



COMPETITION GUIDE

2023

TISSOT UCI TRACK NATIONS CUP

CAIRO (EGY)
14-17.03.2023

WELCOME FROM THE ORGANISING COMMITTEE

To be able to welcome the top track riders and national teams to Cairo, Egypt for the 2023 Tissot UCI Track Nations Cup is a privilege and an honour. This is an event that has great importance, and to have the first Tissot UCI Track Nations Cup event ever to take place in Africa is a significant step forward for all involved, and great to see.

The Cairo International Velodrome is the leading facility on the African Continent and has already played host to a variety of international track cycling events, and in 2021, the track saw the future stars of the sport competing at the UCI Junior Track Cycling World Championships. The core of that local organizing committee is again involved in 2023, and we look forward to working with the established stars of the sport at this prestigious event.

Egypt is an ancient land that has always been at the forefront of development and innovation and has given the modern world so many things that are taken for granted in today's age, and it is no small coincidence that the first two-wheel vehicles with spoked wheels able to carry people were invented in Egypt thousands of years ago.

It is with great joy and anticipation of the excellent competition ahead that we welcome all the participating nations and riders to the 2023 Tissot UCI Track Nations Cup in Cairo and wish all well in their endeavours.

1. INTRODUCTION

The purpose of this Event Manual is to ensure participating teams are fully prepared for the second round of the 2023 Tissot UCI Track Nations Cup. Mainly intended for team managers, this document focuses on the purely sporting aspects of the organisation. For more information on other matters, see the end of this document for other useful addresses and links.

If you have any question or suggestion concerning this document, please do not hesitate to contact the UCI Track Department (track@uci.ch).

2. VENUE

Address of the velodrome:

Cairo International Velodrome, Cairo International Stadium Complex, Nasr City, Cairo - Egypt

Characteristics of the track

Length: 250m
Width: 7.00m
Surface: Siberian Pine
Bend: 42°
Straight: 12.5°
Circumference at the fence: 285m

How to get to the venue

Nearest International airport:
Cairo International Airport

Distance from the Airport to the Velodrome:

13km with a journey time of 15 – 30 minutes by car depending on time of day and traffic conditions.

Transport shuttles will be in place from all official hotels throughout the day on a regular basis.

3. PARKING AT VELODROME

The teams will use the parking area reserved for them should they need parking for any vehicles. Each team will receive between 1 and a maximum of 3 parking passes for the parking area depending on the size of the team and will have to display these clearly behind the windshield to be able to gain access.

Vehicles that do not comply with the rules may and will be removed without notice by the relevant authorities, and all costs will be borne by the team. All other vehicles must be parked in the relevant designated parking areas.

A separate parking area will be in place for any other “team linked” people’s vehicles and these parking passes will be available at the accreditation centre and can be applied for through the national federation by contacting nations@caironationscup2023.net.

4. ACCREDITATIONS

Accreditation will be required to access the venue from 07:00 on Monday 13th March 2023.

Please ensure that you collect your accreditations as soon as you arrive at the velodrome as it will be required for access to all parts of the venue.

Permanence – Accreditation centre

Cairo Stadium Indoor Halls Complex

(Situated alongside the velodrome - directional signage from the velodrome will be in place)

Date	Opening hours
Friday, 10 March	13h00 - 18h00
Saturday, 11 March	09h00 – 18h00
Sunday, 12 March	09h00 – 18h00
Monday, 13 March	07h00 – 18h00
Tuesday, 14 March	07h00 – 18h00
Wednesday, 15 March	09h00 – 18h00
Thursday, 16 March	09h00 – 18h00
Friday, 17 March	09h00 – 12h00

ACCREDITATION ZONES

Accreditation access zones are defined as follows:

- ∞ All Zones
- 1 Competition – Infield
- 2 Competition – Track
- 3 Performance Analysts
- 4 Media
- 5 Sport Presentation
- 6 VIP

Accreditations are provided with a lanyard and must be always worn and visible when inside the venue.

Stewards and security personnel have been instructed to maintain access controls which allow the best conditions for everybody to be able to do their job. Any abuse towards stewards or security personnel will not be tolerated and all incidents will be reported immediately to the LOC and the UCI and may result in your accreditation being withdrawn.

If you feel that you do not have clearance for a zone which is necessary for your task at the event, please contact the Permanence/Accreditation Centre.

All accreditations grant you access to the spectator concourse but not to the spectator seats. A steward will ask people without tickets to make way for spectators. Designated seating areas are reserved for teams at the spectator concourses as applicable.

