



**22-23 FEBRUARY.2025.
ROTORUA**

TECH GUIDE.



WELCOME

Welcome to all our riders and supporters here in Rotorua at the 2025 Mountain Bike National Championships. As the premium mountain bike national event, we are in for a treat, and everyone can expect to enjoy a showcase of top level racing.

I would like to thank and acknowledge Rotorua MTB Club, their volunteers and support personnel who are vital to the success of this event. I also want to acknowledge and thank the Commissaires who play a fundamental role in supporting the integrity in our sport – and give their time voluntarily to officiate events throughout the country.

To all of our riders, on behalf of Cycling New Zealand, we wish you all the best for the coming days.



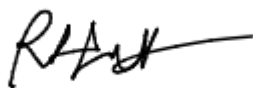
Simon Peterson
Chief Executive
Cycling New Zealand

Kia ora koutou

It is great to have the National Mountain Bike Championship back in the North Island for 2025 in the mountain biking mecca that is Rotorua. With national titles on the line for our Cross Country and Downhill riders, we're set for some great racing over the coming days across all classes.

Thanks to Rotorua Mountain Bike Club along with their local partners for their support to make this event a success. I'd echo Simon's acknowledgement of our awesome commissaires and would also like to mention the great work of the Cycling NZ events team in pulling this event together.

On behalf of MTBNZ, have a great weekend, and let's go racing!



Ryan Hunt
President
Mountain Bike New Zealand

KEY CONTACTS

CNZ Events Manager	Steff Holcroft	027 855 7676
CNZ Events & Membership Coordinator	Georgia Crane	027 930 2637
Rotorua MTB Club Race Manager	Clair Scott	021 964 586
Rotorua MTB Club Course Manager DH	Logan Jensen	027 747 4713
Rotorua MTB Club Course Manager XC	Michelle Millington	021 0279 9622
Rotorua MTB Club Volunteer Manager	Clair Scott	021 964 586
Chief Commissaire (PCP)	Matt Amos	021 484 389
Assistant PCP	Dereck McCarthy	
Commissaires	Lisa Morgan	
	Marty Robinson	

For any event inquiries, please email: events@cnz.kiwi

Partners:

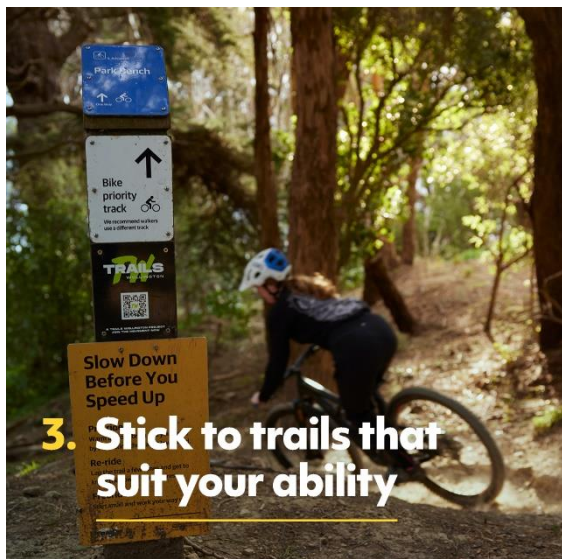
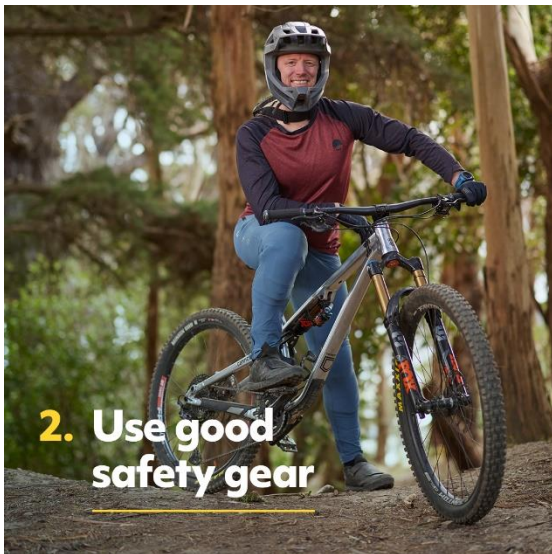
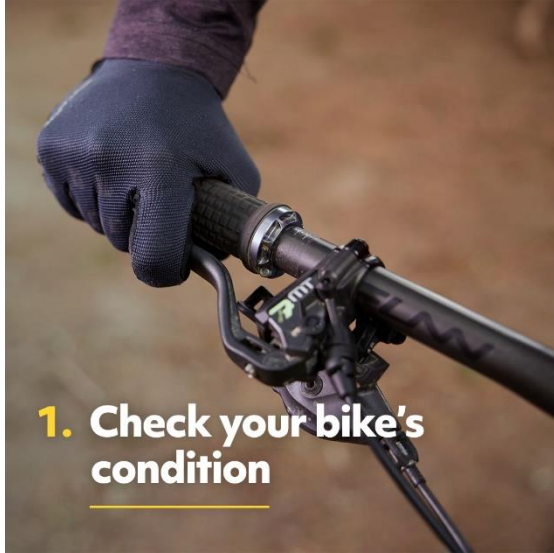
The 2025 MTB National Championships supported by ACC, includes the Cross Country, Short Course Cross Country and the Mountain Bike Rotorua Downhill National Championships!



He Kaupare. He Manaaki. He Whakaora.
Prevention. Care. Recovery.

HAVE A HMMM THIS SUMMER

Hitting the trails this summer? Before you head out, have a hmmm with pro mountain biker, Bryn Dickerson! Learn more at: <https://www.acc.co.nz/>



Find more mountain biking tips [here](#)

 He Kaupare. He Manaaki. He Whakaora. prevention. care. recovery.

KEY VERSION UPDATES:

Version	Date	Comments
1.0	3 December 2024	First Publication
2.0	17 December 2024	Supporter updates

GENERAL INFORMATION

ENTRIES

Entries are open now! Enter here: <http://mtbnationals.nz/>

Entries for this event will close at midnight on Sunday 9 February 2025.

