



COPACI
2025 Pan American
Championships

MTB-XCO/XCE/XCR/XCC
HEREDIA, COSTA RICA



TECHNICAL GUIDE

24-27 APRIL
PEDREGAL, BELÉN, HEREDIA



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INTRODUCTION

The Costa Rican Cycling Federation and the Organizing Committee of the 2025 Pan American XCO Championship extend a warm welcome to our beautiful Costa Rica, a land of peace and nature. It is an honor to welcome all the delegations that will be part of this great cycling event.

Today, Costa Rica becomes the epicenter of the most important XCO mountain cycling in America, where athletes from across the continent will compete in pursuit of the desired victory. This championship will be a spectacle and challenge of strength, technique, endurance, and determination that reminds us of our ability to push our limits.

The success of this competition is precisely due to the commitment and dynamism of the authorities, sponsors, and partners associated with the sport of cycling. Without a doubt, one of the population segments that will benefit from the inspiring example of the participants will be our youth, who will enjoy this type of healthy entertainment, inspiring them to excel and compete, while also promoting the physical and mental health of our young people, whose potential and energy find in this type of activity an excellent role model to emulate.

It's not just a competition, it's also a way to demonstrate the growth we've experienced in recent years and project ourselves into a promising future.

Enjoy our country. Best wishes to everyone. See you at the finish line.

Oscar Avila Kopper

President of the Costa Rican Cycling Federation



ORGANIZATION

The Panamerican MTB XCO-XCC Championship is organized by Costa Rica Cycling Federation (FECOCI) and Pedregal Group, with phone number (506) 4000-1696, email address procesodeportivo@fecoci.net, under the Regulations of the Union Cycliste Internationale (UCI) and will take place from April 24th to April 27th , 2025

ORGANIZER COMMITTEE

Oscar Ávila Kooper	President
Oscar Herrero Suma	Vice president
Marco Taylor Garino	Secretary
Luis de Ezpeleta Aguilar	Treasurer
Evelyn Rodríguez Castillo	Spokesperson
Viviana Madrigal Cubillo	Spokesperson
Kattia Garita Segura	Spokesperson
Geovanny Castillo Artavia	Fiscal

