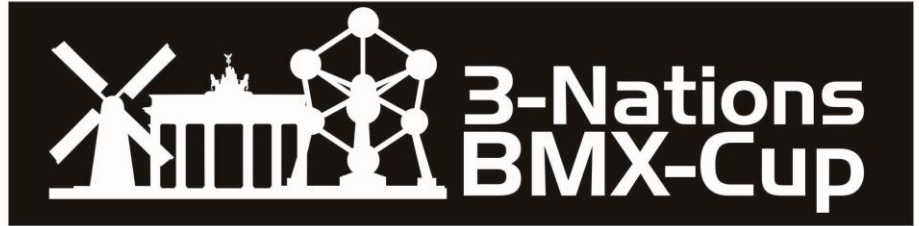




P R E S E N T S



2019

Dessel (B) - 17. - 19 Mai 2019

Ahnatal (D) - 31. Mai - 02. Juni 2019

Uithoorn (NL) - 06. - 08. September 2019



DEAR GUESTS, WELCOME TO AHNATAL!

We are very proud and excited, to welcome all athletes, teams, officials and spectators to our international "3-Nations BMX-Cup 2019 Round 2" Race in Ahnatal, in the middle of Germany!

The "3-Nations BMX-Cup" is now one of the biggest BMX-Racing Series in Europe and it will held for the 6th time in Ahnatal!

This year, athletes will be riding to gain qualification points for Tokyo 2020. The 3-Nations Cup is therefore attractive for Junior- and Elite riders. Some top Teams and riders have already confirmed their attendance at the 3-Nations cup events in 2019. We look forward to welcoming them and watching some exciting racing from some of the worlds best riders alongside the exciting racing offered by the younger age classes.

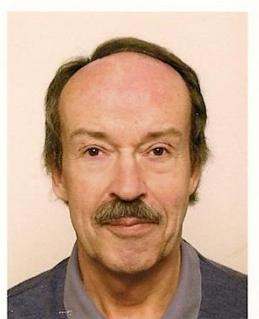
A LITTLE HISTORY OF AHNATAL:

The municipality of Ahnatal was created within the framework of municipal reform in Hessen on 1st August 1972 by the merger of the villages of Weimar and Heckershausen. Since that time experienced a steady upswing Ahnatal is today an interesting and popular, through a variety of clubs, associations and public institutions distinct residential community in the direct surroundings of the city of Kassel, at the edge of the nature park Hawk forest between Dörnberg and Stahlberg. Ahnatal far has a millennial history. You can even assume that people here have already lived in the 4th century before Christ's birth. Finds from this period are testimony.

We hope to meet you all here in Ahnatal, you are welcome!



Michael Aufenanger
Mayor of Ahnatal



Klaus Kinne
President
RSC-Weimar-Ahnatal



Carsten Rövenstrunk
BMX-Racing
RSC-Weimar-Ahnatal

GENERAL RULES:

The UCI regulations, Part VI BMX, particular title 6, Racing regulations BMX, in the last published edition, are applicable to the 3-Nations-Cup.

FRONT- AND SIDEPLATES:

The front- and side-plates are provided by the organizing committee of the 3 Nations Cup in 2019. The use of these front- and side-plates during races and training sessions for the 3 Nations Cup is compulsory for all classes with exception of the women/men Elite who will use their own plates or International Elite Number. The plates will only be provided once and are therefore to be used during all three races which form part of the 3 Nations Cup. In case the plates are no longer usable due to damaging or faded print, the rider is responsible to purchase a new set of plates against a fee of € 10,00. Should the rider not use the provided plates during races or training sessions for the 3 Nations Cup, the rider will not be included in the results and will therefore receive a DNS as result. In case a rider is seen without an official plate during training sessions, he or she will receive an official warning; a subsequent offence will result in disqualification from the event. The plates will be provided to the riders by the national team manager or Chef d'equipés of each country on registration at the races.

PEDAL CLICK SYSTEMS:

The use of interlocking pedal click systems is only allowed for riders holding a license for the age of 13 and older during races and training sessions.

