



Invitation



Fiskumrittet 2019



NC 1 Rundbane Tempo XCT 27. april

NC 2 Rundbane XCO 28. april, UCI cat 1

Fiskum IL

LAKS
ER VIKTIG FOR
NORGE

INTERSPORT

Multiconsult

DIADORA

ŠKODA

Tryg

Contents

1.	Time and place	3
2.	Race description	3
2.1.	NC 1 Fiskumrittet XCT	3
2.2.	NC 2 Fiskumrittet XCO	3
3.	Race regulations	3
4.	Categories.....	4
5.	Seeding	4
6.	License	5
7.	Registration	5
8.	Team tents.....	5
9.	Overnight accommodation.....	6
10.	Times and schedules	6
10.1.	Opening hours for the Secretariat	6
10.2.	Training times	6
10.3.	Team managers meeting	7
10.4.	Timing chip check before start	7
10.5.	Calling to the start	7
10.6.	Schedule for NC 1 Fiskumrittet XCT Saturday 23 th April.....	8
10.7.	Schedule for NC 2 Fiskumrittet XCO Sunday 24 th April.....	9
11.	Arena and courses	10
11.1.	Arena map	10
11.2.	Technical assistance and feed zone.....	11
11.3.	Course map.....	11
12.	Results.....	12
13.	Points and prizes.....	13
13.1.	NC 1 Fiskumrittet XCT	13
13.2.	NC 2 Fiskumrittet XCO	13
14.	Parking and Route.....	14
14.1.	Parkering.....	14
14.2.	Route:	14
15.	Information	15
16.	Contact persons	15
16.1.	Organizing committee	15
16.2.	Commissaries.....	15

1. Time and place

Saturday 21th and Sunday 22th of April 2018 at Darbu in Øvre Eiker community. For driving instructions, see [Parking](#).

2. Race description

Fiskumrittet 2018 consists of 2 separate bike races. Saturday 21th a Time trial (XCT) will be arranged. Sunday 22th a XCO completion with UCI Category 1 status will be arranged. Both competitions are a part of the Norwegian XCO-Cup.

2.1. NC 1 Fiskumrittet XCT

The Time trial is taking part in the same course as for the XCO. Each rider will race one lap. For the W/M Elite, W/M Juniors, W/M 15-16 and M 13-14 categories, the start interval between each rider will be 30 seconds. For all other categories, the start interval will be 20 seconds.

2.2. NC 2 Fiskumrittet XCO

The cross-country Olympic race will take part in the classic course on Darbu and is a medium technical course with both old-school and modern elements.

3. Race regulations

The race follows the rules in the UCI and NCF Regulations. It is compulsory to wear an approved helmet. All riders participate at their own risk and shall follow the instructions of the race organizer. It is assumed that it is obvious to use a helmet also when testing, training and warm-up. There is always a risk for accidents and collisions. Helmets protect.

It is not allowed to drop any kind of trash along the course. Tubes, tires, gel etc have to be carried to the nearest "Drop-Zone".

Fiskumrittet is a clean event. Anti-doping Norge performs unannounced controls at all NCF-registered races. We support Anti-doping Norge in implementing this. All riders and team leaders shall follow instructions given by representatives of Anti-doping Norge.

4. Categories

Women	Men	Saturday XCT	Sunday XCO
W 6-7 W 8-9 W 10	M 6-7 M 8-9 M10	Novice race	Novice race
W 11-12 W 13-14	M 11-12 M 13-14	Novice race	Novice race
K 15-16	M 15-16	NCF Ranking race	NCF Ranking race
W Junior (17-18)	M Junior (17-18)	NC race (NCF kat. 3)	UCI Cat 1 NC race (NCF kat. 3)
W Elite (19+)	M Elite (19+)	NC race (NCF kat. 3)	UCI Cat 1 NC race (NCF kat. 3)
W Master 30-34 W Master 35-39 W Master 40-45 W Master 45-49 W Master 50-55 W Master 55-59 W Master 60+	M Master 30-34 M Master 35-39 M Master 40-45 M Master 45-49 M Master 50-55 M Master 55-59 M Master 60+	Master Cup (NCF MC Kat. 2)	Master Cup (NCF MC Kat. 2)
K Sport 17+	M Sport 17+	Novice race	Novice race

5. Seeding

The riders that have registered for the race within the ordinary registration and have a valid license for 2018 will be seeded. The latest published UCI-ranking will be used for the Elite and Junior categories. Riders without any UCI-point will be seeded for the XCO-race based upon the results of the time trail (XCT).

Riders with late registrations will not be seeded.