ENTRY FEES

Event/Category	Early Bird Fee (until 8 January 2025)	Standard Fee (from 9 January 2025)
XCO - CNZ Licence Holder	\$100	\$120
XCO - Non-Licence Holder (includes one day licence)	\$110	\$130
Elite XCC - CNZ Licence Holder	\$50	\$60
DH - CNZ Licence Holder	\$180	\$200
DH - Non-Licence Holder (includes one day licence)	\$190	\$210

ENTRY WITHDRAWALS AND REFUNDS

Entries are not transferable. Refunds may be available if a withdrawal is requested in writing prior to entries closing on Sunday 9 February at midnight. If accepted a refund of the entry fee less a \$25 admin fee will be applied. Withdrawals submitted after entries have closed are not eligible for a refund. Email: events@cnz.kiwi

LATE ENTRIES

If capacity allows, late entries will be accepted for Non-UCI Categories only (U15, U17, Sport and Masters) once entries have closed with a late fee penalty of \$50 per event. Riders who enter late will not be seeded. Click here to complete a late entry (TBC) and please bring cash or be prepared to do a bank transfer at the event to pay (no eftpos is available).

ENTRY ELIGIBILITY AND CRITERIA

- UCI Categories - Open to NZL riders only with NZL nationality.
- All New Zealand riders must be a paid and current member of a MTBNZ/CNZ Affiliated MTB Club
- Late entries will not be accepted for UCI Categories.
- International riders may enter the UCI DH only as a Ghost rider, only if capacity allows. If you are a Ghost rider (an international rider who wishes to race in the UCI category - contact events@cnz.kiwi to be added to a waitlist)

LICENCING

- UCI categories are only open to riders with New Zealand (NZL) nationality.
- All riders in UCI categories must hold a 2025 annual licence from Cycling New Zealand or, for overseas based NZL riders, the national federation of the country in which they reside.
- All riders in the non-UCI categories must hold a 2025 Cycling New Zealand annual licence, valid international licence OR pay the additional \$10 fee and receive a 'One Day' Cycling New Zealand Licence.
- All riders purchasing a one-day event license must agree to the One-day licence Terms & Conditions [here](#).

Click [here](#) to purchase a CNZ licence.

SCHEDULE

This schedule is provisional and is subject to change.

Day	Event	Details	Time
Friday 21 February		Venue open from	1.00pm
	XCO / DH	Race pack pick up, including transponders. Mountain Bike Rotorua, Waipa Mountain Bike Carpark, Waipa State Mill Road.	11.30am – 4.00pm
	XCO	XCO Commissaire Course Walk (Course closed to bikes)	11.00am – 12.45pm
	XCO	Official Practise	1.00pm – 4.00pm
	DHI	Commissaire Course Walk	2.00pm
	DHI	Riders Course Walk. Last lift load 7.00pm	3.00pm
Saturday 22 February	XCO	Te Putake o Tawa Carpark Race HQ	
	XCO	Late race pack pick – by prior arrangement only, at RMTBC Trailer. Email events@cnz.kiwi to arrange.	8.30am- 8.45am
	XCO	U15, U17, Sport and Masters Race call up	9.15am
	XCO	U15, U17, Sport and Masters - RACE START	9.30am
	XCO	Prizegiving for U15, U17, Sport and Masters Including MTBNZ Awards	Approx 11.30am or as soon as racing concludes
	XCO Women's	Elite/U23 and U19 call up and briefing	11.45am
	XCO Women's	Elite/U23 and U19 – RACE START	12.00pm
	XCO Men's	Elite/U23 and U19 call up and briefing	1.45pm
	XCO Men's	Elite/U23 and U19 – RACE START	2.00pm
	XCO	Prizegiving for Elite/U23 and U19 Including MTBNZ Awards	Approx 4.00pm or as soon as racing concludes
	DHI	Bottom Pipeline Road – DH HQ	
	DHI	Late race pack pick up – by prior arrangement, at CNZ/Club Base. Email events@cnz.kiwi to arrange	8.15am-8.30am

	DHI	Carpark Shuttle Loops - Waipa, Planet Bike, DH HQ - 7.30am-4.30pm	7.30am – 4.30 pm	
	DHI	DH Shuttles - Main Hill Shuttle Pick Up, Main Hill Shuttle Drop off	8.45am – 4.00pm	
	DHI	Practice session 1 – Shuttles for DH upload closes 11.45am Elite, U19 and U17 – TBC with entry numbers	9.00am – 12.00pm	
	DHI	Practice session 2 – Shuttles for DH upload closes 3.15pm U15, Sport and Masters – TBC with entry numbers	12.30pm – 3.30pm	
Sunday 23 February	XCC	Te Putake o Tawa Carpark Race HQ		
	XCC	Warm up practise	8.00am –8.30am	
	XCC Men	Call up and briefing	8.55am	
	XCC Men	Elite - RACE START	9.00am	
	XCC Women	Call up and briefing	9.25am	
	XCC Women	Elite - RACE START	9.30am	
	XCC	Prizegiving for Elite XCC	Approx 10.00am or as soon as racing concludes	
	DHI	Bottom Pipeline Road – DH HQ		
	DHI	Carpark Shuttle Loops - Waipa, Planet Bike, DH HQ -	7.00am-5.00pm	
	DHI	DH Shuttles - Main Hill Shuttle Pick Up, Main Hill Shuttle Drop off	8.15am-4.00pm	
	DHI	Race Briefing at DH Hub – NON-UCI end of track	8am	
	DHI	Race Briefing at DH Hub – UCI end of track	9am	
	DHI	Practice Session 1 - Non-UCI - DH Course Open	8.30am – 9.30am	
	DHI	Practice Session 2 – UCI - Elite/U19 - DH Course Open	9.30am-10.30am	
DHI	Seeding run commences	11.00am		
DHI	Race run commences	1.30pm		
DHI	Prizegiving for all DHI Including MTBNZ Awards	Approx 4.15pm or as soon as racing concludes		

RACE BRIEFING

For XCO – riders will be briefed on the start line prior to their race start.

For DH – riders will be briefed prior to seeding run. Please see times in the schedule above.

Important information including any updated race or course information, any key safety messages, changes to the event or contingency plans will be provided at these briefings.

HEALTH AND SAFETY

The event is committed to providing and maintaining the upmost health and safety standards by ensuring that all risks and hazards associated with the event are adequately identified and managed to prevent harm in accordance with the Health and Safety at Work Act 2015 (HSAW2015).

The safety of the riders, officials, volunteers, and spectators are included in the event planning. This includes (but is not limited to) course inspections, course marking, directional signage, hazard warning signage, communications and first aid provisions.

The venue and course are in a public mountain bike park and other users may be present during the event. The event courses are designed for mountain biking and a certain amount of skill is required. By entering this event you are deemed to have the sufficient level of experience and skill to ensure your own safety. It is your responsibility to manage your own safety during the event, to always be aware of other trail users and to make responsible decisions. There is course taping in place however, there may be public and official traffic on the circuit during your race.