Please also note that venue procedures dictate that spectators are not allowed to stop and watch from the concourse area and people will be kindly asked to move back to their seats from this area.

Please be reminded that many event personnel you encounter at the velodrome are volunteers so please treat them with courtesy as without them the event would not be able to happen.

5. SCHEDULE

Competition schedule will be updated following the Rider Confirmation. Please see the latest version on UCI website:

<https://www.uci.org/competition-hub/2023-tissot-uci-track-nations-cup/5gd15jlmGRvRPHHgPNSwum>
and the **Daily Schedule** displayed in the infield as well as on <https://www.tissotiming.com/>

For the training and warm up schedules on competition days, please refer to official communiqué 6.

It must be noted that the religious principles and practises of the land will be adhered to on Friday 17th March and time has been allocated in the schedule for all devotees to be able to attend mosque. No riding will be permitted on the track during this time.

6. TICKETS

In a bid to grow the popularity of track cycling in Egypt, and to ensure maximum support for the Tissot UCI Track Nations Cup event in Cairo, it has been agreed that tickets will not be sold for the event and it will be a free entry event.

TEAM ACCOMODATION & TRANSPORTATION

There are four officially designated hotels, these being as follows:

Hotel Name: Sonesta Hotel, Tower & Casino - Cairo

Address: 3 El Tayran Street Nasr City, Cairo, EG

Website: www.sonesta.com/eg/nasr-city-cairo/sonesta-hotel-tower-casino-cairo

Contact numbers: +20.2.22641111 / +20.2.22641100

Hotel Name: Triumph Plaza Hotel

Address: Intersection of Ihsan Abdel Kodous St. with, El-Khalifa El-Maamoun

Website: www.triumphhotel.com/public/hotel/plaza

Contact number: +20224042646

Hotel Name: Baron Hotel Heliopolis

Address: Ma`ahad Al Sahary Street, Cairo

Website: <http://www.baronhotels.com/baron-hotel-cairo>

Contact number: +20222915757

Hotel Name: Radisson Blu Hotel Heliopolis

Address: Abd El-Hameed Badawi, St, El Nozha, Cairo Governorate 11787

Website: <https://www.radissonhotels.com/en-us/hotels/radisson-blu-cairo-heliopolis>

Contact number: +20226965656

Central Reservation Office – Accommodation and Transportation

The accommodation and associated arrangements is undertaken exclusively by CSE and all hotel and transport queries are to be directed to Anna Cox – her details below:

Phone: +441216474091

Email: anna.cox@cseplc.com

Only teams booking through the official channels will be able to use the event transport services being supplied. If teams have specific hotel or transport queries during the event, please speak to the event representative at the event welcome desk located in their team hotel.

7. TEAM MEALS

For teams booked via the LOC structures at the official event hotels, a daily hot and cold buffet breakfast is included within their accommodation package and served at each hotel.

The same will apply for lunch and dinner and these meals will be served at times to suit the training and competition schedule. The buffet selection includes vegetarian options served at each team hotel.

Please check hotel information board for breakfast times.

Should it be desired, packed lunches can be pre-ordered for competition days but please note that orders will need to be placed by 10am the day prior to meals being required. Further information will be available during the event from the welcome desk located at each hotel. Any queries about team meal packages or special dietary requirements should be referred to the event representative at the welcome desk at the hotel.

8. WATER & ICE

A daily water allocation will be made to each team and will be able to be collected from the dispensing area alongside the track on a daily basis – signage will be in place to indicate the venue.

Ice bags will be available for purchase at the same point.

9. TEAM MAINTENANCE AND STORAGE AREAS

Storage containers and areas are allocated to teams according to the number of riders and will be located in the large, tarred area alongside the entrance of the emergency tunnel at the Cairo International Velodrome. Each container will be provided with a power point and lighting.

Access to the storage containers will be from 10:00am Friday, 10th March until Sunday 19th March 12:00pm. However, if any teams arrive prior to this and need access to the storage facility, if it is available, special arrangements can be made but notice of this is required timeously before the team's arrival.

A representative from the LOC Infrastructure and Logistics Commission will meet each team at the velodrome upon arrival and allocate the facility accordingly. It is important that teams only use the containers allocated to them. Due to space limitations, it will be necessary for some smaller teams with fewer riders to share containers.

All containers need to be cleared by midday on Sunday 19th March at the latest. Please ensure you return your key back to the office of the Infrastructure and Logistics Commission in the velodrome at the end of the event.

