



Technical Guide

Postnord UCI Women's WorldTour Vårgårda WestSweden

Road Race

Vårgårda, Sweden

August 18, 2019

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Specific regulations

1. Organisation

Postnord UCI Women's WorldTour Vårgårda WestSweden is organised by Vårgårda Cykelklubb, Box 55, S-447 22 Vårgårda under regulations of the International Cycling Union (UCI) on Sunday August 18, 2019

2. Type of event

The event is open for riders of the Women Elite and U23 categories. The event is entered on the UCI Calendar as a UCI Women's WorldTour event.

Points are awarded towards the UCI Road Women WorldTour classification (as per article 2.13.006)

Classification	Points	Classification	Points
1	200	21	5
2	150	22	5
3	125	23	5
4	100	24	5
5	85	25	5
6	70	26	5
7	60	27	5
8	50	28	5
9	40	29	5
10	35	30	5
11	30	31	3
12	25	32	3
13	20	33	3
14	15	34	3
15	10	35	3
16	5	36	3
17	5	37	3
18	5	38	3
19	5	39	3
20	5	40	3

Points are awarded towards the UCI Women's WorldTour secondary classification (as per article 2.13.006) for best young rider, U23.

Classification	Points
1	6
2	4
3	2

The team classification is obtained by adding the individual classification points scored by all the riders of the team in the UCI Women's WorldTour individual ranking.

The team classification shall only include UCI Women's Teams.

Points are also awarded towards the Elite and U23 Women's UCI World Ranking (as per article 2.10.017)

Classification	Points	Classification	Points
1	200	21	5
2	150	22	5
3	125	23	5
4	100	24	5
5	85	25	5
6	70	26	5
7	60	27	5
8	50	28	5
9	40	29	5
10	35	30	5
11	30	31	3
12	25	32	3
13	20	33	3
14	15	34	3
15	10	35	3
16	5	36	3
17	5	37	3
18	5	38	3
19	5	39	3
20	5	40	3

3. *Participation*

As per article 2.13.005 the UCI Women's WorldTour events is open to UCI Women's WorldTeams and UCI women's continental teams. In accordance with article 2.1.005 the race is open for a national team from the country of the organizer and maximum one foreign national team. The maximum number of teams at the start of a UCI Women's WorldTour event is set at 24 teams.

Teams shall be formed of six riders in accordance with article 2.2.003

4. *Race Headquarters*

Race Headquarters are located at **Kyrkogatan 7, Vårgårda.**

Approximately 200 meters after the start/finish

Opening hours:

Friday, August 16

14.00 - 19.00

Saturday, August 17

08.00 - 19.00

Sunday, August 18

07.30 - 17.00

Team representatives are requested to confirm their starters and collect their race numbers at Race Headquarters, Kyrkogatan 7:

Sunday, August 18

07.30 – 08.45

The team managers' meeting, in the presence of the Members of the Commissaires Panel, will be held at the Race Headquarters, Kyrkogatan 7.

Sunday, August 18

09.00

5. **Radio tour**

Race information will be given over Radio Tour on frequency 146,4125 MHz.

6. **Neutral technical support**

The neutral support is handled by the organiser with 3 cars and a motorbike.

7. **Finishing time limits**

Any rider finishing in a time exceeding that of the winner by more than 8% shall not be placed. The time limit may, in exceptional circumstances, be increased by the Commissaries Panel in agreement with the organizer.

8. **Classifications**

The following classifications will be issued:

- Individual classification by time.
- Individual secondary classification young riders, U23.

9. **Prizes**

The following prizes will be awarded:

Ranking	Prize money (€)	Ranking	Prize money (€)
1 st	1 265	11 th	130
2 nd	935	12 th	130
3 rd	625	13 th	130
4 th	375	14 th	130
5 th	320	15 th	130
6 th	275	16 th	100
7 th	250	17 th	100
8 th	220	18 th	100
9 th	185	19 th	100
10 th	165	20 th	100
		TOTAL	5 765

Prize money will be sent directly to team bank account.

Team representatives will be asked to submit full account details with international IBAN-code to which payment should be done at the Race Headquarters.

10. Antidoping

The UCI antidoping regulations are entirely applicable to the event.

Test will take place at Vårgårda Health Centre, Centrumgatan 2, approximately 400 meters from Start- and Finish area.

11. Awards ceremony

In accordance with article 2.14.008 of the UCI rules, the following riders must attend the official awards ceremony:

- The first 3 riders of the event.
- The individual leader of the UCI Road Women World Cup after the event.
- The leader of the best young riders classification

The riders have to be present at the podium not later than 10 minutes after finishing at Murartorget.

After the award ceremony, the winner of the event and the leader of the UCI Women's WorldTour after the event are required to attend the press conference in the company of the organiser.