OFFICIALS

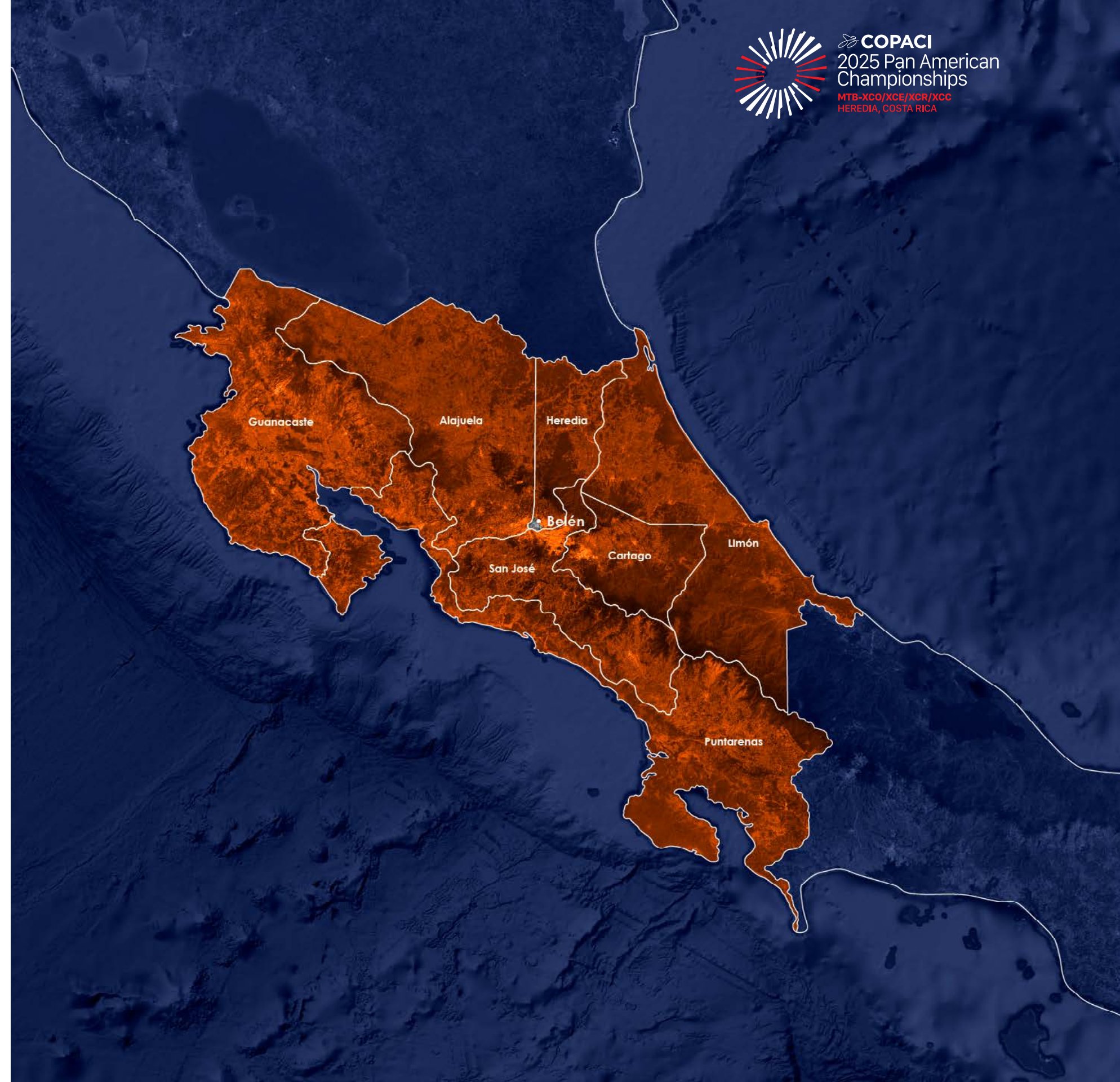
PCP	MA Geordie
PCP Assistant	Jonathan Jiménez
UCI Technical Delegate	Beat Wabel
Additional Commissaire	Osmairo Barrantes
Secretary	Miguel Oviedo
Chief Judge	Diego Ulloa
Timekeeper	Iván Wong
Timekeeper	Kattia Garita
Timekeeper	Milagro Ruíz
Timekeeper	M. Alexandra Ávila
Feed/technical zone commissaire	Víctor Hernández
Feed/technical zone commissaire	Diego Mena



COSTA RICA

Costa Rica is a tropical paradise in Central America, where nature and culture intertwine to create an unforgettable experience. Known for its stunning rainforests, beautiful beaches along both the Pacific and the Caribbean coasts, and rich biodiversity, this country has something for every visitor. Characterized by the “pura vida” spirit, Costa Rica embraces a lifestyle that is both relaxing and adventurous, where you can truly enjoy it all; whether that is zip lining, going into natural hot springs alongside active volcanoes or unwinding in an eco-lodge surrounded by nature.

Tucked away in the province of Heredia, is the city of Belén—a hidden gem that beautifully complements Costa Rica’s more famous destinations. Belén combines modern comforts with a warm, community-oriented vibe, offering visitors a taste of authentic Costa Rican life. Its convenient location means you can easily explore both the bustling urban areas and the serene, natural landscapes nearby. Scroll through local markets, sample traditional cuisine at cozy restaurants, or simply enjoy the friendly atmosphere that makes Belén a perfect base for discovering the rich cultural and natural treasures of Costa Rica.



