



Technical Guide - Copa Nacional MTB #3- Adventure Park, Heredia
May 16-17th, 2026

Copa Nacional MTB Costa Rica III Fecha, Adventure Park

American Series XCO, UCI XCC C3



Technical Guide

May 16th-17th, 2026

Organizer: Asociación de Ciclismo de Montaña CRC



Sponsors and Support





1. INTRODUCTION

The “Copa Nacional MTB #3- Adventure Park” is an American Series MTB XCO and Class 3 XCC. This Technical Guide covers the procedures for the race scheduled for Saturday May 16 and Sunday May 17, 2026. The purpose of the event is to develop Costa Rica Mountain Bike riders and revitalize cycling and expand the mountain bike cycling population in Costa Rica as a whole

Points are awarded in conformity with the UCI rules

In addition to UCI Event there is going to be National categories races

2. GENERAL INFORMATION

2.1. INTERNATIONAL COMMISSAIRE

The event will be officiated by Erica Marin, International Commissaire appointed by the UCI as President of the Commissaires’ Panel, he will be assisted by a team of National Commissaries appointed by the Costa Rica National Federation, according to the UCI Rules

Rules Links

English

<https://www.uci.org/inside-uci/constitutions-regulations/regulations>

Spanish

<https://rfec.com/index.php/es/smartweb/seccion/seccion/rfec/Reglamento-del-Deporte-Ciclista-Uci>

2.2. ACCOMMODATION /LODGING

- Cabañas Las Ardillas- <https://www.grupoardillascostarica.com/> - +506 60204432

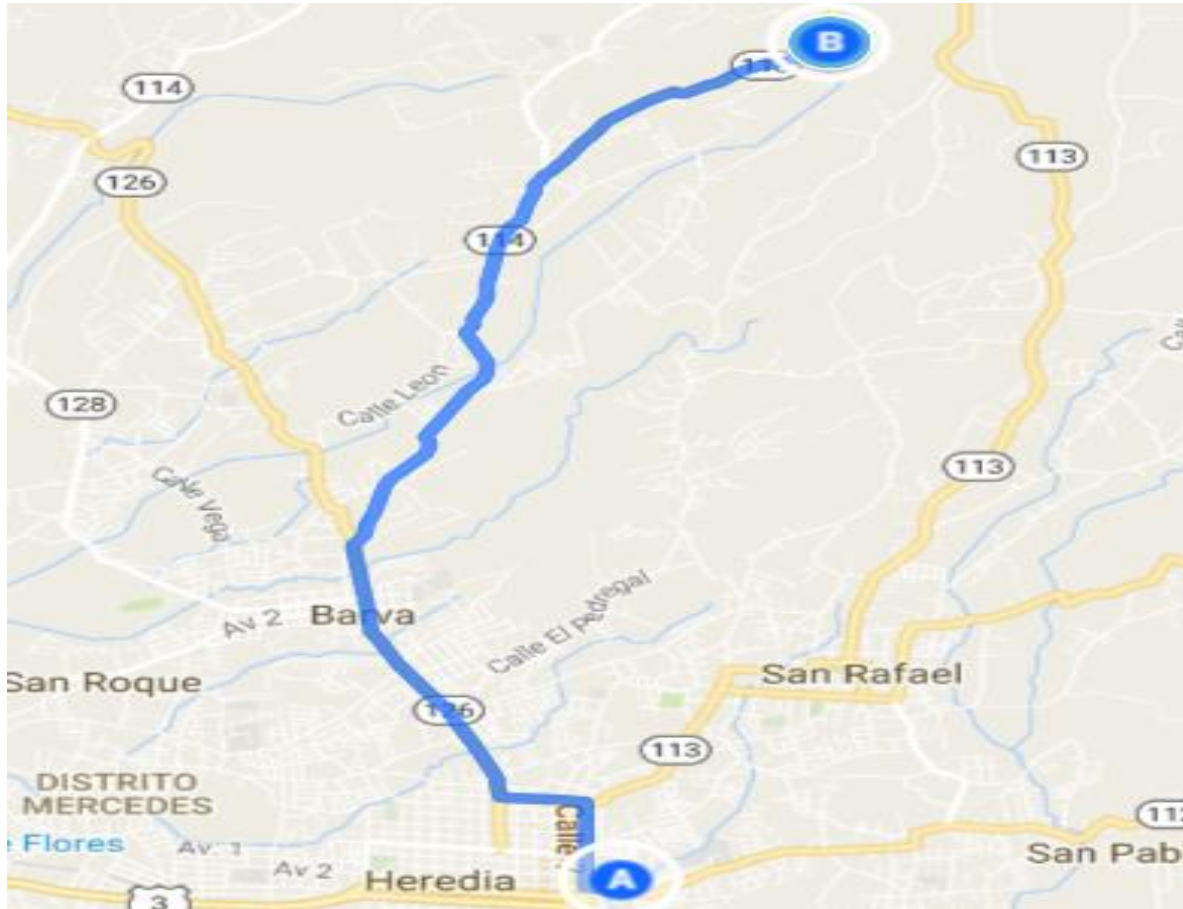
-Hotel Cypresal - <https://hotelcypresal.com/> - +506 8629 4457