12. Penalties

The UCI penalty scale is the only one applicable

General information

1. Hospitals

- Alingsås Hospital, Södra Ringgatan, phone +46 (0)322 22 60 00
- Medical Center / Vårdcentralen Vårgårda, Centrumgatan 2
phone +46 (0)10 435 85 00.
- Medical Center / Herrljunga Vårdcentral, Horsbyvägen 16
phone +46 (0) 513 177 20.
- SOS alarm, phone 112.

2. Accommodation

For teams staying at First Grand Hotel Alingsås we refer to the reception or to the race office in Vårgårda. For questions call First Grand Hotel directly +46 (0) 322 67 01 00.

For teams staying at Herrljunga Hotell & Konferens, we refer to the reception or the race office in Vårgårda. For questions call Herrljunga Hotell & Konferens directly +46 (0) 513 222 40.

3. *Driving your car*

Security remains the single most important factor for our organisation in all our events. Therefore we urge you all to pay the highest attention and drive carefully both during race and at any other time.

During race it is of course absolutely prohibited to drive in the non-race direction or to deviate from the course if not instructed to do so by police or security staff.

Dipped headlights should be switched on during driving.

Always use the seat belts.

The organisation applies a zero limit rule for alcohol during driving. Tests might be carried out.

4. *Environment*

We all love cycling on all levels and to be able to enjoy it we need a clean and beautiful nature.

The organisation of Postnord UCI WWT Vårgårda WestSweden continues to work in different fora and with different local and regional councils to promote cycling in all its different forms; as the best means of local transport, as recreation for all as well as environmental friendly and the best way to experience the beautiful Swedish nature.

During the World Tour weekend we count on your support;

- Please do not litter anything during the race, for bottles or other items we ask you to use our GARBAGE ZONES immediately after the feeding zones.
- Please respect all instructions concerning washing laundry, cleaning of bikes or team cars. Cars **shall** be cleaned at a authorized carwash. There are three in Alingsås and two in Vårgårda.
 - Carwash Sävelund (24h), Pumpgatan 1, Alingsås
 - Carwash Ängabo (24h), Odengatan 2, Alingsås
 - Circle K (24h), Gamla Vänersborgsvägen 11, Alingsås
 - Circle K, (8.00-24.00), Stockholmsvägen 1, Vårgårda
 - Bada Bilen (24h), Wallentinsvägen , Vårgårda

We appreciate your understanding and cooperation and hope you will enjoy our World Cup races and our beautiful landscape for many years on.



Race information

1. **Course**

The course is described in the enclosed road maps, profiles and calculated passing times. The race starts with 1 lap á 66,7 km, followed by 3 short Hägrungalaps á 11,0 km and continues with 3 long Hägrungalaps á 15,2 km. Total course 145,3 km. The first long lap contains 5 gravel sections, marked as 1,2,3,4 and 5. Gravel section 5 is also included in the long Hägrungalap.

2. **Team presentation**

All teams will be presented to the public, in order given at latest at Team Managers Meeting, at the podium on Murartorget, Vårgårda (in the start-area). The presentation starts at Sunday 18/8, 09.45

3. **Start**

Start at 11.00

4. **Equipment**

All riders have to wear electronic device (chip) to be automatically registered for finish. Information will be given on the team managers meeting and at the registration.

5. **Radio communication**

All vehicles following the race must be equipped with working radio communication (Radio Tour) . Radios are distributed at the team managers' meeting.

After the race, radios must be returned to Race Headquarters, otherwise the team will be charged a cost of SEK 5000/ Euro 545.

Radio Tour will operate on frequency 146,4125 MHz.

The race will also be broadcasted over the local radio network, 97,0 MHz (in Swedish only).