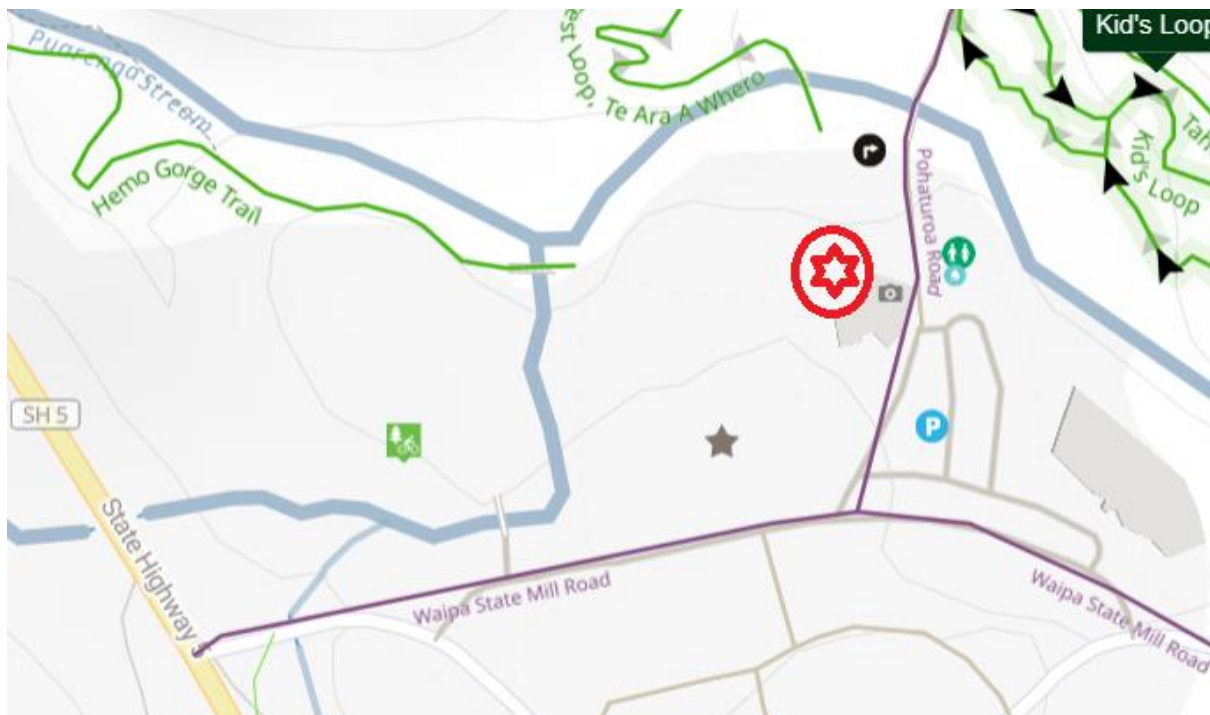
Some of the course being used for the XCO event is on mountain bike tracks that we have permission to ride backwards – FOR THE EVENT ONLY. These are popular trails and used by many. It is extremely dangerous to you and other public if these trails are attempted to be ridden in the wrong direction before the event. Please ensure that these trails are not ridden backwards prior to the event. If anyone is seen and reported doing this, they will be disqualified from the event.

The event is held in an outside environment and weather conditions are likely to be very changeable. Please ensure you are prepared for inclement, adverse, or extreme (hot or cold) conditions. If you have any questions or concerns regarding Health and Safety, please report to the Events Manager or the Chief Commissaire.

RACE PLATE/TRANSPONDER COLLECTION

There will be **one** time and location for race plate & transponder collection:

– Mountain Bike Rotorua, Waipa MTB Carpark, Waipa State Mill Road. Look out for the black Cycling New Zealand tent!



Please make sure you are aware of when and where the collection time is.

RACE PLATE & TRANSPONDER COLLECTION – BOTH DH & XCO/XCC

Friday 21st February – **11.30am – 4pm** – Mountain Bike Rotorua, Waipa Carpark, Waipa State Mill Road

XCO – Race plates must be used for official practice.
Riders will be issued with a **rear shirt number and race plate**

DHI - Race plates must be used for official practice – required for shuttle uplifts
Riders will be issued with a **rear shirt number and race plate**

Late race plate pick must be made by prior arrangement. Please email events@cnz.kiwi

CATEGORIES

The following event categories are available for both male and female. Age is calculated as at 31 December 2025.

XCO – Cross Country	UCI Categories	Elite - Riders aged 23 or over (as at 31 December 2025) U23 - Riders aged between 19 - 22 (as at 31 December 2025) U19 (Junior) - Riders aged between 17 - 18 (as at 31 December 2025) These categories are only available for NZL riders.
	NON - UCI Categories	U15 - For Riders aged between 13 - 14 (as at 31 December 2025) U17 - For Riders aged between 15 - 16 (as at 31 December 2025) Sport- For Riders aged between 17 - 29 (as at 31 December 2025) Masters 1 - For Riders aged between 30 - 39 (as at 31 December 2025) Masters 2 - For Riders aged between 40 - 49 (as at 31 December 2025) Masters 3 - For Riders aged between 50+ (as at 31 December 2025) Masters 4 - For Riders aged between 60 - 69 (as at December 2025) Masters 5 - For Riders ages between 70+ (as at December 2025) These categories are open to riders of all Nationalities.
XCC – Short Course Cross Country	UCI Categories only	Elite - For Riders aged between 19 - 29 (as at 31 December 2025) Open to NZL riders only.
DH - Downhill	UCI Categories	Elite - For Riders aged 19 or over (as at 31 December 2025) U19 (Junior) - For riders aged 17 - 18 (as at 31 December 2025) <i>Ghost riders will only be accepted if there is capacity when entries close. If you are a Ghost rider (an international rider who wishes to race in the UCI category - then please contact events@cnz.kiwi to be added to a waitlist)</i>
	NON - UCI Categories	U15 - For Riders aged between 13 - 14 (as at 31 December 2025) U17 - For Riders aged between 15 - 16 (as at 31 December 2025) Sport - For Riders aged between 17 - 29 (as at 31 December 2025) Masters 1 - For Riders aged between 30 - 39 (as at 31 December 2025) Masters 2 - For Riders aged between 40 - 49 (as at 31 December 2025) Masters 3 - For Riders aged between 50+ (as at 31 December 2025) Masters 4 - For Riders aged between 60 - 69 (as at 31 December 2025) Masters 5 - For Riders ages between 70+ (as at 31 December 2025)

		26" Retro Class - Open Event – Open age group – minimum age 13-70+ (as at 31 December 2025) – winner to receive the James Dodd Memorial Trophy These categories are open to riders of all Nationalities
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Please note if you opt for the 26" Retro Open Class, you are unable to ride in another category/class.