Category	Saturday XCT	Sunday XCO
Elite	1. UCI points, 2. random drawing*	1. UCI poeng, 2. Results XCT
Junior	1. UCI points, 2. random drawing*	1. UCI poeng, 2. Results XCT
W/M 15-16	random drawing *	Results XCT
W/M 13-14 and younger	random drawing*	Results XCT
Master	random drawing*	Results XCT
Sport	random drawing*	Results XCT

*) For the starting order on Saturday XCT will rider without UCI points be subject for random drawing.

6. License

All riders who are 13 years old or older must have a valid license for 2018. Riders up to and including 12 years of age are insured through the NIF's children's sports insurance. Riders in Elite (19+), Junior and Masters Categories must have full year licenses, whereas riders in age group categories (12 years and older) and Sports categories may choose between a full year and a single race license.

The license of registered Norwegian riders will be checked against the NCF's registry immediately after registration. Norwegian riders who do not have a license when that check is performed will not be seeded (applies to categories with seeding). For further information on licenses, see the [NCF website](#).

Foreign riders have to bring their license card to collect the start numbers. In addition the foreign riders have to bring a confirmation from their national federation to participate in races abroad for the actual timeframe. The confirmation shall consist of the rider name, category and UCI Code.

7. Registration

Ordinary registration is open until, and including, 9th April 2017 23:59. Register at <https://signup.eqtiming.no/?Event=Fiskum>

Registration fees for Norgescup Saturday are:

Category	Registration fee	Late entry
W/M 6-9	NOK 50,-	NOK 75,-
W/M 10-16	NOK 170,-	NOK 255,-
W/M Elite/Junior	NOK 300,-	NOK 600,-
W/M Master/Sport	NOK 300,-	NOK 300,-

Registration fees for UCI C1 Sunday are:

Category	Registration fee	Late entry
W/M 6-9	NOK 50,-	NOK 75,-
W/M 10-16	NOK 170,-	NOK 255,-
W/M Junior	NOK 350,-	NOK 700,-
W/M Elite	NOK 450,-	NOK 900,-
W/M Master/Sport	NOK 300,-	NOK 600,-

Late entry is possible up to two hours before the start for your category. Use the link provided above or the Race Office. The Race Office has a terminal for card payments.

Registration is binding and payment is refunded only upon presentation of a doctor's note that you are ill.

8. Team tents

Go to <https://signup.eqtiming.no/?Event=Fiskum> to reserve a place for your team or club tent. Pre booked areas will be marked by name at the Arena. Contact the Arena Manger if you cannot find the assigned tent space.

The price is 300 NOK per 3m x 3m tent module. 600 NOK for a 6m x 3m and above.

9. Overnight accommodation

The organizer have get an agreement on reduced rates:

Best Western Gyldenløve Hotell Kongsberg: www.gyldenlove.no tlf +47 32 86 58 00

Possibilities for self-catering:

Apartments in Kongsberg Skisenter: www.funkelia.no, tlf +47 91 66 39 77

Others:

Kongsberg Vandrerhjem: www.kongsberg-vadrerhjem.no, tlf +47 32 73 20 24

Quality Grand Hotell Kongsberg: www.grandkongsberg.no tlf +47 32 77 28 00

10. Times and schedules

This section has all the important times from when you arrive in the arena.

10.1. Opening hours for the Secretariat

The start numbers are available in the Race Office, which is located in Fiskumhallen (see [Arena map](#)). The Race Office is open:

Day	Time
Friday	18:00-20:00
Saturday	09:00-16:00
Sunday	08:00-17:00

To collect the start number, the license for 2019 has to be paid. If you ride in the Elite (19+), Junior or Master category, you must have a full year license. When the deadline for registering for the race has passed, we check whether registered Norwegian riders in these categories have a full year license. If you do not then have a license, you must show your license when you collect your start number. In any case, take your license with you to the race. Foreign riders must show their license in order to collect their start number.

Riders in age group categories may use either a full year or a one-race license. You may purchase a one-race license at the Secretariat.

Attach the start number in a visible location on the handlebar. Elite (19+) or Junior riders shall in addition wear a number on the back of their jersey. A timing chip is glued to the back of the start number. You use the same start number/pair of numbers every day, so look after it/them. If you lose your start number, you may purchase a new one in the Secretariat (50 NOK). **Note:** Start numbers usually fall off during transport outside a car; therefore, please remove the start number before you put the bike on the car.