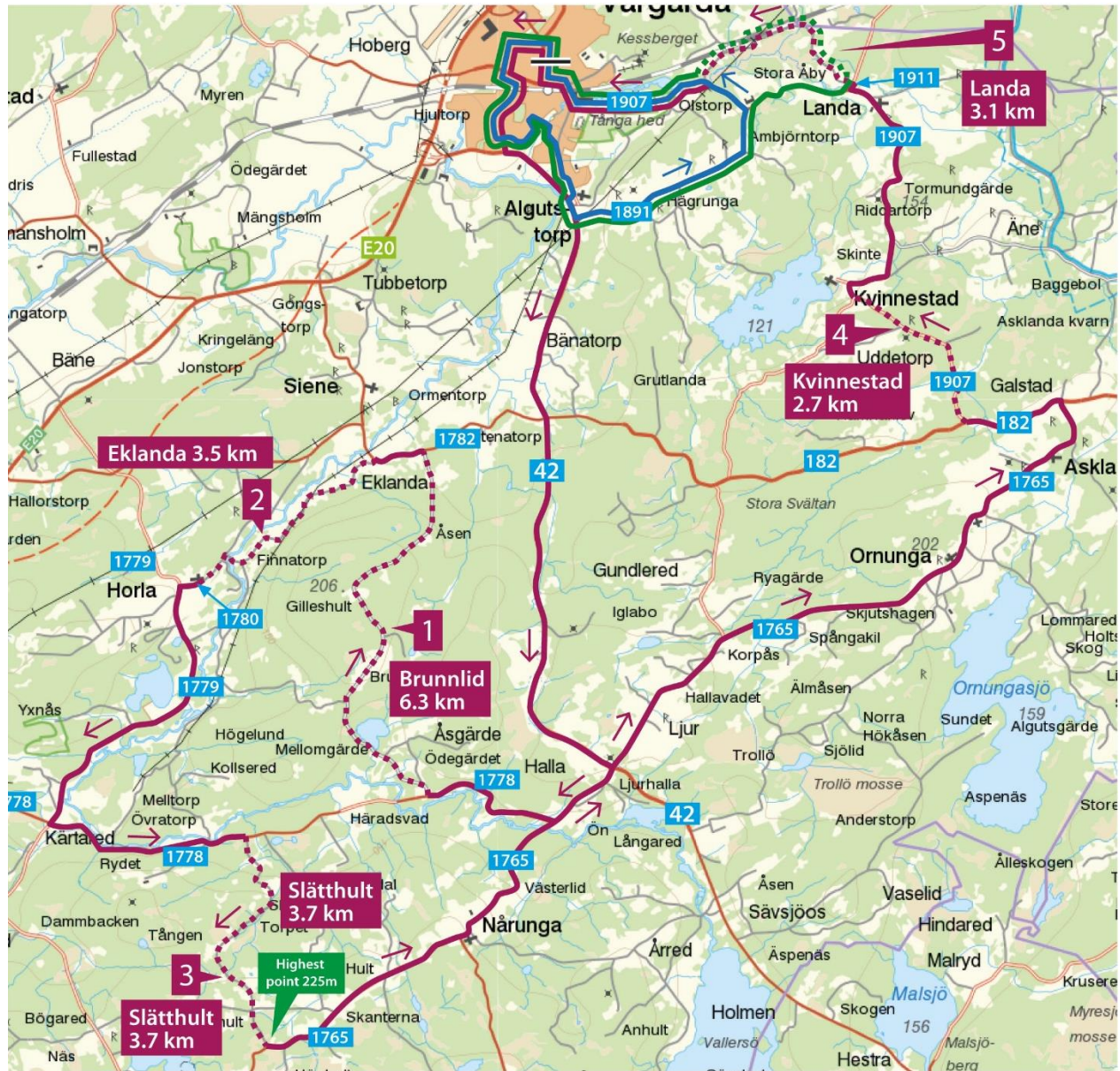
6. **Feeding**

Feeding is allowed within the feeding zones and from car according to UCI-regulations. Information will be given at the team managers meeting.

