2014 USA Cycling
Cross-Country Mountain Bike National Championships

July 17-20, 2014

Technical Guide

(Rev. 7/9/2014)
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**Official Event Website:**

www.usacycling.org/2014/cross-country-mountain-bike
Welcome to Bear Creek Mountain Resort!

Bear Creek Mountain Resort & Conference Center is nestled on over 330 wooded acres in scenic Berks County, Pennsylvania. The resort offers skiing, snowboarding and snowtubing in the winter, and hiking, biking, boating, disc golf, tennis and nearby golf during the spring, summer, and fall. Guests can plan an event in the spacious banquet and meeting facilities with mountain views, dine at The Grille at Bear Creek, or the Trail’s End Cafe, relax at The Spa at Bear Creek or vacation at our beautiful resort hotel, with indoor and outdoor pools and hot tubs.

In 1967, the ski area opened its doors for the first time as Doe Mountain Ski Area with just a T-bar, a rope tow and two trails. Over the years, the facility has grown and expanded to 21 trails with 7 lifts. In 1999, Doe Mountain changed ownership. Since that time, it has developed into a year-round resort facility known today as Bear Creek Mountain Resort & Conference Center. Over 7 miles of wooded mountain biking and hiking trails encircle the resort. Hikers can enjoy the local flora and fauna and some spectacular mountain views while trekking on the marked trails.

Prior to becoming a ski resort, the area now known as Bear Creek was home to the Rittenhouse Gap mines, a part of the Mid-Atlantic Iron Belt. The mines date back to the late 1800s and the time of Thomas Edison, who was drawn to the mines to develop a cost-effective means of extracting iron ore from crushed rock. The railroad serving the mines was known as the Catasauqua-Fogelsville Railroad. It was built in the 1850s as a way to transport iron ore to furnaces along the Lehigh River, including Lock Ridge Furnace in Alburtis, where the ore was used to make cannon and machinery. The Rittenhouse Gap mines were abandoned after World War I when the iron industry was drawn to the upper Midwest.

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Bear Creek Mountain Resort’s natural affinity to outdoor recreation and support and passion for sports makes it the perfect destination for the 2014 USA Cycling Cross-Country Mountain Bike National Championships. Go to www.bcmountainresort.com/ to help assist you while you are here. Enjoy your time at Bear Creek!

Average high/low temperatures for late July: 84˚F/61˚F
Sunrise/sunset for late July: 5:48am/8:29pm
SPONSORS

Das Auto.

SIERRA NEVADA

Bonk Breaker Nutrition Bars

OSMO Nutrition

Cuore

SPY

Shimano

Voler

Bear Creek Mountain Resort & Conference Center

discover lehigh valley
Located at the base of the mountain, The Hotel at Bear Creek offers wonderful panoramic resort views and easy access to amenities. Our resort offers complimentary WiFi throughout and all hotel rooms include a hair dryer, coffee maker, iron and ironing board, beautiful flat screen HD TV, in-room safes, microwave, and refrigerator.

Let The Hotel at Bear Creek inspire your next adventure!

For more details, as well as other lodging options, please visit:
www.usacycling.org/usa-cycling-mtb-cross-country-national-champs-host-hotels.htm.
AIRPORTS

Event Site Address:
Bear Creek Mountain Resort
101 Doe Mountain Lane | Macungie, PA 18062

Lehigh Valley International Airport (ABE)
20 miles to Bear Creek Mountain Resort
3311 Airport Road | Allentown, PA 18109
610.266.6000
www.flylvia.com

Newark Liberty International Airport (EWR)
93 miles to Bear Creek Mountain Resort
3 Brewster Road | Newark, NJ 07114
973.961.6000
www.panynj.gov

Philadelphia International Airport (PHL)
65 miles to Bear Creek Mountain Resort
8800 Essington Avenue | Philadelphia, PA 19153
215.937.6937
www.phl.org