10.2. Training times

Day	Official trainings	Other training times
Friday		From 16:00
Saturday	11:45-12:15 14:00-14:30 15:00-16:00	Until 10:00 From 16:00
Sunday	08:30-09:00 11:45-12:15	Until 09:00

Regulations for training on the course:

- Your start number must be fixed to your bicycle when you train during the official training periods.
- Cycling on the course is not permitted while a race is underway; this applies regardless of which category is cycling. Breach of this regulation might lead to disqualification.
- All training during official training periods shall be done in the direction of the race.
- It is not permitted to modify the course, for example by moving a marker or digging/moving parts of a built element. Breach of this regulation leads to the rider being excluded from the course and possible disqualification.
- Respect walkers.
- All training is done at the rider's own responsibility and risk.

The courses cross both busy roads and an industrial area. At the industrial area the course will be open only during official training at the race days.

10.3. Team managers meeting

The team manager meeting will be held in Fiskumhallen (the same building as the Race Office). If there are any changes to the race plan, specific regulations or others it will be announced at this meetings. Accreditation for technical and feeding zones may be collected in the Race Office.

Day	Time
Saturday	10:00
Sunday	09:00 and 11:00

10.4. Timing chip check before start

Riders are themselves responsible to go to the tent to check their timing chip (integrated into the start number) mounted on the bike. Do this at least 30 minutes before your start. The chip check is performed at the Race Office.

In connection with the timing chip check, the NCF Commissaire may perform an inspection to ensure that the rider has an approved helmet, bicycle and jersey (mainly with respect to the Elite (19+) and Junior categories).

10.5. Calling to the start

Riders are called to assemble at the start no earlier than 5 minutes before start on Saturday (XCT) and 15 minutes before the start on Sunday (XCO). We give more information at the team leaders' meeting. In categories where riders are called and put in starting number order, we issue a warning 5 minutes before the assembly begins. Riders themselves are responsible to assemble at the start; if they arrive too late, they do not get the starting position corresponding to their start number/seeding. We provide information about which categories are called up and organized in starting number order at the team leaders' meeting.

In the Master categories at the XCO, we organize the riders according to the results from the XCT, but across the categories in the same start. Riders on the first row can come from several age categories.

10.6. Schedule for NC 1 Fiskumrittet XCT Saturday 27th April

Note! Individual start in all categories. The specified start time is approx. time for the first rider in each class. Start time for each rider is depending on how many riders that registers for each class.

I the categories W/M Elite, W/M Junior, W/M 15-16 and M13-14 the start interval is 30 seconds. For all other categories the start interval is 20 seconds.

Category	First start	Course	Lap distance	Laps	Total distance	Expected winning times
Training in the course until 10:00						
Team Manager Meeting 10:00						
M 10 and W 10	10:00	Pink	2,2	1	2,2	0:10
M 8-9 and M 6-7	Ca 10:10	Green	1,8	1	1,8	0:07
W 8-9 and W 6-7	Ca 10:25	Green	1,8	1	1,8	0:07
Prize ceremony W/M 10, W/M 6-9 11:00						
W 11-12	10:35	Blue	4,4	1	4,4	0:16
M 11-12	Ca. 10:40	Blue	4,4	1	4,4	0:19
W 13-14	Ca. 11:05	Blue	4,4	1	4,4	0:17
M 13-14	Ca. 11:10	Blue	4,4	1	4,4	0:15
Prize ceremony, W/M 11-12, W/M 13-14 12:15						
Training in the course from 11:45 – 12:15. From start and in course direction						
M-Elite	12:15	Red	5,6	1	5,6	0:14
M-Junior	Ca 12:40	Red	5,6	1	5,6	0:15
W-Elite	Ca 13:05	Red	5,6	1	5,6	0:17
W-Junior	Ca 13:10	Red	5,6	1	5,6	0:18
Prize ceremony Elite/Jun 14:00						
M 15-16	13:20	Red	5,6	1	5,6	0:16
W 15-16	Ca 13:50	Red	5,6	1	5,6	0:18
Prize ceremony W/M 15-16 14:30						
Training in the course from 14:00 – 14:30. From start and in course direction						
M Master 30-34 and 35-39	14:30	Red	5,6	1	5,6	0:16
M Master 40-44 and 45-49	Ca 14:30	Red	5,6	1	5,6	0:16
M Master 50-54 and 55-59	Ca 14:35	Red	5,6	1	5,6	0:17
M Master 60+	Ca 14:35	Red	5,5	1	5,6	0:18
M Sport 17+	Ca 14:40	Red	5,6	1	5,6	0:18
W Master 30-34 and 35-39	Ca 14:45	Red	5,6	1	5,6	0:20
W Master 40-44 and 45-49	Ca 14:45	Red	5,6	1	5,6	0:20
W Master 50-54 and 55-59	Ca 14:45	Red	5,6	1	5,6	0:20
W Master 60+	Ca 14:45	Red	5,6	1	5,6	0:22
W Sport 17+	Ca 14:45	Red	5,6	1	5,6	0:22
Prize ceremony Master og Sport 15:30						

NOTE!! Changes may occur. Changes will be announced at Team Mangers Meeting.

