



Technical Manual Cycling BMX Freestyle



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes to schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes Village or Sports Information Desk at the Competition Venue.



Welcome

The 3rd European Games Kraków-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. Hard copies of this Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Kraków-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.



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1. General Information

The Cycling BMX Freestyle Competition at 3rd European Games 2023 and The UEC European Championship will be held from 21 June to 22 June 2023 at Krzeszowice BMX Park.

A total of max 62 Athletes, including 31 men and 31 women, can take part in the Cycling BMX Freestyle Competition.

1.1. Key dates

Date	Event
2 June 2023	Sports Entries submission deadline
18 June 2023	Athletes' Village official opening
18 June 2023	Arrival day
21 June 2023	EG2023 Opening Ceremony
19 June 2023	Start of Official Training
20 June 2023	Technical Meeting
21 June 2023	Start of the Competition
22 June 2023	End of the Competition
23-24 June 2023	Departure days
2 July 2023	EG2023 Closing Ceremony
4 July 2023	Athletes' Village official closing

1.2. Competition Management

Position	Name
Cycling BMX Freestyle Competition Manager	Konrad ULANICKI
Cycling BMX Freestyle Venue Manager	Paweł CZYŻ

1.3. Union EUROPÉENNE DE CYCLISME (UEC)

Position	Name	NOC Code
President	Enrico Della Casa	ITA
Secretary General	Alasdair Maclennan	GBR
Vice-President	Henrik Jess Jensen	DEN
Technical Delegate	Andy Zeiss	GER
Sport Coordinator	Vladimiros Petsas	GRE
Sport Coordinator	Tiziana Lardieri	SUI


1.4. International Technical Officials (ITOs)

The total number of ITOs is 4

Position	Name	NOC Code
Head Judge	Igor Vucadinovic	CRO
Judge	Luka Kovič	SLO
Judge	Axel Jürgens	ESP
Judge	Christi Lou Hughes	GBD

1.5. National Technical Officials (NTOs)

The total number of NTOs is 2.



Position	Name
judge assistant	Hubert Cichecki
judge assistant	Jerzy Klinik

1.6. Medal Events

Men's Events (1)	Women's Events (1)
Singles	Singles

1.7. Competition Format

- Qualification
- Finals

Divided into categories:

- Qualification, Finals for men in BMX Freestyle Park ride on the skate park with individual starts each rider has 2 runs each of 60 seconds with a sufficient gap between the starts.

Qualification rounds will be split into groups / Heats, according to the UCI rules.

When 31 is the total number per gender, Athletes will be split into 4 groups of 6 and 1 group of 7 – randomly seeded (by UEC/TG).

For a Final of 12 Athletes, there will be 2 groups / Heat of 6, if the Final is only with 8 Athletes, it should be 1 group of 8.

- Format Qualification: 2 runs / both count (average).
- Format Finals: 2 runs / best run counts.

Qualification, Finals rides for women in BMX Freestyle Park on the skate park with individual starts each rider has 2 runs each of 60 seconds with a sufficient gap between the starts.

Qualification rounds will be split into groups/heats, according to the UCI rules. When 31 is the total number per gender, Athletes will be split into 4 groups of 6 and 1 group of 7 – randomly seeded (by UEC/TG).

For a Final of 12 Athletes, there will be 2 groups/heat of 6, if the final is only with 8 Athletes, it should be 1 group of 8.

- Format Qualification: 2 runs / both count (average).
- Format finals: 2 runs / best run counts.

Number of entries	Competition phases	Qualification rules	Number of heats
5-8 entries	2 phases: Qualification x 1 Final x 1	Top 4 in Qualification advance to Final	Qualification as below 1 heat of 4 in Final
9-15 entries	2 phases: Qualification x 1 Final x 1	Top 8 in Qualification advance to Final	Qualification as below 2 heat of 4 in Final
16 - 31 entries	2 phases: Qualification x 1 Final x 1	Top 12 in Qualification advance to Final	Qualification as below 2 heat of 6 in Final
More than 31 entries	3 phases: Qualification x 1 Semi – Final x 1 Final x 1	Top 24 in Qualification advance to Semi – final Top 12 in Qualification advance to Final	Qualification as below 4 heat of 6 in Semi – final 2 heat of 6 in Final



1.8. Competition Rules

The Cycling BMX Freestyle Competition will be held in accordance with the edition of the UCI Rules Book that is in force at the time of the Games.

