# Pan American MTB Championship 2026

San Juan del Paraná – Paraguay

# *Technical Guide*

*Aguavista*

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## 1. Introduction.

## 2. Organization.

The MTB XCO-XCC-XCE-XCR Pan American Championship is organized by the Paraguayan Cycling Federation (FPC) and the CONSUR BIKE CLUB Group, with telephone +595 995 388545, email info@race.com.py, under the Regulations of the International Cycling Union (UCI) and will take place from April 16 to 19, 2026.

## 3. Paraguay.

Paraguay is a country located in the center of South America, known as the "Heart of South America" due to its geographical position. It is landlocked and borders Argentina, Brazil and Bolivia. Its capital is Asunción, one of the oldest cities on the continent.

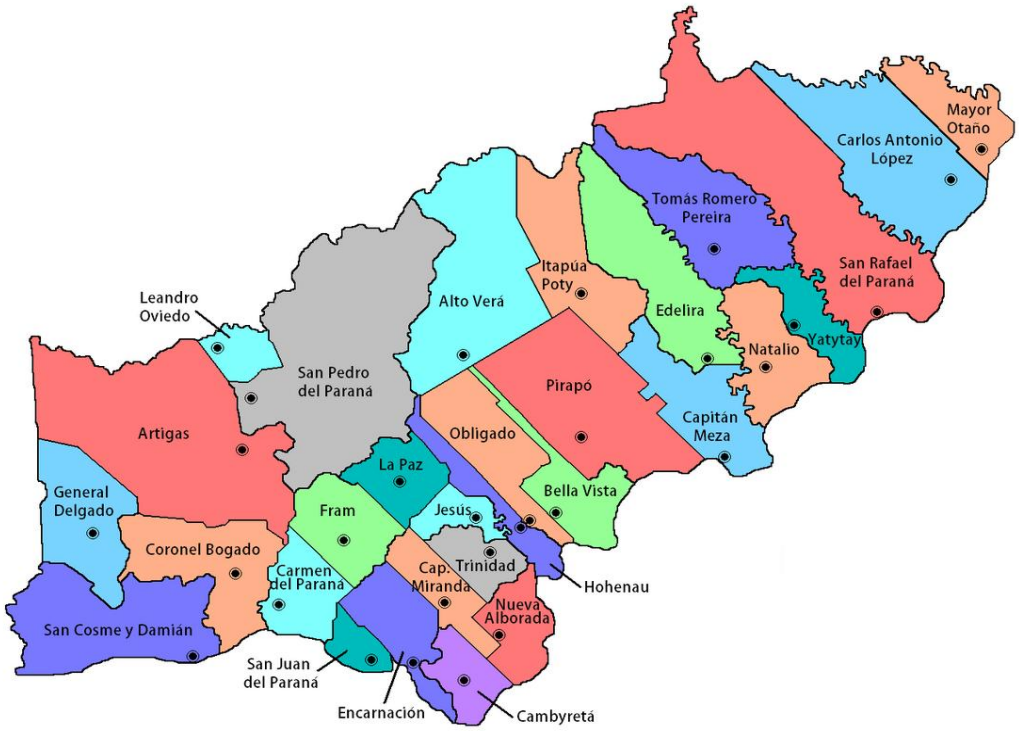
The official languages are Spanish and Guaraní, reflecting a strong indigenous cultural heritage. Spanish and Guarani are official languages, and the majority of the population speaks both (bilingual).

The country is predominantly flat, with some small hills and mountain ranges.
Its territory is crossed by numerous rivers, lakes and estuaries belonging to the La Plata Basin, highlighting the Paraguay and Paraná rivers, which function as a natural boundary and are vital for navigation. The climate is generally tropical to subtropical.

It is mainly based on agriculture, animal husbandry, hydroelectric power and trade. Paraguay is one of the largest producers of clean energy thanks to dams such as Itaipu and Yacyretá.

Paraguay is renowned for its hospitality, diverse nature, and unique cultural identity in the region.