Riders older than 34 can opt to relinquish their Masters status for the entire 2025 licence year and then be eligible to compete in the Elite races. Contact events@cnz.kiwi for further information.

TIMING AND RACE PLATES

Riders will be issued body numbers and race plates.

The body number must be attached to the back of the rider's shirt. Race plates must be displayed on the handlebars of the bicycle. Pins and zip ties will be provided at race pack pick up.

Race numbers: One required, centrally placed on the lower back.



Race plates must be attached to the bicycle vertically and not wrapped or curved around the bars – officials need to be clearly able to read the number or no place can be awarded.

Altering, cutting, or placing of unauthorised sponsors' logos on numbers will result in a fine and/or disqualification. All riders must display their race numbers if riding the course on the official practice day(s) or on race day(s). Downhill riders will not be allowed on the chairlift unless they have a number attached to the handlebars of their bicycle.

Timing transponders will also be provided to riders at race pack pick up. These must be secured around your front fork and returned after your race. Riders will be charged \$50+GST for timing transponders that are not returned.

POSTPONEMENT / CANCELLATION

Due to the location of the event within a forest environment it is a difficult area to manage racing in inclement weather. Racing, particularly the DH may be affected by high winds which could affect the ability to race within the forest. This is monitored, and outcomes controlled by Timberlands, who oversee Safety within the Forest. Every option will be enacted as a contingency to continue to provide the scheduled racing however we all need to understand that any decision to change, postpone or cancel racing will be done solely with rider's safety at the forefront.

EVENT REGULATIONS & EQUIPMENT

Racing will be conducted under the [MTBNZ Technical Regulations \(Version 2.3, 1 November 2024\)](#) and the rules and regulations of the UCI: <https://www.uci.org/>

All riders, by entering this event, agree to accept and abide by the Cycling New Zealand Code of Conduct.

The MTB Protective Equipment Requirements apply and is required to be adhered to by all riders. See Section 7 in the [MTBNZ Technical Regulations](#) for more information.

Summary of DHI Protective Equipment Requirements

U19, Senior, Elite, Masters

Compulsory: Full face helmet, Long Sleeve Shirt, Long Pants OR Short Pants with Knee/Shin protection

Highly Recommended: Neck Brace, Spinal Protection, Elbow/Forearm Protection, Shoulder Protection, Protective Eyewear, Full Finger Gloves

U15, U17

Compulsory: Full face helmet, Neck Brace, Long Sleeve Shirt, Elbow/Forearm Protection, Long Pants with Knee/Shin Protection, or Short Pants with Knee/Shin Protection

Highly Recommended: Spinal Protection Shoulder, Protective Eyewear, Full Finger Gloves

MEDICAL

Medical support will be present at the venue. Notify an event official in the case of medical attention being required. **In the event of an emergency please call 111.**

The nearest hospital is:

Te Whatu Ora Lakes – Rotorua Hospital

Corner Arawa Street, Pukeroa Road, Rotorua, 07 348 1199

ANTI DOPING

The Sport Integrity Commission Te Kahu Raunig (formerly called Drug Free Sport New Zealand) may attend this event. Riders must ensure they always have a photo ID available if requested. Therapeutic Use Exemptions (TUE's) must be available ready to be presented to the Doping Control Station.

MEDAL CEREMONY PROTOCOL

Medal ceremonies will be for 1st, 2nd and 3rd placegetters only, and we will call up 4th and 5th placegetters to the podium in the U19 & Elite categories for XCO, DHI and XCC (elite only) for recognition.

Please refer to the schedule for rough timings. Please listen to instructions of the officials and MC and be ready for prize giving which will be fluid. Where present, spot prizes winners will also be called out at prize giving.

POINTS

The following events are registered with the UCI and will be eligible for UCI Points. UCI points are being awarded as per the UCI Regulations, Part 4 Annex 2, for the appropriate points scale, and summarized as follows:

	National Championships
XCO Cross Country	
Men's and Women's Elite/U23 Combined Races	Top 10
Men's and Women's Junior	Top 5
DHI Downhill	
Men's and Women's Elite /Junior Combined Races	Top 10
XCC Short Track	
Men's and Women's Open (riders aged 19 and over as of 31 December 2025)	Top 10

NATIONAL JERSEYS

National Jerseys are awarded to the first-place rider in each gender across the UCI categories, as per the UCI regulations. There are some exceptions noted below for each discipline:

Cross Country:

The Elite/U23 races will be run as a Combined Race. In the case of a U23 winning the Combined Race only one (Elite) National Jersey will be awarded to that rider. In the case of an Elite winning the Combined Race, the winner will be awarded with the Elite National Jersey and the first placed U23 rider will be awarded with a U23 National Jersey. The U19 race is separate, and the winner will win the U19 national jersey.

Short Course Cross Country:

There is one elite race per gender, and one jersey will be awarded to the fastest male and female on the day.

Downhill:

In the case of a U19 having the fastest time of the day only one (Elite) National Jersey will be awarded to that rider. In the case of an Elite having the fastest time, the winner will be awarded with the Elite National Jersey and the first placed U19 rider will be awarded with the U19 National Jersey.

PARKING

All events will take place in the Whakarewarewa Forest. There will be the registration/race plate & transponder pick up location and two event hubs.

For registration/race plate & transponder pick up, please park at the Waipa MTB Carpark, Waipa State Mill Road.

The Cross Country (XCO), Cross Country Short Track (XCC) will be based out of the Te Putake o Tawa Carpark off Tarawera Road, approximately 6 kms from the Tarawera Road, Te Ngae Road intersection.

The Downhill event hub will be at the bottom of the Taniwha Downhill Track on Pipeline Road within the forest.

ALL parking for the Downhill event will be at the Waipa Carpark (main carpark between Mountain Bike Rotorua and Secret Spot). **All vehicles must park here, there is no private vehicular access past this point.**

Below is the parking/site map for reference – please note this is subject to change at any time as it is a working forest and the event site subject to outdoor weather conditions.

Access to the main DH Hub and finish line for the Taniwha Downhill can be accessed by foot, bike, or shuttles for Spectators – no Shuttle Pass will be required to access this part of the forest via shuttle.

