

ABA SUPER NATIONALS & USA CYCLING BMX NATIONAL CHAMPIONSHIP DETAILS

Saturday USAC race, riders will receive ABA Quad District Points. Friday & Sunday are ABA Nationals, ABA Amateur National Points, Triple District Points.

Saturday will be the USA Cycling BMX National Championships and will be run according to UCI Rules.

UCI Random Gate will be utilized for Saturday's event only.

Classes will be based on age not classification. Available Classes:

STANDARD BICYCLES (20")

Championship level

- Elite Men - 19 & over;
- Elite Women - 19 & over;
- Junior Men - 17 & 18;
- Junior Women - 17 & 18;

CRUISER

- Championship level
- Elite Cruiser - 19 & over;
- Elite Women Cruiser - 19 & over;
- Junior Cruiser - 17 & 18;
- Junior Women Cruiser - 17 & 18;

STANDARD BICYCLES (20")

Challenge level

- Boys - 5 & 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16;
- Girls - 5-7, 8, 9, 10, 11, 12, 13, 14, 15, 16;
- Men - 17-24; 25-29; 30 & over;
- Women - 17 & Over

CRUISER

- Boys / Men 12 & under, 13 & 14, 15 & 16, 17-24, 25-29, 30 - 34, 35 - 39, 40 - 44, 45 & over;
- Girls / Women 12 & under, 13 & 14, 15 & 16, 17-24, 25-29, 30 - 34, 35 - 39, 40 - 44, 45 & over

Masters Level

- Men: 30 and over

Important UCI Rules

Categories and participation

► Age of Participants
A rider must be at least 5 years of age to compete in a UCI sanctioned BMX event. The minimum age of 5 refers to the real calendar age on the day of race commencement.

The category a rider is eligible to ride is determined by his age which shall be calculated by deducting the year of birth from the current year.

► Riders aged 17 or over may choose to compete in the Challenge or Championship class. This decision is made at the beginning of the UCI racing season (August 1, 2009). A rider who has competed at one of the UCI races this season must ride the USA Cycling BMX National Championships in the same class. A rider aged 17 or over who has not competed in a UCI race this season, may choose to compete in the Challenge or Championship class, and will remain in that class until the end of the season on July 31, 2010. For a list of prior UCI races and for more information about the USA Cycling BMX Nationals Championships please visit www.usacycling.org/bmx

The calendar season starts on August 1 and continues until July 31 of the following year.

► Helmets must be of full face construction equipped with a visor of minimum 10 centimeters. Helmet strap must be securely fastened during the completion of the race. Open face helmets are not allowed. Gloves whose fingers completely cover the rider's finger tips.

Event Schedule On Thursday Metroplex BMX will be hosting Practice from 1:00 pm to 6:00 pm, (**Practice Only \$10**) as well as a Single point race. Registration from 4:00 pm to 6:00 pm Race: **ASAP, (Race & Practice \$15)**

Thursday ABA Registration

Registration 3:00-6:00 pm

Friday ABA Super National Day #1

Practice from 9:00 am to 1:30
Race starts at 2:00 pm
Registration 8:30 am to 12:30 pm (for Friday Saturday and Sunday)
Registration 2:30 pm until the end of the race (for Saturday and Sunday)

Saturday – USA Cycling BMX National Championship (Three Moto Total Points)

All Memberships Honored
Practice from 7:30 am to 11:00 am (UCI Random Gate)
Opening Ceremony 11:00 am
Race starts at 11:30 am
Registration Saturday From 7:30 am to 9:30 am
Registration for Sunday 12:00 pm until the end of the race

Sunday – ABA Super National Day #2

Race starts at 8:00am
No Registration on Sunday!

The USA Cycling BMX National Championship will be the only way to qualify for the 2010 UCI World Championships in South Africa.

Practice Schedule NO PRACTICE SUNDAY!

