

## SMACK Swedish Paracycling Cup 2018

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### Invitation and Technical guide

# SMACK Swedish Paracycling Cup Stockholm, Sweden 2018-09-08 – 09

## UCI C1 Competition

SMACK, Sigtuna Märsta Arlanda Cykelklubb welcomes everyone to SMACK Swedish Paracycling Cup in Odensala and Arlanda north of Stockholm, close to the Arlanda International Airport.

The event is organized with permissions from UCI and is a part of the European Paracycling Cup.

The races will be held with Time Trial in the afternoon Saturday 8 September and Road Races and Handbike Team Relay on Sunday 9 September.

Registration will take place Friday evening 7 September. It will also be possible to register Saturday morning 8 September.

There will be a possibility to try the Time Trial Track on Friday evening 7 September but not before the race on Saturday due to the national Time Trial event taking place on the track during the day.

The Road Race track will be available to try early Sunday morning 9 September before the race starts.



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### Race facts

<b>Organizer</b>	Sigtuna Märsta Arlanda Cykelklubb
<b>Dates</b>	2018-09-08 – 2018-09-09
<b>Competition venues</b> <i>Friday and Saturday</i>	Odensala skola Herresta, Odensala 195 92 Märsta 59°39'54.0"N 17°50'50.3"E / 59.665000, 17.847306
<i>Saturday</i>	Arlandastad Testtrack 2 Starrmossen 140 195 95 Rosersberg 59°36'48.3"N 17°55'16.0"E 59.613411, 17.921104
<b>Classes</b>	WC1-WC5, WH1-WH5, WT1-WT2, WB, MC1-MC5, MH1-MH5, MT1-MT2, MB. Team Relay WH1-WH5, MH1-MH5.
<b>Race distances</b>	According to UCI regulations, information on following pages.
<b>Sign up date</b>	2018-09-01 at the latest, see sign up information below. Late sign up possible on site at Odensala skola Friday evening.
<b>Registration fee</b>	50 € for the cup or 25 € per race, to be transferred to: IBAN: SE88 9500 0099 6034 0066 9242 BIC: NDEASESS
<b>Race Director</b>	Jan Jensen, Sigtuna Märsta Arlanda Cykelklubb, SMACK.
<b>Race Advisor</b>	Michael Anderson, Swedish Paracycling committee.
<b>Commissaires</b>	UCI International Commissaire: To be appointed. Results managers: Håkan Johnsson, Håkan Nygren.
<b>Medical service</b>	Eventa Sjukvårdsservice.
<b>Rules</b>	The competition will be held under the UCI rules.
<b>UCI Points</b>	According to the UCI rules for a C1 competition.
<b>Points of contact</b>	Rickard Nilsson, <a href="mailto:rickard@nilssonrickard.se">rickard@nilssonrickard.se</a> Håkan Johnsson, <a href="mailto:hakan@smack.se">hakan@smack.se</a>
<b>Race homepage</b>	<a href="http://www.smack.se/smack-swedish-paracycling-cup">www.smack.se/smack-swedish-paracycling-cup</a> .

### Sign up

Signing up for the race is be done by filling in the form on: [www.smack.se/smack-swedish-paracycling-cup](http://www.smack.se/smack-swedish-paracycling-cup) There is a possibility to sign up for all races or separate races in the cup. All signed up participants can be seen on the Sign up page.

Sign up deadline is 2018-09-01. Late Sign-ups will be accepted on site at Odensala skola Friday evening 2018-09-07. Late sign up cost 25€ / 250 SEK extra.

Swedish competitors are requested to sign up using Swecyclingonline according to normal routines.



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### Time schedule

#### Friday

17:00 – 20:00 Confirmation of starts and pick-up start numbers and transponders, Odensala School.

20:15 Participants meeting for information, at Odensala School.

There will be an opportunity for athletes to try the time trial course between approximately 18:00 and 20:00. The track will not be free from traffic but there will be personnel standing at the junctions to guide the athletes the right way.

#### Saturday

15:00-17:00 Time trials, Odensala School. Race distances 15-30 km according to class.

Approx. 17:00 Medal ceremonies, Odensala School

#### Sunday

9:00-17:00 Road races, Arlandastad Testtrack 2. Race distances 57,6 – 28,8 km according to class.

17:30-18:30 Hand bike Team relay. Race distance 9 laps, 1,5 km per lap.

During the day Medal ceremonies after each block of races.

### Start numbers and Transponders

We recommend athletes to pick up start numbers and transponders Friday evening. It will be possible to pick them up Saturday morning as well but we recommend everyone to do so Friday evening.

Swedish competitors can use their own Mylaps transponders. International competitors having their own Mylaps Prochip transponders can also use theirs. The transponder ID must then be entered in the sign up form.