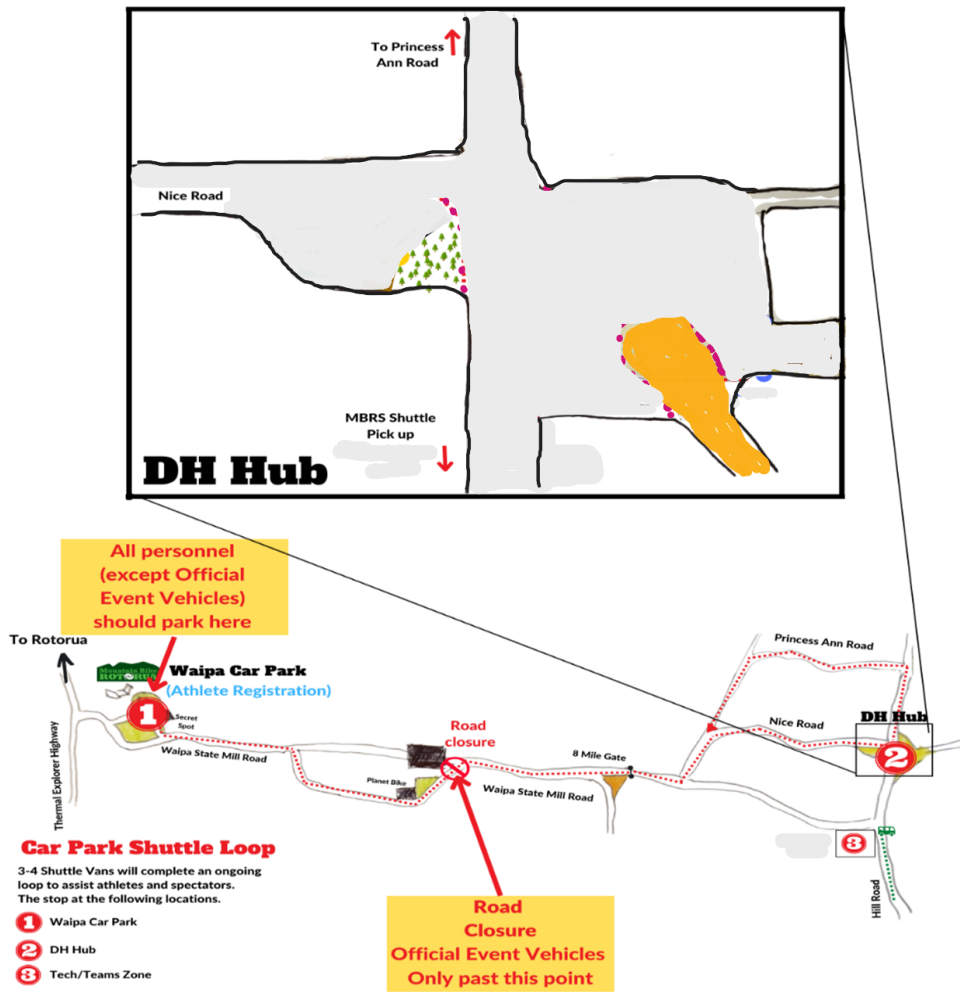
If accessing by bike – if you are following Waipa State Mill Road, you MUST use the following trails from Waipa Carpark to the forest:

The Very Safe Trail & Ball and Chain

If accessing by foot – if you are walking beside Waipa State Mill Road you MUST use the following trails from Waipa Carpark to the forest:

The Very Safe Trail & Purenga Stream Tracks.

There is no pedestrian or bike traffic allowed on Waipa State Mill Road into the forest past the vehicle exit from the Waipa MTB Carpark.



TEAM PIT SITES

XCO/XCC:

Team pit space is available on the reserve area at the Te Putake o Tawa Carpark in the designated areas as shown on the XCO Start Area map, page 17.

Downhill:

Pit space at the end of the Downhill track will be available but limited in the allocated areas as shown on the DH Hub Area map, page 21.

Alternative pit space is available opposite the MBR MTB shuttle uplift area at the corners of Hill and Pipeline Road.

FOOD AND BEVERAGE

Food and coffee carts will be available at both venues. Please be aware that reception at the end of the downhill track can be patchy so a bit of cash could be handy just in case.

Water supply is available at both venues. There are numerous water taps at Te Tupuke o Tawa and there is a water tap available by the toilet block on Pipeline Road at the Downhill venue.

SHOWERS

Showers are available at both Waipa and Te Putake o Tawa carparks. You will need to purchase “Penny Keys” to use these facilities . More information can be found [here](#). Penny Keys are available to purchase from MBR at Waipa and both i-Site locations in Rotorua.

RUBBISH BINS

There will be no rubbish bins provided at this event, please plan to take your own rubbish away with you.

SMOKE, VAPE, DRUG AND ALCOHOL FREE

The entire event is smoke, vape drug and alcohol free. Please ensure all your supporters are aware of this.

SOCIAL MEDIA

Facebook	https://www.facebook.com/CyclingNZL
Instagram	https://www.instagram.com/cyclingnewzealand/
Website	http://mtbnationals.nz/
Event Hashtag	#MTBNats

MEDIA

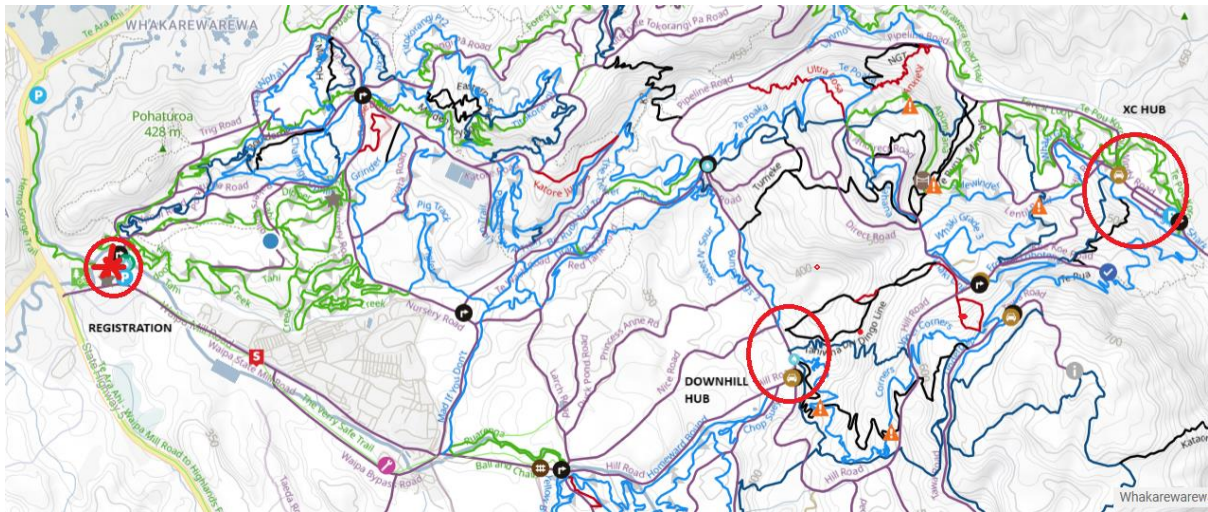
All media must be accredited prior to the event.
 Accreditation is issued only to media for event specific coverage only. Completing the accreditation is not a guarantee your credentials will be accepted.
 Please contact events@cnz.kiwi to express your interest, prior to the event.