For foreign delegations, the Organization recommends to rent a car in the Airport, this will be more flexible for internal moving.

2.3. VENUE

The event will take place in Adventure Park in San Jose of the Montaña in Heredia located 12 kilometers from Heredia at a height of 1800 meters above sea level.

Map showing the course from National University in Heredia to the Venue



Source: Google Map

Location in Google Maps: <https://maps.app.goo.gl/xrrGkyZpU4Ye1YCS9>

2.4. FIRST AID (CRUZ ROJA)

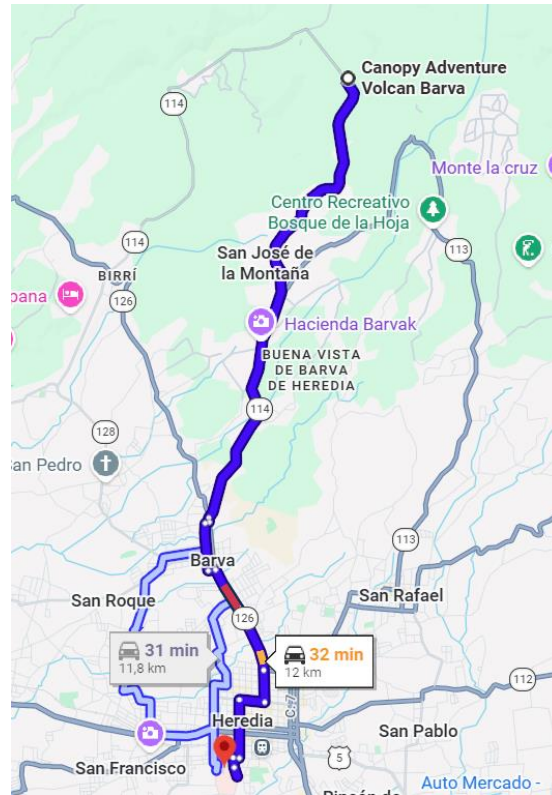
The Organization will provide first aid at the venue during official training and during competition. Participants will be responsible for any further treatment and resulting costs

On race competition also there will be one doctor and two ambulances, once of them with advanced support.