## 4. Itapúa.


Mayor Otaño
Carlos Antonio López
Tomás Romero Pereira
San Rafael del Paraná
Itapúa Poty
Alto Verá
Edelira
Yatytay
Natalio
Leandro Oviedo
San Pedro del Paraná
Pirapó
Capitán Meza
Artigas
Obligado
La Paz
Bella Vista
General Delgado
Fram
Jesús
Coronel Bogado
Carmen del Paraná
Cap. Miranda
Trinidad
Hohenau
Nueva Alborada
San Cosme y Damián
San Juan del Paraná
Encarnación
Cambyretá

- **Location and general characteristics.**

Itapúa is located in the southeast of the Eastern Region of Paraguay. Its capital is Encarnación.

It has an area of 16,525 km², which makes it one of the largest departments in the country.
It is divided into 30 districts.

- **Population and society.**

According to recent data, Itapúa has around 449,642 inhabitants.
A large part of its population is young, with approximately 65.5% of working age (15-64 years), which represents an advantage for productive and social development.

Itapúa is known as a "melting pot": over the years it received immigration from multiple origins: Italians, Germans, Ukrainians, Poles, Japanese, French, Brazilians, and more recently also Syrians and Lebanese. This cultural diversity gives it a very cosmopolitan nuance within Paraguay.

Itapúa is part of the southern eastern region. Its climate is temperate-subtropical. Due to its southern location, it is one of the "coldest" departments of Paraguay, with average annual temperatures of around 20°C, although frosts can be recorded in winter. It receives abundant rainfall, which favors agricultural activities, and the land is considered one of the most fertile in the country. Itapúa is called "the breadbasket of Paraguay" because of its weight in agribusiness.

Many people are engaged in agriculture, livestock, services, local commerce and small industries.

The capital, Encarnación, functions as an urban and economic center: it is the city with the largest population in the department and concentrates a large part of the commercial, service and tourist activity. The modern colonization of the department was intensely marked by immigrants of various nationalities: Europeans, Asians, Middle Easterners – which made Itapúa one of the most diverse departments in the country.

Itapúa combines nature, history and modernity, which makes it an attractive destination for domestic and foreign tourism: It has natural spaces, rivers, coasts - the environment favors outdoor activities, ecotourism or rural tourism.

Its capital Encarnación stands out for its tourist activity, with beaches on the river, waterfront, cultural life - something uncommon in many areas of the interior of the country. Itapúa also preserves historical vestiges: among them the old Jesuit reductions, which reflect part of its colonial heritage – a mixture of indigenous, European and religious history, considered a Cultural Heritage of Humanity by UNESCO

## 5. San Juan Del Paraná.

San Juan del Paraná is a district of the department of Itapúa, located a few kilometers west of the city of Encarnación. It is located on the banks of the Paraná River, which gives it a strong riverside character.

It was officially created as a district in 1988, when it separated from Encarnación. It is a young, quiet community with an outstanding natural environment.

- **Location and Features**
  - Coast and direct view of the Paraná River.
  - It is integrated into the metropolitan area of Encarnación.
  - Area with temperate climate and warm summers.
  - Its population is relatively small, with a quiet community life and a strong local identity.

