

TECHNICAL GUIDE 3-NATIONS BMX CUP

11/12/13 SEPTEMBER 2026

BMX-CIRCUIT KWC KAMPEN
THE NETHERLANDS



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1. INTRODUCTION

KWC Kampen is proud to welcome you to the BMX-circuit of KWC Kampen in the Netherlands. In 2015 we started cycling at this location and in recent years we have adjusted the track to benefit the riders.

We are active in organizing events for national and international competitions. Also, we have a good partnership and collaboration with Papendal to help and organize European Cups and World Cups. Therefore, KWC Kampen is proud to announce that we are able to organize the 3-Nations BMX Cup Event in September this year.

2. THE CITY OF KAMPEN

Kampen: the most beautiful cityscapes in the Netherlands

Kampen has already inspired many painters. The view over the IJssel on the harbor, city quay and the historic buildings is so special that Kampen enjoys the name of 'one of the most beautiful cityscapes in the Netherlands'. That alone is reason enough to plan a day in Kampen.



Hanseatic city of Kampen

The popularity of Kampen among day trippers indicates that the special Hanseatic city still has a regional function. In the fourteenth and the first half of the fifteenth century, this strategically located place at the mouth of the IJssel and therefore also on the Zuiderzee was one of the most powerful cities in northwestern Europe. The city acquired its name with the Ommelandvaart: the trip around Denmark to the Baltic Sea. Take a walking tour of the city with a guide to learn all about its rich history.

Museums & Culture in Kampen

Not only the ancient history of the city makes it worth visiting Kampen, but there is also much to experience in the Hanseatic city today. Get to know the craft culture of Kampen and stroll along the nicest craft shops with the 'Ambachtelijke' Route. Do you love museums and art? Then Kampen has a lot to offer you with, for example, the City Archives, the Municipal Museum, the Huys der Kunsten, and the art exhibitions. The shoppers among us will also find excellent options in Kampen.

In the area

In and around Kampen you can also enjoy a lovely walk through the historic streets and alleys, the old city park and along the water of the IJssel. Cycling through the beautiful Mastenbroek polder landscape and tasting local regional products is the perfect combination. Enjoy your stay.



3. TRACK DETAILS

The BMX-circuit KWC Kampen features an 8mt SX-starting hill for Championship classes and a 5mt starting hill for Challenge classes.

The SX-track is approximately 395 meters long, while the regular track is approximately 375 meters. The track surface: the first section is paved with asphalt and the rest of the track with Gravier d'Or.



4. LOCATION and WELCOME CENTER

The BMX-Circuit KWC Kampen is located next to highway N50/N307.

The Welcome Center will be in the canteen of KWC Kampen.

Opening hours Welcome Center	Friday	Saturday	Sunday
Open - Closed	10:00 – 22:00 p.m.	08:00 – 20:00 p.m.	07:00 – 12:30 p.m.

5. CONTACTS

Organizing committee	Email: bmx@kwc-kampen.nl
Contact person within the Organizing Committee	Name: Dirk Smit Email: voorzitterbmx@kwc-kampen.nl



6. 3-NATIONS CUP CALENDER 2026

Round 1	Antoing	Belgium	02-05-2026
Round 2	Antoing	Belgium	03-05-2026
Round 3	Esselbach	Germany	23-05-2026
Round 4	Esselbach	Germany	24-05-2026
Round 5	Kampen	The Netherlands	12-09-2026
Round 6	Kampen	The Netherlands	13-09-2026

7. GENERAL INFORMATION

Date of the event	Round 5 Saturday 12.09.2026
Class of the event	Only riders holding a Belgian, German, or Dutch racing license are eligible to register.

Date of the event	Round 6 Sunday 13.09.2026
Class of the event	C1

8. REGISTRATION

The 3-Nations BMX -Cup uses a pre-registration platform. You can access the registration platform via this link: <https://registration.jstiming.com>

Anyone with a UCI-ID can create an account and register for 3 Nations races. Please note, only one account is allowed per email address. Individual riders can create a personal account using their UCI-ID. Parents or guardians of youth riders can create a "family account" bases on the rider's UCI-ID, allowing up to 5 riders to be registered under one account. After registering or cancelling, you will receive a confirmation email from JSTiming. If you already have an account on this portal, you can use your existing account.