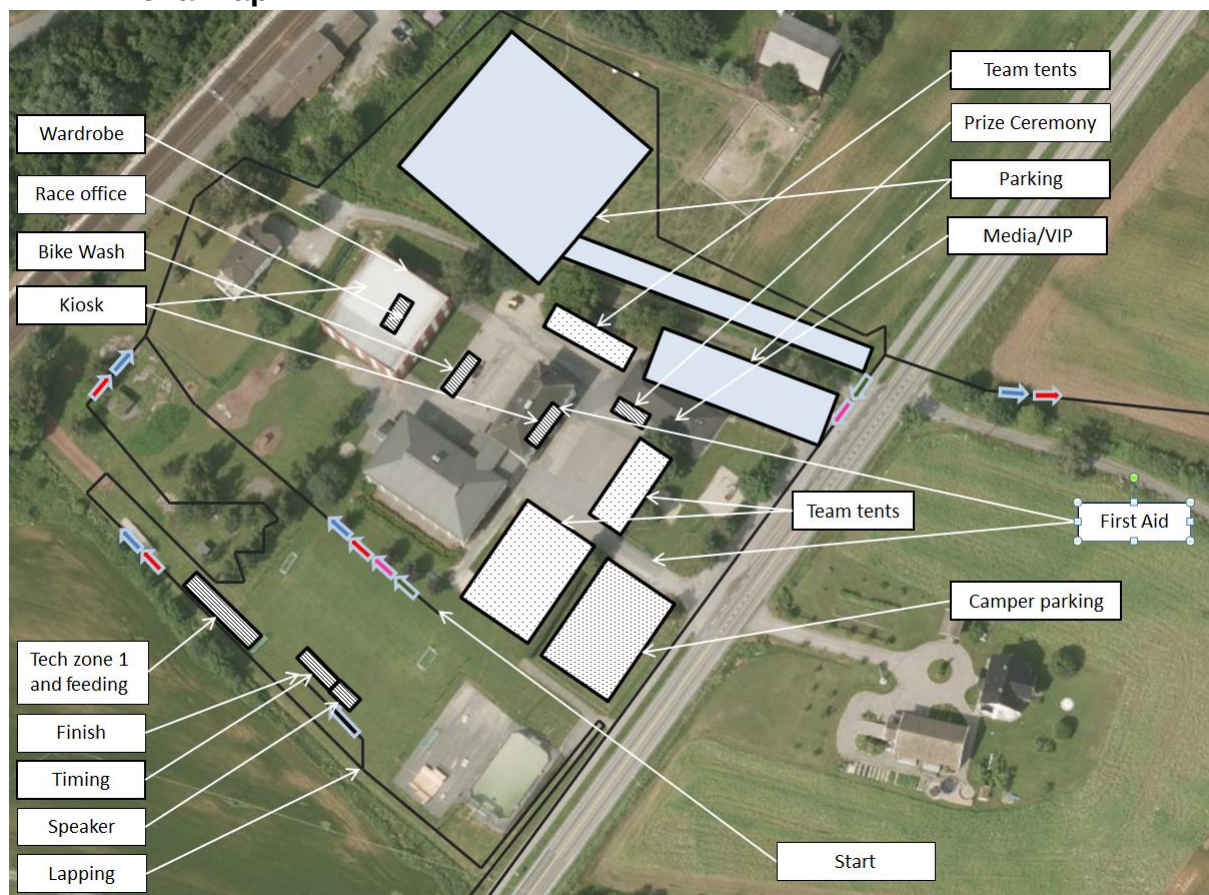
10.7. Schedule for NC 2 Fiskumrittet XCO Sunday 28th April