Each team will be required to pay a deposit of \$50 US or 1 600 Egyptian Pounds in order to be allocated a storage container and padlock and keys – Lost / unreturned keys will be charged for, and the deposit will be returned once the team cabin has been inspected and is left in the condition in which it was issued to you. Your deposit will not be returned if there is any damage to the team cabin and you may incur additional repair costs if the damage exceeds the initial deposit.

Teams will be able to access the storage compound from 07h00 to 23h00 each day.

10. TRACK CENTRE TEAM PENS

Track center pens will be available from **Saturday 11th March at 13h00.**

Team pens are allocated in the track centre taking into account the size of each team. Space is limited so please keep to your allocated area. Teams are reminded that the team storage facility outside are to be used for the storage of equipment not required for competition in that session.

Fire Regulations insist that corridors in the track are maintained for emergency evacuation purposes. To ensure the track center can be cleared quickly and safely in an emergency please ensure equipment does not narrow or block walkways.

Team Pens will have one table and chairs. No furniture is to be removed from the allocated pit, from the infield. Please ask the organizer if you need additional equipment and this will be provided if available.

Power

There are some power sockets in the velodrome - enough to charge a phone / laptop / small compressor. Please **do not plug extension leads into these sockets - nor kettles, coffee machines or fans** as these high-power consumption appliances may cause overloading of the systems leading to short circuits and power outages eventually.

Wifi:

Wifi will be available for teams in the velodrome. Passwords will be given on site.

Please note: National Federations will not be able to set up their own wireless networks as they will interfere with other equipment in use.

11. TRAINING SESSIONS

Track Closure

For any teams arriving early, please note that no training will be available on the track without prior arrangement. Every effort will be made to accommodate early training sessions, but it must be understood that event preparations are required including the various branding elements etc, and these will take precedence.

UNOFFICIAL TRAINING:

It is possible to book the track for unofficial training sessions, and all queries can be directed to Mahmoud Saied on the email address mahmoudetoo693@gmail.com. While every effort will be made to accommodate requests, there cannot be any guarantees assumed that the times and dates requested will be available as this will be done according to the requests received.

OFFICIAL TRAINING: from Monday 13th March – Tuesday 14th March 2023

The track will be open for Official Training Sessions on Monday and Tuesday from 09:00 with a dedicated slot allocated per group.

The detailed time schedules of the official training sessions will be established at the closing of the online registration system and published on the [UCI website](#).

OFFICIAL TRAINING AND WARM UP SESSIONS ON COMPETITION DAYS

Please refer to **Communiqué 6** for detailed times of training on competition days (available onsite and on [UCI Website](#)).

Safety reminder: The use of the derny and the use of starting blocks during the official training are not permitted. During these sessions, standing starts are permitted after approval of the UCI Technical Delegate and for single rider only. The standing start shall take place on the home straight only, in the sprinters' lane and only with the assistance of someone waving a flag at the exit of the bend. **It will not be permitted to practice the Madison relay during these sessions.**

During the training sessions, UCI Rules must be respected. The UCI Technical Delegate has the power to take the necessary measures to ensure security on the one hand and equity among the other teams on the other. All riders must wear the national team apparel.

12.OFFICIAL MEETINGS

CONFIRMATION OF STARTERS

Date: Monday 13th March 2023

Time: 10:00 – 12:00

Room: Cairo Stadium Indoor Halls Complex – Ground Floor – room next door to accreditation centre (Situated alongside the velodrome - directional signage from the velodrome will be in place)

Team managers must confirm all starters, present all valid licenses and provide a sample of the team kit.

Unless prevented by an act of God, a rider once announced as taking the start and who fails to be present, shall be liable to a fine of CHF 500 to CHF 5000.

Injury or illness will not be accepted as a valid circumstance unless the rider is declared unfit to start by the official UCI doctor.

TEAM MANAGERS MEETING AND DISTRIBUTION OF RACE NUMBERS

Date: Monday 13th March 2023

Time: 18:00

Room: Press Conference Room – Second Floor - Cairo Stadium Indoor Halls Complex
(Situated alongside the velodrome - directional signage from the velodrome will be in place)

Rider numbers will be distributed at the Team Managers meeting. It is requested that a maximum of two representatives per team attend the meeting.

