



Invitation



Norges Cykleforbund

Polestar Soon Bike Days April 18th and 19th 2026

Norgescup 1 XCO (UCI Cat. 1) and Norgescup 2 XCC (UCI Cat. 3)

See more at www.soonck.no

Polestar

26-27.04 - 2025



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Thanks to our sponsors!

Our sponsors help us to have the level of activity we have. Without them, we would not have an active Norwegian elite, a large and active group of children and, not least, our own trails in the local area.



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1. Time and place

Saturday April 18th and Sunday April 19th 2026 at Soon Bike arena, address: Sonsveien 49, 1555 Son. Soon Bike Arena is located in Son in Vestby Municipality. Son is located approx. 50 km south of Oslo. An idyllic gem located along the Oslo Fjord. For directions, see parking and directions.



2. Race description

NC 1 and NC 2 consist of 2 disciplines; Cross Country XCO and Short Track XCC. We start with the NC 1 XCO (Cross Country Olympic) which is the largest championship discipline in mountain biking. This is a traditional XCO race, with classes from 11 years age and up.

From this year on the kids from 6 to 10 years of age will be guided through a course containing several technical and fun exercises instead of a traditional race to the finish line. The whole purpose of this concept is to bring the joy of cycling more to life and let the kids feel that bike handling is not all about racing through a given course.

On Sunday, NC 2 short track XCC will be run, which is a very spectator-friendly exercise. In this race there will be a traditional race also for kids from 6 years of age.

2.1. XCO UCI Cat. 1.

The XCO trail has start and finish on the field below the slalom slope. The trail has varying surfaces. It is approx. 4.2 km long, approx. 130 meters of elevation per round, the trail contains steep slopes, several technical elements and sections with good flow paths. There are alternative lines for technically difficult elements. The shorter trails for the younger classes have fewer altitude meters and the most difficult technical elements are omitted. This will provide challenges adapted to the different levels and we believe everyone will find challenges adapted to their level.

2.2. XCC UCI Cat 3.

The short track trail in Son is a hard and fast, not very technically demanding course, where there are plenty of overtaking opportunities. Here you are offered close fights and tactical play. The round is approx. 1.4 km long, approx. 45 meters of elevation per round for all classes from 11-12 and up. 6-10

years old have their own cross-country course where the audience can see the riders for large parts of the round.

3. Rules

The race follows the rules of the UCI and NCF's regulations. An approved helmet is mandatory. All riders ride at their own risk and must follow the organizer's instructions. Wear a helmet also when you are inspecting, exercising, and warming up. There is always a risk of accidents and collisions. Helmet protects. The riders, parents, and leaders; Take the use of helmets seriously.

It is not allowed to throw garbage along the trail.

The race is a clean event. Anti-Doping Norway conducts unannounced inspections on all NCF-registered races. We support Anti-Doping Norway in the implementation of this. All riders and leaders must follow instructions given by representatives from Anti-Doping Norway.

4. Classes

Women	Men	Saturday XCO	Sunday XCC
K 6-7 K 8-9 K 10	M 6-7 M 8-9 M10	Technical exercises	Recruitment rides
K 11-12	M 11-12	Recruitment rides	Recruitment rides
K 13-14 K 15-16	M 13-14 M 15-16	NCF Ranking Ride	NCF Ranking Ride
K Junior (17-18)	M Junior (17-18)	UCI Cat 1 NC Ride (NCF Cat. 3)	UCI Cat 3 NC Ride (NCF Cat. 3)
K Elite (Senior, 19+)	M Elite (Senior, 19+)	UCI Cat 1 NC Ride (NCF Cat. 3)	UCI Cat 3 NC Ride (NCF Cat. 3)
K Master 30-34 K Master 35-39 K Master 40-45 K Master 45-49 K Master 50-55 K Master 55-59 K Master 60+	M Master 30-34 M Master 35-39 M Master 40-45 M Master 45-49 M Master 50-55 M Master 55-59 M Master 60+	Master Cup (NCF MC Kat. 2)	Master Cup (NCF MC Kat. 2)
K Sport 17+	M Sport 17+	Recruitment rides	Recruitment rides