FRIDAY	CLASS	SATURDAY
9:00-9:20am	13 - 14 Boys	7:30-7:45am
9:20-9:40am	11 - 12 Boys	7:45-8:00am
9:40-10:00am	9 - 10 Boys	8:00-8:15am
10:00-10:20am	7 - 8 Boys	8:15-8:30am
10:20-10:40am	6 & under Boys -Girls	8:30-8:45am
10:40-11:00am	7 - 12 Girls	8:45-9:00am
11:00-11:20am	13 & over Girls	9:00-9:15am
11:20-11:40am	26 & over Cruiser	9:15-9:30am
11:40am-12:00pm	14 - 25 Cruiser	9:30-9:45am
12:00-12:20pm	13 & under Cruiser	9:45-10:00am
12:20-12:40pm	15 - 18 men	10:00-10:15am
12:40-1:00pm	19 & over Men	10:15-10:30am
1:00-1:30pm	All Pros & Jr. Elite	10:30-11:00am
ABA Cadence		UCI Cadence

USA Cycling Championship Main Event Winner will receive USA Jersey



Saturday's USAC riders will receive a special USAC plate & number to run on Saturday's race. 1st thru 8th finishes will run those #'s at next years USAC race.



ONLY U.S. CITIZENS ARE ALLOWED TO COMPETE in Saturday's USA Cycling BMX National Championship. ALL RIDERS MUST BRING PROOF OF US CITIZENSHIP (Birth Certificate or Passport)

USA CYCLING PRE-REGISTRATION ENTRY FEES:

Challenge riders.....	\$60.00	Elite Men Cruiser.....	\$65.00
Elite Men.....	\$120.00	Elite Women Cruiser.....	\$65.00
Elite Women.....	\$65.00	Jr. Men Cruiser.....	\$65.00
Junior Men.....	\$65.00	Jr. Women Cruiser.....	\$65.00
Junior Women.....	\$65.00	Master.....	\$65.00

USA CYCLING POST-REGISTRATION ENTRY FEES WILL BE \$10 MORE

SUPER NATIONALS
USA CYCLING BMX NATIONAL CHAMPIONSHIP



COVERED BMX FACILITY



FRIDAY NIGHT PRE-RACE-LOADS OF PRIZES

MARCH 19-21, 2010
DESOTO, TEXAS / METROPLEX BMX

PRACTICE SCHEDULE

FRIDAY	CLASS	SATURDAY
9:00-9:20am	13 - 14 Boys	7:30-7:45am
9:20-9:40am	11 - 12 Boys	7:45-8:00am
9:40-10:00am	9 - 10 Boys	8:00-8:15am
10:00-10:20am	7 - 8 Boys	8:15-8:30am
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12:20-12:40pm	15 - 18 men	10:00-10:15am
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PARKING FEES: \$10 per day
\$50 for weekend for motorhomes

Location 601 E Wintergreen Rd., DeSoto, TX 75115
****REMINDER**** Entrance to our track is on the back side or north side of Grimes Park on Centre Park Blvd. From Interstate 35E Exit Wintergreen go West on Wintergreen to Polk St. Then turn Right (North) on Polk for a 1/4 mile turn left on Centre Park Blvd. Then go 1/4 mile and turn left (south) into Grimes Park and Metroplex BMX.
 From Interstate 20 Exit Polk St., go South on Polk to Centre Park Blvd turn right (West) on Centre Park. Then go 1/4 mile and turn left (South) into Grimes Park and Metroplex BMX.



HOST HOTELS

MCM Grand Hotel FUN Dome

1515 N. IH-35 East Desoto, TX 75115 **Phone: 972-224-9100**
 Room Rate: \$89- 1 mile from track, Indoor Pool, Fun Dome, Game Room, Free Hot Breakfast, Restaurant & Bar
 Reservations must be made by: 2/19/10

Holiday Inn Express - Desoto

1310 E. Wintergreen Rd
 Desoto, TX 75115 **Phone: 972-224-3100**
 Website: www.hidesoto.net
 STD KNG/2 Bed Queen \$89.00 / KNG/2 QUN SUITES \$99.00
MUST Mention Rate Code: ABA to receive the special BMX Rate / Reservations must be made by 3/1/10