



WAMBA XC State Series and Championships – Competitor Information

General Information

The West Australian Mountain Bike Association (WAMBA) Cross Country (XC) State Series consists of a series of Cross Country Olympic (XCO) and Cross Country Marathon (XCM) races organised by various WA mountain bike clubs and promoters.

XCO (Cross Country) races involve lap racing around a short circuit, and are up to 1.5 hours long.

XCM (Marathon) races are between 4 – 6 hours, 50 – 100 kms, or 12 hours long.

The series has been established for the following outcomes:

- Provide state level racing and competition
- Prepare, develop and identify riders for national competition
- Provide an experience at different tracks around WA for all attendees
- Attract the best West Australian riders to these events
- Encourage the West Australian mountain biking clubs to conduct quality events
- Achieve wider exposure through local marketing and sponsorship
- Contribute to the growth of the sport

The WAMBA XC State Series caters for all ages and abilities - from Western Australia's elite cycling fraternity through to the weekend warriors, who are keen to test their skills on a state level course.

Registration

Online registration must be offered to athletes. At a minimum, an entry/ registration link will be available from the promoting club or organiser's website.

Participant Entry Fees

Participant registration fees will be decided by the race organiser. Juniors (Under 15's and Under 17's) will be charged a much cheaper rate of entry (\$15 - \$20 Max). All non-MTBA members will also be required to pay for a Day License.

NB: Under 13's race for free, providing they have an appropriate MTBA (Mountain Bike Australia) licence or pay for a "Ride it" Day license on the day.

MTBA Membership

It is highly advisable you join MTBA to get a racing licence, and join a local mountain bike club. Not only is it cheaper than buying several day licences, it also provides much better insurance cover and more benefits than a day licence.

More importantly, *ONLY financial members of MTBA are eligible for end of season state series prizes and awards.*

To join MTBA - <http://www.mtba.asn.au/membership>.

Number Plates

WA XC State Series number plates will be distributed by WAMBA and supplied at each race. The number plate you are issued at XCO Race 2 (Collie) will be the number plate you use for the all of the XCO races (and the Dunsborough 3 Hour). This is a fundraising initiative for WAMBA.

Race Timing System

Electronic Chip Timing will be provided at each State Series XCO and XCM race.

Race Results

Race results will be posted online within 48 hours of the race finishing. Go to the State Series page on WAMBA's website – <http://www.wamba.org.au/index.php/state-series>.

First Aid

St Johns Ambulance First Aid will be present at all WA State Series events.

Course Design and Length

XCO courses will be somewhere between 4km and 6km in length, and will have a variety of trail conditions and obstacles. Kids Course will be a minimum of 700m and a maximum of 4km.

Course Marking

The entire course will be marked every 500m or at every intersection with coloured arrows. Arrows will be mounted between ground level and a maximum 500mm above the ground.

Race Start Times

The U13's normally race at 9am for 18-20 minutes plus one or two laps, depending on the circuit. This is normally timed manually, but can be timed electronically if organisers chose to.

All other race categories start after the U13's have finished. However this is totally up to the race organisers, as well as where and when the race is being run. Check with the race organiser's schedule and race details before each race.

Race Categories

The Cross Country (XCO) State Series will be based on the following categories and target race times. Marathons (XCM) will obviously be longer.

Men

A Grade	= 1:30 (1 hour 20 min to 1 hour 40 min)
B Grade	= 1:15 (1 hour 10 min to 1 hour 20 min)
C Grade	= 1:07 (1 hour to 1 hour 15 min)
D Grade	= 1 hour
E Grade	= 1 hour

Women

A Grade	= 1:15 (1 hour 10 min to 1 hour 20 min)
B Grade	= 1:07 (1 hour to 1 hour 15 min)
C Grade	= 1 hour
D Grade	= 1 hour

Junior

Under 17	= 1 hour
Under 15	= 45 minutes

Which Category should I race in?

If this is your first time racing and you are not sure which category to enter, don't despair. It's not that big a deal, and it's really your choice. No one cares whether you come first or last, and you can change categories next race if you get it wrong anyway.

Simply ask yourself the following questions:

- Do any of my mates I normally ride with race, how do I compare to them, and which category do they race in?
- Do I already do some road racing, do I know anyone from road racing who is racing the mountain bike, and what category are they racing?
- How long have I been mountain biking and what are my skills like?
- How long do I want to race for? 1 hour with guys or girls of my pace or 1.5 hours with the State's fastest Elite riders, or somewhere in between?