5. Seeding

Riders registered before the ordinary limit and who has fulfilled their UCI licens for the current season will be seeded. The last published UCI-ranking will be taken into account for the elite classes. Riders with no UCI-ranking or in the age groups 13-16 years will be seeded regarding the current standings in the Norwegian Cup. For the agegroups up to 12 years the starting positions will be settled by chance, and in order to make the weekend as fair as possible the startlist will be the exact opposite the next day. Riders registered later than the limit will not be seeded.

In the first Norwegian Cup weekend of the season, points from last year's Norwegian Cup and NCF Ranking will count. In class K/M 15-16, the start list is set up with every other 16-year-old and 15-year-old so that the best 16-year-old (from last year's NCF ranking for 15-year-olds) gets start no. 1, best 15-year-old start no. 2, second best 16-year-old start no. 3, second best 15-year-old start no. 4 etc.

Class K/M 13-14 follows the same principle as 15-16, but here the 13-year-olds will not have points from last year's NCF Ranking. For the 13-year-olds, a lottery will apply. The start list for 13-14 will thus be the best 14-year-old start no. 1, the 13-year-old who is drawn first gets start no. 2, the second best 14-year-old starts no. 3, the 13-year-old who is drawn second first gets start no. 4 etc. For Sunday's races in classes 13-14 and 15-16, results for Saturday will form the start list. This only applies to the first Norwegian Cup weekend of the season. The remaining races follow the ranking described in the first paragraph. Riders who are late registered will not be seeded.

Class	NC XCO	NC XCC
Elite	1. UCI points, 2. NC points, then draw lots	1. UCI points, 2. NC points, then raffle
Junior	1. UCI points, 2. NC points, then raffle	1. UCI points, 2. NC points, then raffle
K/M 13-16	NCF Ranking, then raffle	NCF Ranking, then raffle
K/M 11-12 and younger	Draw	Draw
Master	Master Cup, then Raffle	Master Cup, then Raffle

6. Licence

All riders who are 13 years and older must have a license for 2026. Riders up to and including 12 years of age are insured through NIF's children's sports insurance. Riders in the Elite and junior classes must have a year-round license, while riders in the age classes (13 years and older) can choose between a year-round and one-time license.

The license of registered Norwegian riders will be checked against NCF's register immediately after the end of registration. Norwegian riders who do not have a license at that check, will not be seeded (applies to the classes that are seeded). For further information about licenses, see NCF's website www.sykling.no

7. Registration

Ordinary registration is open until 23.59 on Monday April 13th. Registration is done at: <https://signup.eqtiming.com/>

The entry fees are:

Class	XCO Saturday April 18th		XCC Sunday April 19th	
	Ordinary registration	Post-notification	Ordinary registration	Post-notification
K/M 6-9	NOK 50,-	NOK 75,-	NOK 50,-	NOK 75,-
K/M 10-12	NOK 170,-	NOK 255,-	NOK 170,-	NOK 255,-
K/M 13-16	NOK 170,-	NOK 255,-	NOK 170,-	NOK 255,-
K/M Junior	NOK 350,-	NOK 700,-	NOK 350,-	NOK 700,-

K/M Elite	NOK 450,-	NOK 900,-	NOK 350,-	NOK 700,-
K/M 17+	NOK 300,-	NOK 600,-	NOK 300,-	NOK 600,-
K/M Master	NOK 300,-	NOK 600,-	NOK 300,-	NOK 600,-
K/M Sport 17+	NOK 300,-	NOK 600,-	NOK 300,-	NOK 600,-

In the Norwegian Cup, late registration is possible for all classes until 18:00 the day before the race. Use the registration link above or go to the race office. Late registered riders start at the back.