Protests and Appeals

Protests and Appeals will be carried out in accordance with the UCI Rules Book.

Riders Categories

For participation in events on the international calendar, riders categories are determined by the age of those competing. A rider's age is defined by the difference between the year of the event and the year of birth of the rider

UCI Categories for BMX Freestyle Competitions:

- Categories for Men: Men Elite, aged 15 and over
- Categories for Women: Women Elite, aged 15 and over

All riders must hold a national license issued by an UCI affiliated federation.

1.9. Clothing and Equipment

• Competition Uniforms

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Krakow & Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

• Out of Competition Clothing

Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn

by the members of their delegation. Two (2) manufacturer's identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies.

1.10. Late Athlete Replacement Policy (LAR)


Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.

The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:

- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;
- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.

NUMBER OF ATHLETES IN NOC DELEGATION	QUOTA FOR NON-MEDICAL LAR
1-10	1
11-20	2
21-50	5
51-100	10
101-150	15
151+	20



*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.

1.11. Doping Control


During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Where the Athlete already has a TUE granted by their National Anti-Doping Organisation or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognise it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine that contains prohibited substances or methods considered prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organisation that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.

EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-



Doping Rules are available at <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

- **Doping Control Rules and Program**

During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.

1.12. Sports Information

Sports Information Center (SIC) is located in the Athletes' Village and will provide a variety of services for the NOCs as follows:


- the dissemination of General Sports Information;
- the distribution of start lists, draw lists, and results;
- Training Schedule Information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission);
- assistance regarding authorised identifications;
- application for Training Access Passes (TAP);
- schedules of shuttle-bus transfer.

The operating hours are as follows:

Period	Operation Hours
Pre-Opening: from 15 to 17 June 2023	06:00 – 22:00
Official Opening Period: from 18 June to 2 July 2023	06:00 – 22:00

The sports Information Desk (SID) will be available at each Competition Venue while the venue is open and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;

- 
- the distribution of Start Lists, draw lists, and results;
 - Training Schedule information for open and pre-allocated training;
 - sign up for bookable Training sessions;
 - sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission, registration of filming devices);
 - Lost and Found (at Competition Venues only).

1.13. Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. Should this occur, NOCs will be informed of the revised competition schedule through SIC in AVL and SID at the Competition Venue.

Changes will also appear on the Games-time website.

For detailed information, please see Appendix 1.


1.14. Weather Information

At the turn of July and June the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around 65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rainfalls an average of 69 mm over 17 days. Precipitation on a day is 50 percent.

A cloudy day is 33 percent, and a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include a forecast for the current day as well as a summary forecast for up to three days in advance. The



weather forecast will be regional and will be updated throughout the day as required.

1.15. Transport Information

Shuttle Bus will be provided from Kraków Athlete Village to Krzeszowice BMX Competition venue. The Schedule of Shuttle Bus will be available in Kraków Athlete Village and Sport information Desk in Krzeszowice BMX venue.

The shuttle buses will also carry bikes.



2. Competition Venue Information

2.1. Key information

Venue: Krzeszowice BMX Park.

Distance from AVL is 30 km, travel time is around 40min from the Athletes' village.

The venue's capacity is 2500 spectators.

2.2. Venue Access

The Athlete they will be accommodated in Krakow Athletes Village.

Address: Józefa Rostafińskiego 7a, 30-072 Kraków.

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the Venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.

K&MEGOC will provide a shuttle service between Kraków and other locations 2-3 times a day, except the route Krakow – Tarnow, where the vehicles will operate more often.