EVENT MERCH

You can check out the awesome range of our 2025 MTB National Champs event merch [here!](#)
 Check out the 24/7 online shop!
 We have hoodies, short sleeves, long sleeves and bags available to purchase.



VENUE MAP



SPECTATORS

Access to the courses at the XC Hub can be by foot or bike, from Te Putake o Tawa carpark. If you wish to take the MBR Shuttle to the top of the Tawa Hill you will need to buy a shuttle pass to do so.

Access to the main DH Hub and finish line for the Taniwha Downhill can be accessed by foot, bike, or shuttles for Spectators – no Shuttle Pass will be required to access this part of the forest via shuttle.

If accessing by bike – if you are following Waipa State Mill Road, you **MUST** use the following trails from Waipa Carpark to the forest:
The Very Safe Trail & Ball and Chain

If accessing by foot – if you are walking beside Waipa State Mill Road you **MUST** use the following trails from Waipa Carpark to the forest:
The Very Safe Trail & Purenga Stream Tracks.

There is no pedestrian or bike traffic allowed on Waipa State Mill Road into the forest past the vehicle exit from the Waipa MTB Carpark.

LIVE TIMING

There will be live timing and provisional live results available under the “Results” tab here: <http://mtbnationals.nz/>

All results are provisional until signed and confirmed by the commissaires.

*Please note due to reception/coverage these live results may have some delays.

CROSS COUNTRY (XCO) INFORMATION

Location: Te Puke o Tawa Carpark Reserve area

Date: Saturday 22 February 2025

Start Time: 9.30am

Course lap: Approx 4.9km

Elevation climb per lap: Approx. 195m

Range: between 445m – 613m.

Lap Numbers: Lap numbers may be subject to changes on race day as decided by the President of the Commissaires Panel. Please note, there is a short start loop on the first lap.

Category	Race Time Guidelines
U15 Girls	45m – 1.00h
U15 Boys	45m – 1.00h
U17 Girls	1:00h – 1:15h
U17 Boys	1:00h – 1:15h
Junior (U19) Women	1:00h – 1:15h
Junior (U19) Men	1:00h – 1:15h
Sport Women	1:00h – 1:15h
Sport Men	1:00h – 1:15h
Masters Women 1 - 5	1:00h – 1.15h
Masters Men 1 – 5	1:00h – 1.15h
Elite and U23 Women	1:20h – 1:40h
Elite and U23 Men	1:20h – 1:40h

A rider's race **ceases when the winner of their class finishes**. i.e. riders complete their current lap. Lapped riders continue to ride and finish only when the first rider in their class has completed the event.

80% rule – For Junior and Elite/U23 XCO races, the 80% rule will apply at the discretion of the President of the Commissaires Panel. If a slower rider is more than 80% of the time it takes the leading rider to complete a lap behind that leading rider at the start/finish line, the slower rider may be withdrawn under the 80% rule

Feed/Tech zone - Feeding is permitted only in the zone designated for that purpose on the far side from the base area which is also used as technical assistance zone. Riders will pass the Feed/Tech Zone once per lap. Riders are permitted to two people in the Feed/Tech zone.

Practice - The course will be open for official practice on Friday 21st February – see schedule for times. Please follow event signage and ride with caution.

Race numbers: One required, centrally placed on the lower back.