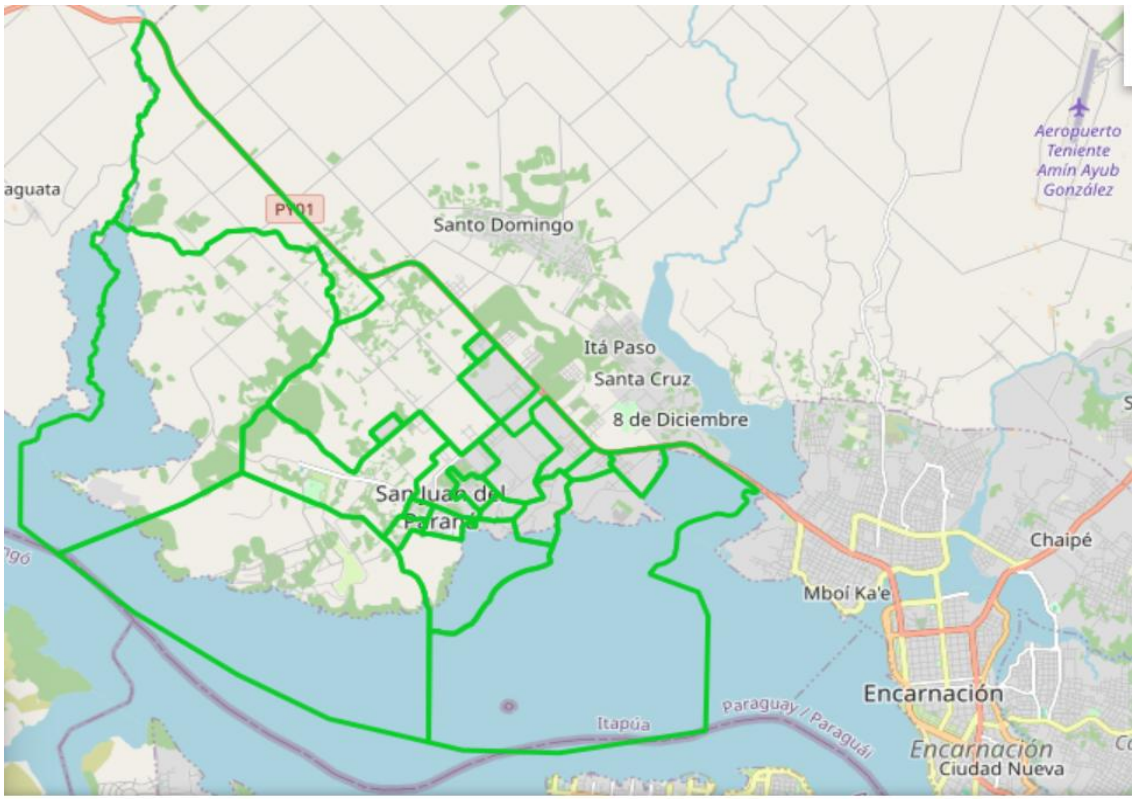
- **Population and lifestyle**

Many people live there for its tranquility and nature, but they work or study in Encarnación. It presents a constant urban growth with new homes and residential areas.

- **Natural environment and tourism.**

The district stands out for its attractions on the river:
Artificial municipal beach, ideal for recreation, sports and events.
Ecological park, with green spaces, shade, rest areas and trails.
Due to its proximity to Encarnación and its natural environment, it is positioning itself as a local tourist destination, especially in summer.

San Juan del Paraná is a young, natural and coastal district, with a quiet life, an attractive landscape on the Paraná and a growing tourist and logistical importance. It combines nature, recreation and development, maintaining a family and community atmosphere.




## 6. Aguavista.

The Aguavista MTB circuit is a high-level track located in the district of San Juan del Paraná. The circuit is located within the AGUAVISTA residential and countryside complex, in a privileged natural environment on the banks of the Paraná River and next to a nature reserve, about 20 minutes from Encarnación,

Paraguay. It is known for being a challenging circuit that meets the international standards of the International Cycling Union (UCI), hosting Class 1 competitions, such as the prestigious UCI Mountain Bike XCO Aguavista Cup and the ASU 2025 Junior Pan American

- **Location and Environment.**

The Aguavista MTB XCO circuit has an extension of 5.1km, with a positive slope of more than 100mts per lap. It is a circuit that has been used for more than 10 years, and for each edition of the UCI date it has new attractions and new variants

The main straight to the first corner is 270 metres long. The first curve is to the right and the mass is on stone pavement.

Of the 5,100 meters of extension, this circuit is composed of:

- 350 mts stone pavement (cobbled)
- 280mts cement tile pavement
- 110mts of asphalt pavement
- 4,360 meters are compacted gravel soil, all-weather floor.

The circuit consists of more than 100 corners, so it makes it very entertaining and at the same time requires a lot of concentration. It also has a wooden bridge with a double passage, where on the way out you cross under it and on the way back from above.

You can find 3 wooden bridges, of which 1 is a suspension bridge. Other variants that the circuit has are 3 wooden banked curves and almost at the end of the circuit a rock garden.