3. HOSPITAL

Hospital San Vicente de Paul
Phone +506 25628100
12 km from venue

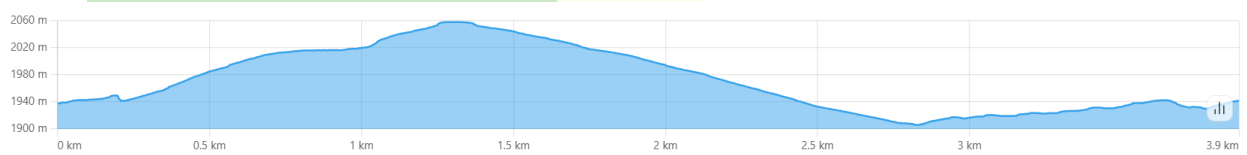
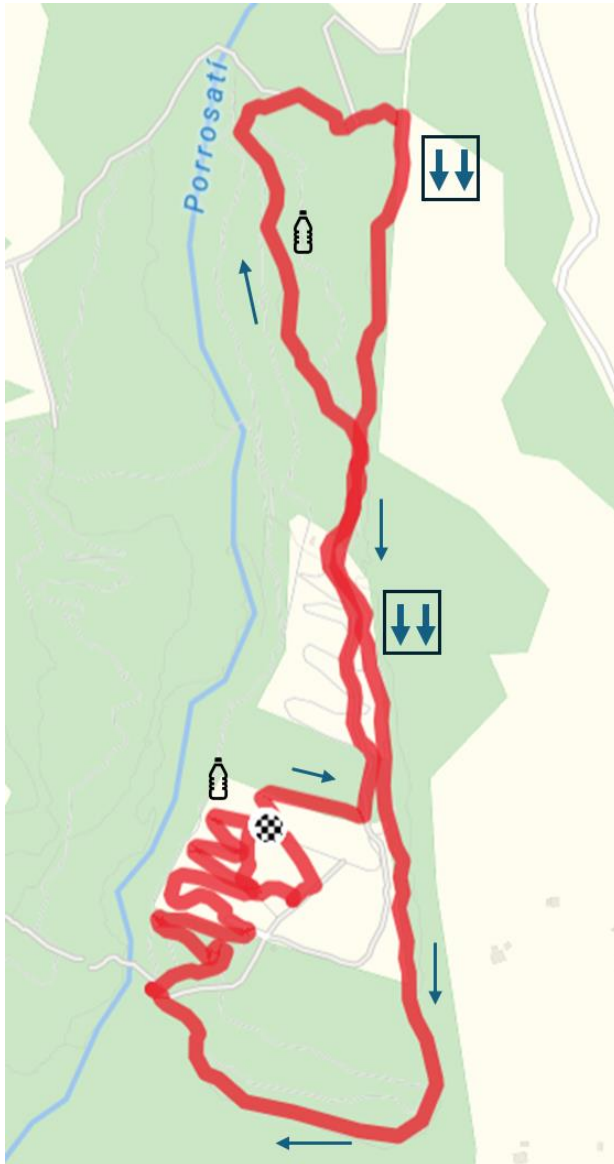


4. ORGANIZER CONTACT

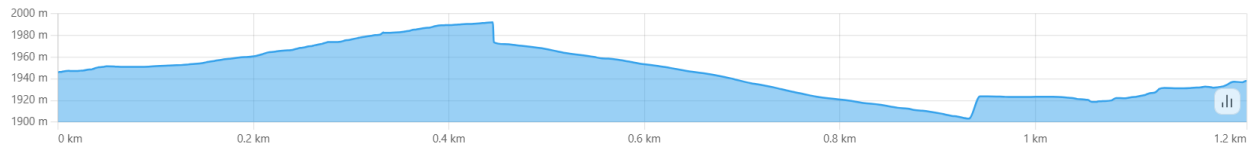
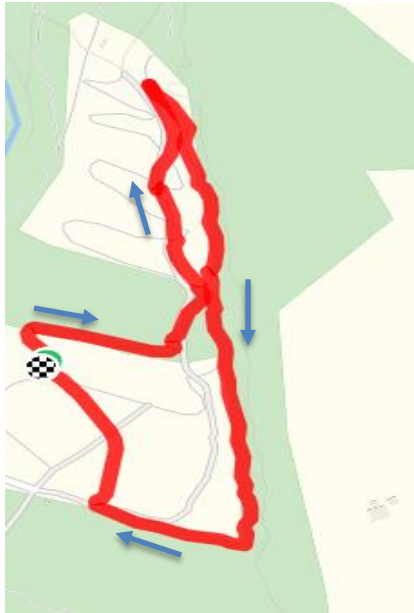
Asociación Nacional de Ciclismo de Montaña de Costa Rica (ANCM)
Race Director: Omar Vargas
Email: copamtbc@gmail.com
Mobile: (506)8916-8288

5. COURSE

Course length: 3.8 kilometers



XCC Course
1,2 km



6. CATEGORIES

It is important to verify the correct category according to the year of birth

CATEGORY	AGE 31 DEC 2026	YEAR OF BIRTH
MEN PREINFANTIL	11-12	2014 – 2015
WOMEN PREINFANTIL	11-12	2014 – 2015
MEN INFANTIL	13 – 14	2012 – 2013
WOMEN INFANTIL	13 – 14	2012 – 2013
MEN CADETE	15 – 16	2010 – 2011
WOMEN CADETE	15 – 16	2010 – 2011
MEN JUNIOR	17 – 18	2008 – 2009
WOMEN JUNIOR	17 – 18	2008 – 2009
MEN ELITE	19 +	2003 or before
MEN UNDER 23	19 – 22	2004 – 2007
WOMEN ELITE	19 +	2003 or before
WOMEN UNDER 23	19 – 22	2004 – 2007
MEN MASTER A	30 – 34	1992 – 1996
MEN MASTER B	35 – 39	1987– 1991
MEN MASTER C	40 – 44	1982 – 1986
MEN MASTER D	45 – 49	1977 – 1981



