



ASIAN ROAD CHAMPIONSHIPS 2020



RACE ORGANISER
MALAYSIAN NATIONAL CYCLING FEDERATION
No 3-24, JALAN PM 8, PLAZA MAHKOTA
75000, MELAKA
TEL: 06-2850150 FAX: 06 -2856788

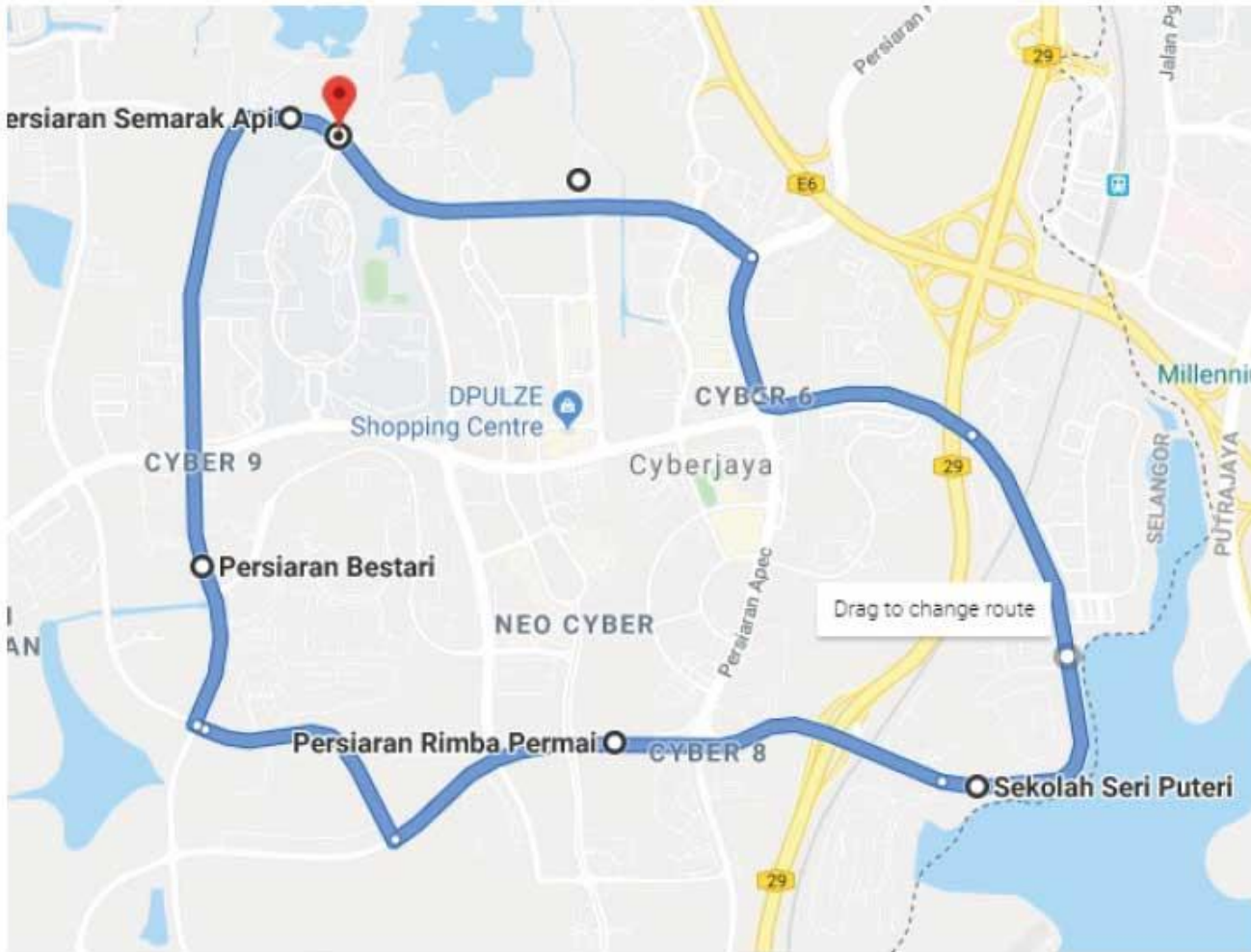
TECHNICAL HANDBOOK

ASIAN ROAD CYCLING CHAMPIONSHIPS 2020

40th Asian Road Cycling Championships. 27th Asian Junior Road Championships
9th Asian Para Road Cycling Championships