In addition to all these attractions, 400 meters of the circuit is located on the banks of the Paraná River, which makes it very attractive and gives it a very special seasoning.

A technical circuit, locked and at the same time with very fast sectors make this circuit one with all the condiments that the XCO modality requires.

## 7. Schedule.

| SCHEDULE | | | | |
|---|---|---|---|---|
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 14 | 16:00 | 18:00 | ICU CIRCUIT RECOGNITION | XCO/XCC/XCE |
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 15 | 10:00 | 14:30 | XCO TRAINING ALL CATEGORIES | XCO CIRCUIT |
| APR 15 | 14:30 | 16:30 | EXCLUSIVE ELITE/SUB 23 M/W TRAINING | XCO CIRCUIT |
| APR 15 | 17:00 | 18:00 | TECHNICAL CONGRESS DAYS 1 AND 2 | A/D |
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 16 | 09:00 | 12:00 | XCO TRAINING ALL CATEGORIES | XCO CIRCUIT |
| APR 16 | 12:00 | 13:00 | EXCLUSIVE ELITE/SUB 23 M/W TRAINING | XCO CIRCUIT |
| APR 16 | 14:00 | 15:00 | OFFICIAL XCR TEST - COPACI | XCO CIRCUIT |
| APR 16 | 15:30 | 17:00 | OFFICIAL XCR - UCI TEST | XCO CIRCUIT |
| APR 16 | 17:30 | 18:00 | AWARDS | XCO CIRCUIT |
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 17 | 08:30 | 09:00 | XCC TRAINING ALL CATEGORIES | XCC CIRCUIT |
| APR 17 | 09:15 | 09:45 | OFFICIAL XCC U23 LADIES TEST | XCC CIRCUIT |
| APR 17 | 10:00 | 10:30 | OFFICIAL XCC U23 MEN'S TEST | XCC CIRCUIT |
| APR 17 | 10:30 | 11:00 | OFFICIAL XCC ELITE LADIES EVENT | XCC CIRCUIT |
| APR 17 | 11:00 | 11:30 | OFFICIAL XCC ELITE MEN'S EVENT | XCC CIRCUIT |
| APR 17 | 11:30 | 13:30 | XCO TRAINING ALL CATEGORIES | XCO CIRCUIT |
| APR 17 | 14:00 | 15:00 | OFFICIAL EVENTS JUNIOR LADIES, YOUTH, CADETS | XCO CIRCUIT |
| APR 17 | 15:15 | 16:15 | OFFICIAL MEN'S AND YOUTH EVENTS | XCO CIRCUIT |
| APR 17 | 16:30 | 17:30 | OFFICIAL CADET MALE TESTS | XCO CIRCUIT |
| APR 17 | 18:00 | 18:30 | AWARDS | XCO CIRCUIT |
| APR 17 | 19:00 | 19:30 | TECHNICAL MEETING DAYS 3 AND 4 | A/D |
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 18 | 08:30 | 09:00 | XCE TRAINING ALL CATEGORIES | XCE CIRCUIT |
| APR 18 | 09:15 | 09:45 | XCE W/M RATINGS | XCE CIRCUIT |
| APR 18 | 10:00 | 11:00 | XCE W/M FINALS | XCE CIRCUIT |
| APR 18 | 11:15 | 14:30 | XCO TRAINING ALL CATEGORIES | XCO CIRCUIT |
| APR 18 | 15:00 | 16:00 | OFFICIAL JUNIOR LADIES EVENT | XCO CIRCUIT |
| APR 18 | 16:15 | 17:30 | OFFICIAL JUNIOR MEN'S EVENT | XCO CIRCUIT |
| APR 18 | 18:00 | 18:30 | AWARDS | XCO CIRCUIT |
| DATE | FROM | UP TO | ACTIVITIES | LOCATION |
| APR 19 | 09:00 | 10:30 | OFFICIAL U23 WOMEN'S EVENTS | XCO CIRCUIT |
| APR 19 | 11:00 | 12:30 | OFFICIAL U23 MEN'S EVENTS | XCO CIRCUIT |
| APR 19 | 13:00 | 14:45 | OFFICIAL ELITE WOMEN'S EVENTS | XCO CIRCUIT |
| APR 19 | 15:00 | 17:00 | OFFICIAL ELITE MEN'S EVENTS | XCO CIRCUIT |
| APR 19 | 17:30 | 18:00 | AWARDS | XCO CIRCUIT |