8. Teamtents

Go to <https://signup.eqtiming.com> to reserve a place for a team/club tent. Registration deadline Monday April 13th. Reserved seats will be marked with the club name of the arena. If you have forgotten to make a reservation, we cannot guarantee that there will be space. Contact the arena manager upon arrival for any available seats.

The price is NOK 300 per 3m x 3m tent module. That is, 600 NOK for 6m x 3m and 900 NOK for 9m x 3m etc.

It is not allowed to use separate power generators in the team tents due to the risk of fire, as well as noise.

9. Accommodations

Soon CK has an agreement with Son Spa. Enter the following discount code when booking: "SOONCK2026" for a 20% discount on accommodation. See more on www.sonspa.no or by phone +47 64 98 48 00. The hotel is within walking and cycling distance of the event venue.

10. Timing and timetables

10.1. Race office opening hours

Start numbers can be picked up at the race office, which is located in the HSV building (see [Arena map](#)). The race office is open:

Day	Time
Friday	18:00-20:00
Saturday	08:00-16:00
Sunday	08:00-16:00

To get a start number, a license for 2026 must be solved. See License for license provisions. One-time license in the race office, it costs NOK 50 for classes K/M 13-16. The disposable lens is solved in connection with registration for EQ timing.

Attach the bib number clearly visible to the handlebar. Elite and junior classes must also use a back number. The time chip is glued to the back of the start number. NB! The same number must be used every day. Start numbers should be dismantled before transporting the bike, as it normally leads to the loss of number when the bike is transported by car. In the event of loss of a number, a new number can be picked up at the race office for a fee of NOK 50,-.

Foreign riders must show a license to get their start number.

10.2. Training times

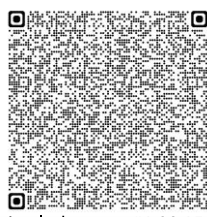
Day	Official trainings	Other training times
Friday		From 16:00
Saturday	12.20 - 12:45	Until 09:00 After 17:15
Sunday	08:30 - 09:00 13:00 - 13:30	Until 09:00

Rules for training on the trail:

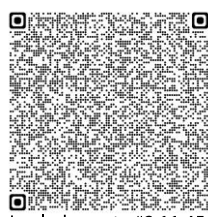
- At official training, the start number must be mounted on the bike.
- It is not allowed to cycle on the trail while the race is in progress, this applies regardless of which class is cycling. Violation of the rule will result in disqualification.
- All training during the official training times must take place in the direction of speed.
- It is not allowed to change the trail, for example move marking tape/barrier or dig/move parts of built elements. Violation of the rule will result in the rider being expelled from the course and possibly disqualified.
- Show consideration for hikers.
- All training is at your own risk

10.3. Team leader meeting

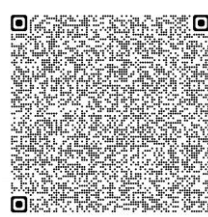
A team leader meeting will be held in the HSV building and on Microsoft Teams. Here, any changes to the timetable, special provisions such as roll call and other things for both days will be reviewed. Access cards to the technical and long zone will also be available for collection.



Lagledermøte #1 08:15



Lagledermøte #2 11:45



Lagledermøte #3 08:15



Lagledermøte #4 10:00



Lagledermøte #5 12:45

Day	Time	Exercises and classes
Saturday April 18th	08:15	XCO (C/M 6-12 years) XCO (C/M 13-14 years and M 15-16 years)
	11:45	XCO (K 15-16 years) XCO (K/M Jr and Elite) Master XCO
Sunday April 19th	08:15	XCC (K/M 6-12 years)
	10:00	XCC (K/M 13-16 years, K Elite)
	12:45	XCC (K/M Jr, K15-16, Master, M elite,)

10.4. Chip check before the start

The rider is responsible for carrying out a tag check to check the time chip (integrated in the start number) as well. Do this at least 30 minutes before your start. A tag check is carried out at the race office (HSV building).