CATEGORIES:

Saturday

Cruisers Men: 13/16, 17/29, 30/39, 40/44 and 45+

Cruiser Women : 13+

Girls 8-. 9/10, 11/12, 13/14, 15/16

Boys 8-, 9/10, 11/12, 13/14, 15/16

Sunday

Girls 8-, 9/10, 11/12, 13/14

Boys 8-, 9/10, 11/12, 13/14

Girls 15/16, Boys 15/16

Women 17+, Men 17/24, Men 25+

Junior Women, Junior Men

Elite Women, Elite Men

RACES 2019:

In 2019, the races will be held on the following days and locations:

Dessel **18 -19 May 2019**

Ahnatal: **1 -2 Juni 2019**

Uithoorn: **7 – 8 September 2019**

On Saturday, only riders with a Belgian, German or Dutch racing license can register. On Sunday, the race is classified as C1 and registration will take place according to the regulations of the UCI.

REGISTRATION:

Registration for the 3 Nations Cup is done on beforehand with a pre-registering system. Participants can register themselves including the payments by their own federation. Pre-registration and payments closes about two and half weeks before the start of the first race of the 3 Nations Cup. published). It is not possible to enter after this date. After the deadline there will be no refund of the paid registration money. When during pre-registration there are less than five riders for a category, the category concerned will be combined with the next older category. Exception: Cruiser categorie of 30 years and older. They will be combined with the first younger category.

All riders (with exception of the challenge riders who have a license issued by the Belgium, German or Dutch Federation) are able to register themselves on the Sunday race (regular fees apply). Junior and elite riders with a license by the Belgium, German or Dutch Federation are allowed to register themselves on Sunday for the Sunday race (double fees apply).

Deadline for Dessel: 01.05.2019 / 23.59 hours

Deadline for Ahnatal: 15.05.2019 / 23.59 hours

Deadline for Uithoorn: 21.08.2019 / 23.59 hours

ENTRY FEES:

Challenge Classes Boys and Girls 8 and under – 14 years	€ 18,50*
Challenge Classes Men and Women 17+	€ 18,50*
Cruisers	€ 18,50*
Challenge Classes Boys and Girls 15/16	€ 28,50*
Junior Women, Junior Men:	€ 38,50*
Elite Women, Elite Men:	€ 52,50*

The above mentioned numbers apply per day and category. The entry fee includes €3,50 for providing photo finish, numberplates and organization skills.

*excluding Chef d'équipe fee of € 2,50 for the Dutch riders.

Additional Digital-Registration Charge for German riders:

Entry fee	Charges
0,00 € - 20,00 €	Included in Entry Fee
20.01 € - 34.00 €	+ 0.50 €
34.01 € - 54.00 €	+ 1.00 €

SIGN-ON:

Every rider is obliged to report to the team manager of their national federation. He/she will check the entry details and the rider will receive wrist bands and at the first race the rider participates front- and side plates for races and training sessions. In case of illness or injury, the team manager has to be notified of the riders' absence. All riders who did not deregister before the deadline will receive their riders' pack if they report their absence at the team manager or national federation on the day of the race. All riders who did not deregister themselves at least 2 hours before the race will start, shall receive a fine of EUR 30,00 by their federation. Riders who are injured during the training are obliged to deregister themselves directly after that training. Riders who will not have collected their wrist bands and plates will be unregistered by the team

managers. Riders are obliged to wear the provided wrist bands. It is not possible to participate in races or training sessions without a wrist band.

CLUBSHIRTS:

According to the UCI rules Chapter 1: 1.3.045, 1.03.046, 1.3.047. 1.3.047.01, 1.3.048 and 1.3.049.

RACE SCHEDULE:

Challenge: During the first weekend of the 3 Nations Cup, the races will be seeded at random. The other races will be seeded based on the last race. Championship classes: the races will be seeded based on the UCI ranking.