BELÉN

A
Alajuela

Aeropuerto SJO

H
Heredia

B
Belén

PEDREGAL

SA
Santa Ana

SJ
San José

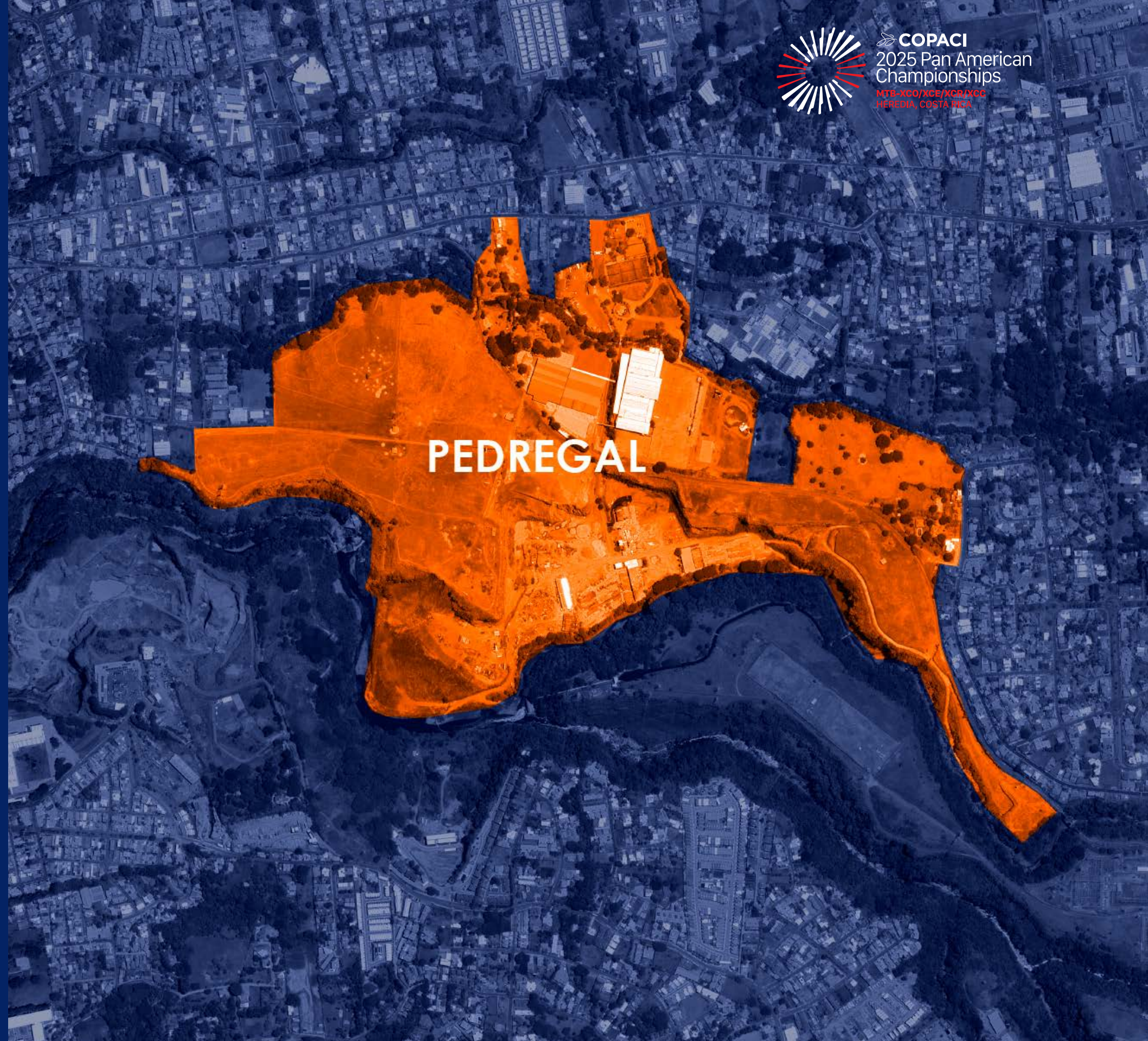


PEDREGAL

The PEDREGAL Sports Zone facilities are located in the well-known PEDREGAL Events Center in Belén, Heredia, home to the country's most important events.

The property has an ideal topography for this type of activity; the 20k circuit is located on an area of just over 100 hectares. The site boasts outstanding features such as rock cliffs, forested areas, a river, and the iconic waterfall.

Additionally, it has first-class facilities so that the visiting public has a great experience.



PEDREGAL

WEDNESDAY 23

TIME	PROGRAMME	CATEGORIES	PLACE
08:00 - 12:00	Rider's confirmation	All	Event Organization Office
13:00 - 17:00	Training session	All	Official Circuit
17:30 - 18:30	Technical Meeting (Thursday & Friday events)	All	Event Hall

THURSDAY 24

TIME	PROGRAMME	CATEGORIES	PLACE
08:30 - 10:15	Start XCR & Awards Ceremony XCR	Summit	Official Circuit
10:30 - 13:30	Training session	All	Official Circuit
13:30 - 14:15	Start XCO Pre-Infantil e Infantil	Men & Women	Children's Circuit
14:30 - 15:30	Start XCO Pre-Juveniles (Cadetes)	Men & Women	Official Circuit
15:00 - 16:00	Awards Ceremony XCO Pre-infantil, Infantil y Pre Juvenil (Cadetes)		Main Stage
15:30 - 16:00	Training session XCE	Summit	XCE Circuit
16:00 - 17:30	Start XCE & Awards Ceremony XCE	Summit	XCE Circuit