Round	Event	Event date	Registration open	Registration closing	Double amount registration fee Late entry closing	Triple amount registration fee Super late entry closing
5	Kampen (NL)	12.09.2026	12.06.2026	07.09.2026	11.09.2026	12.09.2026
6	Kampen (NL)	13.09.2026	12.06.2026	07.09.2026	12.09.2026	13.09.2026



<p>Onsite registration possible Late Entries</p>	<p>Late entries or super late entries on race day can be made on-site with the Chef d' Equipe, but double or triple fees will apply. Foreign riders can register onsite for Sunday's race at the standard fee with the Chef d' Equipe of their national federation.</p> <p>In addition to online registration all riders (except challenge riders with a license from the Belgian German or Dutch Federation) can register on-site for the Sunday race at regular fees. Junior, Under 23 and Elite riders with a license from the Belgian, German, or Dutch Federation can also register on-site for the Sunday race, but triple fees will apply.</p>
<p>Deadline</p>	<p>Registration and cancellation closes on 07.09.2026, 23:59h CEST*. After that no refunds will be issued for registration fees.</p>

*CEST: Central European Time during summer.

SIGN ON with Chef d' Equipe/Team manager

Each rider must report to the Chef d' Equipe/Team manager of their national federation. The Chef d' Equipe/Team manager will verify the entry details and provide the rider with a wristband.

At the first race of the season, riders will receive **a front and side plate**, which must be used for all 3-Nations races.

- If the plates become unusable due to damage or fades print the rider must purchase a new set for a fee of € 10,00. Riders who do not use the provided plates during races or training sessions will not be included in the results and will receive a DNS (Did Not Start). If a rider is seen without an official plate during training sessions, they will receive an official warning; a subsequent offense will result in disqualification from the event. The plates will be distributed to the riders by the national team manager or Chef d' Equipe of each country during race registration. [Regulations 3-Nations Cup BMX 2026](#) (4.2 & 4.3)

In case of illness or injury, the Chef d' Equipe/Team manager must be notified of the rider's absence. Riders who are injured during training must deregister immediately after the training session.

Riders who do not collect their wristbands and plates will be un-registered by the Chef d' Equipe/Team manager of their national federation.

Riders who have not withdrawn by the deadline will still receive their rider pack if they notify the Chef d' Equipe/Team manager of their national federation of their absence on the day of the race.

9. RIDER CATEGORIES

Saturday	Sunday
Cruisers Men: 13/16, 17/29, 30/49 and 50+	Girls 8-, 9/10, 11/12, 13/14
Cruiser Women: 13+	Boys 8-, 9/10, 11/12, 13/14
Girls 8-, 9/10, 11/12, 13/14, 15/16	Girls 15/16, Boys 15/16
Boys 8-, 9/10, 11/12, 13/14, 15/16	Women 17+, Men 17+
	Junior Women, Junior Men
	U23 Women, U23 Men
	Elite Women, Elite Men



10. ENTRANCE TICKETS:

No entrance ticket is needed for Friday, September 11, 2026.

Visitors can purchase their ticket on the track or in advance via the online store:

[BUY ENTRANCE TICKETS](#)

	Saturday	Sunday	Passe-Partout
5 – 12 years	€ 6.00	€ 6.00	€ 10.00
13 Years and over	€ 10.00	€ 10.00	€ 15.00

11. REGISTRATION FEES RIDERS

CLASS	Pre Registration
Challenge - Standard 20" Boys/Girls 8 & under – 14 years	€ 20.00*
Challenge Men/Women 17+	€ 20.00*
Challenge – Standard 24" Cruisers	€ 20.00*
Challenge Boys & Girls 15/16	€ 20.00*
Junior Men/Women	€ 38.00*
Under 23 Men/Women	€ 48.00*
Elite Men/Women	€ 58.00*

* The above-mentioned fees apply per day and per category.

The entry fee does not include charges for late entry, cancellation, national federation, registration, and bank fees. These additional fees will be automatically applied to your registration or cancellation.

12. PRIZE MONEY and TROPHIES

For all Challenge Categories	Trophies for all 8 riders in the finals.
For all Championship Categories	<p>Prize money per race, as listed below in the overview, according to the 2026 UCI C1 prize schedule.</p> <p>Except 1st place Category Junior + category 15/16)*</p> <p>*Prize money for all championship categories will be awarded per race according to the 2026 UCI C1 prize schedule, with the exception of the 1st place in the Junior category, for which an adjusted amount applies. In addition, the 15/16 category is included as an extra class with its own prize (+money) per race day.</p>