Klasse	Starttid	Løype	Runde- lengde	Antall runder	Lengde totalt	Antatt vinnerti d	Vinner i mål ca kl
Training in the course until 09:00							
Team Manager Meeting 09:00							
W 10 and M 10	09:00	Pink	2,2	1	2,2	0:10	09:10
W 8-9 og M 8-9	09:02	Green	1,8	1	1,8	0:07	09:09
W 6-7 og M 6-7	09:04	Green	1,8	1	1,8	0:07	09:11
Prize ceremony K/M 10, K/M 6-9 09:45							
M 11-12	09:45	Blue	4,4	1	4,4	0:16	10:01
W 11-12	09:45	Blue	4,4	1	4,4	0:19	10:04
Prize ceremony K/M 11-12 10:30							
M 13-14	10:00	Blue	4,4	2	8,8	0:25	10:25
W 13-14	10:00	Blue	4,4	2	8,8	0:33	10:33
Prize ceremony K/M 13-14 11:15							
M 15-16	10:45	Red	5,6	3	16,8	0:50	11:35
M Master 30-34 and 35-39	10:50	Red	5,6	3	16,8	0:50	11:40
M Master 40-44 and 45-49	10:50	Red	5,6	3	16,8	0:50	11:40
M Master 50-54 and 55-59	10:50	Red	5,6	3	16,8	1:00	11:50
M Master 60+	10:50	Red	5,5	3	16,8	1:10	12:00
M Sport 17+	10:50	Red	5,6	3	16,8	1:00	11:50
Prize ceremony M 15/16, M Master and Sport 12:30. Team Manager Meeting 11:00							
Training in the course from 11:45 - after last rider has lapped and until 12:15. From start and in course direction.							
K-Elite	12:15	Rød	5,6	5	28,0	1:35	13:50
K-Junior	12:15	Rød	5,6	3	16,8	1:00	13:15
K 15-16	12:15	Rød	5,6	2	11,2	0:40	12:55
K Master 30-34 og 35-39	12:15	Rød	5,6	3	16,8	1:05	13:20
K Master 40-44 og 45-49	12:15	Rød	5,6	3	16,8	1:05	13:20
K Master 50-54 og 55-59	12:15	Rød	5,6	3	16,8	1:10	13:25
K Master 60+	12:15	Rød	5,6	2	11,2	0:55	13:10
K Sport 17+	12:15	Rød	5,6	2	11,2	0:55	13:10
Prize ceremony K Elite, K Jun, K 15-16, K Master and Sport kl 14:30							
M-Elite	14:10	Rød	5,6	6	33,6	1:30	15:40
M-Junior	14:15	Rød	5,6	4	22,4	1:05	13:20
Prize ceremony M Elite / Jun kl. 16:30							

NOTE!! Changes may occur. Changes will be announced at Team Mangers Meeting.

11. Arena and courses

11.1. Arena map



Team tent

Only those who have reserved a space may erect a tent in the arena. You may reserve a space for your tent at <https://signup.eqtiming.no/?Event=Fiskum>.

Caravans/camper can park at marked area for campers parking.

First aid

The Red Cross and medical personnel are situated at the arena during the races, and will go out onto the course as needed. Riders may notify the nearest course marshal, who will call for the first aid providers.

If a rider withdraws, the time keeper at the finish or the Commissaries shall be informed as soon as possible.

Wardrobe and toilets

In Fiskumhallen. Wardrobe and showers will also be available on Friday 26th 16:00 to 20:00.

Kiosk

Food and drinks will be sold at the arena and in Fiskumhallen.

Menu: Stew, rolls, baguettes, snacks and fruit.

Bicycle wash

Bikewash is located by the entrance to Fiskumhallen.

11.2. Technical assistance and feed zone

Feed and technical assistance zone (1) is placed at the arena.

There is one additional technical zone (2). This is placed at “Fiskum Bygg” before the technical section 1,5 km before the Arena. Note!! No feeding in this zone.

To get access to the technical and feeding zone during the race of the UCI-categories, an accreditation card have to be shown. Team jersey is also mandatory.

