



BALTIC ROAD CHAMPIONSHIPS 2023

ROADBOOK / TECHNICAL GUIDE

1. EVENT MANAGEMENT

Baltic Road Championships 2023 is organized by Lithuanian Cycling Federation in collaboration with Latvian Cycling Federation, Estonian Cyclists Union and Cycling club Alytus.

Race director	Antanas Taučius	+370 68787033	a.taucius@lds.lt
Assistant race director	Mantas Andriuškevičius	+37061333133	mantas@hesis.lt
Representative of Alytus municipality	Jurgita Šukevičienė	+37069855899	jurgita.sukeviciene@alytus.lt
President of the Commissaire's Panel	Roberta Vainauskienė	+37063045342	robertabarzdaite@gmail.com
Race secretary	Maris Ozoliņš	+3712203310	maaris.ozolins@gmail.com
Lithuanian Cycling Federation	Arnoldas Valiauga	+37062025195	a.valiauga@lds.lt
Latvian Cycling Federation	Toms Markss	+37126255435	toms@lrf.lv
Estonian Cyclists Union	Urmas Karlson	+3725024403	ejl@ejl.ee

2. ACCOMODATION

Hotel Vaidila. Rotušės sq. 12, Alytus hotel@vaidila.lt www.vaidila.lt

Other accommodation for Latvian and Estonian riders and staff:

info@alytusinfo.lt tel. +37031552010, +37068707703

3. MEDICAL SERVICES

Medical assistance is provided at the start and finish area. During the competition the ambulance serving the event will drive behind the cars accompanying the peloton. Nearest hospital is Alytus hospital (Ligoninės str. 12, Alytus).

4. PROGRAMME

23.06.2023 FRIDAY

U23 Men Road Race (Lithuanian, Latvian and Estonian national championships)

Location: near the municipality of Alytus, S. Dariaus and S. Girėno str.

9:00-15:00 Confirmation of riders and numbers distribution for Saturday and Sunday road races

11:00-13:00 Team managers meeting in the conference hall of Alytus city stadium (Birutės str. 5, Alytus) or via Zoom.us for 24.06 and 25.06 road races

15:30 Start. MU23 Distance – 114,1 km (2 laps x 50 km + 1 lap x 14,1 km)

18:00 Award ceremony. MU23

18:30 **Coffee Ride** (50 km). Start – near the municipality of Alytus (S. Dariaus and S. Girėno str.) Gathering from 18:00

24.06.2023 SATURDAY

Road races (Lithuanian, Latvian and Estonian national championships)

7:00-9:00 Confirmation of riders

7:00-18:00 Issuing competition numbers for road races

10:00 Start. MMasters 50-64 Distance – 64,1 km (1 lap x 50 km + 1 lap x 14,1 km)

12:00 Award ceremony. MMasters 50-64

12:30 Start. MAmateurs 19-34/MSport, MMasters 30-49 Distance – 106,4 km (1 lap x 50 km + 4 laps x 14,1 km)

15:00 Start. Masters M65+ Distance 28,2 km (2 laps x 14,1 km)

15:15 Award ceremony. MAmateurs 19-34/MSport, MMasters 30-49

16:30 Start. MJ Distance – 106,4 km (1 lap x 50 km + 4 laps x 14,1 km). MU16 riders can also participate.

16:45 Award ceremony. Masters M65+

19:00 Award ceremony. MJ

25.06.2023 SUNDAY

Road races (Lithuanian, Latvian and Estonian national championships)

8:00-13:00 Confirmation of riders. Issuing competition numbers for road races

10:00 Start. WE, WJ, WSport/WAmateurs 19-34, WMasters 30-59 Distance – 106,4 km (1 lap x 50km + 4 laps x 14,1 km). WU16 riders can also participate.

13:00 Start. ME Distance – 162,8 km (1 lap x 50 km + 8 laps x 14,1 km)

13:15 Award ceremony. WE, WJ, WSport/WAmateurs 19-34, WMasters 30-59

17:00 Award ceremony. ME

5. RACE REGULATIONS

Baltic Road Championships 2023 is organized according to UCI Regulations from 23th to 25th June 2023 and includes Lithuanian, Latvian and Estonian national road race championships (UCI CN).

6. PARTICIPATION

Baltic Road Championships 2023 is open to Lithuanian, Latvian and Estonian cyclists who own UCI licence.

