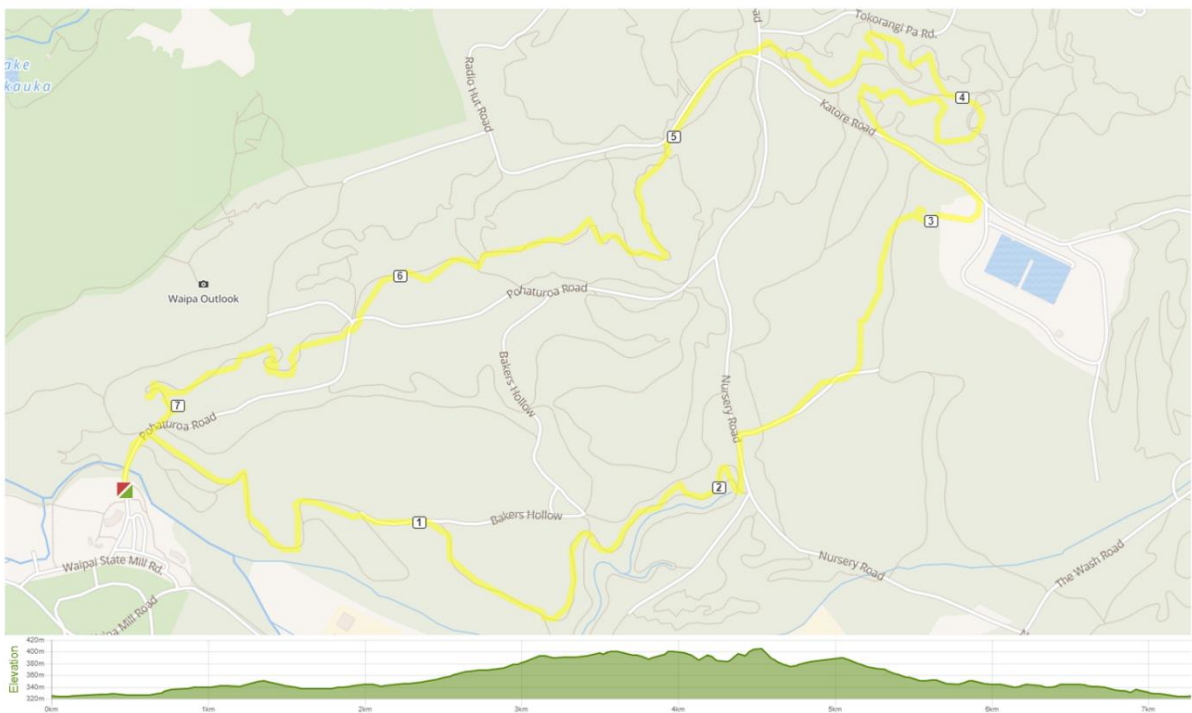
All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

VENUE

The venue for the Cross Country (XC) MTB Event is based on Timberlands Forestry land situated in the Whakarewarewa Forest. The XC MTB Event Hub will be at [Waipa Whakawerawera Forest](#)

COURSE MAP



This is a 7.5km loop which competitors will complete 2 – 4 laps depending on their Age Group.

Age Groups - OPEN | 18-29 | 30-39 | 40-49 – **4 Laps**

Age Groups - 50-59 | 60+ - **3 Laps**

You can access details of this XC MTB Course [HERE](#)

PARKING

Parking is provided at the following locations:

Waipa Carpark, Waipa State Mill Road, Rotorua – [Google Map Link](#)

EVENT CHECK-IN

Event Check-in for the XC MTB will be at the following time / location:

Monday 6th March 2023 at 8:00am at at [Waipa Whakawerawera Forest](#)

You will collect your timing chip and number plates at Registration.

COMPETITION RULES

Description:

APES Games 2023 XC MTB Race is a mountain bike event that involves a race of between 16-35km on trails rated Grade 2 – 4. It will be on a 6-8km loop course with riders completing between 2 – 4 laps.

Equipment: In accordance with Cycling NZ Mountain Biking Technical Regulations the following equipment is **MANDATORY** for this event:

- 🕒 A helmet that satisfies the current New Zealand or equivalent international standards is compulsory for the APES Games 2023 XC MTB Race.

The following equipment is highly **recommended**:

- 🕒 Sunglasses or protective eyewear.
- 🕒 Full finger gloves.

For full details and explanations see the following excerpt from [Cycling NZ MTB Technical Regulations](#) or [Full Regulations](#)

Age Groups: OPEN | 18-29 | 30-39 | 40-49 | 50-59 | 60+

All Competitors will be eligible for the Open Competition.

Timing: Electronic timing will be used for the XC MTB Event and is provided by Fastway Timing Systems.

SCHEDULE OF PLAY / DRAW

Monday	
0800	Registration Opens
0845	Competitor Briefing

0900	XC Course – Practice Laps
1000	XC racing begins
1130-1200	Anticipated finish times

Timings will run as close to those published but may be subject to change depending on the weather and any track incidents. Please listen for announcements on the day of the event.

MEDICAL PROVISION

Medical services will be present at the event with Paramedic Qualified personnel. A 4x4 response vehicle that is stretcher capable staffed with paramedic and an experienced Mountain Bike Event medical team.

SPECTATORS

Spectators are welcome to attend the XC MTB Event. Watching a live MTB event is a great spectator experience where you can get quite close to the action. APES Games 2023 staff and the XC MTB Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Keep off the track and always pay attention.
- 🚫 Children to be accompanied at all times.
- 🚫 Never stand on the outside of a corner or berm.
- 🚫 Stand above the track rather than below.
- 🚫 Expect the unexpected.
 - Riders may run wide on corners
 - Riders may take lines close to the tape.
 - Riders may overshoot jumps & drops.
 - Riders occasionally over-estimate their ability and things go wrong.
 - Bikes throw up dirt and stones.
 - Mechanical issues may force a rider to leave the course.

PRIZE GIVING

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Monday 6th March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10th February 2023.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
David Hamilton	Event Manager	0275620238
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

Food and Drink will be available for purchase at the venue.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>