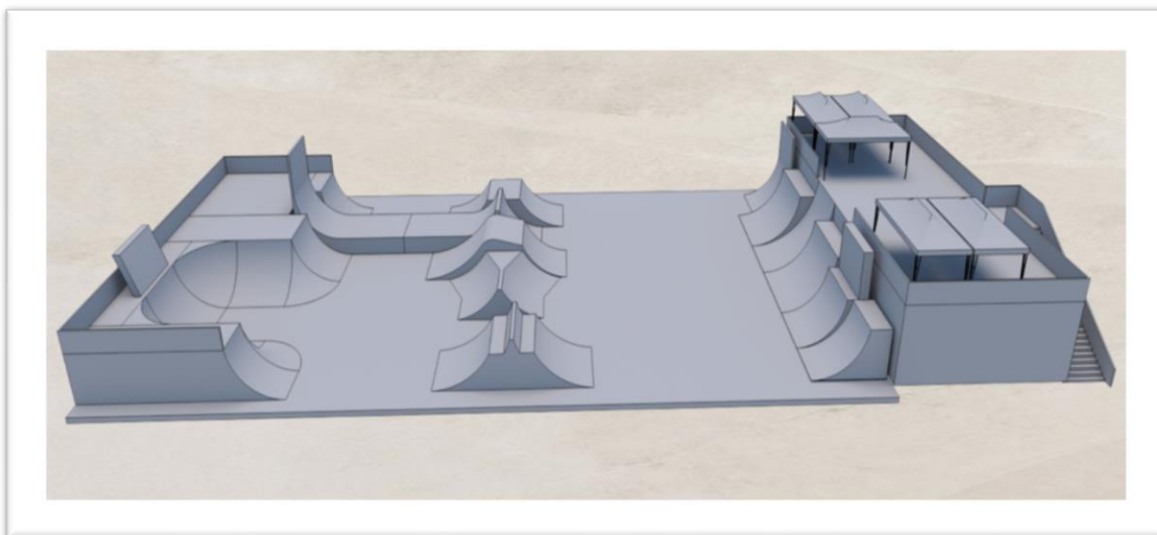
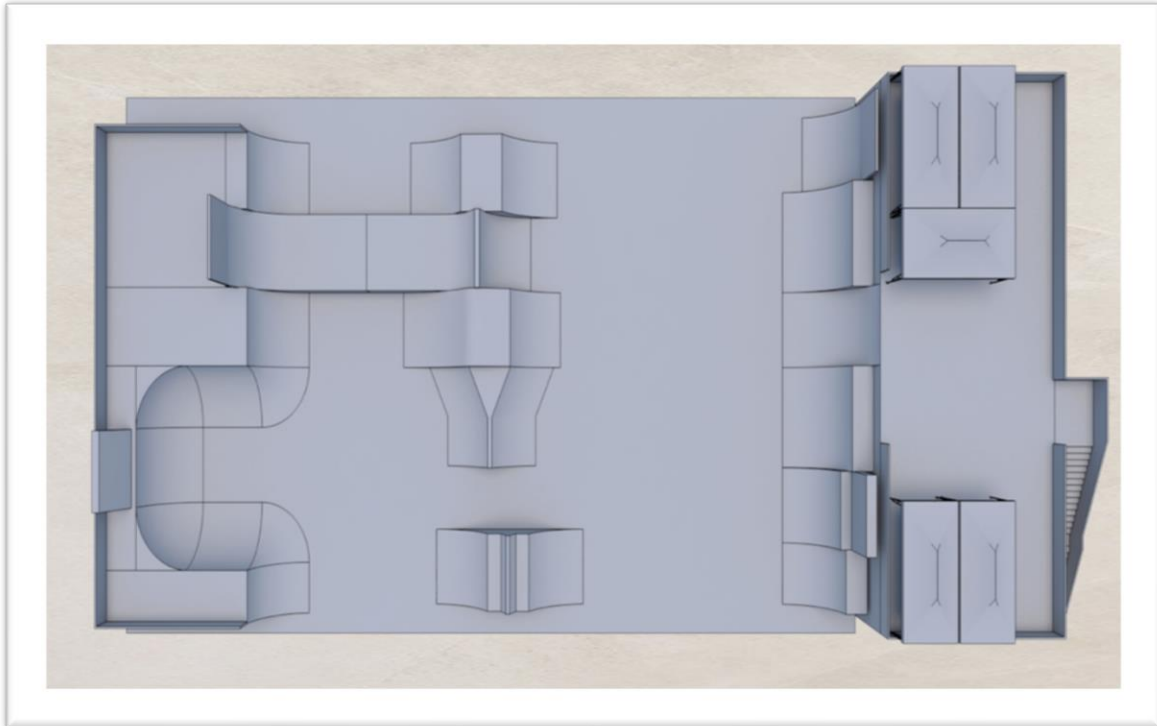
Bike storage