RACE ROUTE

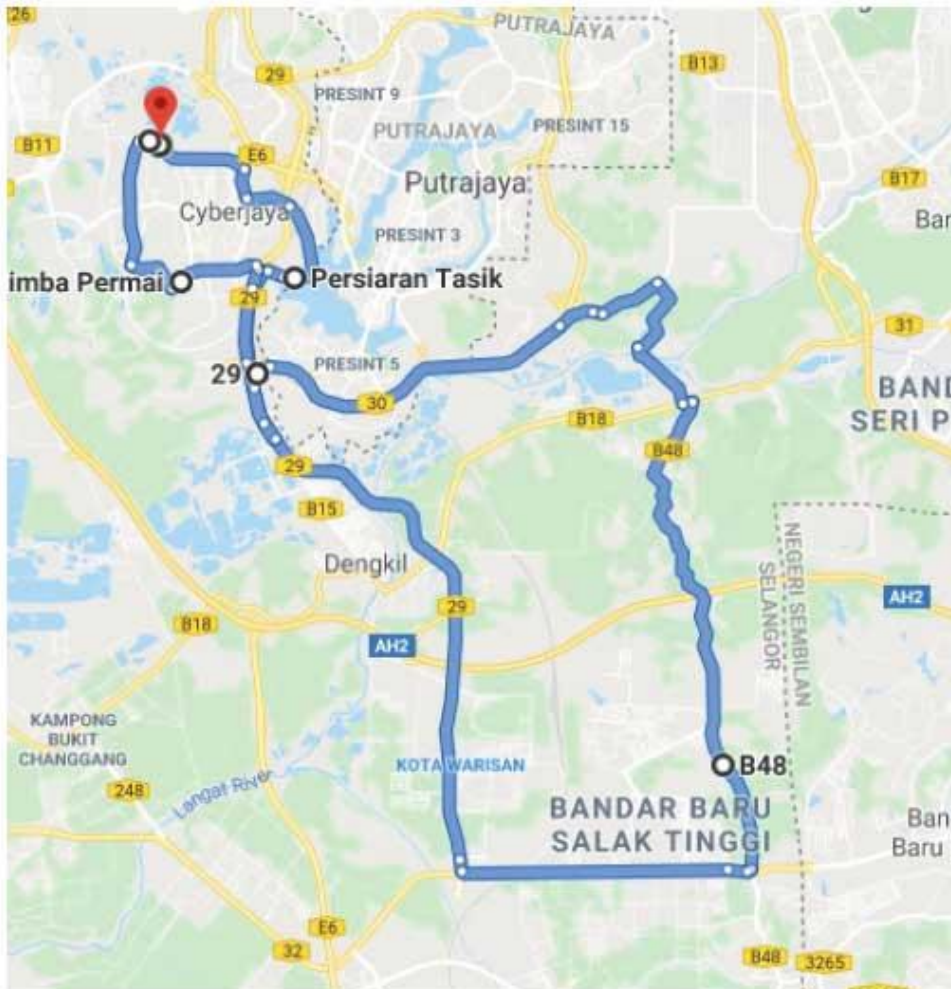


TIME TRIAL COURSE: 11.7km

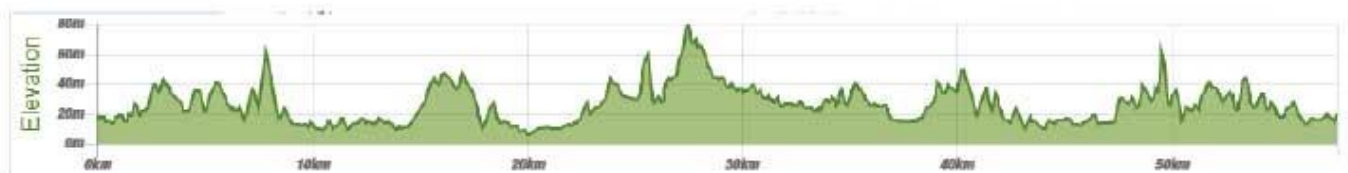


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ROAD RACE COURSE: 58.9km



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RACE PROGRAMME

DATE	EVENT	TYPE	TIME	DISTANCE	LAP
15 MARCH 2020 (SUNDAY)	TEAM ARRIVALS				
16 MARCH 2020 (MONDAY)	MEETINGS (ORGANIZER/TECHNICAL/COMMISSAIRE)		0900 – 1100hrs		
	RIDERS CONFIRMATION/ PLATE DISTRIBUTION /LICENCE CHECKS		1100 – 1300hrs		
	TEAM MANAGER'S MEETING		1715 – 1800hrs		
17 MARCH 2020 (TUESDAY)	MEN ELITE - TEAM TIME TRIAL	TTT	0900hrs	93.6km	8
	WOMEN ELITE - TEAM TIME TRIAL	TTT	1100hrs	46.8km	4
	MEN PARA - INDIVIDUAL TIME TRIAL	ITT	1430hrs	23.4km	2
	WOMEN PARA - INDIVIDUAL TIME TRIAL	ITT	1530hrs	11.7km	1
18 MARCH 2020 (WEDNESDAY)	MEN JUNIOR - INDIVIDUAL TIME TRIAL	ITT	0900hrs	23.4km	2
	MEN UNDER 23 - INDIVIDUAL TIME TRIAL	ITT	1100hrs	35.1km	3
	WOMEN JUNIOR - INDIVIDUAL TIME TRIAL	ITT	1430hrs	11.7km	1
19 MARCH 2020 (THURSDAY)	ASIAN CYCLING CONFEDERATION CONGRESS		1000hrs		
	MEN ELITE - INDIVIDUAL TIME TRIAL	ITT	0900hrs	46.8km	4
	WOMEN UNDER 23 - INDIVIDUAL TIME TRIAL	ITT	1100hrs	23.4km	2
	WOMEN ELITE - INDIVIDUAL TIME TRIAL	ITT	1430hrs	23.4km	2
	MEN MASTER - INDIVIDUAL TIME TRIAL	ITT	1530hrs	23.4km	2
20 MARCH 2020 (FRIDAY)	MEN JUNIOR – INDIVIDUAL ROAD RACE	IRR	0900hrs	117.8km	2
	MEN UNDER 23 – INDIVIDUAL ROAD RACE	IRR	0900hrs	117.8km	2
	WOMEN JUNIOR – INDIVIDUAL ROAD RACE	IRR	1430hrs	58.9km	1
21 MARCH 2020 (SATURDAY)	WOMEN UNDER 23 – INDIVIDUAL ROAD RACE	IRR	0900hrs	117.8km	2
	WOMEN ELITE – INDIVIDUAL ROAD RACE	IRR	0900hrs	117.8km	2
	MEN MASTER – INDIVIDUAL ROAD RACE	IRR	0900hrs	58.9km	2
22 MARCH 2020 (SUNDAY)	MEN ELITE – INDIVIDUAL ROAD RACE	IRR	0900hrs	176.7km	3

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Note : Award ceremony will be carried out immediately after each race finishes