PRIZES AND AWARDS:

- For all Challenge Categories:
Trophies for all 8 riders in the finals
- For all Championship Categories:
Prize money as listed below per race, according to the UCI C1 schedule:

Place	Women Junior	Men Junior	Women Elite	Men Elite
1	350,00	350,00	800,00	800,00
2	175,00	175,00	400,00	400,00
3	125,00	125,00	200,00	200,00
4	75,00	75,00	175,00	175,00
5	50,00	50,00	150,00	150,00
6	40,00	40,00	125,00	125,00
7	30,00	30,00	100,00	100,00
8	20,00	20,00	75,00	75,00

OVERALL PRIZE-MONEY FOR BOYS/GIRLS 15/16 (UWTC -Uithoorn)

The prize money for the overall standing in the classes 15/16 boys and girls of 2019 will be paid to the riders at the last race in Uithoorn in accordance with the Competition rules as per enclosed breakdown.

Place	Boys 15/16	Girls 15/16
1	500.00 €	500.00 €
2	350.00 €	350.00 €
3	250.00 €	250.00 €
4	200.00 €	200.00 €
5	150.00 €	150.00 €
6	100.00 €	100.00 €
7	90.00 €	90.00 €
8	70.00 €	70.00 €

See attachment 1 for the schedule of the points. All 6 races count toward the final price. In case of equal points after 6 races, the last race will be decisive.

3-NATIONS-AWARD

During the last race of the 3 Nations Cup, the country that has collected the highest number of points over all the 3 / 6 races of the 3 Nations Cup will receive an award. Riders in the following categories can earn points for their country:

Saturday: Boys/girls 7/8, 9/10, 11/12, 13/14.

Sunday: Boys/girls 15/16, Men Junior, Women Junior, Men Elite, Women Elite

The winner of each category will receive 10 points. This will then continue on with 8 points for the runner-up, and continue 6,5,4,3,2,1.

In case of equal points after three races, the last race will be decisive and the country with most points from the last race will win the award.

TIME SCHEDULE FOR TRACKS WITH PRO-SECTION:

Friday:

10:00 – 22:00	Opening of welcome desk for camping
18:00 – 19:30	Pickup wristbands at chef d'équipe
19:00 – 19:45	Gate practice all Classes up to 12 years
20:00 – 20:45	Gate practice all classes 13 years and over / Cruiser / Women Junior an Elite
21:00 – 21:30	Gate practice and Pro-Section practice Men Junior and Elite

Time-schedule is subject to changes!

Saturday: (ONLY FOR DESSEL / BELGIUM)

Classes (morning - only riders from 3-Nations):

- Girls 8 & -, 9/10, 11/12, 13/14, 15/16
- Boys 8 & -, 9/10, 11/12, 13/14, 15/16
- Cruisers 13/16, 17/29, 30/39, 40/44, 45+, Cruiser Women

9:00 – 20:00	Opening of welcome desk for camping
9:00 - 11:00	Pickup wristbands at chef d'équipe
9:00 - 10:00	Gate practice for Girls & Boys up to 12 years
10:15 – 11:15	Gate practice for Girls & Boys 13 years and over / Cruiser
11:30 - 14:00	Moto's for Girls & Boys 8 till 16 & Cruisers
14:00 - 15:45	¼, ½ and Finals
16:00	Award Ceremony
17:00 – 18.30	Pickup wristbands at chef d'équipe
18:00 - 18:45	Gate practice Challenge riders + Women Junior and Elite
18:45 – 19.30	Gate practice and Pro-Section practice Men Junior and Elite

Time-schedule is subject to changes!

Saturday: (FOR AHNATAL AND UITHOORN)

Classes (morning - only riders from 3-Nations):

- Girls 8 & -, 9/10, 11/12, 13/14, 15/16
- Boys 8 & -, 9/10, 11/12, 13/14, 15/16
- Cruisers 13/16, 17/29, 30/39, 40/44, 45+, Cruiser Women

8:00 – 20:00	Opening of welcome desk for camping
9:30 - 11:00	Pickup wristbands at chef d'équipe
10:00 - 11:00	Gate practice for Girls & Boys up to 12 years
11:15 – 12:15	Gate practice for Girls & Boys 13 years and over / Cruiser
12:30 - 15:00	Moto's for Girls & Boys 8 till 16 & Cruisers
15:00 - 16:45	¼, ½ and Finals
17:00	Award Ceremony
18:00 – 19.30	Pickup wristbands at chef d'équipe
19:00 - 19:45	Gate practice Challenge riders + Women Junior and Elite
19:45 – 20.30	Gate practice and Pro-Section practice Men Junior and Elite

Time-schedule is subject to changes!