John F. Kennedy International Airport (JFK)
129 miles to Bear Creek Mountain Resort
Jamaica, New York, NY, 11430
718.244.4444
www.panynj.gov
USA CYCLING

Tony Leko  National Events Director
Jocelyn Buras  Sponsorship and Member Benefits Manager
Marc Gullickson  Mountain Bike and Cyclo-cross Program Director
George Heagerty  South Central Regional Coordinator
Kevin Loughery  Communications Manager
Tara McCarthy  Race Director Certification Manager
Gordon Weldon  Vice President of Membership Services
Travis Whitman  Events Intern

ADDITIONAL EVENT STAFF

Gary Kline  Bear Creek Mountain Resort
Mike Kusmuk  Discover Lehigh Valley
Rob Blanchette  Stage Manager
Larry Longo  Announcer
Chad Andrews  Announcer
Mid-Atlantic Timing  Timing
Cadence Sports  Fencing
Shimano  Neutral Support

OFFICIALS

Cindi Hines  Chief Referee
Bruce Bockstael  Vice Chief
Judy Miller  Chief Judge
Ugur Tosun  Secretary
John Poplar  Referee
Debra Schiff  Referee
Lew Strader  Starter
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>DISTANCE</th>
<th>NOTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 7/18</td>
<td>12:00pm-6:00pm</td>
<td>Registration/Packet Pick-Up (NO day-of registration)</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td></td>
<td>12:30pm-5:00pm</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
</tr>
<tr>
<td></td>
<td>2:00pm-6:00pm</td>
<td>College Recruitment Fair</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td></td>
<td>5:00pm-6:00pm</td>
<td>Practice: STXC - All Categories</td>
<td></td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>6:30pm</td>
<td>Rider Meeting</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td>Thursday 7/17</td>
<td>8:00am-4:00pm</td>
<td>Registration/Packet Pick-Up (NO day-of registration)</td>
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<tr>
<td></td>
<td>8:00am-8:45am</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
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<tr>
<td></td>
<td>9:00am</td>
<td>XC - Cat 3 Men 15-54, Women 15-49</td>
<td>1 lap</td>
<td>Amateur XC Course</td>
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<tr>
<td></td>
<td>11:00am</td>
<td>XC - Cat 2 Men 15-54, Women 15-49</td>
<td>2 laps</td>
<td>Amateur XC Course</td>
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<tr>
<td></td>
<td>2:00pm</td>
<td>STXC - Juniors Men 9-14</td>
<td>10 min + 1 lap</td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>2:30pm</td>
<td>STXC - Juniors Women 9-16</td>
<td>10 min + 1 lap</td>
<td>STXC Course</td>
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<tr>
<td></td>
<td>3:00pm</td>
<td>STXC - Cat 1 Men 19-23</td>
<td>20 min + 3 laps</td>
<td>STXC Course</td>
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<tr>
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<td>3:45pm</td>
<td>STXC - Cat 1 Men 30+</td>
<td>20 min + 3 laps</td>
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<td>5:00pm</td>
<td>Awards - All Thursday Races</td>
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<td>Base Area</td>
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<tr>
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<td>5:00pm-6:00pm</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
</tr>
<tr>
<td></td>
<td>6:00pm-7:00pm</td>
<td>Practice: Super D - All Classes</td>
<td></td>
<td>Super D Course</td>
</tr>
<tr>
<td></td>
<td>6:30pm</td>
<td>Rider Meeting</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td>Friday 7/18</td>
<td>7:00am-4:00pm</td>
<td>Registration/Packet Pick-Up (NO day-of registration)</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td></td>
<td>7:00am-7:45am</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
</tr>
<tr>
<td></td>
<td>8:00am</td>
<td>XC - Women U23</td>
<td>75-90 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>8:30am</td>
