



Swedish Paracycling Weekend 30/4-1/5 2022



Invitation and Technical guide to Fredrikshof Paracycling Time Trial, Stockholm, Sweden May 1 2022



UCI C1 Competition

**Note 1: This Invitation relates only to the Time Trial Sunday May 1.
Invitation for the Road Race Saturday April 30 is found on:**

<http://www.smack.se/smack-paracycle-road-race>

Fredrikshofs IF CK welcomes all paracyclists to Fredrikshof Paracycling Time Trial.

The race will be held as part of the Swedish Paracycling Weekend with Road Races April 30 and Time Trial Sunday May 1. The race is held north of Stockholm at Odensala, Märsta. Registration will take place Saturday April 30 at the [Road Race venue at Arlanda Test Track](#). It will also be possible to register Sunday morning May 1.

Note: There are no pandemic restrictions in Sweden since 2022-02-09. During the race we will although follow the UCI Covid Protocol keeping distance before and after the race etc. and we also urge all participants to follow the recommendations. See www.uci.org.

Race facts

| | |
|-------------------|--|
| Organizor | Fredrikshofs IF CK |
| Date | 2022-05-01 |
| Competition Venue | Odensala Bygdegård Herresta, Odensala 195 92 Märsta 59°39'54.0"N 17°50'50.3"E / 59.665000, 17.847306 |
| Classes | WC1-WC5, WH1-WH5, WT1-WT2, WB, MC1-MC5, MH1-MH5, MT1-MT2, MB. Team Relay WH1-WH5, MH1-MH5. |
| Race distances | According to UCI regulations, information on following pages. |
| Sign up date | 2022-04-24 at the latest, see sign up information below. |
| Registration fee | 25 € to be transferred to: Bank name: Nordea Beneficiary: SMACK, Sigtuna Märsta Arlanda CK IBAN: SE88 9500 0099 6034 0066 9242 BIC: NDEASESS Note: Swedish participants can pay 250 SEK to SMACKs PG 6 69 24-2 Or paid by card or cash at the registration 30 April. |

Fredrikshofs IF Cykelklubb
Box 8075
163 08 Spånga

Plusgirokonto 5012-3124

Info: tavling@fredrikshof.se
www.fredrikshof.se



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| | |
|-------------------|---|
| Race director | Håkan Thomée Fredrikshof IF CK |
| Race advisor | Michael Lindgren, Swedish Paracycling committee Lars Persson, Fredrikshof IF CK |
| Commissaires | UCI International Commissaire: Michael Anderson Swedish Commissaire: Henrik Ehrin and Milla Jonsson |
| Medical services | Eventa Sjukvårdsservice. |
| Rules | The competition will be held under the UCI rules. |
| UCI Points | According to the UCI rules for a C1 competition. |
| Points of contact | Håkan Thomée Hakan.thomee@fredrikshof.se +46 70 267 26 28 Michael Lindgren, michael.lindgren@scf.se +46 70 370 85 07 Lars Persson lars.persson@fredrikshof.se +46 70 864 41 19 |
| Race homepage | https://www.fredrikshof.se/vara-lopp/paracycling-time-trial-uci-c1/ |

Sign up

Signing up for the race is be done by filling in the form on: <http://www.smack.se/swedish-paracycle-weekend-race-sign-up/>

All Race participants, including Pilots must sign up. However, the fee is only paid for the Race participant. All signed up participants can be seen on the [Sign up page](#).

Sign up deadline is 2022-04-24. Late Sign-ups will be accepted on site at Arlanda Test Track Saturday morning April 30. Late sign up costs 25€ / 250 SEK extra.

Swedish competitors are also requested to sign up using the form as described above.

Time schedule

| | |
|-------------------------|---|
| Saturday 09:00-11:00 | Confirmation of starts and pick-up start numbers and transponders, Arlanda Test Track |
| 11:00 | Race meeting for participants, at Arlanda Test Track |
| Sunday 08:30 – 09:00 | Check-in and registration, license control and pick-up of start numbers and transponders for those not done so on Saturday. |
| 09:00 | Race brief for those not attending Saturday's race meeting. |
| 10:00 – 12:00 | Time Trial, Odensala Bygdegård. Race distances 15-30 km according to class. |
| During the day | Medal ceremonies after each block of races, announced in the Race schedule. |

Start numbers and Transponders

We recommend athletes to pick up start numbers and transponders Saturday morning at the SMACK event. It will be possible to pick them up Sunday morning.

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 |

The **Race Schedule** will be published closer to the event, latest Friday April 29, on the [Fredrikshof homepage](#).