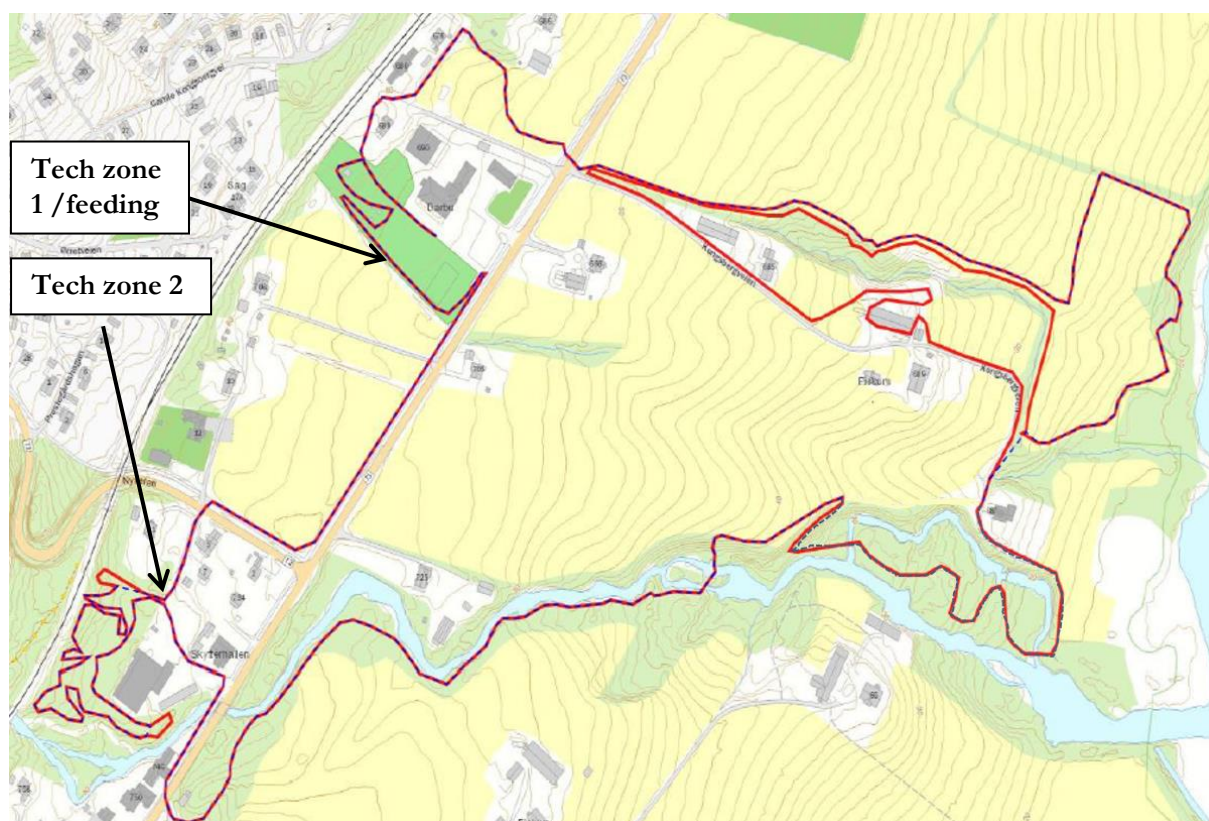
Accreditation card may be signed out in the Race Office. Max 4 card pr team. The accreditation card has to be returned after the race.

If there will be changes in the feed and technical zones after the course inspection, this will be announced at Team Managers meeting.

11.3. Course map

Red and Blue course

Red course (W/M 15->) and Blue course (W/M 11-12 and W/M 13-14)