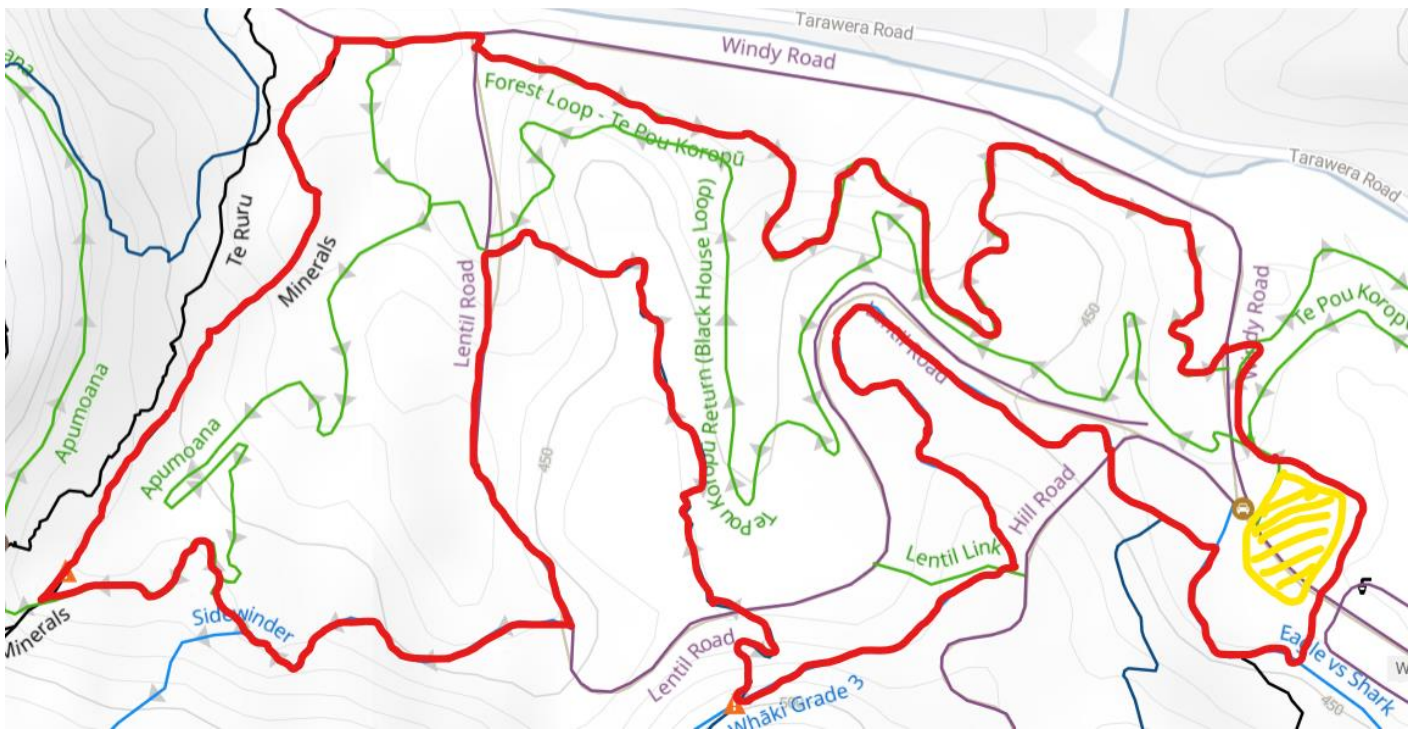
CROSS COUNTRY (XCO) START AREA

PLEASE NOTE ALL COURSES ARE SUBJECT TO CHANGE



CROSS COUNTRY (XCO) COURSE MAP

PLEASE NOTE ALL COURSES ARE SUBJECT TO CHANGE



The course is the following (please note course alterations may occur):

XCO Start – This will be a defined loop configuration within the grassed area of Te Putake o Tawa.

XCO Main Course lap - From the start area out to the end of Eagle V Shark, turn right to the exit of Whaki, up Whaki to the Whaki/Tukonuhi intersection (**please note Whaki is normally a down only trail and cannot be ridden in the uphill direction until official practice**), down Tukonuhi to Lentil Road, up Lentil Road to Sidewinder, up Sidewinder to the Sidewinder/Apumoana intersection, down the Apumoana/Sidewinder connection trail (**again, Apamoana Extension Trail to Sidewinder is a uphill only trail and cannot be ridden in the direction for the race until official practice**), up Apumoana to the Minerals trail intersection, down Minerals to Pipeline Road, along Pipeline Road to Lentil Road, along Lentil Road to the entry of Forest Loop – Te Pou Koropu, along Te Pou Koropu to Windy Road turning left to cross Windy Road and enter Te Pou Koropu then turning right onto Te Pou Koropu Loop Link (**again this is being ridden in the opposite direction than normal for this race and cannot be ridden in this direction until official practice**) out to start area where the tech/feed area will be located.

SHORT COURSE CROSS COUNTRY (XCC) INFORMATION

Location: Te Puke o Tawa Carpark Reserve Area

Date: Sunday 23 February 2025

Start Time: 9.am

Course lap: Approx. 1.1km

Elevation climb per lap: Approx 30 m

Range: between 447 – 464m above sea level.

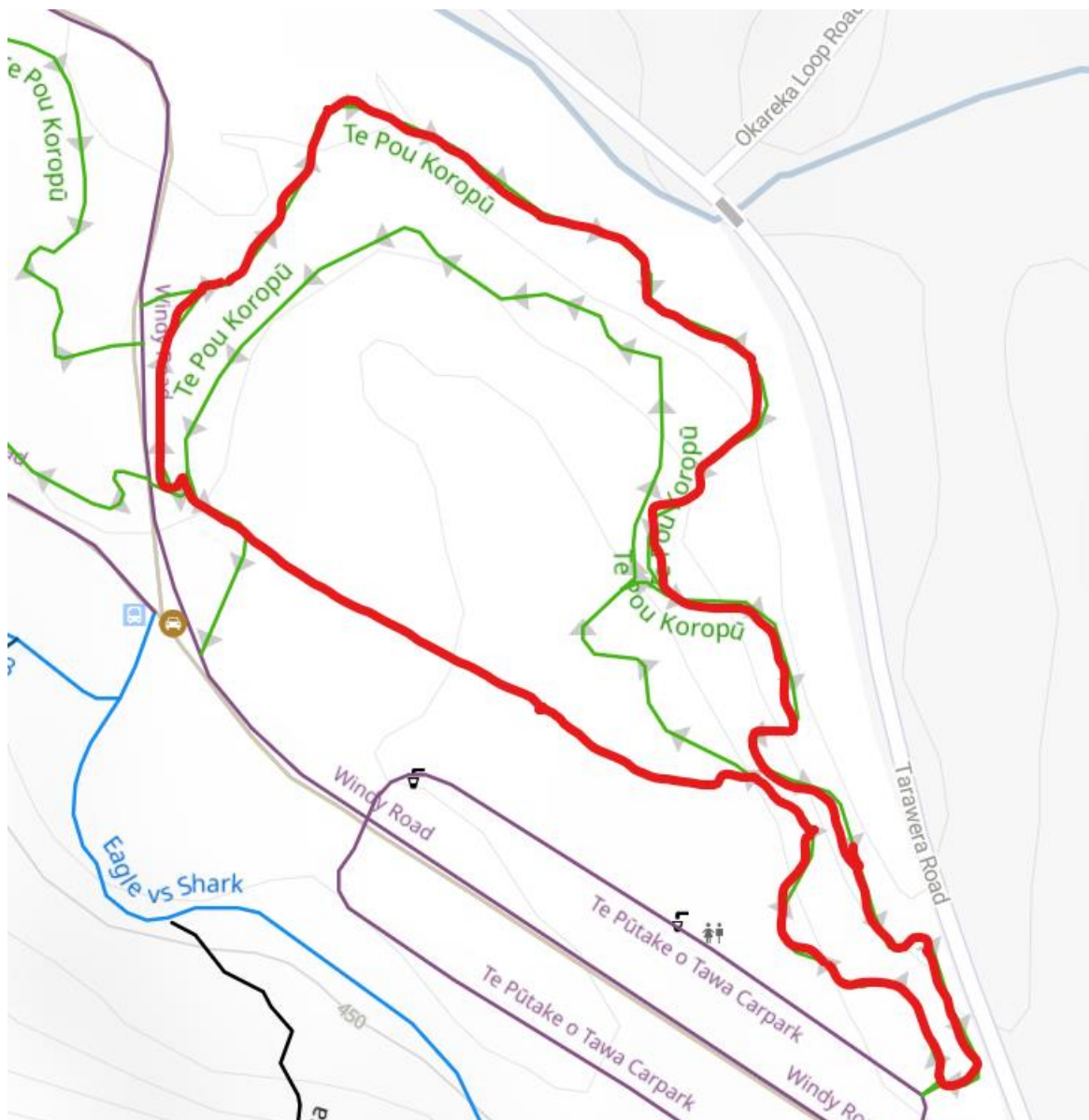
Lap Numbers: Lap numbers may be subject to changes on race day as decided by the President of the Commissaires Panel. Please note, there will be no separate ‘start lap’. All laps will be full laps.