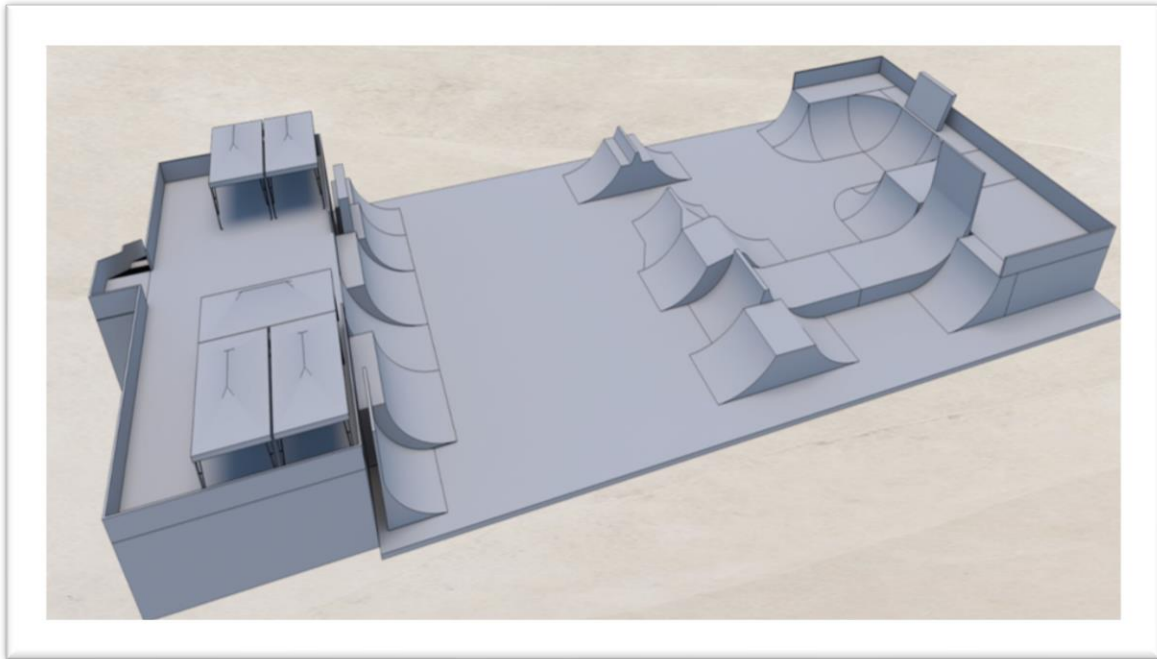
Bike storage will be provided in Athletes' Village in Kraków.



2.3. Field of Play (FoP)

The Competition Venue and the infrastructure at the Venue will be set up in accordance with the requirements of ECU. Skatepark consists of 15 obstacles.





2.4. Venue Services and Facilities

Athletes' Changing Rooms


The Athletes' Changing Rooms are located on level 1 of the School. There are one separate rooms for men and one for women.

Athletes' Refreshment Area

Access to snacks and beverages will be provided to Athletes in the Athletes' Refreshments Areas at the Competition Venues. Snacks and beverages at the Sports Venues will be available on both Competition Days and Official Training Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

- on Competition Days: 1h before the start of the first game to 30 minutes after the end of the last game
- on official Training Days: 0.5 hours before the start of the first training up to 30 minutes after the end of the last training of the day.