## 8. Participation and Eligibility.

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

| CROSS COUNTRY OLÍMPICO - XCO | | | | | |
|---|---|---|---|---|---|
| CATEGORY (MALE) | AGE | GUARANTEE | CATEGORY (FEMALE) | AGE | GUARANTEE |
| ELITE | 23 YEARS AND + | ICU | ELITE | 23 YEARS AND + | ICU |
| UNDER 23 | 19 TO 22 YEARS OLD | ICU | UNDER 23 | 19 TO 22 YEARS OLD | ICU |
| JUNIOR | 17 TO 18 YEARS OLD | ICU | JUNIOR | 17 TO 18 YEARS OLD | ICU |
| YOUTH (CADETS) | 15 TO 16 YEARS OLD | COPACI | YOUTH (CADETS) | 15 TO 16 YEARS OLD | COPACI |
| JUVENILES | 13 TO 14 YEARS OLD | COPACI | JUVENILES | 13 TO 14 YEARS OLD | COPACI |
| MINORS | 11 TO 12 YEARS OLD | COPACI | MINORS | 11 TO 12 YEARS OLD | COPACI |
| SHORT TRACK - XCC | | | | | |
| CATEGORY (MALE) | AGE | GUARANTEE | CATEGORY (FEMALE) | AGE | GUARANTEE |
| UNIQUE | 19 YEARS AND + | ICU | UNIQUE | 19 YEARS AND + | ICU |

| ELIMINATOR - XCE | | | | | |
|---|---|---|---|---|---|
| CATEGORY (MALE) | AGE | GUARANTEE | CATEGORY (FEMALE) | AGE | GUARANTEE |
| UNIQUE | 17 YEARS AND + | ICU | UNIQUE | 17 YEARS AND + | ICU |

| TEAM RELAY - XCR | | | | | |
|---|---|---|---|---|---|
| CATEGORY (MALE) | AGE | GUARANTEE | CATEGORY (FEMALE) | AGE | GUARANTEE |
| ELITE | 23 YEARS AND + | ICU | ELITE | 23 YEARS AND + | ICU |
| UNDER 23 | 19 TO 22 YEARS OLD | ICU | UNDER 23 | 19 TO 22 YEARS OLD | ICU |
| JUNIOR | 17 TO 18 YEARS OLD | ICU | JUNIOR | 17 TO 18 YEARS OLD | ICU |
| YOUTH (CADETS) | 15 TO 16 YEARS OLD | COPACI | YOUTH (CADETS) | 15 TO 16 YEARS OLD | COPACI |
| JUVENILES | 13 TO 14 YEARS OLD | COPACI | JUVENILES | 13 TO 14 YEARS OLD | COPACI |
| MINORS | 11 TO 12 YEARS OLD | COPACI | MINORS | 11 TO 12 YEARS OLD | COPACI |

## 9. Participants.

All participants registered in male and female categories, without exception, must present their UCI 2026 license. In addition, they must be registered on the payroll sent by each FN, who will authorize the participation of the athletes in this event.

This document will be required by the commissaires at the time of formalizing the registration and collecting the competition bibs.

Additional identification requirements are detailed below:
If the UCI license does not have a photograph: The cyclist must present a valid official identification document (ID, passport, etc.).

## 10. Awards.

All female and male categories will be awarded as follows:

- 1st Place Gold Medal and Jersey of the Pan American Championship
- 2nd Place Silver Medal
- 3rd Place Bronze Medal

## 11. Clothing and Equipment.

The clothing of cyclists must strictly adhere to articles 1.3.026 to 1.3.034 of the international regulations of the UCI (International Cycling Union).

