



COMPETITION GUIDE



07- 09 October, 2010 Roc d'Azur Fréjus, France

General information

The 4th round of the 2010 UCI BMX Supercross World Cup will once again be included in the classic Roc d'Azur cycling event. Since 1984 Roc d'Azur has grown to become one of Europe's largest Mountain Bike event and festival. In 2006, there were more than 14000 participants taking part in various events. The success of the Roc d'Azur which attracted last year more than 120 000 spectators, is linked to the choice and the variety of the events, bringing together at the same time the world's best and the amateurs.

From October 6th to 10th, Fréjus will live at the rhythm of the Roc d'Azur. Once again this year's event will play host to over 14000 competitors, add to that the 140,000 visitors who will be participating in the festival on the Base Nature at Fréjus - 80 hectares of countryside close to the ocean – and you have the largest mountain bike and cycling festival in Europe.

Official website; <http://www.rocazur.com>

Fréjus

Fréjus is located 890 km from the south of Paris in the area of the Provence Alpes Côte d'Azur. Former naval port, Fréjus gives off a peculiar perfume. Its small alleys, its ancient amphitheatre, its warmth... At equal distance between Cannes & Saint-Tropez, Fréjus is a city of art and culture and with a rich historical and architectural heritage.

Everything is gathered here to make a perfect riders' paradise. So for those of you who still haven't been to this beautiful part of France, let's mix passion and green tourism and meet in Fréjus in October. For more information, go to the Fréjus website; www.ville-frejus.fr

Team Area :

Tent price :

1. 25m² with floor : 550€ HT
2. 16m² with floor : 352€ HT
3. Contact : Lucille Prochasson et JC Lafaye

Email : lucille.prochasson@sportys.fr or jean-christophe.lafaye@sportys.fr

Entry and exit with vehicles :

You will only be able to enter before 08h00 in the morning
Exit, Friday and Saturday after 18h00

A meeting point will be fixed in order to wait for a security staff who will accompany you out of the venue.



UCI BMX Supercross World Cup, 7 - 9 octobre 2010
Roc d'Azur Fréjus, France

Programme des competitions

Thursday 7 October

09.00 - 11.30	Registration
11.45 - 11.55	Team managers meeting
12.00 - 13.25	Elite Men Practice - Group A
13.30 - 14.55	Elite Men Practice - Group B
15.00 - 16.25	Elite Women Practice - Group C

Friday 8 October

09.00 - 11.00	Transponder fitting
09.00 - 09.55	Elite Women Practice - Group C
10.00 - 10.55	Elite Men Practice - Group B
11.00 - 11.55	Elite Men Practice - Group A
12.00 - 12.30	Elite Women Time trials qualification #1
12.30 - 14.00	Elite Men Time trials qualification #1
14.00 - 14.30	Elite Women Time trials qualification #2
14.30 - 16.00	Elite Men Time trials qualification #2
17.15 - 17.30	Team Manager meeting

Saturday 9 October

13.00 - 13.25	Warm up Elite Men
13.30 - 13.55	Warm up Elite Women
14.00 - 15.20	Elite Women 1/4 Finals 1st round
	Elite Men 1/8-Finals 1st round
	Elite Women 1/4 Finals 2nd round
	Elite Men 1/8 Finals 2nd round
	Elite Women 1/4 Finals 3rd round
	Elite Men 1/8 Finals 3rd round
15.45 - 16.20	Elite Men 1/4 Finals
	Elite Women Semi-finals
	Elite Men Semi-finals
16.30 - 16.40	Elite Women Final
16.40 - 16.50	Elite Men Final
16.50 - 17.00	Awards ceremony
20.00 -	SWATCH SX Awards 2010

Event schedule subject to changes

Updated:
21/06/2010



SWATCH BMX SX Awards 2010

The UCI is pleased to announce the 2nd annual SWATCH BMX SX Awards Ceremony. The banquet will be held Saturday 9th October 20h00 @ Le Village in Fréjus.

The banquet will feature the 2010 BMX Supercross Overall Award Ceremony, as well as several other special awards. All athletes (over 18 years old) and team staff are invited. Tickets are € 25, which will include food and drinks. Tickets can be purchased at the BMX SX race office.

Event Organizer

The Roc d'Azur is organized by Sportys, with the collaboration of the towns of Fréjus and Roquebrune-sur-Argens for logistics, rides, technical services, etc. For further information about the Roc d'Azur :

Sportys
2 allée de longchamp
92281 Suresnes Cedex
France

Roc Exhibition / Communication : katia.lazarew@sportys.fr
Sponsoring : benoit.roy@sportys.fr

Accommodation

Fréjus offers more than 26 hotels ranging from 4-star to 2-star hotels. There are also numerous apartments available. For accommodation, please contact the Fréjus tourism office

Office de Tourisme de Fréjus
Tel : +33 4 94 51 83 83
Fax : +33 4 94 51 00 26
E-mail: tourisme@frejus.fr

Website : http://www.frejus.fr/index.dyn.php3?p_idref=17

Access & transportation

Fréjus is located 890 km from the south of Paris in the area of the Provence Alpes Côte d'Azur, and belongs to the department of the Var (83).

Base Nature de Fréjus
Bassin Cessan
Boulevard de la mer
83600 Fréjus

To help you find and calculate your itinerary, you can consult the Mappy (France and Europe) site : www.mappy.fr

Directions

By car : Motorway/Highway A8 exit Fréjus / Saint-Raphaël or Route Nationale 7 and 98

By plane : International Nice airport (50 minutes) : +33 4 93 21 30 30 International Marseille / Marignane airport (120 minutes): +33 4 42 78 21 00
Toulon / Hyères airport (70 minutes) : +33 8 25 01 83 87

By train : SNCF station of Saint Raphaël (5 km from Fréjus) :
+33 8 36 35 35 35