Altitude profile Red course

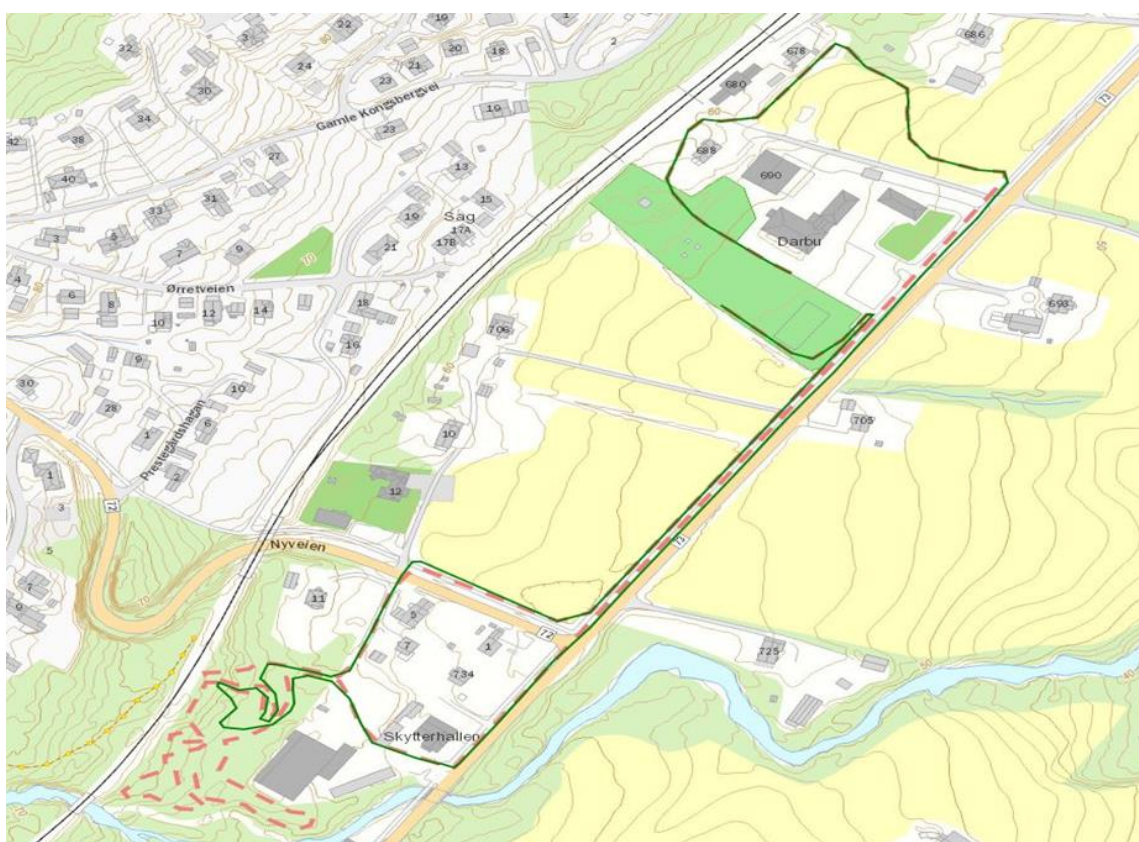


Altitude profile Blue course



Green and pink course

Green course (W/M 6-9) and Pink Løype (W/M 10)



12. Results

Live results service :

- NC 1 Fiskumrittet XCT –
 - Results: <https://live.eqtiming.com/46367>
 - Participants: <https://live.eqtiming.com/46367#Contestants>
- NC 2 Fiskumrittet XCO –
 - Results: <https://live.eqtiming.com/46365>
 - Participants: <https://live.eqtiming.com/46365#Contestants>

Unofficial and official results will be published at the arena as soon as they are ready. Results are published later on www.sykling.no and www.fiskumil.no

13. Points and prizes

Prizes are awarded to all riders in classes 12 years and younger. In other classes there will be prizes to 1/3 of the starting riders. Sports categories: Until 3 prizes.

Prizes in NC/UCI classes in accordance with NCF/UCI rules. Prizes are awarded at the arena; see where on the [Arena Map](#).

13.1. NC 1 Fiskumrittet XCT

Elite and junior categories receive NC point in accordance to NCF category 3.

W/M 15-16 receives NCF Rankingpoints in accordance to NCF category 3.

Master categories receive MC Rankingpoints in accordance to NCF MC category 2.

Elite (19+) and Junior categories win the following monetary prizes:

Place	Elite	Junior
1	2 000 NOK	1 000 NOK
2	1 500 NOK	600 NOK
3	1 000 NOK	400 NOK

13.2. NC 2 Fiskumrittet XCO

Elite and junior categories receive UCI points in accordance to UCI category 1.

Place	Elite	Junior
1	60	20
2	40	18
3	30	16
4	25	14
5	20	12
6	18	10
7	16	8
8	14	6
9	12	4
10	10	2
11	8	
12	6	
13	4	
14	2	
15	1	

Elite and junior categories receive NC point in accordance to NCF category 3.

W/M 15-16 receives NCF Rankingpoints in accordance to NCF category 3.

Master categories receive MC Rankingpoints in accordance to NCF MC category 2.

Elite (19+) and Junior categories win the following monetary prizes (illustrate by ex):

Place	Elite	Junior	Place	Elite	Junior
1	600 €	130 €	7	150 €	40 €
2	500 €	100 €	8	125 €	30 €
3	400 €	80 €	9	100 €	25 €
4	300 €	65 €	10	50 €	20 €
5	250 €	55 €	Total	2 675 €	590 €
6	200 €	45 €	W&M Total	5 350 €	1 180 €

14. Parking and Route

14.1. Parkering

Parking on order at Darbu School and Fiskum Church.

Parking NOK 50,-.