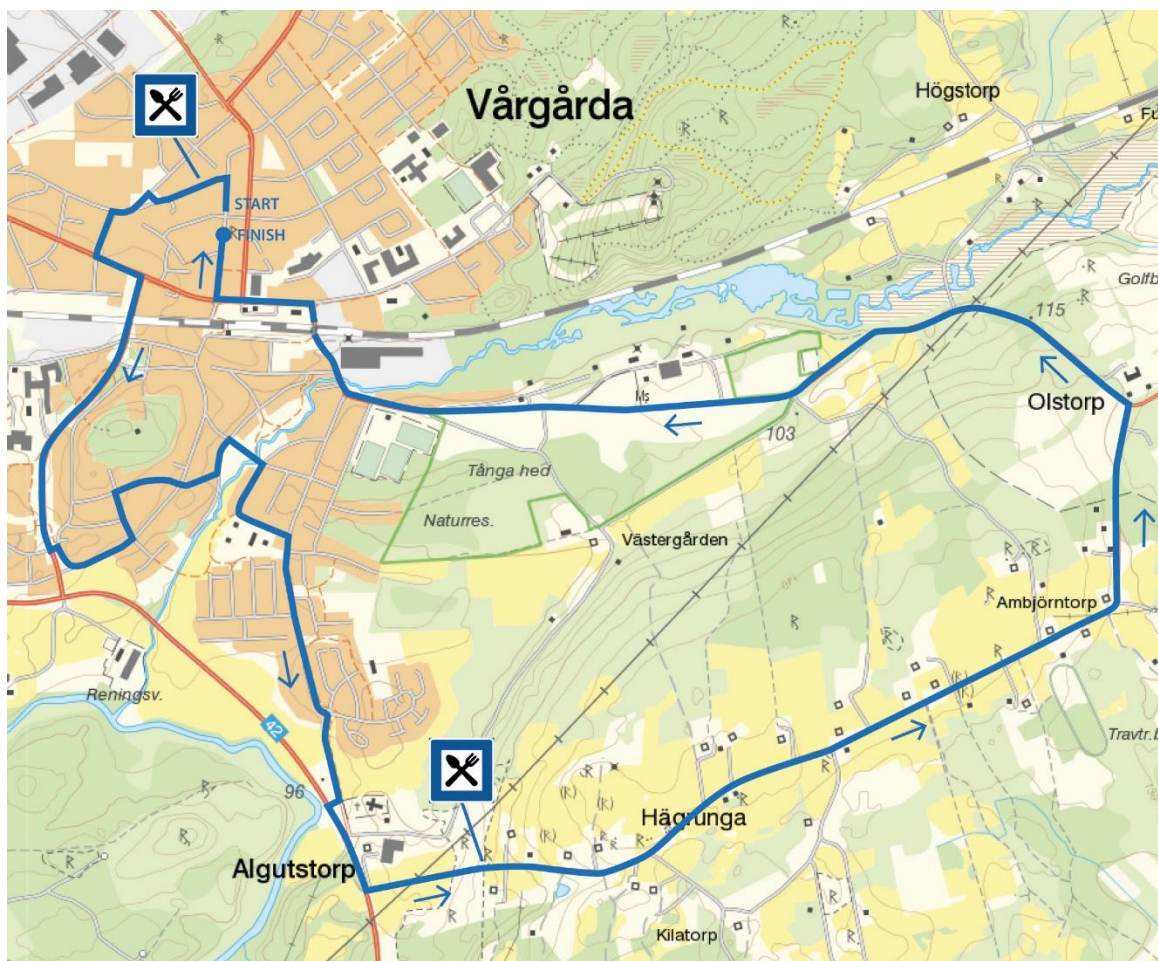
We ask you all to respect the special GARBAGE ZONES, provided directly after feeding zones.