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RULES AND REGULATION

1.0	<p>The 40th Asian Road Cycling Championships, 27th Asian Junior Road Cycling Championships and the 9th Asian Para Road Cycling Championships will be conducted in accordance with the latest Rules and Regulations of The International Cycling Union (UCI) and the Asian Cycling Confederation (ACC). In case of disagreement in the translation of the rules, the English text shall prevail. Any general issues: Resolved in accordance with UCI and ACC constitution. The UCI penalty scale is the only one applicable</p>								
2.0 PARTICIPATION	<p>2.0.1 AS PER UCI REGULATIONS 10.1.005, ALL NATIONAL FEDERATIONS AFFILIATED TO ASIAN CYCLING CONFEDERATION CAN TAKE PART. EXTRACT FROM UCI REGULATIONS (CHAPTER X. CONTINENTAL CHAMPIONSHIPS)</p> <ul style="list-style-type: none">• <i>10.1.005 All National Federations affiliated to their Continental Association and only these, can take part in Continental Championships races. The maximum number of riders taking part in the various races will be the same for all these Federations.</i>• <i>10.1.006 a rider against whom an investigation was opened in relation to affect which may cause a breach of UCI Anti-Doping Rules, will not be eligible for the Continental Championships and is not authorized to participate to the Continental Championships until the end of suspension or until the end of suspension or until his definitive acquittal. In the event of a positive A sample, this clause applies starting from the notification of the abnormal analysis result to the rider. Unless otherwise decided by the anti-doping commission, the above paragraph is also applicable in the event of an investigation or a procedure regarding such fact, opened in pursuance of a law or other regulation. Specific cases are examined by the anti-doping commission or its president. Their decision is without appeal.</i>• <i>In addition to the disqualification, the licensee and his or her National Federation will be respectively sanctioned by a fine of CHF 2000 to CHF 10000. The present condition for participation, aims to protect the integrity, serenity and reputation of the Championships. Its application does not prejudice the decision whether an anti-doping violation has occurred and shall not give right to any claim in the events of acquittal</i> <p>2.0.2 Age of Competitors</p> <table border="1" data-bbox="504 1765 1241 1912"><thead><tr><th>EVENT</th><th>YEAR OF BIRTH</th></tr></thead><tbody><tr><td>Men & Women Elite</td><td>1997 and older</td></tr><tr><td>Men & Women U23</td><td>1998, 1999, 2000, 2001</td></tr><tr><td>Men & Women Junior</td><td>2002 and 2003</td></tr></tbody></table>	EVENT	YEAR OF BIRTH	Men & Women Elite	1997 and older	Men & Women U23	1998, 1999, 2000, 2001	Men & Women Junior	2002 and 2003
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<p>3.0 REGISTRATION</p>	<p>All participating National Federations shall register by entry forms. The form can be assessed online at MNCF website and all forms are required to be submitted by:</p> <p>3.0.1 Entry by Number:</p> <p>3.0.2 Entry by Name:</p> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="3"></th> <th colspan="6">Men By Number</th> <th colspan="6">Women By Number</th> </tr> <tr> <th colspan="3">Enter</th> <th colspan="3">Ride</th> <th colspan="3">Enter</th> <th colspan="3">Ride</th> </tr> <tr> <th>ME</th><th>MU</th><th>MJ</th> <th>ME</th><th>MU</th><th>MJ</th> <th>WE</th><th>WU</th><th>WJ</th> <th>WE</th><th>WU</th><th>WJ</th> </tr> </thead> <tbody> <tr> <td>Team Time