Simply pick a race category you think suits you and enter, it's that simple. And if you are still unsure, you can't go wrong entering C grade.

The information below may also help:

Men

A Grade	Fast, fit, experienced and technically gifted racers – the best in WA
B Grade	Not so fast but still fit, experienced and a high technical ability
C Grade	Intermediate level riders with a reasonable fitness and technical level
D Grade	Intermediate-beginner level with average fitness and technical level
E Grade	Beginners

Women

A Grade	Fast, fit, experienced and technically gifted races – the best in WA
B Grade	Fast but not so serious, experienced riders with technical ability
C Grade	Intermediate-beginners level with average fitness
D Grade	Beginners

Juniors

Under 17	Choose 'Grade' according to ability – awarded U17 category points
Under 15	Choose 'Grade' according to ability – awarded U17 category points
Under 13	Races on shorter, easier course with other juniors same age
Under 9	Races on shorter, easier course with other juniors same age

Category/ Class Change

You are allowed to change category or class through the season if you chose to, or if you feel you are in the wrong category. You can also do this multiple times; however, your points will only carry over for one change of category. If you change after one race, you will get the points you would have received if you raced your new category in the first race (based on your lap times).

That is, if you won Under 17's in race one, and your lap times in Under 17's would have placed you second in B grade, then you will take second place points with you to B grade, not first place points from U17. Everyone else in B grade's points will remain the same.

If you change after two, three or more races of the season, you will take 75% of the points you already have with you to your new category.

State Championships Categories

The State Championships will be based on the following UCI categories. Target race times for these categories can be found on the technical regulations:

Elite 19 – 29 years of age (Includes Under 23's)	Single Speed (XCM Only)
Open 19 – 29 not at Elite Level	Junior Under 13
Veteran 30 - 39	Junior Under 15
Masters 40 - 49	Junior Under 17
Super Masters 50 - 59	Junior Under 19
Grand Master 60 +	

NB: Riders who have been riding “A Grade” in the State Series are considered Elite and may NOT ride in “Open” in the State Championships. However, they may ride in their age group if they are 30 years old or over.

There must be at least 3 riders in each category to constitute a State Championship race. If there are not enough entries in a particular category, riders will be given the option of entering another class. A common sense approach will apply so riders still enjoy their racing and have people to actually race against.

Series Points

Participants in all categories are eligible for WAMBA State Series points. These points are based on the MTBA technical regulations.

Place	Points		Place	Points		Place	Points
1	80		21	10		41	2
2	65		22	9		42	2
3	55		23	8		43	2
4	48		24	7		44	2
5	43		25	6		45	2
6	38		26	5		46	1
7	33		27	5		47	1
8	29		28	5		48	1

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9	25		29	5		49	1
10	22		30	5		50	1
11	20		31	4			
12	19		32	4			
13	18		33	4			
14	17		34	4			
15	16		35	4			
16	15		36	3			
17	14		37	3			
18	15		38	3			
19	12		39	3			
20	11		40	3			

All races will accumulate points toward rider final series standing!

WAMBA will keep a tally of these points over the season.

The three riders to accumulate the most points over the entire WAMBA State Series rounds in each category will be awarded **Series TOP 3**. (e.g. "WA State Series A Grade Women" 1st-2nd-3rd)

How many races count towards the WAMBA XC State Series points?

There are seven races in the whole series; of these seven races, you can drop your worst result. That is, if you completed the whole series of seven races, only your six best results count towards end of season points.

Presentations

Presentations will be made to the podium place-getters on the same day of the event. There may be more than one presentation ceremony.

ALL podium place-getters forfeit their prize, prize money, medal, trophy (whatever is applicable) if they are not at presentations.

Commissaires and Technical Regulations

It is an MTBA requirement that all MTBA sanctioned events must have a Commissaire. Further information on this can be sought from the MTBA technical regulations. These can be found here -

<http://www.mtba.asn.au/resources/clubs-a-promoters>.

Food and Refreshments

Where possible, drinking water, food and refreshments will be provided at races (most times at a cost to the rider). However, every rider should be self-sufficient on arrival at each race. Please bring your own food, drink and race nutrition just in case??

Waste Management and Site Clean up

If you bring rubbish in, please take it home with you to make the life of the organisers much easier. Dropping gel wrappers or rubbish on course will result in instant disqualification.