Maps

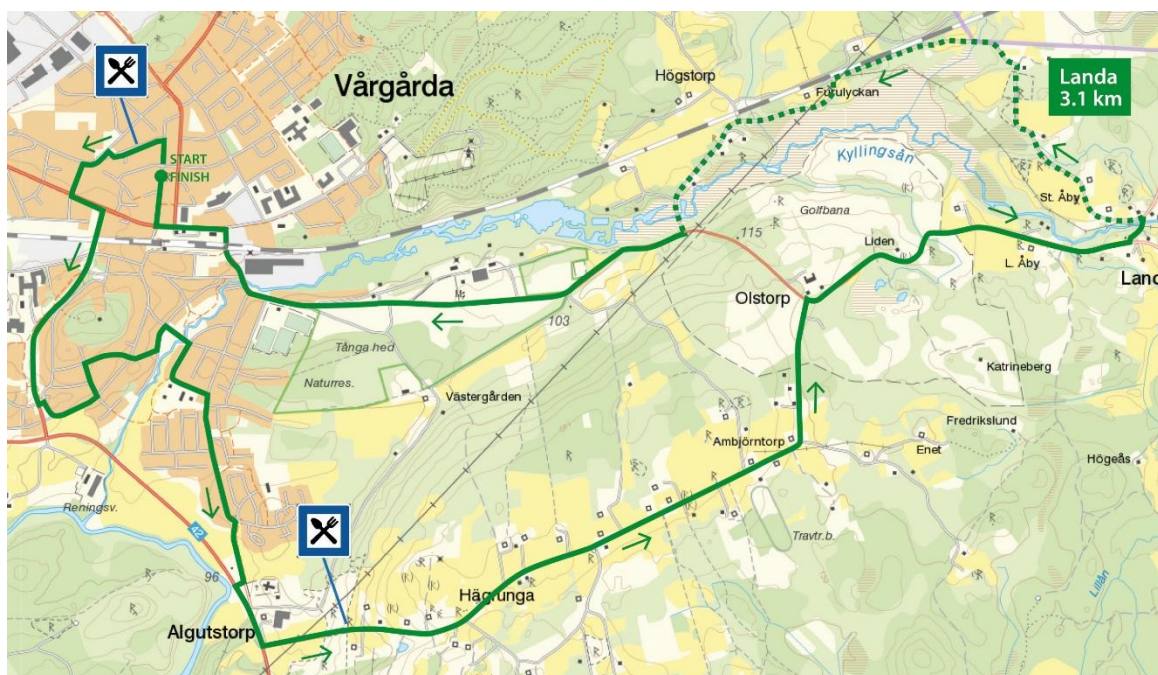
Course, long lap 66,7 km



Course, short lap Hägrunga 11 km



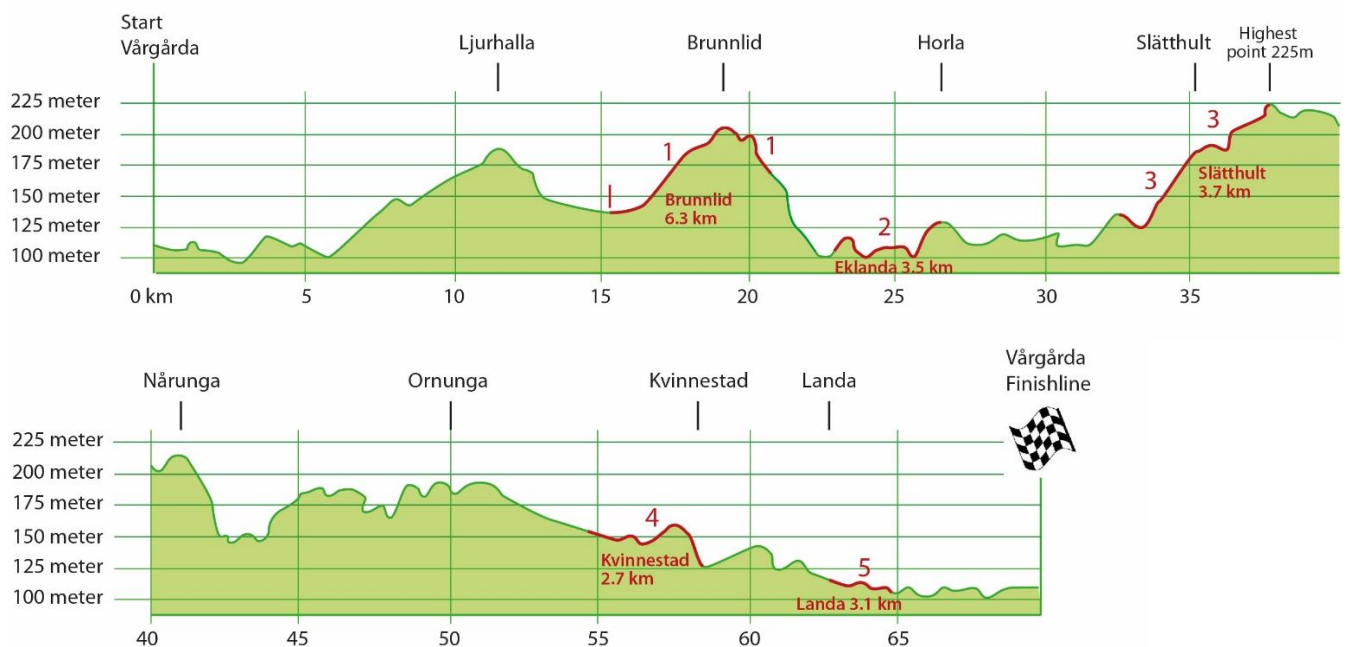
Course, long lap Hägrunga 15,2 km



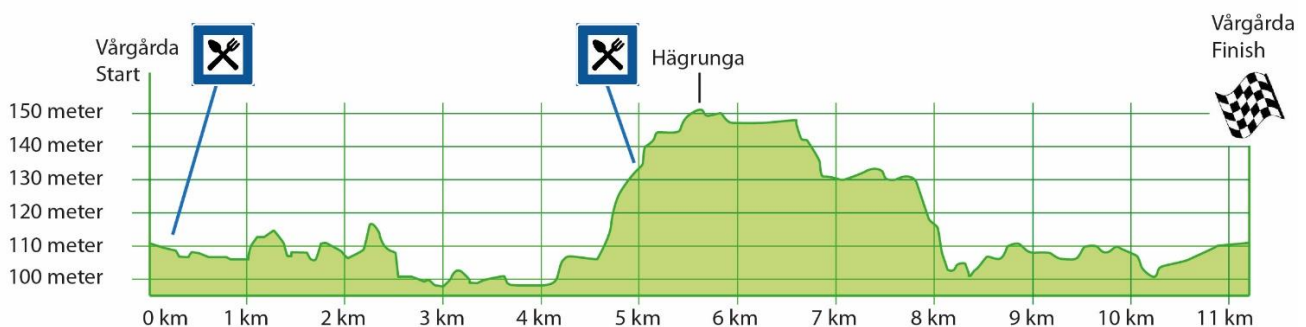
Course, last 3 km



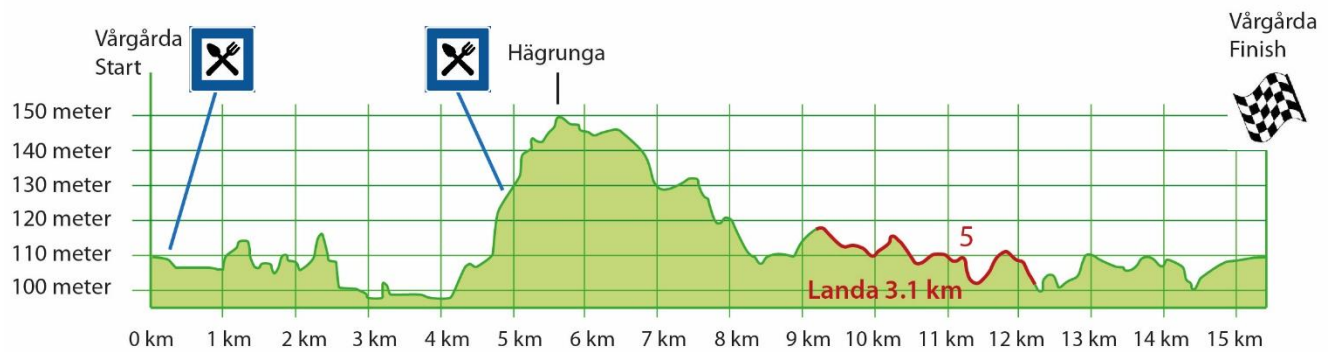
Profile long lap, 66,7km



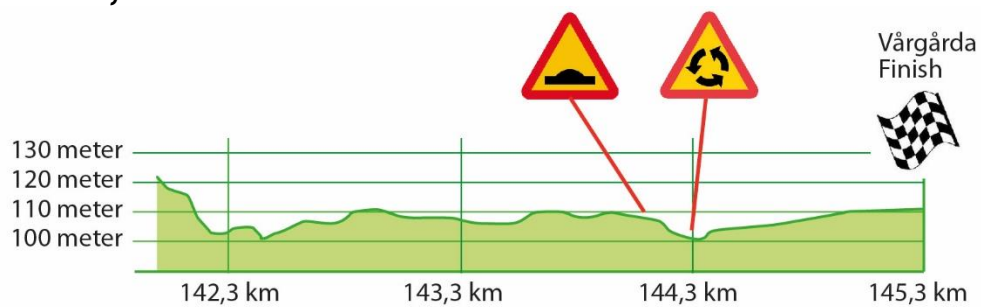
Profile short lap Hägrunga, 11 km



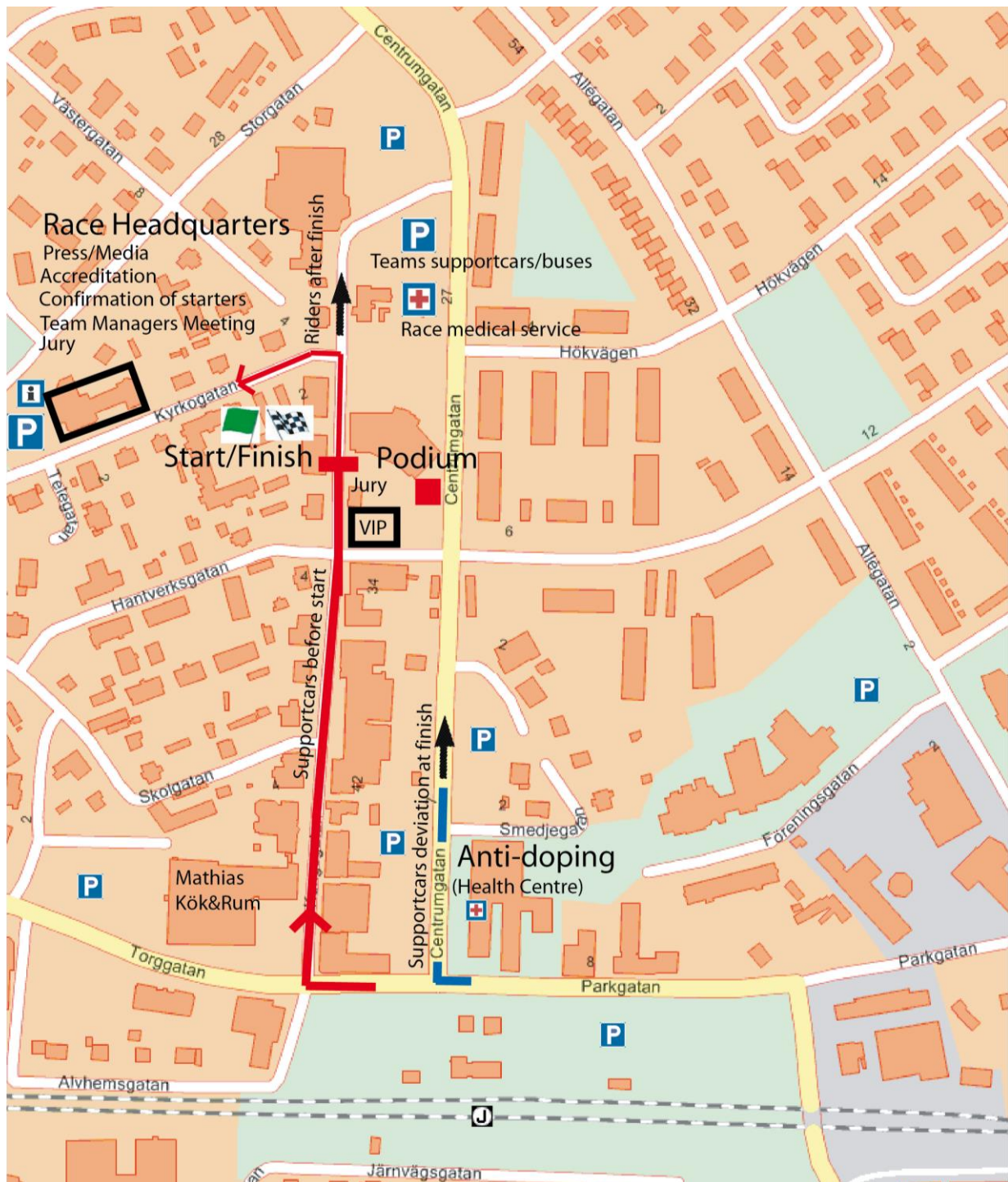
Profile long lap Hägrunga, 15,4 km



Profile, last 3 km



Start/Finish area Vårgårda



Itinerary

Lap			Km	38km/h	40km/h	42km/h	45km/h
Long		Left on Storgatan	0,3	11:00	11:00	11:00	11:00
66,7 km		Left on Nygatan	0,4				
		Left on Torggatan	0,5				
		Right on Kullingsleden	0,7				
		Left into R42	1,8	11:03	11:03	11:03	11:02
		Crossing turn right Ljurhalla	11,9	11:19	11:18	11:17	11:16
		Crossing turn right	12,9	11:20	11:19	11:18	11:17
		Right into Gravel Section 1 Brunnlid	15,0	11:24	11:23	11:22	11:20
		Keep left	15,1				