Category	Race Time Guidelines
Elite & U23 Women	20 - 30 min
Elite & U23 Men	20 - 30 min

SHORT COURSE CROSS COUNTRY (XCC) COURSE MAP

PLEASE NOTE ALL COURSES ARE SUBJECT TO CHANGE

The short course follows part of Te Pou Koropu and will go through the start/finish area – shown red below. (Please note a short part of this trail is being ridden backwards for this race. You are not allowed to ride this portion backwards until official practice).



DOWNHILL (DHI) INFORMATION

Location: Whakarewarewa Forest – Taniwha Downhill Track - DH Hub at Pipeline Road – Carparking at Waipa MTB Carpark – Waipa State Mill Road.

Date: Saturday 23 February 2025

Start Time: 8:30am

Course Length: Approx. 1.6 km

Start Elevation: 659m

Finish Elevation: 375m

Total Elevation Drop: 284m

Estimated Fastest Time: 2.45 min

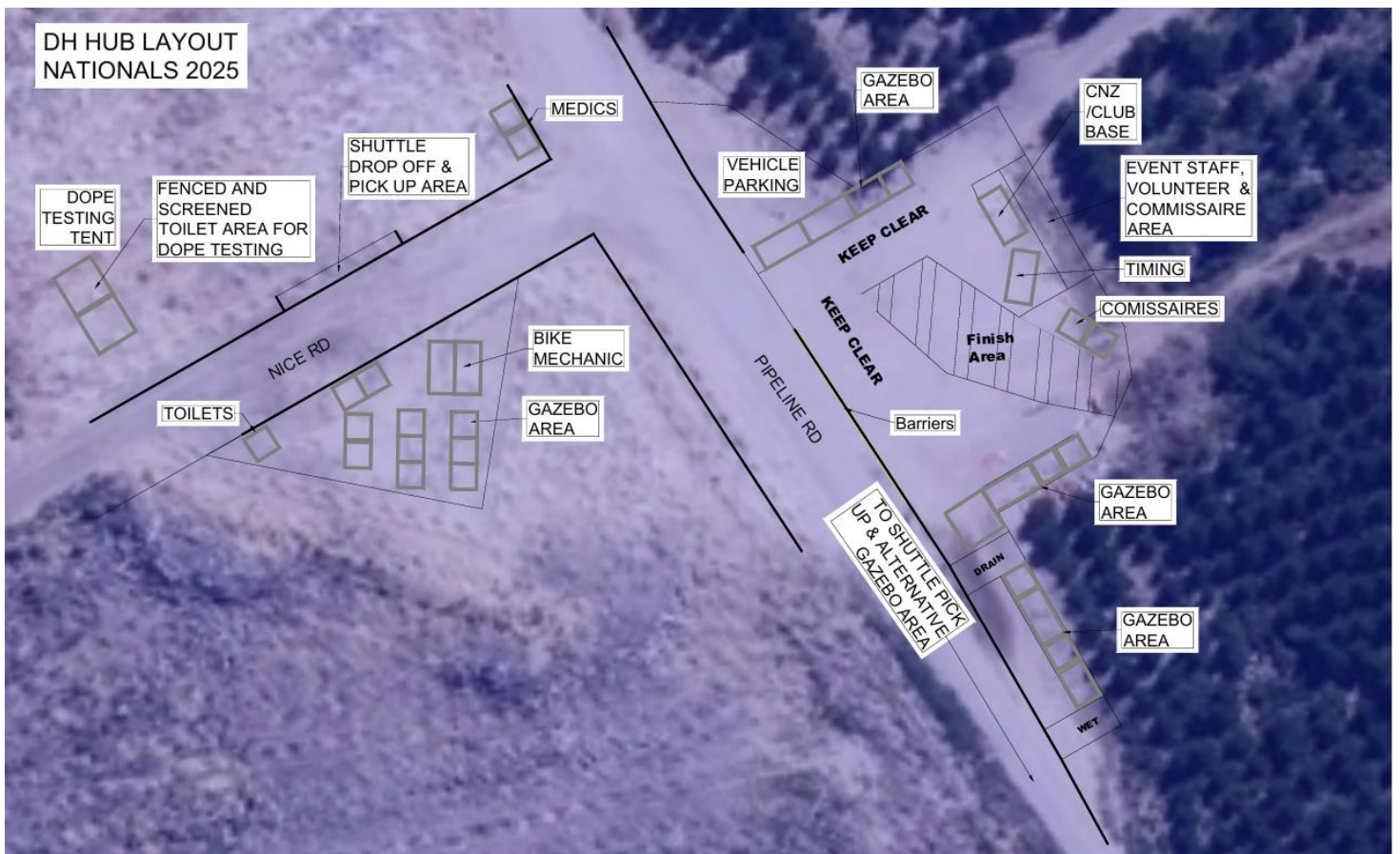
Track Walk: Competitors must make their own way to the Shuttle Pick up at bottom of Hill Road. You will need to purchase an MBR uplift to ride the shuttle on Friday pm to undertake Track Walk. MBR Shuttle tickets can be purchased from either of the MBR bikes shop (Tawa Bike Shop or Waipa Bike Shop) or on the main Hill Rd shuttle buses (Whaka Waka). Shuttles will be running until 7pm on Friday evening.

Practice runs: All riders must complete a minimum of two practice runs over the allocated Practice times to qualify/race.

Race Plates: Riders must display their handlebar number while training as well as their back number during qualifying and the final.

Uplifts: Riders will catch the MBR shuttles provided to the Downhill start location. No competitors are to use any transport other than the official transport supplied by the race organisers for the official downhill practice or race day(s). Riders must have their race plates on their bikes for all practice, seeding and race runs. Race plates will act as shuttle passes on Sat/Sun.

Only practice in your designated time slot – if you are found to be practising in another time slot, without permission, or outside the official practice times, you will be disqualified.



DOWNHILL (DHI) COURSE MAP

PLEASE NOTE ALL COURSES ARE SUBJECT TO CHANGE

The downhill line will run from the top the Shuttle Pick up. The course will run down the Dirty Dingo side of the Taniwha corridor.

