

CYCLING SPORT INFORMATION GUIDE

Cycling

From high-speed road races to enduring time trials, cycling is a thrilling display of endurance, tactics, and speed. Riders will test their limits on scenic and challenging routes across Abu Dhabi.

Competition dates

Cycling competition for Open Masters Games 2026 (OMGAD2026) offers each athlete the opportunity to compete in multiple disciplines at the Games, with each discipline contested on separate days.

The provisional Cycling competition schedule for OMGAD2026 is as follows:

	February 13 Friday	February 14 Saturday	February 15 Sunday
MOUNTAIN BIKE			●
ROAD (ROAD RACE)		●	
ROAD (TIME TRIAL)	●		

All dates and times are subject to change, pending final entries received. A detailed schedule by event for each discipline will be developed throughout 2025.

Events in Road and Mountain Bike will be conducted during daylight hours, with Road events commencing no earlier than 0700 hrs and Mountain Bike proposed for a 0900 hrs start.

Competition venue: Hudayriyat Island, Abu Dhabi

 [Pin Location](#)

Competition format

The OMGAD2026 Cycling competition consists of three disciplines: Road Race, Road Time Trial, and Mountain Bike.

All registered athletes in Cycling can compete in multiple disciplines. For example, an athlete entered in a Road event may also choose to compete in a Mountain Bike event and/or Time Trial events. In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as at 31 December 2026. For example, if you are 39 years old during the Games time but turn 40 by 31 December 2026, you would compete in the 40-44 age category.

For Road Race, the event distance each athlete can compete in is also determined by their age group.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

Individual Entries

Individual entries will be accepted from any eligible rider within the Masters age categories, with the following specific exceptions:

- An athlete who has competed in track competitions within World Championships, Olympic Games, Continental Games, Continental Championships, Regional Games, Commonwealth Games or World Cups in the previous season and the current year (except for the races that are open to Masters only).
- An athlete who has competed in any other event on the UCI International Calendar in the current year/season (except events open only to Masters).
- An athlete that was a member of a UCI registered team in the previous season and/or the current year.
- An athlete that is under suspension or sanction from the UCI or UAE Cycling Federation affiliated to the UCI.

Road

To enable each Cycling athlete the opportunity to compete across multiple events, Time Trial and Road Race will each be held on separate days of the Games. The following Road events are offered:

Discipline	Event	Age Categories
Individual Road Race	40km	Women: 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
Individual Road Race	80km	Men: 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+ Women: 30+, 35+

Discipline	Event	Age Categories
Individual Road Race	120km	Men: 30+, 35+, 40+, 45+
Para Road Race	40km	Men/Women: 35+, 55+
	80km	Men/Women: 35+, 55+
Individual Time Trial	10km	Men: 65+, 70+, 75+, 80+, 85+ Women: 60+, 65+, 70+, 75+, 80+, 85+
Individual Time Trial	15km	Men: 50+, 55+, 60+ Women: 30+, 35+, 40+, 45+, 50+, 55+
Individual Time Trial	20km	Men: 30+, 35+, 40+, 45+
Individual Time Trial Para	15km	Men/Women: 35+, 55+

For Road Race the event distance each athlete can compete in is determined by their age group.

All events will be conducted on controlled closed public road circuits. Permission is provided to close all or parts of those roads, however, there are certain time restrictions after which an athlete may be withdrawn from the event for safety reasons. Any athlete that is lapped in the Road Race may be withdrawn from the race.

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. Please review the Para-Sport Classification requirements in the Para-Sports Information Guide and where an athlete has an existing recognised national or international classification, please indicate this as part of the registration process. If an athlete is not able to meet these requirements, registration will be transferred to the open section of the competition.

More information regarding participation criteria, classifications, and registration for inclusive events will be available on this website by 1 July 2025.

Mountain Bike

The Mountain Bike is a single day cross country event during the Games. The following Mountain Bike events are offered for OMGAD2026:

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Discipline	Event	Age Categories
Mountain Bike	15-20KM (2 Laps) Men	30+, 35+, 40+, 45+, 50+
	15-20KM (2 Laps) Women	30+, 35+, 40+, 45+, 50+
	25-30KM (3 Laps) Men	30+, 35+, 40+, 45+, 50+
	25-30KM (3 Laps) Women	30+, 35+, 40+, 45+, 50+
	35-40KM (4 Laps) Men	30+, 35+, 40+, 45+, 50+

The final course used for competition will be determined in 2026, when a series of trail upgrades is complete. For Mountain Bike events, the event distance each athlete can compete in is determined by their age group.

Technical delegate

The Technical Delegate endorsed by UCI will be announced in Version 2 of the Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

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