Ranking	Elite Men	Elite Women	U23 Men	U23 Women	JR Men	JR Women	15/16 Boys (both days)	15/16 Girls (both days)
1st	800 €	800 €	350 €	350 €	160 €	160 €	80€ +prize*	80€ +prize*
2nd	400 €	400 €	175 €	175 €	70 €	70 €	35€ + prize*	35€ + prize*
3rd	200 €	200 €	85 €	85 €	60 €	60 €	30€ + prize*	30€ + prize*
4th	175 €	175 €	75 €	75 €	50 €	50 €	prize*	prize*
5th	150 €	150 €	65 €	65 €	40 €	40 €	prize*	prize*
6th	125 €	125 €	55 €	55 €	30 €	30 €	prize*	prize*
7th	100 €	100 €	40 €	40 €	20 €	20 €	prize*	prize*
8th	75 €	75 €	35 €	35 €	10 €	10 €	prize*	prize*
Summary	2.025 €	2.025 €	880 €	880 €	440 €	440 €	145 €	145 €

* Per day

See for the 2026 UCI C1 prize schedule: [UCI Financial Obligations BMX](#)

Prizes for competition after 6 Races

After the final race of the 3-Nations Cup in Kampen, the top three riders in each class with the highest points will receive a medal for the 3 or 6 race competition. Refer to Attachment 1 for the points schedule in UCI Regulations. All 3 (Championship) or 6 (Challenge/Cruiser) races contribute to the final prize. In the event of a tie in points after 3 (Championship) or 6 (Challenge/Cruiser) races, the results of the last race will determine the winner. If one or more races are cancelled, there will be no prize ceremony at the final completion.

Trophy for the perfect score Championship

All the Championship categories race for the perfect score.

The rider that has the most heat wins (motos, 1/8, 1/4, semi-final, final) spread over all 3-Nations Cup Championship races (combined Elite M&W, U23 M&W, Jr M&W) wins **1000,- Euro**.

If more than 1 rider achieves the same amount of heat wins the prize money amount is equally divided between these riders.

NEW! Trophy for the perfect score Challenge

All the Challenge categories race for the perfect score. The rider that has the most heat wins over all 3-Nations Cup Challenge races. If more than 1 rider achieves the same amount of heat wins the prize money amount is equally divided between these riders.

U15	a pair of flat pedal or SPD shoes sponsored by Shimano
15-16	200,- Euro plus a pair of Shimano SPD shoes sponsored by Shimano
17+	200,- Euro plus a pair of Shimano SPD shoes sponsored by Shimano

Award ceremony will be after the finals, on the site.



13. PHOTO/VIDEO ACCREDITATION

To ask for a photo or video accreditation; mail to bmx@kwc-kampen.nl

- Accreditation is only final after receiving confirmation from the organization.

14. TEAMAREA

FOR NATIONAL FEDERATIONS

Reservation is required. National Federations must also register Team Area online.

Please sent before register online an email to bmx@kwc-kampen.nl Then you will get a code to register the Team Area online. **(Only for National Federations)**

[REGISTER TEAM SPACES - NATIONAL FEDERATIONS](#)

The Team Area for National Federations will be free of costs.

The organizer will provide Team Area for National Federations; maximum size is 9 x 3 m for each team.

FOR TEAMS AND CLUBS

Reservation is required. You can only register for the Team Area online.

[REGISTER TEAM SPACES](#)

Team Area – Pop up Tent (1st 3x3)	€ 45.00, including 1 entrance ticket.
Following Team Area Pop-up Tents (3x3)	€ 30.00 per tent

- The organization reserves the right to stop the Team Area reservations earlier if there are enough reservations, so be on time!
- Please note that the tents are pitched on a paved surface.
- Registration is only final after receiving confirmation from the organization.

DROP-OFF POINT TEAM TENTS:

No cars can be near the Team Area; there will be a drop-off point to quickly unload the team tents.

Cars can stay max. 5 minutes to unload at the drop-off point.

15. PARKING

A free parking place with amply capacity is situated next to the track.

Follow the parking-signs and the instructions of the traffic controllers. Parking is free.

Campers, without camping tickets, can park during the day but in the evening all campers must remove from the car park.

IT WILL NOT BE POSSIBLE TO STAY OVERNIGHT!!

Local police check at night, and fines are at your own account!

Campers, with a booked camping ticket park their cars next to their camping units.



16. SHOPS

A BMX Village for Shops will be set up during the 3-Nations Cup. If you would like your shop to be present during the 3-Nations Cup at KWC Kampen, you can only register your space online.