MEN MASTER E	50 +	1976 or before
WOMEN MASTER A	30 – 39	1987 – 1996
WOMEN MASTER B	40 +	1986 or before
MEN OPEN	18 +	2008 or before
WOMEN OPEN	18 +	2008 or before

7. EVENT SCHEDULE

The event program will be confirmed on Thursday 14

This is a provisional program

DAY	TIME	ACTIVITY	PLACE
April 27th	00:00	Online registration open	www.mtbcostarica.org
May 13th	24:00	Online registration close	www.mtbcostarica.org
May 14th	08:00	Registration and start lists publication	www.mtbcostarica.org
	10:00-13:00	Course Inspection	Venue
May 15th	09:00 – 14:00	Pick up numbers and check licences	Venue
	09:00- 14:00	Training XCO-XCC	Venue
May 16th	06:00 – 07:30	XCO trainings National Categories	
	07:30 – 08:40	XCO Men Master A, B, Open Awards 10 minutes after the category ended	
	08:45 – 09:50	XCO Master C, D, E, Women Master, Women Open Awards 10 minutes after the category ended	
	10:00 – 10:50	XCO Men preinfantil, women preinfantil, men infantil, women preinfantil Awards 10 minutes after the category ended	
	11:00 – 12:00	XCO Men Cadete, Women Cadete Awards 10 minutes after the category ended	
	12:30	XCC Women Elite	
	13:15	XCC Men Elite	
	13:50	Awards XCC Women Elite /Men Elite	
	14:00-15:00	Training XCO	



May 17th	08:00	XCO Men Junior	
	09:30	Awards Men Junior	
	10:00	XCO Women Elite/ Women Under 23/ Women Junior	
	11:40	Awards Women Elite/ Women Under 23/ Women Junior	
	12:10	XCO Elite men/ Men Under 23	
	14:00	Awards Elite men/ Men Under 23	

8. ENTRY PROCEDURE

A license valid for the year 2026, issued by the National Cycling Federation of the rider's country of residence is required for all categories.

Registration for the event must be done online using the registration form available on the Copa MTB Costa Rica Facebook page or at www.mtbcostarica.org between April 27th and May 13th.

Before completing and submitting the form, you can make the payment through the website or by deposit that must be made in the following bank account:

Bank Name: Banco Nacional de Costa Rica
Account name: Asociación Nacional de Ciclismo de Montaña
Legal ID: 3-002-172466
Account number: 100-1-054-000890-9
IBAN account number required for SINPE transfer: CR15015105410010008900

Registration price of the different categories, includes 13% IVA: colones (\$ US dollar prices)

XCO:

Men Elite, Women Elite, Men Under 23, Women Under 23	: 40,000 colones (\$80)
Men Open, Men Master, Women Master, Women Open	: 15,000 colones (\$30)
Men Junior, Women Junior	: 25,000 colones (\$50)
Men Prejunior, Women Prejunior	: 15,000 colones (\$30)
Men Infantil, women infantil :	: 10,000 colones (\$20)
Men PreInfantil, Women preinfantil :	: 8,000 colones (\$16)



XCC (Short Track):

Men Elite and Women Elite: : 7500 colones (\$15)

UCI MTB WORLD SERIES TEAM riders, thus registered with the UCI, are exempt from the registration fee.

It is allowed to opt for a one-day license to participate in the event (elite, sub23 or junior category runners will not be able to opt for the one-day license), which has a cost of 11000 colones, which must be obtained through the FECOCI app.

After Wednesday May 13, the registration amount will have a 100% surcharge, with a deadline of Thursday May 14, and cyclists who register through late registration will appear last on the start list.

On Thursday May 14, the registration records will be published on the Facebook of the MTB Costa Rica Cup and on www.mtbcostarica.org. Those cyclists who have made their registration and do not appear on the lists, must notify the Organization by email copamtbc@gmail.com no later than Friday May 15 at noon

All participants, Costa Rican or foreign, must have their license duly insured against accidents.