10.5. Equipment check before the start

Riders are responsible for providing an approved helmet, bike and suit. The bike must meet the weight requirements for classes K/M 10-16 years. If the wheels are bigger than 26 inches a hardtail must be at least 10,5 kilos and a full suspension bike at least 12 kilos. NCF will provide scales close to the arena.

NCF's commissioner can choose to check this both before the start and after the finish. If you break the rules, you can be disqualified and/or fined (primarily applies to the senior, junior and master classes). Check the registered shirt for your club on www.dommeroppsett.info.

10.6. Roll call before the start

The riders are called up for the start no earlier than 15 minutes before the start. Further information will be given at the team leader meeting. The riders themselves are responsible for attending the roll call. If the rider is late, they do not get a starting position according to their start number. Any other information regarding roll calls will be given at the team leader meeting.

In the master classes, the riders are lined up in starting order according to the latest NC ranking, but across age classes in the same start. This means that the front row on the starting line can consist of riders from different year classes.

10.7. Schedule for Race No. 1 XCO April 18th

XCO C1 and NC 2026									
Class	Start	Course	Startloop km.	Km pr. round	Tot. rounds inc. Startloop	Tot. Length km	Tracktime	Expected wintime	Ceremony
Recruit 6-7	10:00	Starts next to the pumptrack (close to the start /finish area) at the given time and will be guided through a course containing various exercises on the bike.							Continuously after completing the guided course
Recruit 8-9	10:15								
M/W -10	10:30								
M 11-12	09:30	Blue	1,5	2,5	2	4,2	00:21	09:51	11:00
W 11-12	10:00	Blue	1,5	2,5	2	4,2	00:26	10:26	11:00
W 13-14	10:00	Blue	1,5	2,5	3	6,7	00:33	10:33	11:30
M 13-14	10:40	Blue	1,5	2,5	3	6,7	00:28	11:08	11:30
M15-16	11:20	Red	1,5	3,6	4	12,5	00:45	12:05	12:45
Official training from kl. 12:20 to kl. 12:40									
W Elite	12:45	Red	1,5	3,6	6	19,5	01:20	14:05	14:45
W Junior	12:45	Red	1,5	3,6	5	15,9	01:05	13:50	14:45
W 15-16	12:45	Red	1,5	3,6	3	8,7	00:42	13:27	14:45
W Master all class	12:45	Red	1,5	3,6	4	12,3	01:00	13:45	14:45
W Sport 17+	12:45	Red	1,5	3,6	3	8,7	00:55	13:40	14:45
M Elite	14:30	Red	1,5	3,6	8	26,7	01:22	15:52	16:30
M Junior	14:32	Red	1,5	3,6	6	19,5	01:05	15:37	16:30
M Master all class	16:15	Red	1,5	3,6	5	15,9	01:05	17:20	17:45
M Sport 17+	16:15	Red	1,5	3,6	3	8,7	01:00	17:15	17:45

Startloop 1,5 km red course

Kiosk

The kiosk is inside the HSV-House and in a building on the plain below the slalom slope at the start and finish.

Bike wash

Bike wash at the HSV house.

11.2. Technical and feed-zone

Technical and feed-zone in marked area (see arenamap). To gain access to the technical and feed-zone in the NC classes, an accreditation card must be carried. This is mandatory for the 15/16 year olds and older classes. Club/team clothing must also be worn in the technical and feed-zone for all classes. Accreditation cards are signed for at the race office. Maximum 4 cards per team. Accreditation cards must be handed in after the race.

For the red course (XCO) it will be four technical zones. Feeding will only be allowed in zone 1 and 3. Look closer to the course map.

For the blue course (XCO) it will be three technical zones. Feeding will only be allowed in zone 1. Look closer to the course map.