[REGISTER SHOP SPACE](#)

- Registration is only final after receiving confirmation from the organization,
- Power is present.
- Shops will be placed next to each other in compartments of 9 x 4 meter,
- Inclusive overnight stay at the sales stand

Compartment (9 x 4 meter) inclusive overnight stay at sales stand	€ 300.00/compartment
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17. CAMPING

Camping reservations

A campsite with electricity will be set up next to the BMX track. Shower and toilet facilities are available.

Camping is only available if you reserve a spot online in advance. Book it on time. First come, first served! [REGISTER CAMPING SPACE](#)

	Campervan and Camper
Weekend incl. power supply	€ 100.00*
Weekend without power supply	€ 50.00*

* Please note: There will be no refunds after booking!

Camping preparation

Camping guests are welcome on **Friday, September 11, 2026, 10:00 p.m. Not earlier!**

- Camping reservation is only final after receiving confirmation from the organization.

Arrival

Upon arrival, campers and caravans will receive a parking pass for cars and caravans after showing their tickets purchased online. The coordinator checks the online reservations and will show the guests to their campsites, assigned in order of arrival.

Departure

The campsite will be cleared and cleared of litter on Sunday September 13, 2026, in the evening after the race. Campers are required to leave their camping pitch clean and tidy.

Electric vehicles prohibited

On the terrain of the BMX event/ track, team tent area, food area, camping, electric vehicles (e-scooters, Sur-rons, E-MTB are prohibited.



18. TRACK BOOKING

On Friday, September 11, the BMX-track is open and available to be booked for practice.

Training block 55 minutes	Max. 25 riders	Costs: €175,00
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10:00 – 10:55 a.m.

11:00 – 11:55 a.m.

12:00 – 12:55 p.m.

13:00 – 13:55 p.m.

14:00 – 14:55 p.m.

15:00 – 15:55 p.m.

16:00 – 16:55 p.m.

The track will be closed for rentals starting at 17:00 p.m. in preparation for the official open practice session.

Booking **only** online: [TRACK BOOKING*](#)

***IMPORTANT:**

- When renting the BMX-track, the group itself is responsible for personnel (starter, first aid, etc.).
- Training is at your own risk.
- Not multiple hours per trainer, 1 training session per rider.
- Start training on the hour, with a 5-minute changeover time.
- Use of the 8-meter only for certified trainers, use without unnecessary risks, and access only for Championship riders participating in the 3-Nations Cup competition.
- KWC Kampen may decide to deny access to the 8-meter lane when weather conditions do not permit it.
- Reservation is only final after receiving confirmation from the organization.
- In case of dangerous and severe weather, KWC Kampen may have to cancel the rental. They always reserve the right to make this decision. In case of that there will **be no refund!**

You show your reservation at **the Welcome Center** at KWC Kampen.

There you will get a wristband which give you the right to practice at the reserved hour.



19. PRACTICE SCHEDULE + COMPETITION SCHEDULE

Time schedule for tracks with pro-section

Friday:

10:00 – 22:00	Opening of welcome desk for camping
18:00 – 19:30	Pickup wristbands and plates at chef d'équipe / Double-fee registration Challenge
19:00 – 19:55	Gate practice all Challenge classes up to 12 years
20:00 – 20:55	Gate practice all Challenge classes 13 years and over / Cruiser
21:00 – 21:30	Championship Training

Saturday:

Classes (morning - only riders from 3-Nations):

- Girls 8 & -, 9/10, 11/12, 13/14, 15/16
- Boys 8 & -, 9/10, 11/12, 13/14, 15/16
- Cruisers 13/16, 17/29, 30/49, 50+, Cruiser Women 13+

8:00 – 20:00	Opening of welcome desk for camping
9:30 – 10:30 *	Pickup wristbands and plates at chef d'équipe / Triple-fee registration Challenge
10:00 – 11:05	Gate practice for Girls & Boys up to 12 years
11:05 – 12:15	Gate practice for Girls & Boys 13 years and over / Cruiser
12:30 – 15:00	Moto's for Girls & Boys 8 till 16 & Cruisers
15:00 – 16:45	1/8, 1/4, 1/2 and Finals
17:00	Award Ceremony
Following	At the last race: Award ceremony for competition no. 1, 2 and 3 for cruisers category
18:00 – 18.30 *	Pickup wristbands at chef d'équipe
18:30 – 19:15	Gate practice Challenge riders
19:15 – 20:00	Championship Training

Sunday:

Classes (morning - open race - all nations):