Sunday: AS PER 2019 / 1 BLOCK

Classes (morning - open race - all nations):

- Girls 8 & -, 9/10, 11/12, 13/14
- Boys 8 & -, 9/10, 11/12, 13/14
- Girls 15/16
- Boys 15/16
- Women 17+
- Men 17/24, Men 25+
- Women Junior, Men Junior
- Women Elite, Men Elite

8:00 - 9:30	Pickup wristbands at chef d'équipe
8:00 - 8:50	Warm-up for Girls & Boys 8 till 14
9:00 - 9:20	Warm up Boys/Girls 15/16, Men 17-24, Men 25+, Women 17+, Women Junior, Women Elite
9:20 - 9:50	Pro Section Training Men Junior, Men Elite
10:00	Moto's for all classes
Following	¼, ½ and finals
Abt. 14:00	Award ceremony for classes without finals
After all finals	Award ceremony for all classes with finals

Time-schedule is subject to changes!

During practice on Sunday morning, rows 1 and 2 are reserved for the rider 5 up to and included 10 years old!

ENTRANCE TICKETS:

- 13 years and over: Saturday € 8,00, Sunday: € 10,00, passe-partout: € 15,00.
- 5-12 years : Saturday € 5,00, Sunday: € 8,00, passe-partout: € 10,00.

CONTACT INFORMATION:

Organiser Dessel	<p>BMX 2000 Dessel Frank Smets Sportpark 6 2480 Dessel Tel: +32-478926339 Email: frank.smets@telenet.be Website: www.bmx2000.be</p>
Organiser Ahnatal	<p>Rad Sport Club Weimar-Ahnatal Carsten Rövenstrunk Parkstraße 18, D-34246 Vellmar Tel.: +49-173-5408447 Email: bxm@hessen-radsport.de Website: www.rsc-weimar-ahnatal.eu/bmx.html</p>
Organiser UWTC	<p>UWTC Mark van der Mast Sportpark de Randhoorn – Randhoornweg 90 1422 NE Uithoorn Tel: +31 (0) 651849472 Email: markvandermast@tele2.nl Website: www.uwtc.nl</p>
Dutch Federation	<p>Yvonne Plaisant Email: bxm@knwu.nl Tel.: +31-6-17707458</p>
German Federation	<p>Falk Putzke; Tel: +49-69-96780043, falk.putzke@bdr-online.org Florian Ludewig, Tel.: +49-172-2140933, florian.ludewig@gmx.de</p>
Belgian Federation	<p>Michel Vermeiren; Tel.: +32-476-438672, michel.vermeiren@belgiancycling.be</p>

Attachment 1: POINTS BOYS/GIRLS 15-16 YEARS

Class 15/16	Place	Points	Class 15/16	Place	Points
Main Finals	1	50	1/2 Finals	1	5
	2	30		2	5
	3	25		3	5
	4	20		4	5
	5	17		5	4
	6	15		6	3
	7	13		7	2
	8	11		8	1
1/4 Finals	1	5	1/8 Finals	1	5
	2	5		2	5
	3	5		3	5
	4	5		4	5
	5	4		5	4
	6	3		6	3
	7	2		7	2
	8	1		8	1
1/16 Finals	1	5	Moto's	1	8
	2	5		2	7
	3	5		3	6
	4	5		4	5
	5	4		5	4
	6	3		6	3
	7	2		7	2
	8	1		8	1

CAMPING RESERVATION BMX-ARENA AHNATAL:

Camping Reservation is open from March 1st with this link: [CAMPING](#)
(60,- € for Camper / 25,- € for Tent)

TEAM-AREA RESERVATION BMX-ARENA AHNATAL:

Team-Area Reservation is open from March 1st with this link: [TEAMAREA](#)
Team-Area is available for

- UEC registered Teams
- Trade Teams
- National Teams

Team Area is free for National Teams! All other Teams have to pay 50,- € for the entire weekend. (Tent 6x3m) Parking in connection to Team Paddock is available, max. 1 car / team!
Each Team is getting 1 Team-Manager Pass!