For the XCC course there will be two technical zones. No feed zone. Look closer to the course map.

For the green courses there will be no technical or feed zones. We recommend all parents to provide help to whoever needs it in order to make sure every participating kid will have a good time racing through the weekend. Please read the parental rules in the back of this official invitation.

Adjustment of technical and feed-zones may occur after an inspection by the Chief Commissioner. Any changes will be announced at the team leader meeting.

11.3. Course maps, saturday

XCO long course April 18th 2026 (M/K 15-16 and older)

Polestar
18-19.04 - 2026

SOON Bikedays UCI
XCO C1 / XCC C3 Son - Norway

NC XCO 2026

RED Long Track 3,6km

STARTLOOP 1,5km

Tecnical Zone / Fueling

New Bikepark!
ready fall 2026!

NB: Changes may occur to the very start of the race!

Version 13.03.2026_AS

The course is approx. 3.6 km long with approx. 130 meters of elevation.



Course map XCO blue course April 18th 2026 (M/K 11-12 years and M/F 13-14 years)



The course is approx. 2.5 km long with approx. 45 meters of elevation gain.



11.4. Technical exercises for 6-10 year olds, saturday

The kids will go through six different technical exercises focusing on essential skills for bike handling. There will be coaches and parents from Soon CK at every station for coaching and helping the kids.

The exercises will be adjusted to different skill levels in order to be achievable and challenging for everyone. The exercises they will be challenged at follows:

- Balance in a square – Ride a circle within a square (3,5x3,5m / 3x3m / 2,5x2,5m)
- Balance with a ball – Catch and deliver a ball when riding. Different levels
- Balance on a plank – Ride as far as you manage on a plank that becomes narrower
- Ride over an edge – From 5-20cm hights
- Portals – «Inverse high jump» - How low can you get on your bike without crashing
- Ride down an edge – Different hights and speeds

[There is a video of the different exercises here](#)

Practical information

Race number is collected at the race office before start and registration goes through EQtiming as usual.

Meet up point is next to the start/finish line and the pumptrack. Look for a big beachflag with the logo of Soon CK and START written on it. Note that meet up time is set 10 minutes ahead of the starting time.

Every group is led by a representative from Soon CK who follows the group through all stations. We would like that parents follow their kids group through the whole course. The kids will be split into groups and they will ride their bike with this group between the stations. Each station will last approximately 15 minutes.

Group	Meet up	Starting time	Estimated end time
1 (6-7 years)	09:50	10:00	11:45
2 (8-9 years)	10:05	10:15	12:00
3 (10 years)	10:20	10:30	12:15

Execution and rewards

After completing one station every child will be awarded a sticker to their race number. When all stations has been completed there will be an award available at the area of the prize ceremony.

Overview of the area

A map containing the various stations will be published here when ready.

11.5. Course maps, sunday

Course map XCC April 19th 2026 (Raced by M/K 11-12 years and older)



The course is approx. 1.4 km long with approx. 40 meters of elevation on each round



Course map XCC April 18th 2026 – M/K 10 years



Course map XCC April 19th 2026 – M/K 8-9 years



Course map XCC April 19th 2026 – M/K 6-7 years



12. Results

Live timing and results can be found on www.eqtiming.no Unofficial and official result lists are hung up in the HSV house as soon as they are finished. The results will be published later in www.sykling.no and www.soonck.no

13. Points and Prizes

The prize ceremony takes place at the arena close to start/finish.

Rundbane XCO

Elite and junior classes

Cash prizes according to UCI category and regulations. Riders are awarded UCI points according to category.

Riders are awarded NCF ranking points according to the NCF points system for category 3.

The master classes

Prize for the top 3 and 1/3 prize of the number of participants. Riders are awarded points in the Master Cup according to the NCF points system for Master Cup category 3.

M/F 15 and 16

The best third of the number of entrants in each class will receive a prize.