<td>XC - Cat 1 Juniors Women 17-18, 15-16</td>
<td>60-75 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>10:00am</td>
<td>XC - Men U23</td>
<td>75-90 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>10:03am</td>
<td>XC - Cat 1 Juniors Men 17-18, 15-16</td>
<td>60-75 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>12:30pm</td>
<td>XC - Juniors Men/Women 13-14</td>
<td>55-60 min</td>
<td>Junior XC Course</td>
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<tr>
<td></td>
<td>2:00pm</td>
<td>XC - Juniors Men/Women 11-12</td>
<td>45-55 min</td>
<td>Junior XC Course</td>
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<tr>
<td></td>
<td>3:30pm</td>
<td>XC - Juniors Men/Women 9-16, 6-8</td>
<td>35-40 min</td>
<td>Junior XC Course</td>
</tr>
<tr>
<td></td>
<td>4:30pm</td>
<td>XC - Masters Men 55+, Women 50+</td>
<td>2 laps</td>
<td>Amateur XC Course</td>
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<td></td>
<td>6:45pm-7:30pm</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
</tr>
<tr>
<td></td>
<td>7:30pm-8:15pm</td>
<td>Practice: Super D - All Classes</td>
<td></td>
<td>Super D Course</td>
</tr>
<tr>
<td></td>
<td>7:00pm</td>
<td>Awards - All Friday Races</td>
<td></td>
<td>Base Area</td>
</tr>
<tr>
<td></td>
<td>7:30pm</td>
<td>Rider Meeting</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td>Saturday 7/19</td>
<td>7:00am-2:30pm</td>
<td>Registration/Packet Pick-Up (NO day-of registration)</td>
<td></td>
<td>Bear Creek Lodge</td>
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<tr>
<td></td>
<td>7:00am-7:45am</td>
<td>Practice: XC - All Categories</td>
<td></td>
<td>All XC Courses</td>
</tr>
<tr>
<td></td>
<td>8:00am</td>
<td>XC - Cat 1 Men 19-54, Singlespeed</td>
<td>3 laps</td>
<td>Amateur XC Course</td>
</tr>
<tr>
<td></td>
<td>11:00am</td>
<td>XC - Cat 1 Women 19-49, Singlespeed</td>
<td>3 laps</td>
<td>Amateur XC Course</td>
</tr>
<tr>
<td></td>
<td>2:00pm</td>
<td>XC - Pro Women</td>
<td>90-105 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>4:30pm</td>
<td>XC - Pro Men</td>
<td>90-105 min</td>
<td>Pro XC Course</td>
</tr>
<tr>
<td></td>
<td>7:00pm</td>
<td>Awards - All Saturday Races</td>
<td></td>
<td>Base Area</td>
</tr>
<tr>
<td></td>
<td>7:00pm-8:15pm</td>
<td>Practice: Super D - All Classes</td>
<td></td>
<td>Super D Course</td>
</tr>
<tr>
<td></td>
<td>7:30pm</td>
<td>Rider Meeting</td>
<td></td>
<td>Bear Creek Lodge</td>
</tr>
<tr>
<td>Sunday 7/20</td>
<td>7:30am-2:00pm</td>
<td>Packet Pick-Up (NO day-of registration)</td>
<td></td>
<td>Bear Creek Lodge</td>
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<tr>
<td></td>
<td>7:30am-8:45am</td>
<td>Practice: Super D - All Categories</td>
<td></td>
<td>Super D Course</td>
</tr>
<tr>
<td></td>
<td>9:00am</td>
<td>Super D - All Classes</td>
<td></td>
<td>Super D Course</td>
</tr>
<tr>
<td></td>
<td>12:00pm</td>
<td>Awards - All Sunday Super D</td>
<td></td>
<td>Base Area</td>
</tr>
<tr>
<td></td>
<td>12:00pm-12:30pm</td>
<td>Practice: STXC - All Categories</td>
<td></td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>1:00pm</td>
<td>STXC - Cat 1 Women 17+</td>
<td>20 min + 3 laps</td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>1:45pm</td>
<td>STXC - Cat 1 Men 15-18</td>
<td>20 min + 3 laps</td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>2:20pm-2:50pm</td>
<td>Practice: STXC - Pro Men/Women</td>
<td></td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>3:00pm</td>
<td>STXC - Pro Women</td>
<td>20 min + 3 laps</td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>3:45pm</td>
<td>STXC - Pro Men</td>
<td>20 min + 3 laps</td>
<td>STXC Course</td>
</tr>
<tr>
<td></td>
<td>To Follow</td>
<td>Awards - All Sunday STXC</td>
<td></td>
<td>Base Area</td>
</tr>
</tbody>
</table>