FRIDAY 25

TIME	PROGRAMME	CATEGORIES	PLACE
08:00 - 11:30	Training session	All	Official Circuit
11:30 - 12:45	Start E-XCO Men	Elite	Official Circuit
11:30 - 12:45	Start E-XCO Women	Elite	Official Circuit
14:00 - 14:30	XCC Course recognition	Summit	XCC Circuit
14:30 - 16:00	XCC Start Men	Summit	XCC Circuit
16:00 - 17:30	XCC Start Women	Summit	XCC Circuit
17:30 - 18:00	XCC Award Ceremony (Women & Men)		Main Stage
18:00 - 18:30	Technical Meeting (Saturday & Sunday events)	All	Event Hall

SATURDAY 26			
TIME	PROGRAMME	CATEGORIES	PLACE
07:00 - 08:00	XCO Start Master Men	C1, C2, D	Official Circuit
08:00 - 09:00	XCO Start Master Women	Summit	Official Circuit
09:00 - 12:00	Training session	All	Official Circuit
12:00 - 13:30	XCO Start Master Men	A, B1, B2	Official Circuit
14:00 - 15:30	XCO Junior Women *	Women	Official Circuit
15:30 - 17:00	XCO Junior Men *	Men	Official Circuit
17:30	XCO Awards Ceremony Master & Junior (Women & Men)		Main Stage

SUNDAY 27			
TIME	PROGRAMME	CATEGORIES	PLACE
08:00 - 09:30	XCO Start U 23 Women*	Women	Official Circuit
10:00 - 11:30	XCO Start U 23 Men*	Men	Official Circuit
12:00 - 13:00	XCO Awards Ceremony U23 (Women & Men)		Main Stage
13:00 - 14:45	XCO Start Elite Women	Women	Official Circuit
15:00 - 16:45	XCO Start Elite Men	Men	Official Circuit
17:00	XCO Elite Awards Ceremony (Women & Men)		Main Stage

* Junior Pan American Games Qualifier (Asu2025)

ACTIVITIES

- Fair
- Food trucks
- Music
- Stands
- Children's activities



PARTICIPATION & ELIGIBILITY

PARTICIPATION

The championship competitions will be held under the regulations of the UCI. All National Federations affiliated to the Pan American Cycling Confederation (COPACI) are eligible to participate.

CATEGORIES

CROSS-COUNTRY OLYMPIC (XCO)					
MEN			WOMEN		
Category	Age		Category	Age	
Preinfantil	11 a 12	COPACI	Preinfantil	11 a 12	COPACI
Infantil	13 a 14	COPACI	Infantil	13 a 14	COPACI
Prejuvenil (Cadetes)	15 a 16	COPACI	Prejuvenil (Cadetes)	15 a 16	COPACI
Junior	17 a 18	UCI	Junior	17 a 18	UCI
Sub 23	19 a 22	UCI	Sub 23	19 a 22	UCI
Élite	23 y +	UCI	Élite	23 a +	UCI
Máster A	35 a 39	COPACI	Máster A	35 a 39	COPACI
Máster B 1	40 a 44	COPACI	Máster B	40 a 49	COPACI
Máster B 2	45 a 49	COPACI	Máster C	50 a 59	COPACI
Máster C 1	50 a 54	COPACI	Máster D	60 y +	COPACI
Máster C 2	55 a 59	COPACI			
Máster D	60 y +	COPACI			

CROSS-COUNTRY SHORT TRACK (XCC)					
MEN			WOMEN		
Men	19 Y +	UCI	Women	19 Y +	UCI

CROSS-COUNTRY ELIMINATOR (XCE)					
MEN			WOMEN		
Men	17 Y +	UCI	Women	17 Y +	UCI

CROSS-COUNTRY TEAM REALY (XCR)					
MEN			WOMEN		
Junior	17 a 18		Junior	17 a 18	UCI
Sub 23	19 a 22		Sub 23	19 a 22	UCI
Élite	23 y +		Élite	23 y +	UCI