CAMPING NEAR THE TRACK:

A little Camping site is near the track, named "Campingplatz Bühl".
With a car you can be in 6min. at the track, with a bike it's about 15min.

Adress: <http://www.campingplatz-buehl.de/>

Campingverein Bühl e.V.

Am Bühl 24

34292 Ahnatal

Phone: 0049(0)5609-9216

CAMPING IN ZIERENBERG (11km, 15min. by car):

Adress: http://campingplatz-zierenberg.de/Campingplatz_Zierenberg.htm

Campingplatz und Gasthaus "Zur Warme"

Im Nordbruch 2

34289 Zierenberg

Phone: 0049(0)5606-3966

Mobile: 0049(0)172-6456601

Mail: kirchberg-peter@t-online.de

CAMPING IN KASSEL (13km, 30min. by car):



Adress: <http://www.campingplatz-kassel.de/>

Campingplatz Kassel

Giesenallee 9

34121 Kassel

Phone: 0049(0)561-707707

Mail: info@campingplatz-kassel.de

LIST OF PRIVATE ROOMS IN AHNATAL:

<http://ahnatal.de/index.php?id=42&L>

CHEAP GUEST ROOMS IN KASSEL:

Gästehaus Beckerwelt

Felicitas Birgit Becker

Weidestr. 9A (Office)

34127 Kassel

Phone: 0049(0)172-6938667

E-Mail: zimmerfrei@beckerwelt.de

Twitter: @beckerwelt

Google: Beckerwelt-De

Facebook: @beckerwelt

<http://beckerwelt.de/gaestezimmer/>

HOTELS:



Adress: <http://www.waldhotel-schaeferberg.de>
Waldhotel Schäferberg (6km from track)
Wilhelmsthaler Straße 14
34314 Espenau / Kassel **KEYWORD: BMX!**
Mail: info@schaeferberg.de



Adress: <http://www.lastrada.de/startseite/>
Hotel la Strada (14km from track)
Raiffeisenstraße 10
34121 Kassel
Mail: info@lastrada.de



Adress: <http://www.amsonnenhang.net>
Hotel Sonnenhang (3,5km from track)
Aspenstraße 6 - Sonnenhang 4
34128 Kassel
Mail: info@amsonnenhang.net



Adress: <http://www.papen-aenne.de>
Hotel und Gasthaus Papen Änne (3,6km from Track)
Wolfhager Straße 425
34128 Kassel
Mail: hotel@papen-aenne.de



Adress: <http://www.schlosshotel-wilhelmsthal.de>
Schlosshotel Wilhelmsthal (3,3km from Track)
Wilhelmsthal 3
34379 Calden
Mail: info@schlosshotel-wilhelmsthal.de



Adress: <http://www.hotel-schweizerhof-kassel.de>
Hotel Schweizer Hof (8km from Track)
Wilhelmshöher Allee 288
34131 Kassel
Mail: info@hotel-schweizerhof-kassel.de



Adress: <http://www.city-hotel-kassel.de>

City Hotel Kassel (11km from Track)

Wilhelmshöher Allee 38 - 42

34119 Kassel

Mail: kontakt@city-hotel-kassel

HESSEN



Landesschulamt und Lehrkräfteakademie: Lehrerbildung und Personalentwicklung

Adress: www.lsa.hessen.de

Landesschulamt und Lehrkräfteakademie 12km from Track)

Rothwestener Str. 2-14

34233 Fuldata

Mail: ayten.costa@lsa.hessen.de



Hotel *Haus Schönewald*

Ihr Familienhotel am Tor zum Reinhardswald

Adress: <http://www.hotel-schoenewald.de>

Hotel Haus Schönewald (12km from Track)

Wilhelmstr.17

34233 Fuldata

Mail: hotel-schoenewald@t-online.de

HOTELS KASSEL COMPLETE LIST:

Please find below our link to all Hotels in Kassel and around:

<http://www.hotel.de/de/kassel/hotels-36197/>