Age category	Age	Birth year
M/WJ	17-18	2005-2006
MU	19-22	2001-2004
M/WE	23 and older	2000 and earlier
LTU M/W Amateurs	19-29	1994-2004
EST M/W 19-34	19-34	1989-2004
LAT M/W Amateurs	19-34	1989-2004
LTU M/W Masters 1	30-34	1989-1993
EST M/W 35-39	35-39	1984-1988
LAT M/W Masters 1	35-39	1984-1988
LTU M/W Masters 2	40-44	1979-1983
EST M/W 40-44	40-44	1979-1983
LAT M/W Masters 2	40-44	1979-1983
LTU M/W Masters 3	45-49	1974-1878
EST M/W 45-49	45-49	1974-1978
LAT M/W Masters 3	45-49	1974-1978
EST M/W 50-54	50-54	1969-1973
LAT M/W Masters 4	50-54	1969-1973
LTU M/W Masters 3	50-54	1969-1973
EST M/W 55-59	55-59	1964-1968
LAT M/W Masters 5	55-59	1964-1968
LTU M/W Masters 4	55-59	1964-1968
EST M/W 60-64	60-64	1959-1963
LAT M/W Masters 6	60-64	1959-1963
LTU M/W Masters 5	60-64	1959-1963
EST M/W 65-69	65-69	1954-1958
LAT M/W Masters 7	65-69	1954-1958
LTU M/W Masters 6	65-69	1954-1958
EST M/W 70-74	70-74	1949-1953
LAT M/W Masters 8	70-74	1949-1953
LTU M/W Masters 7	70-74	1949-1953

EST M/W 75-79	75-79	1948-1944
LAT M/W Masters 9	75+	1948 and older
LTU M/W Masters 8	75+	1948 and older
EST M/W 80+	80+	1943 and older

According to UCI regulations (1.2.028) Men Under 23 riders can participate in the separate Men Under 23 race on June 23 and in the Men Elite race on June 25. In Men Elite race they will race for the Men Elite champion title.

7. REGISTRATION

For registration, please contact your federation:

Lithuanian Cycling Federation info@lds.lt

Latvian Cycling Federation toms@lrf.lv

Estonian Cyclists Union <https://iseteenindus.ejl.ee/et/registreeru>

Registration opens on Friday, May 26, ends on Wednesday, June 21 at 24:00.

Participation fee

Participation fee must be paid at registration. Only those participants who have paid the participation fee before June 21 at 24:00 will be included in the list of participants.

Age category	Participation fee
M/WJ; MU; M/WE	For free
M/W Sport/Amateurs and Masters	20 EUR

Rankings

The ranking of the competitors will be determined on the basis of the time taken to complete the race. For WE and ME riders UCI points are awarded according to the UCI regulations article 2.10.008 and 2.10.017.

8. RACE CENTRE

On June 23-25 the competition centre will be located in the conference hall of Alytus city stadium (Birutės str. 5, Alytus).

9. CONFIRMATION OF STARTERS AND TEAM MANAGERS MEETING

Licenses will be checked at the secretariat on the basis of pre-registration.

For all categories the final confirmation of the starters and distribution of competition materials will take place on 23 June at 8:00-14:00, on 24 June at 7:00-18:00 and 25 June at 8:00-13:00 in the Rotušės square.

Team managers meeting will be held on June 23 11:00 in the conference hall of Alytus city stadium (Birutės str. 5, Alytus) or via Zoom.us.

10. NEUTRAL TECHNICAL SUPPORT

The organizers will provide neutral technical assistance for road races.

For the June 23, 24 and 25 road races the maximum number of team cars in the convoy is 15 per race. For each country there are 5 car places per race. Every federation will present combined team cars to organizing federation by e-mail info@ldsfi.lt by 21.06.23 16:00.

The drawing lots for team cars will be held at the end of team manager meeting 23.06.

The order of team cars in the race will be determined as follows:

1. In between combined list of team cars presented to the organizing federation.
2. If the number on cars per race is less than 15 and team managers present at the team managers meeting want candidate for the free places a second order will determined in between these teams.

The driver of the escort car must have a valid UCI licence.

Competition information will be transmitted by Radio Tour transmitters on the frequency approved for LDSFI.

11. OFFICIAL PRIZE CEREMONY

The winner of the race will be named Baltic champion and will be awarded with a prize from competitions partners. The second and the third place winners will be awarded with a prize from competitions partners.

Official awards ceremony must be attended by all athletes who have won prizes in their age category. Athletes who do not appear for the award will lose their right to prizes and may be fined in accordance with the UCI regulations.

Riders must take part in the prize ceremony wearing their race clothing. The prize ceremony must not be attended with a hat, headband, glasses or other face-covering accessories.

ME	WE/WU/WJ/W amateurs/W masters	MJ
I place 1 000 EUR	I place 1 000 EUR	I place 500 EUR
II place 600 EUR	II place 600 EUR	II place 300 EUR
III place 400 EUR	III place 400 EUR	III place 200 EUR

National Medals per country

LITHUANIA	LATVIA	ESTONIA
W/MJ	W/MJ	MJ
MU	W/MU	MU
W/ME	W/ME	W/ME
W/M Amateurs	W/M Amateurs	
W/M Masters (all age categories)	W/M Masters (all age categories)	W/M Masters (all age categories)

12. TIME LIMITS

Rider finishing in a time exceeding that of the winner by more than 8% will not be classified. Rider getting lapped by the leader will be eliminated.

13. PENALTIES

The UCI penalty scale is the only applicable.

14. ANTI-DOPING

The UCI Anti-Doping regulations are entirely applicable to the event.

15. OTHER INFORMATION

Information about the competition is available in the website: www.ldsfi.it