PD

- 1) For a Continental Title to be disputed and the category to be crowned, it is necessary to have at least 3 countries present per category at the time of starting the respective event. If necessary and with the prior arrangement of the committee of commissioners in charge of the event, categories (age groups) may be grouped in order to comply with this requirement.
- For the Team Relay (XCR): each country may enter only a single team, composed of 1 Men Elite, 1 Women Elite, 1 Men under 23, 1 Men Junior, 1 Women under 23 and 1 Women Junior. However, the following substitutions shall be permissible:
 - Men Elite by Women Elite or Men under 23 or Men Junior or Women under 23 or Women Junior;
 - Women Elite by Women under 23 or by Women Junior;
 - Men under 23 by Women Elite or Women under 23 or Men Junior;
 - Women under 23 by Women Junior;
 - Men Junior by Women Junior.

Each rider selected must already be entered for the individual downhill, or Olympic cross-country events
- Ages are as of December 31 of the year of the event
- The minimum number of teams for the Team Relay is five. (5). If less than 5 teams are registered for the Team Relay the event will be removed from the schedule and not contested.

PARTICIPANTS

All cyclists in all categories in men and women must have a UCI 2025 license, which must be presented to commissaries at the time of formalizing their registration and retrieve their competition numbers. If the license does not have a photo, you must present an official identification document. If you have it, in addition, for foreign riders in UCI categories (Junior, U23 and Elite), the authorization provided by their corresponding federation will be requested, indicating him or the cyclists with their respective code.

Registration link: <https://evolutionmarketingcr.com/#eventos>

Irrevocable deadline and without exceptions: Friday, April 18 at 11:59 p.m.

Registrations Available
Scan the QR Code



FAIR SCHEDULE

Thursday, April 24	8:00- 18:30
Friday April 25	8:00 - 18:30
Saturday 26 April	8:00 - 18:30
Sunday, April 27	8:00 - 17:00



AWARD

All categories in women and men will be awarded as follows:

1st Place

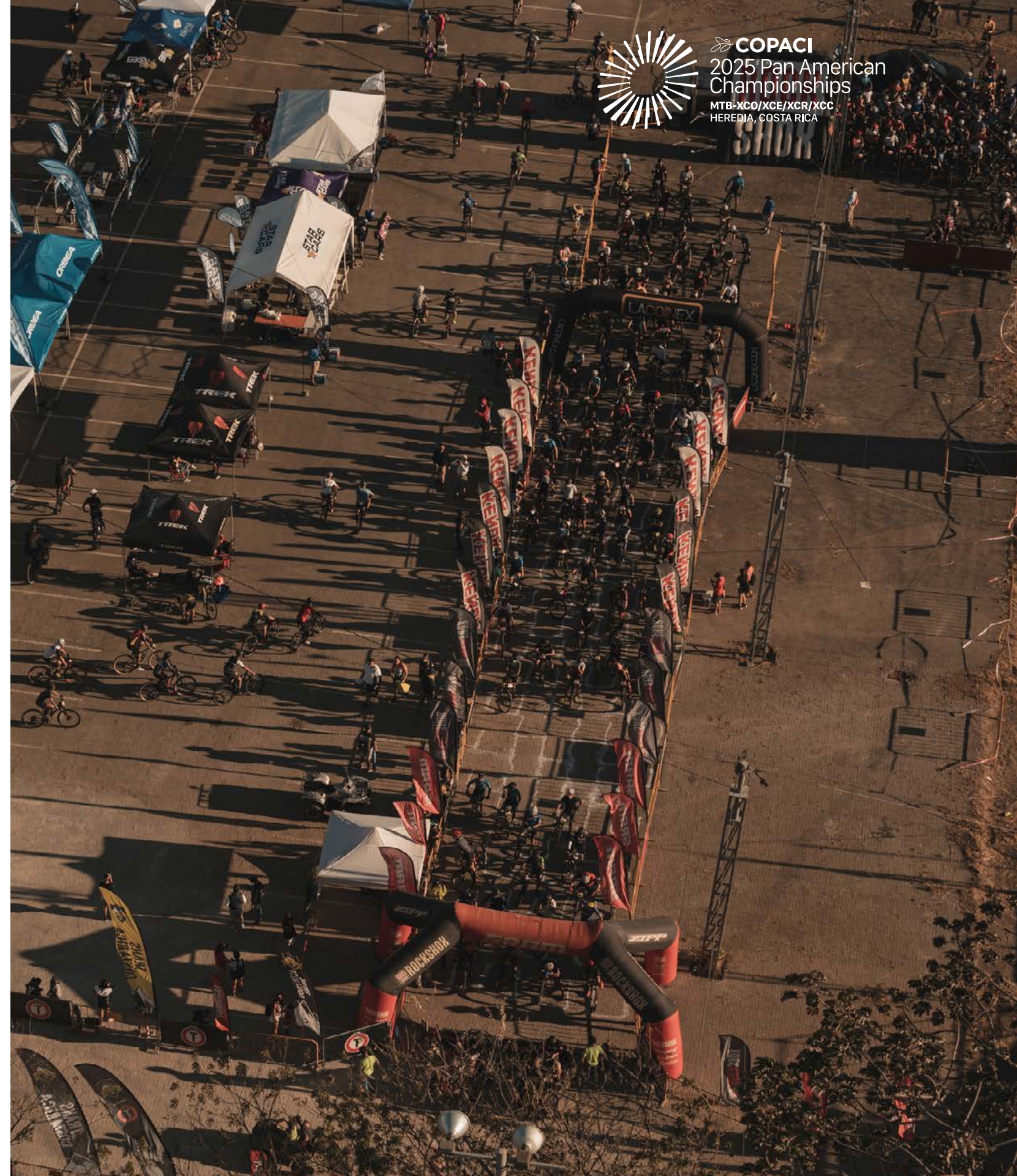
Gold Medal
and Pan American
championship jersey