		End of Gravel Section 1 6,3 km	21,3	11:34	11:32	11:30	11:28
		Turn left	21,3				
		Left in to Gravel section 2 Eklanda	22,0	11:35	11:33	11:31	11:29
		Crossing turn right	24,9	11:39	11:37	11:35	11:33
		Narrow bridge, turn left	25,2				
		End of Gravel section 2 3,5 km	25,5	11:40	11:38	11:36	11:34
		Crossing turn left Horla	25,7	11:41	11:39	11:37	11:35
		Crossing turn left Kärtared	30,2	11:48	11:45	11:43	11:40
		Right in to Gravel section 3 Slätthult	33,0	11:52	11:49	11:47	11:44
		Crossing	36,1	11:57	11:54	11:52	11:48
		End of Gravel section 3 3,7 km	36,7	11:58	11:55	11:52	11:49
		Turn left	36,7				

Lap			Km	38km/h	40km/h	42km/h	45km/h
Long		Narrow passage Nårunga	40,1	12:03	12:00	11:57	11:54
		Crossing Ljurhalla	43,4	12:09	12:05	12:02	11:58
		Crossing turn left Asklanda	52,5	12:22	12:19	12:15	12:10
		Right into Gravel section 4 Kvinnestad	53,9	12:25	12:21	12:17	12:12
		End of Gravel section 4 2,7 km	56,6	12:29	12:25	12:21	12:15
		Crossing narrow turn right Landa	60,6	12:36	12:31	12:27	12:21