Riders are awarded NCF ranking points according to the NCF points system for category 3.

M/F 13 and 14

The best third of the number of entrants in each class will receive a prize.

Classes from M/K 6 to M/K 12 - Everyone gets a prize.

Shorttrack XCC

Elite, junior and master (17+)

Cash prizes according to UCI category and regulations. Riders are awarded UCI points according to category.

Riders are awarded NCF ranking points according to the NCF points system for category 3.

M/F 15-16

The best third of the number of entrants in each class will receive a prize.

Riders are awarded NCF ranking points according to the NCF points system for category 1.

M/F 13-14

The best third of the number of entrants in each class will receive a prize.

Classes from M/K 6 to M/K 12 - Everyone gets a prize.

14. Parking and directions

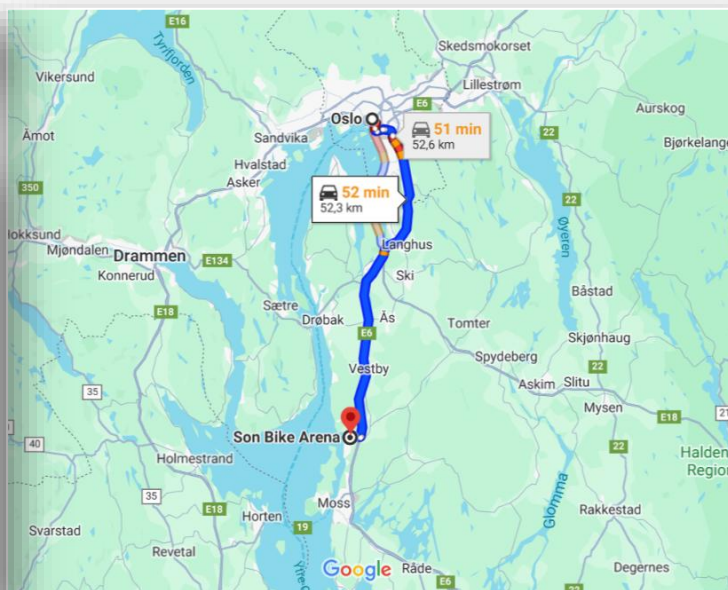
14.1. Parking

Parking in designated spaces in the map, parking is free and is done at your own risk. We encourage visitors to support our event by using a kiosk, buying lottery tickets or Vipps a support for the club.

Vipps no: 568464

14.2. Directions

From Oslo: follow the E6 in the direction south towards Moss and Gothenburg, turn off to Son, follow signs for Soon Bike Days.



15. Streaming

There will be videostreaming of the race in the elite classes both days. Videolinks will be shared through social media and the web page www.soonck.no. Due to restrictions for filming children without consent younger classes will not be filmed. The only exception is the W15/16-class because they start alongside the elite womens classes. A written consent will be handled at the race office at registration.

16. Information

Information about the race can be found on www.soonck.no there is also this invitation. Important information about the race, for example, changes in course, laps, technical/long zone, will be posted here. This will also be announced at the team leader meeting.

The Norwegian Cycling Federation wants you as a participant to be confident that the races you participate in will be safe and follow a proportionate quality. We want you as a participant to know what you can relate to and what you get as a participant in our race.

17. Contacts

17.1. The event committee

Role	Name	Email	Telephone
Race Director	Martin Frøland	leder@soonck.no	+47 913 76 452
VP Race Director	André H. Kristiansen	andrehk90@gmail.com	+47 948 52 501
Press/information	Martin Frøland	leder@soonck.no	+47 913 76 452
Courses	Atle Stubberud	sti@soonck.no	+47 986 86 939
Arena	Vidar Løfshus og Robert Øveråsen	Vidar.lofshus@icloud.com robert.overaasen@gmail.com	+47 992 59 230 +47 959 95 998
Race Office	Simen Løddøen og Christian Simonsen	silodoen@gmail.com christian.simonsen@pregas.no	+47 990 15 772 +47 970 46 759
Registration and results	EQ -Timing		
Prize Seremony	Jan Vogt	jan@totalmiljo.no	+47 996 14 391
Law	Røde Kors		
Medical assistance	Røde kors		
Resource manager	Erling Hjorthaug	Erling.hjorthaug@gmail.com	+47 469 06 187
Kiosk	Tone Ervik Lea	tone.erviklea@nordrefollo.kommune.no	+47 484 74 236
Project	Martin Frøland	leder@soonck.no	+47 913 76 452