2nd Place

Silver Medal

3rd Place

Bronze Medal



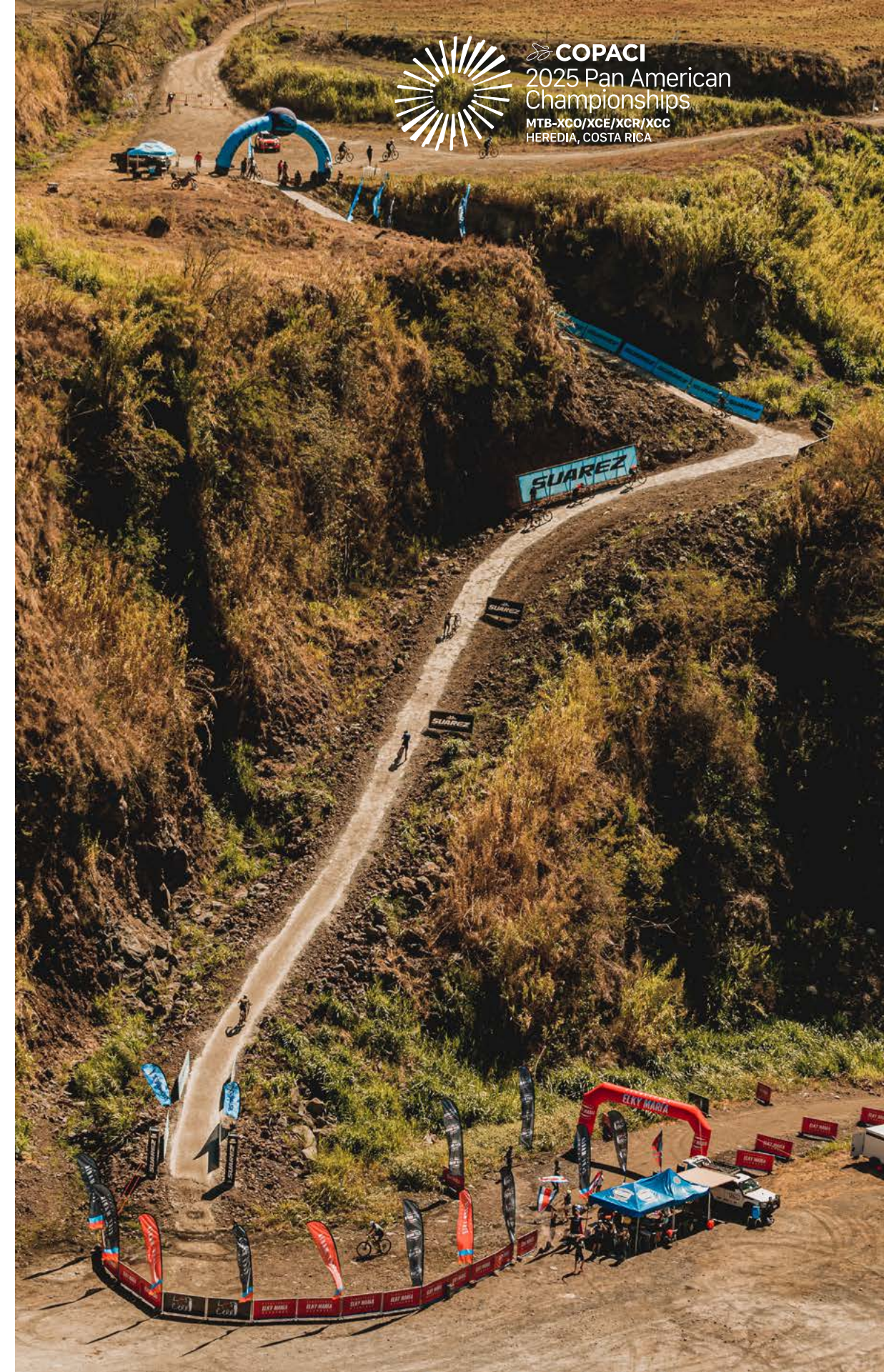
UCI POINTS

ABOUT THE UCI SCORE

The score will be assigned in Elite, U23 and Junior for both women and men. UCI Continental Championship Scoring Table:

CONTINENTAL CHAMPIONSHIPS UCI POINTS					
Rank	XCO				XCC
	Élite	U23	Junior	Team Relay*	Élite
1	150	75	60	100	70
2	120	55	40	75	65
3	100	45	30	60	60
4	90	40	25	50	55
5	80	35	20	40	50
6	70	30	18	30	45
7	60	25	16	25	40
8	50	20	14	20	35
9	40	15	12	10	30
10	38	10	10	5	25
11	36	8	8		20
12	34	6	6		19
13	32	4	4		18
14	30	2	2		17
15	28	1	1		16
16	26				15
17	24				14
18	22				13
19	20				12
20	18				11
21	16				10
22	14				9
23	12				8
24	10				7
25	8				6
26	6				5
27	5				4
28	4				3
29	3				2
30	2				1

* The points are not awarded to the riders but the nation



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HEREDIA, COSTA RICA

PRESS CONFERENCE

23 April 16:30
Main Stage



CLOTHING AND EQUIPMENT IN THE CHAMPIONSHIP

The clothing will be in accordance with article 1.3.026 to 1.3.034, of the international regulations of the UCI. All cyclists must arrive at the starting point correctly uniformed, with the colors and designs of the jersey that represents their national team.

The use of a helmet and bicycle plate will be mandatory for training and competition.

The use of headphones and/or hands-free is prohibited.

Athletes with pets, children, flags or signs are not accepted on the podium.





REGULATION