		Left into Gravel section 5 Landa	60,7	12:36	12:31	12:27	12:21
		End of Gravel section 5 3,1 km	63,8	12:41	12:36	12:31	12:25
		Turn right	63,8				
		Speedbumps	65,5	12:43	12:38	12:33	12:27
		Roundabout	65,7	12:44	12:39	12:34	12:28
		Passing Start Finish line	66,7	12:45	12:40	12:35	12:29
1st short		Feeding zone	66,9	12:45	12:40	12:35	12:29
Hägrunga		Left and immediately right into Drottninggatan	68,4	12:48	12:43	12:38	12:31
11 km		Left into Bergsgatan	68,6	12:48	12:43	12:38	12:31
		Left into Hedåsgatan	68,8	12:49	12:44	12:39	12:32
		Narrow bridge	69,4	12:50	12:44	12:39	12:32
		Speedbump – narrow passage	70,1	12:51	12:45	12:40	12:33
		Roundabout	70,3	12:51	12:45	12:41	12:34
		Left into Hägrunga climb	71,0	12:52	12:46	12:42	12:35
		Feeding zone	71,3	12:53	12:47	12:42	12:35
		Red barn on the right	73,5	12:56	12:50	12:45	12:38
		Crossing keep left	74,1	12:57	12:51	12:46	12:39
		Narrow passage	74,2	12:57	12:51	12:46	12:39
		Speedbumps	76,5	13:01	12:55	12:49	12:42
		Roundabout	76,7	13:01	12:55	12:49	12:42