***Start times for all XC races will be posted on site.***
**REGISTRATION & FEE INFO**

**ONLINE PRE-REGISTRATION**
Opening Date: May 13, 2014 at 11:00am ET
Fee: $50 Juniors
   $65 Seniors, Masters, U23
   $75 Pro

**ONLINE PRE-REGISTRATION INCREASE**
None

*Online Reg closes July 11, 2014 at 11:59pm ET*

**ON-SITE REGISTRATION**
Opening Date: July 16, 2014 at 12:00-6:00pm ET
   (See event schedule for additional times)
Fee: $90 Juniors
   $110 Seniors, Masters, U23
   $125 Pro

*There is NO day-of registration allowed*

Pre-registration will be available at [www.usacycling.org](http://www.usacycling.org). Log into your online account and from your “My USA Cycling” page, follow the link to register for the 2014 USA Cycling Cross-Country Mountain Bike National Championships. For any FAQ about USA Cycling’s online registration system, [click here](http://www.usacycling.org).

Under no circumstances will riders be allowed to register for a race on the day of the event. There will be no registration on Sunday. Riders may pick up their packet during hours at the race headquarters or during listed on-site hours. You MUST present your valid USA Cycling license at pick-up. A photo ID may also be required.

You may not pick up someone else’s packet for them. All riders must pick up their own packet in person.

**Important Note: What’s the difference between Packet Pick-Up and Registration?** Registration is when you sign up to do a race, and pay the entry fee. Packet Pick-Up is when you sign your waivers and receive your bib number and timing chip.

*Bike numbers must always be displayed when on course, even when practicing.*
PRO CROSS-COUNTRY COURSE


2014 USA Cycling Cross-Country Mountain Bike National Championships
July 17-20, 2014 at Bear Creek Resort
Cross Country - Short Track - Super D

Pro Cross-Country Course in Yellow
Other Trails in Red, White or Black
Main Resort Trails Marked with Trail Numbers
Ski Trails in Blue, Green or Gray

Course Hill Profile

MAP BY TOM BARKOWS
META 4 PHOTO
GPSBikeMaps.com
AMATEUR CROSS-COUNTRY COURSE

Juniors Cross-Country Course

SUPER-DOWNHILL COURSE

SHORT-TRACK CROSS-COUNTRY COURSE


2014 USA Cycling Cross-Country Mountian Bike National Championships
July 17-20, 2014 at Bear Creek Resort
Cross Country - Short Track - Super D

Short Track Course in Yellow

Other Trails in Red, White or Black
Main Resort Trails Marked with Trail Numbers
Ski Trails in Blue, Green or Gray

MAP BY TOM KIRKONG
META 4 PHOTO
GPSBikeMaps.com
COLLEGE RECRUITMENT FAIR

USA Cycling is pleased to offer Juniors and U23 riders attending the 2014 USA Cycling Cross-Country Mountain Bike National Championships an opportunity to talk with collegiate cycling program directors, team leaders, and admission officials from across the country. The College Recruitment Fair will take place at the Bear Creek Mountain Resort Lodge on Wednesday, July 16th from 2:00 p.m. – 6:00 p.m.