14.2. Route:

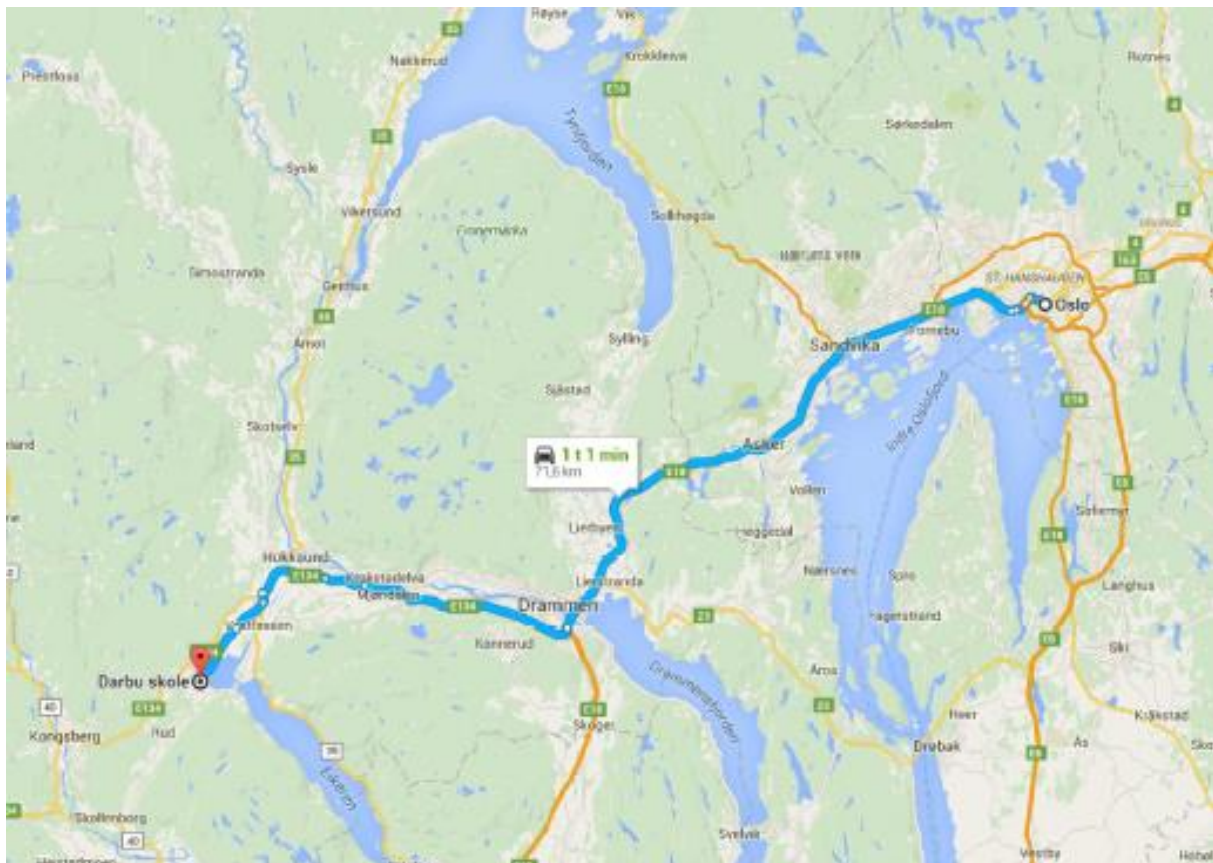
From Oslo/Drammen/Hokksund:

E-18 towards Drammen. Then E-134 towards Hokksund and Kongsberg. Take the exit toward Vestfossen and then FV 73 to Darbu. FV 73 crosses Fiskumsletta and come to Fiskum Church and Darbu School.

From Kongsberg:

E-134 towards Hokksund and Drammen. Take the exit toward Darbu (later FV 72). After the underpass under the railway line take FV 73 to the left towards Darbu School and Fiskum Church.

GPS-adress: Darbu skole, Kongsbergveien 692, 3322 Fiskum, Øvre Eiker.



15. Information

Information regarding the race is available on www.fiskumil.no.

Important information about the race, for example changes in the technical assistance zone or the number of rounds, are also given at the Team Leaders' Meeting.

News about the race will be published both on our website and on the Facebook group «Nordic MTB Series» and «Norges Cup Terreng Rundbane» (only Norwegian).

16. Contact persons

16.1. Organizing committee

Role	Name	Email	Telephone
Event Manager	Dan-Ove Gundersen	dan-ove.gundersen@telenor.com	(+47) 916 28 237
Press and information	Målfrid Ravnåsen Vangen	malfridrv@gmail.com	(+47) 908 50 517
Course	Stefan Warlo Samuelsen	stefanws@outlook.com	(+47) 958 85 271
Arena	Per Magne Doull	pm@pob.no	(+47) 970 54 429
Race Office	Sindre Enget	medlem.fiskum@gmail.com	(+47) 950 78 832
Registration/timing	EQ-Timing		
Prize Ceremony	Morten Vangen	morva@online.no	(+47) 948 49 580
Doctor	Gunnhild Fossesholm	gtfo@online.no	(+47) 907 30 382
First aid service	Vestfossen Røde Kors		(+47) 938 66 610
Parking	Rune Andersen		(+47) 938 92 564
Kiosk	Marie Gjerden	gjerdenmarie@gmail.com	(+47) 959 20 091
Finance and accounting	Mette Dramdal	kasserer.fiskumil@gmail.com	(+47) 977 42 841

16.2. Commissaries

Role	Navn	Klubb	Notes
PCP	Bjørn Birkeland	Norge	Sunday 28/4 – UCI-Cat1.
MCP/Jury member			PCP Saturday 27/4
MCP/Jury member			Saturday and Sunday
MCP/Jury member			Saturday and Sunday
MCP/Jury member			Saturday and Sunday
MCP			Saturday and Sunday
MCP			Saturday and Sunday