9. LICENCE CHECK / NUMBER PICK UP

The Organization and Commissaries Panel will carry out a prior license control for Costa Rican or resident riders with the registration in the Costa Rican National Federation. In addition, the presentation of the license could be requested prior to the XCC and XCO events

For foreign riders, the presentation of the license will be requested in the process of confirmation of participation and delivery of numbers, prior to the XCC and XCO events. Rider numbers are the same for XCC and XCO events.

It is recommended to be attentive to any information related to this point that may be published in the days prior to the event

10. TRAINING CONSIDERATIONS

Racers must display their bike plate during training. First Aid and Marshals will be available on official training period.

No training is allowed on the course whilst racing is in progress

11. TEAM MANAGERS MEETING



The team managers' meeting has not been scheduled; relevant information will be communicated through official announcements through social media event.

It is important to be attentive to any publication for receiving all the information about delivering of accreditation for feed/technical assistant zone, laps, applying of 80%, definitive start time and any additional change.

12. CALL UP PROCEDURE

The order in which the riders will be called to the starting lines will be according to the following criteria

XCC

1. For elites-sub-23, according to current UCI XCO ranking
2. According to the current general classification of the Costa Rica MTB Cup. However, the organization, as a matter of courtesy, can determine to place foreign cyclists who are not in the UCI ranking in this criterion 2.
3. The chronological order of registration will be considered

XCO

1. For the elite, sub 23 and juniors categories, priority will be given to the UCI ranking.
2. According to the current general classification of the Costa Rica MTB Cup. However, the organization, as a matter of courtesy, can determine to place foreign cyclists who are not in the UCI ranking in this criterion 3.
3. The chronological order of registration will be considered

13. BOXES

There will be boxes for organizing riders before the start

Each BOX will have the list of rider, it is important to be present in the box 15 minutes before of the race start time, otherwise rider could lose the start position

14. FEED / TECHNICAL ASSISTANCE ZONES

Two zones are going to be set up and they will be clearly identified. The access to the zones is only allow with accreditation

15. TEAMS AREA

There will be an exclusive area for team's tents. It is not allow to put tents in other places

16. 80% RULE IN EFFECT

The application of 80% rule will be confirmed in the Team Manager meeting. Wether the



rule is in effect, those riders that are pulled out by this rule are listed in the results in the order in which they are pulled out of the race showing the number of laps down

This rule allows to withdraw from the course very slow riders, the one that have a time greater than 80% from the leader's time. The primary reason for withdrawing riders at the 80% zone is that it decreases the potential for confusion both for the public and the media in the finish zone area. With the 80% rule, lapped riders (or riders that are just about to be lapped) are prevented from crossing the finish line along with the winner of the race.

DESCRIPTION OF THE RULE

“In cross-country Olympic format (XCO), any rider whose time being 80% slower of that of the race leader's first lap is pulled out of the race. He is required to leave the race at the end of his lap in the zone provided for the purpose (the "80% zone") except when the rider is on his final lap.”

17. TIME KEEPING

Time keeping and results will be in charge of Commissaires Panel

18. AWARD CEREMONY

The award ceremony will take place after each race, medals will be awarded to the top 5 finishers in all categories. In addition prize money according to UCI guidelines will be issued to riders at the awards.

The five first rider must attend the awards ceremonies and be present on the podium wearing their rider uniform. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the President of the Commissaires' Panel and the organizer with a valid reason.

Prize money according to UCI guidelines for Group 2 (Costa Rica)

19. EVENT RULES

UCI Regulations shall be enforced and UCI Scale of Penalties shall apply

20. ANTI-DOPING

Anti-Doping Procedures are in effect and anti-doping control is expected. Doping control facilities will be made available.



21. UCI RANKING POINTS

XCC Men /Women Elite Class 3

Position	Points
1	16
2	6
3	4
4	5
5	1

XCO Continental series

POS	ELITE	U23	JUNIOR
1	100	60	20
2	80	40	18
3	60	30	16
4	50	25	14
5	40	20	12
6	35	18	10
7	30	16	8
8	27	14	6
9	24	12	4
10	22	10	2
11	20	8	
12	18	6	
13	16	4	
14	14	2	
15	12	1	
16	10		
17	9		
18	8		
19	7		
20	6		
21	5		
22	4		
23	3		
24	2		
25	1		