



Swedish Paracycling Weekend 30/4-1/5 2022



Race PM

Fredrikshof Paracycling Time Trial, Stockholm, Sweden May 1 2022



UCI C1 Competition

This Race PM clarifies and gives detailed information about the race, times and schedule.

Note! The information in this Race PM overrides any previous information in the Invitation.

Information on Pandemic measures can be found on the last page in this Race PM.

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
Registration	Registration, bib and transponder pick-up will take place at the Arlanda Test track between 9:00 am and 11:00 am Saturday morning 30 April together with SMACK Paracycle Road Race registration. Race check-in Sunday May 1: 08:30 – 09:00
Late signup	Late sign up will only be accepted at the Arlanda Race track during the registration between 9:00 am and 11:00 am Saturday morning 30 April. Late sign up cost 25€ extra.
Race director	Håkan Thomée Fredrikshof IF CK
Race jury	Michael Anderson, UCI International Paracycling Commissaire. Henrik Ehrin, Swedish National Commissaire. Milla Jonsson, Swedish National Commissaire. Lars Persson, Finish Judge.
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.

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Race homepage	https://www.fredrikshof.se/vara-lopp/paracycling-time-trial-uci-c1/
Race schedule	For schedule see the Starting list . Note that it is preliminary until after Registration April 30.

Time schedule

Saturday 09:00-11:00	Confirmation of starts and pick-up start numbers and transponders, Arlanda Test Track <ul style="list-style-type: none"> Valid license card must be presented by all participants, including Pilots. Licenses will be checked against the UCI license register. Fulfilled payment of the starting fee will be checked. Participants who have not yet paid the starting fee must do this on site to be able to participate in the races. Race numbers to be picked up for all participants. Transponders to be picked up for all participants who do not have their own Mylaps Prochip transponder. A deposit fee of 50€ / 500 SEK per transponder, max 200€ or 2000 SEK for each team must be paid. The deposit fee will be given back on Sunday after the Fredrikshof Time Trial when the transponders are returned, or after the Road Race. Participants having their own Mylaps Prochip transponders must present their Chip-ID.
11:00	Race meeting for participants, at Arlanda Test Track <ul style="list-style-type: none"> Information about the race and schedule will be given by the Race organization and the UCI International Commissaire. Questions will be answered.
Sunday 08:30 – 09:00	Check-in and registration, license control and pick-up of start bib and transponders for those not done so on Saturday (Not participated in the Road Race).
09:00	Race brief for those not attending Saturday's race meeting.
10:00 – 12:00	Time Trial race Race distances 15-30 km according to class.
During the day	Medal ceremonies after each block of races, announced at the Race.



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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.

Important information:

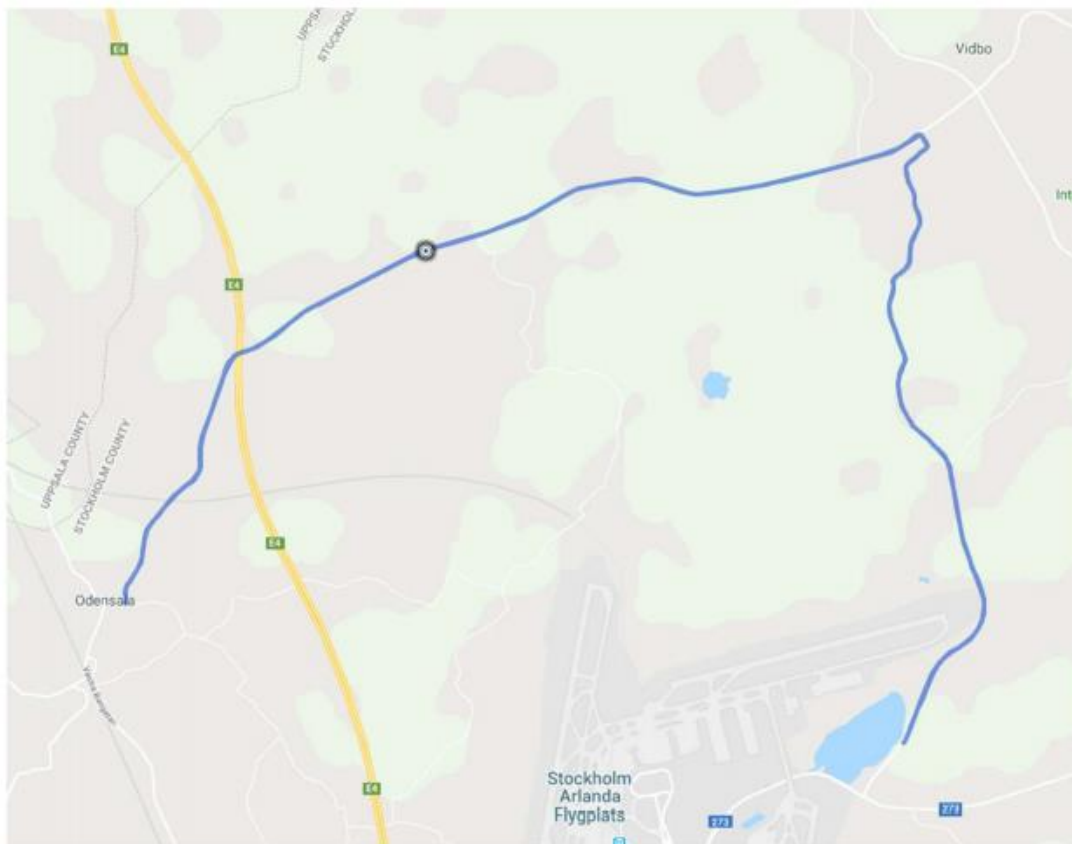
- Registration and Race meeting on Saturday morning is mandatory for all athletes and team managers.
- All bikes will be checked before the race, make sure you are at the start for Bike check at least 15 minutes before your start time. Pre-check can be made earlier during the day.
- Helmet colours must be worn according to class as stated in the UCI Paracycling rules.
- The large race number must be placed at the lower back or visible from behind on the handbike.
- No following cars are allowed at the races.
- The race will have individual start announced in the race schedule
- All athletes are checked in before start by the Start manager according to the starting list. The starting list does not need to be signed.
- Littering is forbidden at the races. Any litter shall be kept in pockets until the race is finished or disposed of in the Litter zone marked by signs "Skräpzon Start" and "Skräpzon Slut".
- Toilets for disabled are available at the Odensala Bygdegård, but no showers or dressing rooms due to Pandemic restrictions. Change of clothes and showers need do be done before and after the races at each participants accommodation.
- Due to Pandemic restrictions no Cafeteria service is available at the race. Participants will need to bring their own food and beverages for the day.
- Warm up on the race track is not allowed. Warm up can instead be done on the side road close to the start area, please see signs.