Attendance is required by:

UCI Technical Delegate, UCI Commissaires, UCI Medical Director,
Team Managers / Representatives (max 2 per team),
Event Director, Competition Manager, Event Manager,
Race Doctor

13.COMMUNIQUES (START LISTS AND RESULTS)

In line with the UCI ReCycling initiatives and environment preservation elements, all communiqués, results and start lists will be displayed on a whiteboard in the infield. **Hard copies will only be distributed upon request only.**

Results and start lists will be available on the timing partner's website: <https://www.tissotiming.com/>

General Communiqués 1 to 6 will be available on the UCI Website ([Official Documents](#)) and on <https://www.tissotiming.com/>

14.TEAM PERFORMANCE ANALYSTS

An area will be provided for sports analysis on the back straight. This area will be a shared area for team representatives and no positions will not be booked nor reserved for any team. For more information or if there are any specific queries, please contact loc@caironationscup2023.net

Internet connection will be available on request for analysts. We discourage teams from setting up their own wireless networks as they may interfere with the track centre Wi-Fi system provided to teams. Wifi activity will be monitored throughout the event.

15.COMPETITION CLOTHING

Riders of the same national team must wear identical racing shorts during the same event, except for advertising space included in a lateral band 9 cm wide, which may differ from one rider to another. This means that National Federations must also provide their riders with national racing shorts.

Team Managers must therefore present the national and UCI Trade teams' apparel to the College of Commissaires at the confirmation of participants.

16.TEAM CHANGING ROOMS

There are male and female changing rooms facilities available at the velodrome on the ground floor. Please follow the directional signage.

17. TEAM SEATING

Athletes and staff are free to sit in the grandstands on the area demarcated for this purpose – these areas will be clearly marked. There are no seat numbers, and no areas may be reserved.

18. AWARD CEREMONIES

The winner of the competition, the second and the third placed riders must be ready for the official ceremony at the designated times that shall be conducted under the responsibility of the Protocol Manager. For team events, the additional reserve rider will be allowed on the podium (art. 9.1.045).

Riders shall appear in racing attire, wearing their national / UCI team jerseys but bare headed and without headband or glasses, until they leave the official ceremony enclosure.

19. COVID – 19 ARRANGEMENTS & PARAMETERS

The Covid – 19 regulations as applicable in Egypt at the time of the event will be enforced during the event. As of 7 March 2023, no covid 19 restrictions are in force.

20. MEDICAL ARRANGEMENTS

The general medical arrangements and plans associated with the event are outlined as follows:

Hotels

The medical commission will appoint at least one person to be available for consultations and assistance at the hotels for the duration of the event, including from when the first team and riders arrive at the hotel and through until all teams and riders and officials have departed, who will be the contact person in order to resolve any medical situation – be it on site or to arrange for outside care if required.

Practice Sessions & Competition Days

There will be a medical team at the velodrome on each of the recognised official practice and competition days which will include ambulances and all requisite medical staff.

During unofficial training sessions, a medical team will be operational dependent on the schedule put in place by the competitions manager.

Medical Room – Velodrome

The official medical facility at the Cairo International Velodrome will be in operation during the attendant time period which will include all necessary equipment, running water and basins and aircon units.

Official Hospitals

Two of the largest hospitals in Egypt have been identified and contracted as the official hospitals to be utilised for the event. The first of these is the **Dar Al Fouad Hospital in Nasr City**, which is approximately five minutes travel from the velodrome, and the other being **The Arab Contractors Hospital**, which is approximately fifteen minutes away from the velodrome.

A representative appointed by the medical commission will be present inside each of the hospital receptions to receive any case transferred from the medical team at the venue and facilitate their care.

On Site & Off Site Care

Treatment and any necessary medication will be provided for cases at any of the official hotels and at the velodrome.

It must be noted that should any riders or federation representatives require transport by ambulance to any hospitals, or if they require any tests or hospital admission, the individual or their federation will be responsible for any such costs and all federations must ensure that all their riders and associated squad members have the requisite medical insurance cover to be able to cover such instances prior to their arrival at the event.

21.EMERGENCY NUMBERS

Police **122**
Ambulance **123**

22.USEFUL CONTACTS

If you need further information about the event, please feel free to contact any of the following persons:

Organising Committee

Event Coordinator: Mr. Alec Lenferna

Tel: +27 82 909 6909

Email: director@realem.co.za

Event Manager: Ms. Mariam Azzam

Tel: +20 111 415 1516

Email: loc@caironationscup2023.net

National Federation:

Tel.: +20 224 01 6968

Email: Egypt_cycling@hotmail.com

Website: www.egycycling.com

Sporting and technical aspects:

Mr Gael Suter, UCI Track Coordinator (gael.suter@uci.ch)

Tel: +41 79 411 93 19

You can also find information on the UCI Website

23.SOCIAL MEDIA

Organisation Website:

Facebook: UCIEgy2023

Instagram: @uciegy2023

Twitter: @UCIEgy2023

www.caironationscup2023.net

UCI

Facebook: UCI

Instagram: @uci_cycling

Twitter: @uci_track