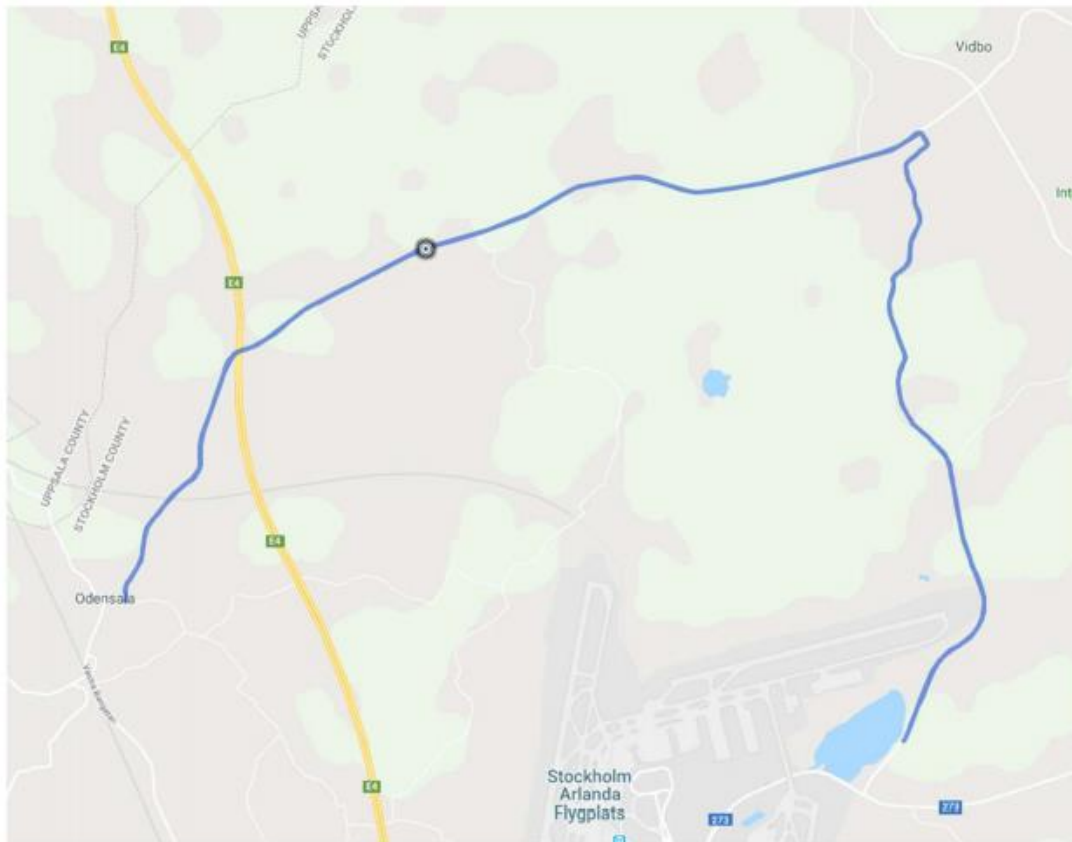


Race track

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.

There will not be any possibility to try the Time Trial Track on Sunday due to a national Time Trial event taking place on the track during the same day.



Results and UCI points awarded

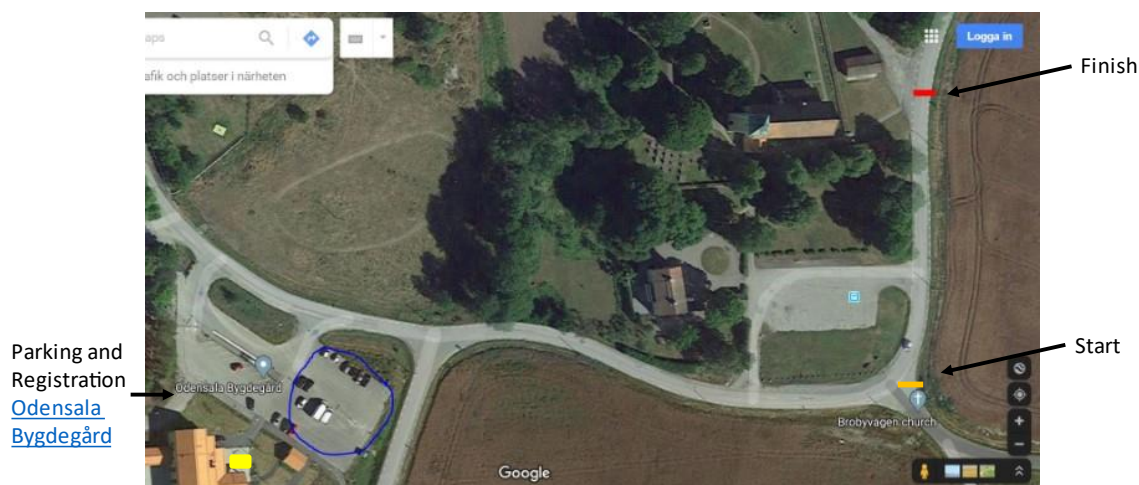
The finishing position in the race is the result that the UCI points reward will be based on.

| 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 |

Venue

[Odensala Bygdegård](#)

Fredrikshof Paracycling Time Trial Venue





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Accommodation

The following hotel is recommended for teams and athletes:

SCANDIC UPPLANDS VÄSBY
Hotellvägen 1
194 35 Upplands Väsby
Email upplandsvasby@scandichotels.com
Telephone +46 8 517 355 00

A special rate of 900 SEK for single room and 1000 SEK for double room has been negotiated for this event. Use booking code **BP**AR290422 when booking.

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

Email info@destinationsigtuna.se
Telephone +46 8 594 806 50