17.2. Commissioners

Role	Name	Club	Telephone
PCP/Chief Commissioner	Adrian Walls	UCI // GBR	+44 79 176 53 376
MCP/Jury member	Lars Gaarder	Sagene IF	+47 414 55 575

MCP/Jury member	Asgeir Mamen	Asker CK	
MCP/Goal Referee	Frida Odebro	SWE	
MCP/Ass Commissioner	Heikki Dahle	Kongsberg IF	
MCP/Ass Commissioner	Pål Gulliksen	IF Frøy	
MCP/Ass Commissioner			

Our Quality Promise!

The Norwegian Cycling Federation wants you as a participant to be confident that the races you participate in will be safe and follow a proportionate quality. We want you as a participant to know what you can relate to and what you get as a participant on our race.

Organizer **The organizer of the race is Soon Cykleklubb, which is affiliated with the Norwegian Cycling Federation (NCF) and NIF.**

Insurances The race is scheduled, which means that the race's organizer has liability insurance through NCF/NIF and you as an athlete are insured through the year-round license or the one-time license that you use during the race.

Permissions The race has obtained the necessary permits from:

- All parties involved

Notification The race is notified to the surroundings by:

- Neighbour Alert
- Press coverage
- Social media
- Lookup

Rules The race follows NCF's laws and regulations for the execution of races. The race is required to follow the traffic rules, and all road crossings are handled by qualified/trained personnel. The Chief Commissioner has the ultimate responsibility for the implementation of the competition.

Sanitation The Red Cross is present

Security Officer Contact info: Martin Frøland

Procedure in the event of an accident Guards must report all incidents to the security officer. The safety officer must have a list of contact numbers for the athlete and next of kin. It is the athlete's duty to inform the organizer of this. Guards report measures to the security officer. The security officer notifies relatives and other agencies. Athletes who are exposed to an accident but who manage on their own must report the incident to the safety officer or race office. This is for the sake of the license scheme and any use of insurance.

Security Info regarding shifts.

It is the rider's own duty to know where the course goes and how many laps to run.

Economy

The participation fee covers the costs of, among other things, the above-mentioned measures, as well as commissioners, arena equipment, timing, prizes, etc.

Profits from the event go to the club's investment in:

- Children and youth initiatives in the club
- Further strengthening the sustainability and quality of the race

The club and the event are otherwise run on voluntary efforts.

Fair Play for the Athlete

Show respect for coaches, commissioners and organizers

Show respect for training buddies and competitors

We do not cheat, but follow the rules that apply

Do not participate in bullying, racism or other bad behavior

Help everyone enjoy and have fun with cycling

Stop and help other athletes if you see him/her is seriously injured

Lose and win with the same mind

Parental rules

Give encouragement to all athletes

Give encouragement in both good and bad times – don't give criticism

Help your child endure both victory and loss

Respect applicable regulations

Support organisers and commissioners – don't criticise decisions, but provide constructive feedback and suggestions for improvements in appropriate channels

Show respect for the work the club and organizers do – offer your help

Version history

Version	Announced	Most important updates
Version 1.0	March 1st 2026	
Version 1.1	March 12th 2026	Minor details and corrections
Version 1.2	March 13th 2026	Map logos etc
Version 1.3	March 20th 2026	Description of the technical exercises for kids and information about streaming