In the words of Ted King (Cannondale Pro Cycling), who started racing in collegiate cycling for Middlebury College, “Collegiate cycling is awesome. I can thank collegiate cycling almost exclusively for getting me where I am today. In a word, collegiate cycling is just fun... week in and week out you get to see the same awesome people from across the collegiate spectrum, have a blast racing with them, witness their ridiculous antics, and just have a great time doing it.”

Where: Bear Creek Lodge
When: Wednesday, July 16th, 2-6 p.m.

In attendance will be representatives from schools including:

Adams State University
Lees McRae College
Lindenwood University
Lindsey Wilson College
Marian University
Mars Hill University
Union College
Warren Wilson College
ANTI-DOPING

UNITED STATES ANTI-DOPING AGENCY

The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic Movement in the United States. USADA is dedicated to eliminating doping in sport, preserving the well-being of sport, and ensuring the health of athletes through drug testing, research initiatives, and educational programs.

ADDITIONAL RACE DETAILS

AWARDS - All awards ceremonies will be located on-site at Bear Creek Mountain Resort, and will be held daily. Refer to the event schedule for times. Times are subject to change.

CALL-UPS - Call-ups will be performed as listed on page 18 on the Technical Guide, and will be posted with start lists the night before the event.

MEDICAL - Medical support will be provided for all races. Emergency medical transportation will be on site at each course. The nearest hospital is: Lehigh Valley Health Network 1200 S Cedar Crest Blvd, Allentown, PA 18103 610.402.8000

NEUTRAL SUPPORT - Shimano will be providing neutral technical support at all races throughout the event.

RADIOS - Riders may not use radios, telephones, or other communication devices. No earpieces may be worn. Audio playback devices are forbidden.

RESULTS - Results will be posted near the finish line after each race. The protest period is 15 minutes after posting, after which time they become FINAL. Final results will be posted to the USA Cycling website.

RACE NUMBERS - A number plate must be affixed to the front of each rider’s bicycle. The plate may not be altered in any way (i.e. cut, folded, trimmed, etc). Pro category riders must also wear one bib number on the back of their jersey.

TECH/FEED ZONE - Passes will be required for the Pro XC races. Each rider will receive 2 passes at the Friday 7/18 7:30pm Rider Meeting. All other races require only team clothing for tech zone personnel. Those races are M/W 15-16, 17-18, and U23. Tech support is not allowed for any other races.

SELECTION OF RIDERS FOR DOPING CONTROL

By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.

It is the rider’s responsibility to verify whether or not they have been chosen for drug testing. USADA will post numbers on the results posting board, which will be located near the start/finish.

For more detailed information concerning USADA protocol and banned substances, please visit the USADA website at www.usantidoping.org.
## Rules, Regulations, & Eligibility

For the full rulebook, please visit: [www.usacycling.org/usa-cycling-rule-book.htm](http://www.usacycling.org/usa-cycling-rule-book.htm).

### USA CYCLING CROSS-COUNTRY MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

The USA Cycling Cross-Country Mountain Bike National Championships will determine the United States National Champions in Juniors Age Classes, Juniors Category 1, Category 1 Age Classes, Masters Age Classes, U23, and Pro in the following disciplines: Cross-Country (XC), Short-Track Cross-Country (STXC), Singlespeed (SS), and Super Downhill (Super D or SD).

#### DISCIPLINES

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross-Country (XC)</td>
<td>A mass start competition held on a circuit course comprising forest roads, singletrack, or field trails and unpaved dirt or gravel roads.</td>
</tr>
<tr>
<td>Short-Track Cross-Country (STXC)</td>
<td>A shortened cross-country style race, designed to be spectator-friendly and easily televised. The course should be 3-4 mins per lap. Race times are 10/20 mins + 3 laps.</td>
</tr>
<tr>
<td>Singlespeed (SS)</td>
<td>Singlespeed is any type of bicycle possessing only one rear cog and one front chain ring. There is no means of altering the gear ratio in any way for the duration of the race.</td>
</tr>
<tr>
<td>Super Downhill (Super D or SD)</td>
<td>Super D is a hybrid event combining aspects of downhill and cross-country racing. The competition has riders compete on a course that has significantly more downhill than uphill sections. These courses are typically devoid of jumps and not as technical as downhill races; testing both endurance and bike handling skills.</td>
</tr>
</tbody>
</table>