Lap			Km	38km/h	40km/h	42km/h	45km/h
1		Passing Finish line after 1 short Hägrunga lap	77,7	13:03	12:56	12:51	12:44
2		Passing Finish line after 2 short Hägrunga laps	88,7	13:20	13:13	13:06	12:58
3		Passing Finish line after 3 short Hägrunga laps	99,7	13:37	13:30	13:22	13:13
1st long		Continue short Hägrunga lap					
Hägrunga		Crossing turn right	107,1	13:49	13:41	13:33	13:23
15,2 km		Crossing turn left	108,8	13:52	13:43	13:35	13:25
		Left into Gravel section 5 Landa	108,9	13:52	13:43	13:35	13:25
		End of Gravel section 5 3,1 km	112,0	13:57	13:48	13:40	13:29
		Turn right	112,0				
		Speedbumps	113,7	14:00	13:51	13:42	13:31
		Roundabout	113,9	14:00	13:51	13:42	13:31
1		Passing Finish line after 1 long Hägrunga lap	114,9	14:01	13:52	13:44	13:33
2		Passing Finish line after 1 long Hägrunga lap	130,1	14:25	14:15	14:05	13:53
3		FINISH	145,3	14:49	14:38	14:26	14:13

Event schedule, WorldTour weekend Vårgårda 2019

	ACTIVITY	TIME	REQUIRED TO ATTEND	PLACE
Friday August 16	Cyclo Tourism event Motionsloppet Scandinavia	17.00		Vårgårda Murartorget
	Inauguration of Postnord Vårgårda	19.00		Vårgårda Murartorget

Saturday August 17	License control Team Time Trial	08.30-09.45	Jury (Race Mgmt)	Race Headquarters Vårgårda
	Team Managers Meeting Team Time Trial	10.00	Race Mgmt Jury	
	Commissaries meeting TTT and RR	10.30	Jury Race Mgmt	
	Information for chauffeurs and moto pilots Team Time Trial And Road Race	10.45	Race Mgmt Security Manager Chauffeurs Moto pilots	
	Security briefing Team Time Trial and Road Race	11.15	Race Mgmt (Jury) Security Manager Police	
	Information antidoping Team Time Trial	TBD by DCO	Antidoping officers Chaperons	Vårgårda Vårdcentral
	Start first team Team Time Trial	15.00		Vårgårda Murartorget

Sunday August 18	License control Road Race	07.30-08.45	Jury (Race Mgmt)	Race Headquarters Vårgårda
	Team Managers meeting Road Race	09.00	Race Mgmt Jury	Race Headquarters Vårgårda
	Information antidoping Road Race	TBD by DCO	Antidoping officers Chaperons	Vårgårda Vårdcentral
	Team presentation	09.45		Vårgårda Murartorget
	Start Road race	11.00		Vårgårda Murartorget

Organisation

Event Manager:

Hans JÖNSSON, phone +46 (0)706 27 23 78

Race Director:

Anders BJÖRKLUND phone +46 (0)739 81 53 02

Race Secretary:

Helen HENRIKSSON, phone +46 (0)702 68 53 41

President of the Commissaires Panel:

Martin BRIDGWOOD, UCI International Commissaire - appointed by UCI

Commissaires:

Kenneth SIMONSSON

Heidi STENBOCK_HAAKESTAD

Henning KNUDSEN

Henrik EHRIN

Turid FOSS (MOTO)

Jon-Olav ØDEGAARD (MOTOPILOT)

Finishing Judge:

Morten MESSELT

Lars BJÖRKQVIST (ass.)

Time keeper:

Ingmar JOHANSSON

Radio Tour:

Kristofer NENNESTAM

Bo LÖVSTRAND (MOTO INFO)

Tomas ERIKSSON (MOTO INFO)

Anti Doping Control Officer:

Marko PROCIKEVIC, CADF

Anti Doping Doctor:

Tuulikki JAHRE

Race Doctor:

Gert PERSSON, phone +46 (0)703 22 34 39

Medical Coordinator:

Maria HELLNEVI phone +46 (0)709 94 50 14

Speaker:

John LINDSKOG, Peo JOHANSSON

Data service:

Kent ALFREDSSON

Security Manager:

Jan HELLNEVI

Course Manager:

Lars BARKESTEDT

Press/Media and Sponsor Officers:

Urban TJERNBERG, Anders LARSSON

Race Headquarters:

Hans-Jörgen ABRAHAMSSON