The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:

- Still water in 0.5l bottles at room temperature and chilled;
- Hot beverages-coffee and tea;
- Whole fruits -primarily bananas, but also apples, pears, and oranges;
- 100% apple and orange juice;
- Fruit and natural yogurts, also a vegan option;
- Granola bars;
- Isotonic drinks in bottles of 0.5l or 0.75l.

Bike storage

The second bike storage will be provided in school in 0 ground near the Competition Venue.

Broadcast Mixed Zone and I-Zone

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.


Call Room Area

The Call Room Area is located at a stage next to the FoP.

Doping Control Station

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the Athletes and Doping Control Personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.

Lost and Found



All reports of lost items at the Venue should be directed to SID. This is also the location where all found, at the Athletes Area or Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition, at which point they will be transferred to SIC in AVL.

Medical Services and Facilities

Medical services will be provided at Competition Venues, Training Sites, and Non-Competition Venues.

The following medical services will be provided at the Venue:

- Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment;
- Pedestrian Parts with a Paramedic, Basic Life Support Equipment;
- Medical Aid Points with a doctor or system nurse or paramedic, and Advance Life Support Equipment.

Venue Evacuation and Emergency procedures

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided.

3. Team Leaders Information

3.1. Pre-competition Procedures

Team Leaders' Meeting

Date: 19 June 2023, 20:00-21:00
Venue: Krakow Athletes' Village
Address: Józefa Rostafińskiego 7a, 30-072 Kraków

Short description: Officials present at the meeting: UEC President, UEC General Secretary, Technical Delegate, Cycling BMX Freestyle Competition Manager and Venue Manager.

3.2. Competition Procedures

Call Room Procedures

There are only Athletes who are waiting for their start before the next two Heats are allowed in the Call Room Area.

NOC Filming Policy

NOC filming is permitted in the Athletes' Stands for the Team Leaders and Athletes who have access to this area. The Team Leaders and Athletes may film the Athlete's performance by using non-professional cameras (including tablets) only.


Extra attention should be paid to the height and position of tripods to ensure the viewing of spectators and broadcasting cameras. The Team Leaders and Athletes are requested to follow instructions from EG2023 Staff and Home Broadcasters when required.

The Teams may also film the training sessions by using non-professional cameras from the Athletes Stands.

3.3. Post-Competition Procedures

Doping Control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or Team Doctor to the Doping Control Station along with them.



During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone and Flash-Zone

All the Athletes must exit FoP via the Mixed Zone.


After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.

After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.

Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the athlete. By default, all three medalists and all Polish Athletes will be accompanied by Volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the volunteer before the start of the interview. The Volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.

The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media "scrum" is created.



All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to City or Main Press Centre. After the press conference, Athletes will not come back to the FoP.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org

Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the www.european-games.org

Medal Ceremonies


All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony.

As a rule, Medal Ceremony is held right after the sports session is finished.

All announcements for the Medal Ceremony will be made in two languages – English and Polish.

It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial,



political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games 2023.

Athletes ranked :

- first,
- second,
- third

respectively (as well as those sharing the places, if it is outlined by the Competition Rules) take their places behind the podium.

The rewarding the prize-winners goes as follows:

- The Ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.
- The national anthem of the gold medalist is played, the national flags of the prize-winners will appear electronically on the led display. While the anthem is played over, the medalists remain on the podium **facing the led display with the electronic Flags view.**

Winners of the Cycling BMX Freestyle competitions at 2023 European Games will be presented by UEC jerseys after the official EG Medal Ceremony.

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

4. Training Information

4.1. Key Information

Training Venue is Krzeszowice BMX Park.

Distance from the Athletes' Village – 30km.

4.2. Training Information and Regulation

At the Training Site will have controlled access for accredited Team Members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).


-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGO's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.

TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:

- 1-20 athletes 1 TAP per day
- 21-40 athletes 2 TAP per day
- 41-60 athletes 3 TAP per day
- 61-80 athletes 4 TAP per day
- 81-100 athletes 5 TAP per day
- 101-120 athletes 6 TAP per day
- 121-140 athletes 7 TAP per day
- 141-160 athletes 8 TAP per day

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- 161-180 athletes 9 TAP per day
 - 181-200 athletes 10 TAP per day
 - 201-220 athletes 11 TAP per day
 - 221-240 athletes 12 TAP per day
 - 241-260 athletes 13 TAP per day
 - Etc.

All Teams will be given the opportunity to train at the Skate Park before the start of the competition, and the Competition Manager is responsible for organizing the Training Schedule. The Competition Manager will inform the Teams about the available training dates: Training Sessions take place according to the created Competition Schedule, divided into hours and training groups. Assigning riders to training groups will take place before the start of Training Days.

Training Sessions are always open to the media. NOCs or ECUs may not request the closure of training. Broadcast Mixed Zone or press stands can be used for viewing. Photographers are allowed near the media line inside the practice area.

4.3.Venue Facilities

The Athletes' Changing Rooms are located on level **1** of the School. There are **2** separate facilities for men and women.

Medical Services

There will be full Medical service provided during the Official training sessions.

Appendix 1. Event Competition Schedule

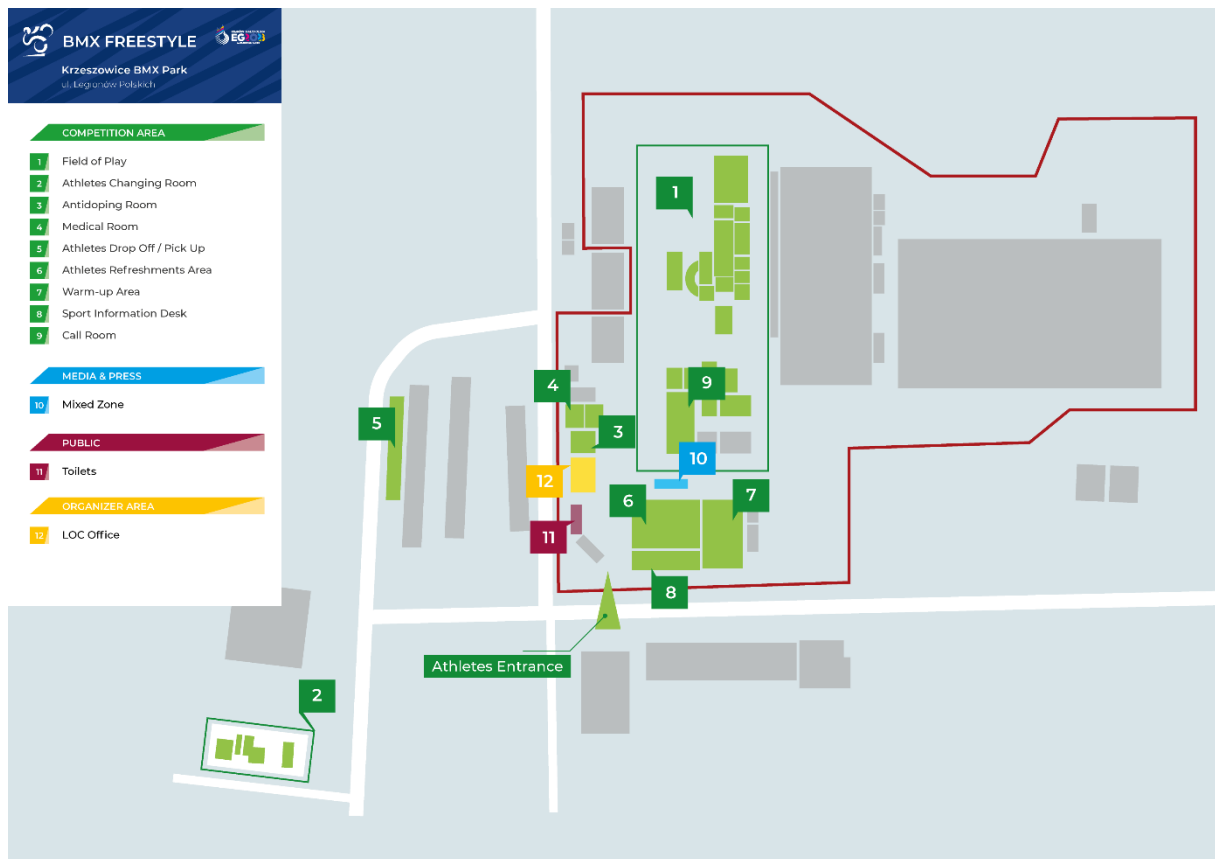
Date	Time	Type	Competition Phase
Sunday, 18 June 2023		Arrival of Teams	
	15:00-18:00	Riders' Registration	
Monday, 19 June 2023		Training Day	
	08:00	Riders' Registration	
	09:00-11:00	BMX Women's Training Group 1	Heats 1 & 2
	11:00-13:30	BMX Women's Training Group 2	Heats 3 & 4 & 5
	13:30-15:30	BMX Men's Training Group 1	Heats 1 & 2
	15:30-18:00	BMX Men's Training Group 2	Heats 3 & 4 & 5
	20:00-21:00	Team Managers Meeting	
Tuesday, 20 June 2023		Training Day	
	09:00-11:00	BMX Women's Training Group 1	Heats 1 & 2
	11:00-13:30	BMX Women's Training Group 2	Heats 3 & 4 & 5
	13:30-15:30	BMX Men's Training Group 1	Heats 1 & 2
	15:30-18:00	BMX Men's Training Group 2	Heats 3 & 4 & 5
Wednesday, 21 June 2023		Competition Day 1	
	09:00-09:30	BMX Women's Warm-Up Group 1	Heats 1 & 2
	09:30-10:45	BMX Women's Qualification Group 1	Heats 1 & 2
	10:45-11:30	BMX Women's Warm-Up Group 2	Heats 3 & 4 & 5
	11:30-13:15	BMX Women's Qualification Group 2	Heats 3 & 4 & 5
	13:15-13:45	BMX Men's Warm-Up Group 1	Heats 1 & 2
	13:45-15:00	BMX Men's Qualification Group 1	Heats 3 & 4 & 5
	15:00-15:45	BMX Men's Warm-Up Group 2	Heats 1 & 2
	15:45-17:30	BMX Men's Qualification Group 2	Heats 3 & 4 & 5