Deposit fee: 50€ / 500 SEK per transponder. Max 200€ or 2000 SEK for each team.

The deposit fee will be given back when the transponders are returned after the competition.



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### Race distances

#### Time trial

Class Women	Distance Women
WB	30 km
WC1	15 km
WC2	15 km
WC3	15 km
WC4	15 km
WC5	15 km
WH1	15 km
WH2	15 km
WH3	15 km
WH4	15 km
WH5	15 km
WT1	15 km
WT2	15 km

Class Men	Distance Men
MB	30 km
MC1	15 km
MC2	15 km
MC3	30 km
MC4	30 km
MC5	30 km
MH1	15 km
MH2	15 km
MH3	15 km
MH4	15 km
MH5	15 km
MT1	15 km
MT2	15 km

#### Road Races

Class Women	Distance Women
WB	24 laps, 57.6 km
WC1	18 laps, 43.2 km
WC2	18 laps, 43.2 km
WC3	18 laps, 43.2 km
WC4	18 laps, 43.2 km
WC5	18 laps, 43.2 km
WH1	12 laps, 28.8 km
WH2	12 laps, 28.8 km
WH3	12 laps, 28.8 km
WH4	18 laps, 43.2 km
WH5	18 laps, 43.2 km
WT1	12 laps, 28.8 km
WT2	12 laps, 28.8 km

Class Men	Distance Men
MB	24 laps, 57.6 km
MC1	18 laps, 43.2 km
MC2	18 laps, 43.2 km
MC3	18 laps, 43.2 km
MC4	24 laps, 57.6 km
MC5	24 laps, 57.6 km
MH1	12 laps, 28.8 km
MH2	12 laps, 28.8 km
MH3	18 laps, 43.2 km
MH4	18 laps, 43.2 km
MH5	18 laps, 43.2 km
MT1	12 laps, 28.8 km
MT2	12 laps, 28.8 km

#### Team Relay

Class Women	Distance Women
WH1 - WH5	3 * 3 laps, 13.5 km

Class Men	Distance Men
MH1 – MH5	3 * 3 laps, 13.5 km

The actual race distances, starting groups and starting order will be announced closer to the event.



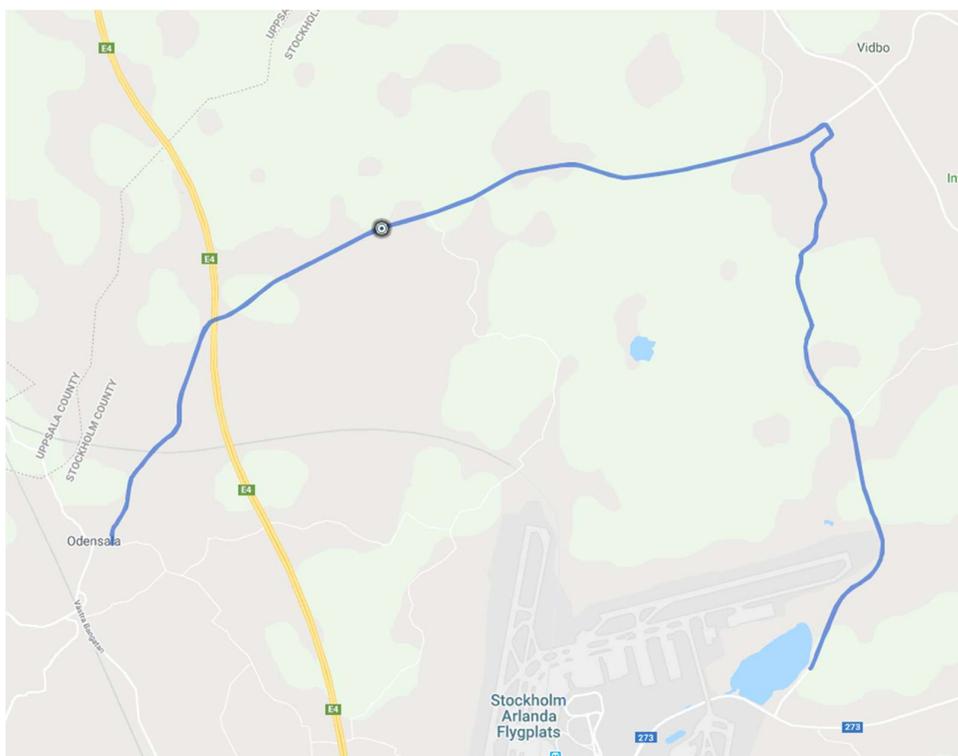
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### Race Tracks

#### Time trial

The 30 km Time trial track starts at Odensala church, passes Åshusby, has its turning point at Sjöås handel heading back to Odensala church. The first part of the track is slightly hilly but the second part has two higher hills to climb before turning back.