Starting point and uniformity:

- All cyclists must be at the starting point properly uniformed.
- The uniform must comply with the official colors and designs that represent their respective national team.

Use of safety features and prohibitions:

- The use of a hard helmet and bicycle plate is mandatory for both official training and competitions.
- The use of headphones and/or hands-free devices during sports activity is strictly prohibited.
- Numbers cannot be cut or mutilated

Podium protocol:

- The presence on the podium of athletes accompanied by pets, children, flags, banners or posters is not allowed: They may not appear with caps,

glasses and/or any other element that is not part of the cyclist's competitive outfit.

## 12. Regulation.

The 2026 XCO-XCC-XCR MTB Pan American Championship will be governed by the UCI regulations and scale of sanctions for the Mountain Bike discipline, published on the www.uci.org page.

The Race Stewards will reserve the right to apply or not the 80% rule, where the rider is not eliminated he is classified according to his position.

### ○ XCE - Eliminator.

Those participants +17 years old (Elite category) for both men and women may participate.
All registered athletes must perform a qualifying round and the best 16 times in men and 8 best times in women, advance to the elimination rounds.

### ○ XCR - Relay.

The team manager must submit the team composition on the form provided to identify the names and categories of the riders who make up his team and their starting order to the President of the college of stewards on the date and time set in the official calendar. This order of departure may not be modified later.

The boxes are assigned based on the results of the team relay event of the 2025 continental championships. The order of the unqualified nations will be determined by lot. The first nation will be installed in box number 1 and so on.

The following substitutions will be allowed:

- Elite Men for Elite Women or Men under 23 years of age or Junior Men or Women under 23 years of age or Junior Women.
- Women's Elite by Women Under 23 or by Junior Women
- Men under 23 years of age by Elite Women or Women under 23 years of age or Junior Men or Junior Women.
- Women under 23 years of age by Junior Women;
- Junior Men for Junior Women.

### ○ XCR - TREES

For this occasion, the XCR - COPACI category is enabled, which will be made up of Cadet and Youth category riders.
The boxes will be assigned by lot at the technical congress.

Members:

- 1 male cadet and 1 female cadet (may be replaced by a youth or a female minor.
- 1 male youth and 1 female youth (may be replaced by a female minor)

### ○ XCC - Short Track

To be able to compete in XCC it is mandatory to also be registered in XCO.
The top 50 in the UCI ranking as of 14/04/2026 will be able to participate.
Duration of the races: 20´ + 1 lap for both men and women
The 80% rule will apply.
Start by UCI ranking.

## 13. Doping Control.

It will be in charge of the Paraguayan National Anti-Doping Organization, for the respective controls under WADA/UCI regulations, being possible to apply in all categories. The medical authorities sent for this purpose will define the location of the control area.

**Event Authorities:**

- President of the Paraguayan Cycling Federation: Mateo Zaldivar (PAR)
- President Copaci: José Pelaez (CUB)
- COP President: Camilo Pérez López Moreira (PAR)
- Event Director: Juan Szopa (PAR)
- International Technical Delegate: Ricardo Florez (COL)
- UCI Commissioner: Leandro Carpinelli (ARG)
- UCI Technical Commissioner: Nühlen Thissen Rainer (GER)
- Assistants: Derlis Vargas (PAR) - Gisell Agüero (ARG)
- The UCI Technical Delegates appointed will be: Mountain Bike XCO/XCC/XCR/XCE: Beat Wabel (beatwabel@bluewin.ch)

## 14. Permanence Office.

The permanence office will preferably be in a space located at the same finish line of the circuit, where the permanence of the organization's staff will take place, where the delivery of competition bibs will be carried out, review of the licenses of the riders of the UCI categories, general information will be provided.

If there are changes, they will be notified in advance through the Social Networks of the Paraguayan Cycling Federation (FPC) and Consur Bike.

## 15. Distance from the Circuit.

The number of laps will be determined by the UCI Commissioner and will be communicated at the technical congress.

The departure and arrival area will have a delimited area for the installation of awnings for the equipment, food stall, mechanics, etc.