Panamerican MTB XCO-XCC-XCR Championship 2025, will be governed by the UCI regulations and sanctions scale for the Mountain Bike discipline, published on the page www.uci.org

The Race Commissaires will reserve the right to apply or not the 80% rule, where the rider who is running slower than 80% of the time of the leader's first lap, will be removed from the competition.

XCR

The team manager must submit the team composition on the form provided to identify the names and categories of the riders making up their team and their start order to the Chief commissaire's panel at date and time set in the official schedule. This start order may not be altered subsequently

The exchange boxes will be allocated based on the results of the team relay event in the preceding continental championships. The order of nations not placed will be determined by drawing lots. The first nation will be installed in box number 1 and so on.

The following substitutions shall be permissible:

- Men Elite by Women Elite or Men under 23 or Men Junior or Women under 23 or Women Junior
- Women Elite by Women under 23 or by Women Junior
- Men under 23 by Women Elite or Women under 23 or Men Junior or Women Junior
- Women under 23 by Women Junior
- Men Junior by Women Junior

DOPING CONTROL

The National Anti-Doping Commission, belonging to the National Sports Institute, was requested to be present at the event for the respective controls under the UCI standard, being possible to apply in all categories, this control will be carried out near the arrival area.

The medical authorities sent for this purpose define the control.

