

# KARRATHA 6 HOUR JUNIOR TEAMS EXPLAINED

## MOUNTAIN BIKE (MTB)

Riders must always race within their age category. In circumstances where field sizes are small race organisers may combine categories or run multiple categories at the same time to simulate larger fields and promote development. When this occurs riders must not exceed maximum race durations for their current age category.

### CROSS COUNTRY

Age Cat	Age Span	Max Race Duration (XCO)	Max Race Duration Endurance (XCM)*	General Notes and Considerations
<del>U11</del>	<del>8-10</del>	<del>15 mins</del>	<del>n/a</del>	Mixed gender categories should be encouraged.
U13	11-12	25 mins	1 hour	Mixed gender categories should be encouraged.
U15	13-14	45 mins	2 hours	
U17	15-16	1.25 hours	3 hours	
<del>U19</del>	<del>17-18</del>	<del>1.25 hours</del>	<del>4 hours</del>	
<del>U23</del>	<del>19-22</del>	<del>1.25 - 1.5 hours</del>	<del>n/a</del>	Separate U23 category is only applicable to XCO. Where there is a separate U23 category, riders may apply to AusCycling for dispensation to ride up in Elite when UCI points are available.

\* XC Endurance includes XCM, multi lap endurance events up to and including 24hr races. Time is the total time spent riding during the event. It is recommended that race organisers facilitate U13, U15 and U17 categories by encouraging team relay style racing in longer endurance events.

### The Karratha 6 Hour is an Endurance (XCM) event.

Your age is calculated as of 31<sup>st</sup> December 2024.

*Example 1: If a rider turns 13 on 15<sup>th</sup> August 2024, they are still 13 as at 31<sup>st</sup> December so the rider has a maximum ride time of 2 hours as noted in the Under 15 category.*

*Example 2: If a rider turns 15 on 30<sup>th</sup> September 2024, they are still 15 as at 31<sup>st</sup> December so the rider has a maximum ride time of 3 hours as noted in the Under 17 category.*

### Here's how it works in the Karratha 6 Hour

We have 2 courses available **Social/Junior** and **Main** trails.

**The Social/Junior course** is around 5km long and suitable for the younger age categories.

Teams of up to 6 riders can compete.

It is good to have a mix of Under 13 and Under 15 in the group of 6 so maximum ride time is not exceeded.

**The Main course** is around 9km long and is suited and suitable for the Under 17 and more experienced Under 15 riders.

Teams of up to 4 riders can compete.

Maximum Ride time must not be exceeded.

**It is up to the teams and individuals to monitor their ride times.**

**If one rider in a team exceeds their maximum ride time the entire team can be disqualified.**

**Maximum rider time is per rider. You can't loan time off of another team member.**

**Example1 Social/Junior Team Loop**

**Under 13:** If it takes an Under 13 rider more than 17minutes to complete a lap they would exceed their 1-hour maximum ride time if they did 4 laps.

**Under 15:** If it takes an Under 15 rider 14 minutes to complete a lap, they would exceed their 2 hour maximum ride time if they did 9 laps

**Example Main Loop.**

**Under 15:** If it takes an Under 15 rider 34 minutes to complete a lap, they would exceed their 2 hour maximum ride time if they did 4 laps.

**Under 17:** If it takes an Under 17 rider 32 minutes to complete a lap, they would exceed their 3 hour maximum ride time if they did 6 laps.

**So from this information you can see why it is important to structure your Junior team with a mixture of age categories.**