The 15 km Time trial track also starts at Odensala church having the turning point at Veda half way on the longer track, at 7,5 km. The first part of the track is slightly hilly and has got one major ascent with the turning point at the top.



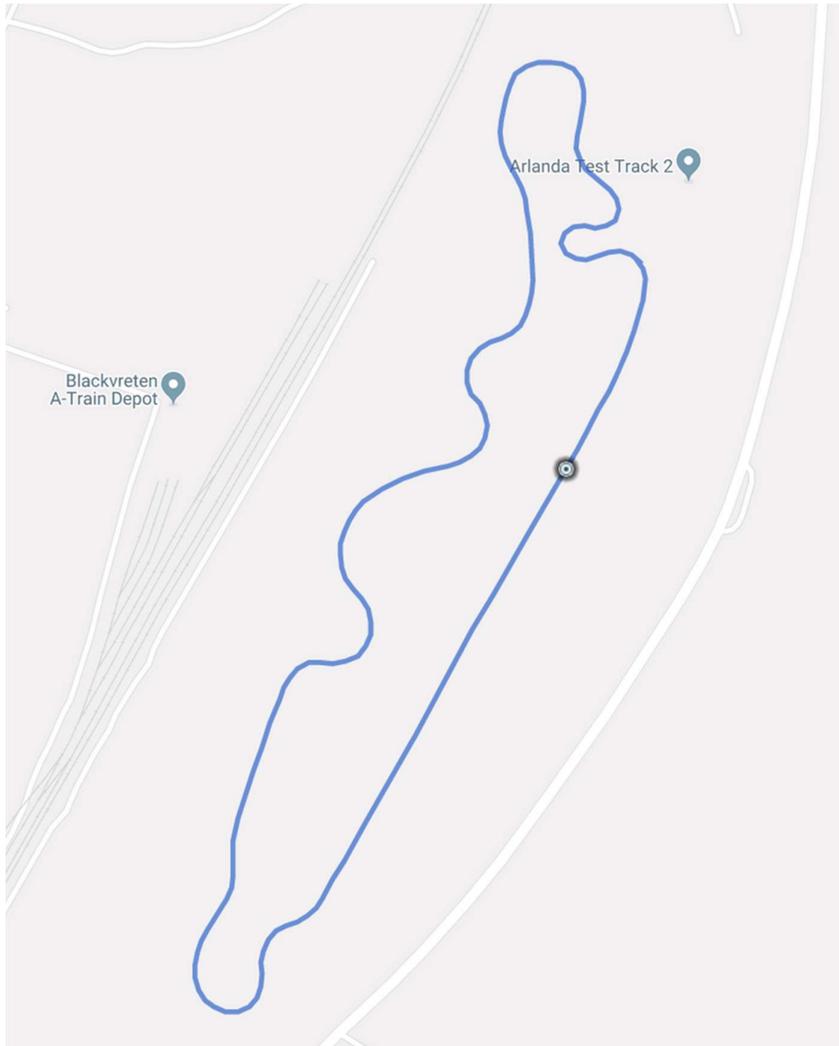


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### Road race

The Road race track has a 2.4 km lap and is situated on a test and education track for cars. It is completely closed for traffic.

The track is quite flat but technical with bends, three hairpins and a 400 meter long finish straight. The track has a really nice and smooth tarmac.





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### Team relay, Hand bike

The Hand bike Team Relay WH1-WH5, MH1-MH5, will be run on the same course as the road race but will have a shorter lap of approx. 1,5 km.

Teams with participants with different nationality are allowed. Three participants in each team, three laps per person.

### Calculation of final results

The finishing position in the road race and the time trial will be used to calculate the total result that the UCI points reward will be based on.

The finish place in the Time trial and the Road race will be added together and the competitor with the lowest number will win the SMACK Swedish Paracycling Cup.

If two competitors get the same number of points the result from the Road race will decide who wins the Cup.

UCI Ranking	UCI C1 points
1	30
2	26
3	22
4	18
5	16
6	14
7	12
8	10
9	8
10	6

### Accommodation

The following hotels are recommended for teams and athletes:

SCANDIC UPPLANDS VÄSBY

Hotellvägen 1

194 35 Upplands Väsby

Email [upplandsvasby@scandichotels.com](mailto:upplandsvasby@scandichotels.com)

Telephone +46 8 517 355 00

SCANDIC INFRA CITY

Kanalvägen 10

194 61 Upplands Väsby

Email [infracity@scandichotels.com](mailto:infracity@scandichotels.com)

Telephone +46 8 517 344 00

Or contact Sigtuna Turistbyrå, Destination Sigtuna for information about hotels in the Arlanda area:

Email [info@destinationsigtuna.se](mailto:info@destinationsigtuna.se)

Telephone +46 8 594 806 50