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.

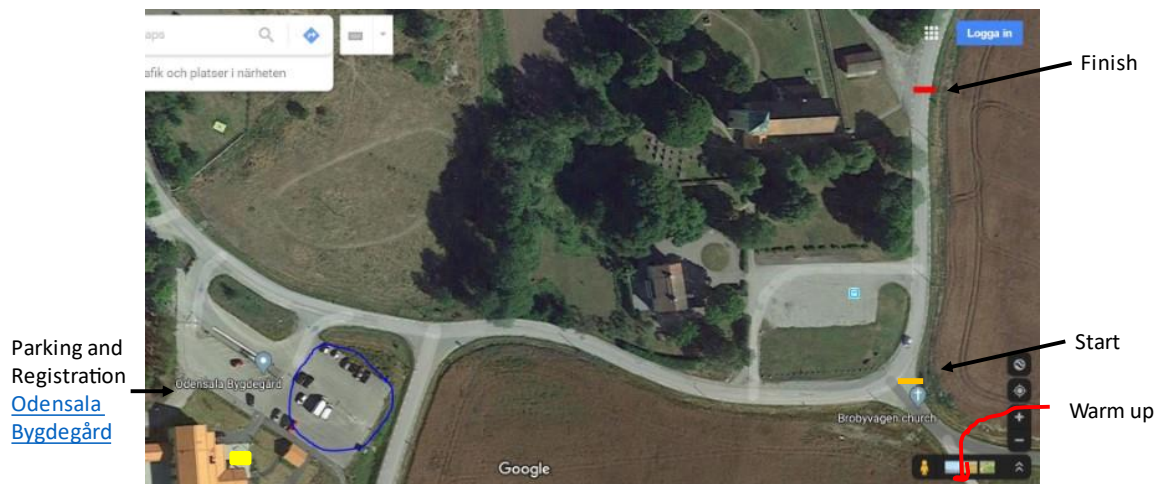
There will not be any possibility to try the Time Trial Track on Sunday due to a national Time Trial event taking place on the track during the same day.



Venue

[Odensala Bygdegård](#)

Fredrikshof Paracycling Time Trial Venue





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Pandemic Measures - Fredrikshofs Paracycling TT 2022

A Covid-19 Coordinator has been appointed for the race with responsibility for measures to minimize the risk for spread of infection, and to supervise those measures are followed.

Pandemic measures:

- National teams and local team participants are kept separate from other teams and participants as much as possible.
- Disinfection will be available for participants, team leaders and officials.
- The use of masks is mandatory at Race meeting and gatherings before and after the races.
- Gatherings take place per Nation or per team at a distance from other participants and team leaders.
- Race meeting is held outdoors if the weather is suitable.
- If the Race meeting is held indoors, only one team leader or one participant per local team may participate so that distances can be kept.
- All participants and team leaders will be reminded to keep their distance before and after the competition, not to spit or blow the nose on the go, and not to share bottles or equipment with others.
- Prize ceremony will be held with self-serving of medals and prizes, medalists will need to pick up prizes themselves from the prize table.
- Participants, team leaders or officials who feel infection symptoms are not allowed to be present at, or participate in the event.
- No serving will be offered to participants, officials or spectators.
- No dressing room or showers will be offered, participants need to change before and after the race at their accommodation.
- Covid-19 testing is available nearby at Apoteksgruppen Arlanda Airport, Sky city, see <https://reseintyg.vaccina.se/>
- For acute illnesses, the Covid-19 Coordinator have contacts with Emergency healthcare and Emergency Hospital, and there will be an ambulance placed on site.