#### CATEGORIES AND CLASSES

**CROSS-COUNTRY (XC) NATIONAL CHAMPIONSHIP RACES**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age Group</th>
<th>Qualification Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>Pro/Elite</td>
<td>Qualification not required</td>
</tr>
<tr>
<td></td>
<td>U23 (racing age 19-22, no category restrictions)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td></td>
<td>Juniors ages 14 &amp; under (no category restrictions)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td></td>
<td>Masters ages 55+ (no category restrictions)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td></td>
<td>Ages 15-54 (category 1 only)</td>
<td>Must qualify</td>
</tr>
</tbody>
</table>

**Female**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Qualification Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pro/Elite</td>
<td>Qualification not required</td>
</tr>
<tr>
<td>U23 (racing age 19-22)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td>Juniors ages 14 &amp; under (no category restrictions)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td>Masters ages 50+ (no category restrictions)</td>
<td>Qualification not required</td>
</tr>
<tr>
<td>Ages 15-49 (category 1 only)</td>
<td>Must qualify</td>
</tr>
</tbody>
</table>

**SHORT-TRACK CROSS-COUNTRY (STXC) NATIONAL CHAMPIONSHIP RACES**

Qualification not required

**SINGLESPEED (SS) NATIONAL CHAMPIONSHIP RACES**

Qualification not required (no category restrictions)

**SUPER DOWNHILL (SUPER D) NATIONAL CHAMPIONSHIP RACES**

Qualification not required (no category restrictions)

**CROSS-COUNTRY (XC) CATEGORY 2 **NATIONAL COMPETITION RACES**

Qualification not required

**CROSS-COUNTRY (XC) CATEGORY 3 **NATIONAL COMPETITION RACES**

Qualification not required

#### CITIZENSHIP/RESIDENCY/LICENSING REQUIREMENTS

- **Championships for UCI Classes (XC)**: Category 1 Juniors 17-18, U23, and Pro (Elite) competitors must be United States citizens. A birth certificate or passport will only be acceptable proof of citizenship, if requested.
- **Domestic Championships (XC, STXC, Super D, SS)**: The Juniors competitors 16 years old and younger, Seniors (19-29), and Masters (30+) competing in the amateur races must be a United States citizen or permanent resident.
- **Licensing**: All riders must have a current annual USA Cycling (mountain bike) license and be in good standing.

#### QUALIFICATION PERIOD

The qualifying period will begin the first Saturday after the 2013 USA Cycling Cross-Country Mountain Bike National Championships and end the last Sunday before the 2014 USA Cycling Cross-Country Mountain Bike National Championships.

<table>
<thead>
<tr>
<th>Qualification Start Date</th>
<th>Qualification End Date</th>
</tr>
</thead>
</table>
### QUALIFYING EVENTS

Riders wishing to compete in a qualification-required race must do so in one of the following ways:

<table>
<thead>
<tr>
<th>Event</th>
<th>Qualification Required:</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA Cycling Mountain Bike State or Regional Championship</td>
<td>Top 15 riders in each category and age-group (class)</td>
</tr>
<tr>
<td>American Mountain Bike Challenge (AMBC)</td>
<td>Top 10 riders in each category and age-group (class)</td>
</tr>
<tr>
<td>Pro Mountain Bike XC Tour (ProXCT)</td>
<td>Top 10 riders in each category and age-group (class)</td>
</tr>
<tr>
<td>2013 USA Cycling Cross-Country Mountain Bike National Championships</td>
<td>Top 10 riders in each category and age-group (class)</td>
</tr>
<tr>
<td>Collegiate Mountain Bike Conference and National Championships</td>
<td>Top 5 category A finishers from each of the 2013 Collegiate MTB Conference and National Championships. Riders will compete in the category indicated on their USA Cycling MTB license.</td>
</tr>
<tr>
<td>USA Cycling Junior Development Camps</td>
<td>All participating riders from each USA Cycling Mountain Bike Talent ID Camp.</td>
</tr>
<tr>
<td>Defending USA Cycling Mountain Bike National Champions</td>
<td>All defending National Champions in XC are automatically qualified to compete.</td>
</tr>
</tbody>
</table>

### QUALIFICATION GUIDELINES AND RULES

#### COMPETITION RACING AGE

Riders will compete in their respective age-group based on their official racing age determined on December 31, 2014.

#### U23 RIDER ELIGIBILITY

Any racer between the racing ages of 19-22 who wishes to race in the U23 race does not need to qualify for that race. The U23 XC race will be competed on the Pro course and within the designated UCI projected finish times.

#### PRO RIDERS – MASTERS AGE GROUPS

Pro riders who are 30 years old and older (Masters), may not ‘race-down’ to Category 1 in order to win an age-group title.

#### RIDERS QUALIFIED IN MORE THAN ONE CATEGORY IN SAME DISCIPLINE

Riders who have qualified in more than one category (i.e. qualified in Category 2, then upgraded to Category 1 and re-qualified), must compete in the highest category they have qualified in.

#### MASTERS & JUNIORS QUALIFYING IN SAME CATEGORY/DIFFERENT AGE-GROUP

Masters and Juniors racers qualifying in a different age group and same ability category will be eligible to compete in their official racing age group and category at National Championships.

#### CATEGORY 2 & 3 – UPGRADED BEFORE COMPETITION

Category 2 and 3 riders who have met the upgrading requirements (as defined in the 2014 USA Cycling Rulebook) may compete in one of these categories at the USA Cycling Cross-Country Mountain Bike National Championships, but may do so for this event only. After the National Championships, they must upgrade to at least the next highest category.

#### QUALIFIED RIDER LIST

Qualified rider lists will be posted to the USA Cycling event webpage as they are determined.

### QUALIFIED RIDER LIST – NOTIFICATION EMAIL

USA Cycling licensed riders who have a current license, active USA Cycling online membership account, and have opted-in to receive emails from USA Cycling, will receive an email notification when they have qualified.

### QUALIFIED RIDER LIST – RACE RESULTS SUBMISSION

Qualification events are required to submit race results to USA Cycling within seven (7) business days of their event (some within 24-hours of conclusion of qualification event). If results are not submitted to USA Cycling and posted on the USA Cycling website, riders will not appear on the qualified rider list. Please contact the race director if results are not posted to [www.usacycling.org](http://www.usacycling.org).

### XC CALL-UP PROCEDURES

<table>
<thead>
<tr>
<th>Category</th>
<th>Total Number &amp; Order of Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pro/Elite</td>
<td>Defending National Champion + all (UCI rankings &gt; ProXCT rankings &gt; USAC rankings)</td>
</tr>
<tr>
<td>U23 / Cat 1 Juniors 17-18</td>
<td>Defending National Champion + all (UCI rankings &gt; USAC cat 1 rankings)</td>
</tr>
<tr>
<td>Cat 1 15-16, 19-54 men/women</td>
<td>Defending cat 1 National Champion + 15 (by USAC cat 1 rankings in age group)</td>
</tr>
<tr>
<td>Juniors 14 and under</td>
<td>Defending National Champion + 15 (by USAC rankings in age group)</td>
</tr>
<tr>
<td>Masters 55+ men / 50+ women</td>
<td>Defending National Champion + 15 (by USAC rankings in age group)</td>
</tr>
</tbody>
</table>