- Girls 8 & -, 9/10, 11/12, 13/14
- Boys 8 & -, 9/10, 11/12, 13/14
- Girls 15/16
- Boys 15/16
- Women 17+
- Men 17+
- Women Junior, Women U23, Men Junior, Men U23
- Women Elite, Men Elite

8:00 – 8.30 *	Pickup wristbands and Plates at chef d'équipe / Triple fee Registration Championship
8:00 – 8:55	Warm-up for Girls & Boys 8 till 14
8:55 – 9:20	Warm up Boys/Girls 15/16, Men 17+, Women 17+
9:20 – 9:50	Championship Training
10:00	Moto's for all classes

Following	1/8, 1/4, 1/2 and finals
Abt. 14:00	Award ceremony for classes without finals
After all finals	Award ceremony for all classes with finals
Following	At the last race: award ceremony for competition no. 1, 2 and 3 all classes except the cruisers.

Time-schedule is subject to changes!

*** The Chef d'Equipe can define the time for wristband and plate pickup.**

During practice on Sunday morning, rows 1 and 2 are reserved for the rider 5 up to and included 10 years old!



20. VENUE MAP KWC KAMPEN



21. MEDICAL SERVICES

A team of doctors and paramedics from **SportDokters** will be present throughout practice and racing. The team will be based on the track and have use of a medical room at the bottom of the start ramp.

The medical team will be available at the following times:

Official Practice Day

- Friday September 11, 2026.

Competition Days

- Saturday September 12, 2026:
- Sunday September 13, 2026:

Detailed schedule provided after registration closes.

The nominated hospital:

ISALA Zwolle

Dokter van Heesweg 2
8025 AB Zwolle

<https://www.isala.nl/>

When you visit the hospital, you will need the following to bring with you:

1. Copy of ID/Passport, address, postal code, and place of residence.
2. Copy of insurance / health care incl. phone number.
3. Credit Card.

It is important to remember!

- If it is necessary to go to the hospital because of injuries, please report first to the medical team of the organization. If the medical team of the organization is not available anymore, please inform them afterwards. We would like to prevent people going to the hospital unnecessarily and to regulate the number of people visiting the hospital.
- Attention: Restriction on who can go: Rider plus 1 other. If it is necessary to go to the hospital, please note that only 1 extra person (per day) is allowed to join the injured person. Sometimes other hospitals have other regulations, so it is always best to check this at the hospital you are heading to.
- Transportation to and from the hospital is your own responsibility.
- Please contact the Chef d' Equipe of your country when your going to the hospital.



22. GENERAL RULES

The UCI regulations, Part VI BMX, particular title 6, Racing regulations BMX, in the last published edition, are applicable to the 3-Nations BMX-Cup.

[Regulations 3-Nations Cup BMX 2026](#)

Non-Smoking event:

The 3-Nations BMX-Cup is a smoking free event. Organization will create a smoking area outside of the terrain of the BMX event/track.

Electric vehicles prohibited:

On the terrain of the BMX event/ track, team tent area, food area, camping, electric vehicles (e-scooters, Sur-rons, E-MTB) are prohibited.

23. OTHER RELEVANT INFORMATION

CATERING

There will be several catering stands, where you can buy hot cold food and drinks. See the stands at the Venue map.

COINS FOR SALE

At the Welcome Center you can buy coins to spent at the catering stands. There will be no refund of coins.

TROFEE CUP SPONSOR

Become the proud sponsor of your very own cup series! If you would like to sponsor this event, please contact the organization for possibilities and send an email to: bm@kwc-kampen.nl

ANTI-DOPING CONTROL LOCATION at site

Anti-doping control area will be set up at the site of KWC Kampen.

Please be aware that anti-doping testing may take place during the event.

We ask you to follow the instructions of the anti-doping authority; this is your own responsibility.



24. ACCOMMODATION

At the BMX-circuit KWC Kampen there will be a campsite during the 3-Nations CUP BMX event. You can book this online [REGISTER CAMPING SPACE](#)

Discover comfortable hotels and B&Bs, campgrounds, and campsites in Kampen:

Look at this website: [Staying overnight in Kampen](#)



25. CONTACTS INFORMATION FEDERATIONS

Dutch Federation	Evert-jan Haarhuis Tel.: +31-6-13450295 ejfhaarhuisbmx@gmail.com
German Federation	Falk Putzke Tel.: +49-69-96780043 falk.putzke@bdr-online.org Carsten Rövenstrunk Tel.: +49-173 5408447 bmx@hessen-radsport.de
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