Thursday, 22 June 2023		Competition Day 2	
	10:20-12:20	BMX Women's Training	
	12:20-14:20	BMX Men's Training	
	14:30-15:00	BMX Women's Warm-Up	
	15:00-16:15	BMX Women	Final
	16:15-16:45	BMX Men's Warm-Up	
	16:45-18:00	BMX Men	Final
	18:10-18:20	BMX Women	Medal Ceremony
	18:20-18:30	BMX Men	Medal Ceremony
Friday, 23 June 2023		Departure Day	
Saturday, 24 June 2023		Departure Day	

Appendix 2. Training Schedule

Date	Time	Type
19 June 2023	9:00-11:00	group 1 W (heats 1, 2)
	11:00-13:30	group 2 W (heats 1, 2, 3)
	13:30-15:30	group 1 M (heats 1, 2)
	15:30-18:00	group 2 M (heats 1, 2, 3)
20 June 2023	9:00-11:00	group 1 W (heats 1, 2)
	11:00-13:30	group 2 W (heats 1, 2, 3)
	13:30-15:30	group 1 M (heats 1, 2)
	15:30-18:00	group 2 M (heats 1, 2, 3)
21 June 2023	9:00 – 9:30	group 1 W (heats 1, 2)
	10:45 – 11:30	group 2 W (heats 1, 2, 3)
	13:15 – 13:45	group 1 M (heats 1, 2)
	15:00 – 15:45	group 2 M (heats 1, 2, 3)
22 June 2023	10:20-12:20	Women
	12:20-14:20	Men

Appendix 3. Venue Maps





KRAKÓW MAŁOPOLSKA
EG2023
3rd EUROPEAN GAMES

Organising Committee