To determine the location of the equipment awnings, they must request it via email info@race.com.py

## 16. XCO & XCR Circuit Map

DOWNLOAD GPX XCO

## 17. XCC Circuit Map

DOWNLOAD GPX XCC

## 18. Map of the XCE Circuit

DOWNLOAD GPX XCE

## 19. Technical Area and Provisioning.

There will be two (2) designated feed/technical areas that will be located on the circuit.

Power and technical support may only be provided in this Zone.
All people who are feeding or providing technical support must register with the person or team they are supporting in the registration process that is returned in this area. All must be accredited.

Any runner who returns to this zone will be disqualified.
Only within the feeding/technical assistance zone itself, a runner can back up without obstructing other competitors.

## 20. Registrations and Visas

Registrations will be made through the **www.race.com.py website.** and through the mail of the Paraguayan Cycling Federation **secretaria@fpc.org.py**

For the validation of the registration for the event, the Federation of the country of origin of each athlete must send an official list of the participating athletes, specifying the event in which they will compete to the email of **secretaria@fpc.org.py**

**Without the submission of such documentation, the athlete will not be able to complete their registration for the event.**

**The registration fee will be eighty-five US dollars (USD 85).** Participants must complete the registration form with all the requested data as well as the UCI ID code valid 2026.
Registration will be open as of Wednesday, February 11.
**Places are limited.**

For visa procedures contact the following email;
**micaela.gimenez@juegosasu.org.py**

## 21. Services Available to Competitors.

- Bathrooms
- Mechanics and sale of cycling products.
- Sale of Gels, Multivitamins, Isotonic Drinks, etc.
- Food sales.
- Controlled parking.
- Post-race bike cleaning.

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

## 22. Nearby Lodging & Car Rentals

- ***Secretary of Tourism of the Government of Itapúa***

*Lic. Verónica Stefani*
*+595 985 813030 https://wa.me/595985813030*

- ***Hotel El Doral***

*Phone*: 0981 125 230
*Email*: resorthoteleldoral10@gmail.com
*Address*: Defensores del Chaco and Eugenio Lisnichuk, San Juan del Paraná
*Location*: https://maps.app.goo.gl/Hki6FyEMc8LZhHNq8
*Web*: www.instagram.com/resort_hotel_el_doral

- ***Del Sur Hotel Museum.***

*Telephone*: 071 207 816 - 071 207 846
*Email*: reservas@delsurhotelmuseo.com.py
*Address*: Route 1 at the entrance to Barrio 8 de Diciembre, near Quiteria
*Location*: https://maps.app.goo.gl/fj5PHP9Bf4LuWq9P9
*Web*: www.delsurhotelmuseo.com.py

- ***Awa Resort***

*Phone*: 071 218 0000
*Email*: info@awaresort.com.py
*Address*: Tajy and Naranjal Streets - Quiteria Neighborhood
*Location*: https://maps.app.goo.gl/nbbcsSFLV3QHMKdq5
*Web*: www.awaresort.com.py

- ***Localiza (Car Rental)***

*Phone*: **+595 974 656 000 (WhatsApp)**
*Location*: https://maps.app.goo.gl/3PZCHshbe2RtLeu7A
*Web*: https://www.localiza.com/paraguay/es-py

## 23. Hospitals

- ***Hospital Regional de Encarnación***

*Phone*: 071 202 271
*Direction*: Jorge Memmel between Honorio González and Independencia Nacional
*Location*: https://maps.app.goo.gl/gW29eeeri78GZ14Y8

- ***Great Southern Hospital***

*Phone*: 154 - Option 7
*Address*: Arroyo Porã, Encarnación
*Location*: https://maps.app.goo.gl/6VQy238TEekv57Jh9

**Foreign athletes:** The organization will provide insurance valid during the days of the event; however, it is mandatory for the athlete to take out their own insurance, with international coverage.

Medical care will be provided by the **company contracted** by the organization. If a hospital transfer is necessary, the athlete will be referred to a **hospital unit** of the public network, unless there is prior indication from a hospital belonging to the athlete's insurance.

- ***Last modified 09/02/2026***