PERMANENCE OFFICE

The permanence office will preferably be in an open space at the same finish line of the circuit, there will be the permanence of the organization's personnel, where the delivery of competition numbers will be carried out, review of licenses for the riders of the UCI categories, will supply general information. If there are changes, they will be notified in advance through Costa Rica Cycling Federation's Social Media (FECOCI).



EVENT LOCATION



EXACT LOCATION OF PEDREGAL

<https://maps.app.goo.gl/BQLQkKCJKYbXyaFm9>



JUAN SANTAMARÍA AIRPORT

<https://maps.app.goo.gl/2pP9nZQSgBSuVPjx6>

CIRCUIT DISTANCE

The number of laps will be determined by the UCI Commissaire and will be communicated at the technical congress, where the race time for the Junior categories will be between 1:00 and 1:15 hour and the elites between 1:20 and 1:40.

The starting and finishing area will have a demarcated area for the installation of awnings for the teams, a food stand, mechanics, etc.

To determine the location of the team awnings, they must request it via email panamxcocr25@gmail.com



CIRCUIT MAP: XCR AND XCR



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CIRCUIT MAP: XCC



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CIRCUIT MAP: XCE



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STARTING LINE AND CALL OF RIDERS

At the meeting of the sports directors or technical congress, the race commissaire will inform how many runners will line up for each starting line. The athletes will be called to the box 15 minutes before their departure time and the order of the start call will be made according to the following:

XCO & XCC—MEN ELITE, WOMEN ELITE, MEN U23, & WOMEN U23

1. As per the last published UCI XCO individual ranking.
2. Unclassified riders: by random order.

XCO—MEN JUNIOR (17-18), WOMEN JUNIOR (17-18)

1. As per the last published UCI XCO junior individual ranking.
2. Unclassified riders: by random order

XCO—MASTERS (35+), CADETS (15-16)

1. Random order

TEAM RELAY

1. The exchange boxes will be allocated based on the results of the team relay event in the preceding continental championships. The order of nations not placed will be determined by drawing lots. The first nation will be installed in box number 1 and so on.



FEED / TECHNICAL ZONE

There will be two (2) designated Feed/tech zones that will be located on the course. Feeding and Technical support may only be provided in this Zone. All individuals who are feeding or providing technical support must register with the individual or team that they are supporting in the registration process so that Riders will not turn back on the course to reach a feed/technical assistance zone.

Any rider doing so will be disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors.

ELECTRONIC TIMING SYSTEM

For the event we will have disposable electronic timing for all categories provided by the company Evolution Marketing.

SERVICES IN THE LAYOUT FOR RUNNERS

- Bathrooms
- Mechanics and sale of cycling products.
- Sale of Gel, Multivitamin, Isotonic Drinks, etc.
- Food sales.
- Car parking
- Post-race bicycle cleaning.

The installation of any awning must be authorized by the Race Director who may outsource the service for the correct arrangement of the awnings by team.



NEARBY ACCOMMODATIONS

AC HOTEL SAN JOSE AIRPORT BELEN

Simple elegance at this hotel near San José

Enjoy the elegance of the AC Hotel San Jose Airport Belen, a hotel located very close to Juan Santa María Airport in San José, Costa Rica. Our location makes us the perfect destination for your next business or leisure trip, as well as an ideal hotel for families visiting San José.

FEATURED HOTEL SERVICES

- Free WiFi
- Restaurant
- Outdoor pool
- Gym
- Meeting space
- Sundries store
- Gift shop
- Dry cleaning service
- Room service
- Free parking



AC Hotel San Jose Airport Belen. Cityzen Labor and Social Epicenter, Calle la Ribera, Belen, Costa Rica, 40702

We are 3.7 km from the PEDREGAL Events Center, eventosygrupos@acmarriott.com

25% discount indicating that you participate in the Pan American Games

NEARBY ACCOMMODATIONS

HOTEL LA RIVIERA



NEARBY ACCOMMODATIONS

HOTEL BELEN SUITES



NEARBY ACCOMMODATIONS

EL RODEO ESTANCIA BOUTIQUE



NEARBY ACCOMMODATIONS

HOLIDAY INN EXPRESS



HEALTH CENTERS

- Hospital San Vicente de Paul, phone (506) 2562-8100 (Social Security)
- Centros médicos del Instituto Nacional de Seguros (INS).
- Llamar al 800 Medical (INS)









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