Trial</td> <td>8</td><td>-</td><td>-</td> <td>6</td><td>-</td><td>-</td> <td>4</td><td>-</td><td>-</td> <td>4</td><td>-</td><td>-</td> </tr> <tr> <td>Individual Time Trial</td> <td>2</td><td>2</td><td>2</td> <td>1</td><td>1</td><td>1</td> <td>2</td><td>2</td><td>2</td> <td>1</td><td>1</td><td>1</td> </tr> <tr> <td>Individual Road Race</td> <td>8</td><td>6</td><td>6</td> <td>6</td><td>4</td><td>4</td> <td>4</td><td>6</td><td>4</td> <td>4</td><td>4</td><td>4</td> </tr> </tbody> </table> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2"></th> <th colspan="3">Men Para By Number</th> <th colspan="3">Women Para By Number</th> </tr> <tr> <th>C1-5</th><th>B</th><th>H1-5</th> <th>C1-5</th><th>B</th><th>H1-5</th> </tr> </thead> <tbody> <tr> <td>Individual Time Trial</td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> </tr> </tbody> </table> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2"></th> <th colspan="4">Men Masters By Number</th> </tr> <tr> <th>35-39</th><th>40-44</th><th>45-49</th><th>50 ++</th> </tr> </thead> <tbody> <tr> <td>Individual Time Trial</td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td>Individual Time Trial</td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> <td style="text-align: center;"><input type="radio"/></td> </tr> </tbody> </table>		Men By Number						Women By Number						Enter			Ride			Enter			Ride			ME	MU	MJ	ME	MU	MJ	WE	WU	WJ	WE	WU	WJ	Team Time Trial	8	-	-	6	-	-	4	-	-	4	-	-	Individual Time Trial	2	2	2	1	1	1	2	2	2	1	1	1	Individual Road Race	8	6	6	6	4	4	4	6	4	4	4	4		Men Para By Number			Women Para By Number			C1-5	B	H1-5	C1-5	B	H1-5	Individual Time Trial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Men Masters By Number				35-39	40-44	45-49	50 ++	Individual Time Trial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Individual Time Trial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>4.0 RACE PROCEDURE</p>	<p>4.1. Time Trial - Start interval at one minute mark</p> <p>4.2. Road Race - Sign on sheet is compulsory to all riders, open at 1 hour 10 minutes before race start and close 10 minutes before race start. Fail to sign, the rider will be noted as DNS</p>																																																																																																																			
<p>5.0 BICYCLE CONTROL</p>	<p>5.1. For the time trial races each bicycle will be checked by the UCI commissaries. Each rider must present his / her bike for that check and verification at least 15 minutes prior to the personal start time</p> <p>5.2. For Women Junior and Men Junior categories Individual Time Trials, the gear ratios will be checked at the entrance of the starting zone. For the road races that check will be finalized 15 minutes before the starting time at least</p> <p>5.3. After those controls, the riders will not be allowed to take their bikes out of the control zone</p> <p>5.4. During time trials races, changing of equipment is allowed to take their bikes out of the control zone</p>																																																																																																																			

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<p>6.0 RADIO TOUR</p>	<p>6.1. Each team will be supplied with a walkie-talkie with their respective radio frequency for radio tour. Only to receive information and instructions from the PCP</p> <p>6.2. During receiving the unit, all team personnel must make sure it is working and in good shape</p> <p>6.3. All walkie talkie must be returned immediately after the race finish</p>
<p>7.0 TEAM CAR</p>	<p>7.1. The organiser will provide one (1) team car for all participating teams only during race</p> <p>7.2. Team car order will be determined by the commissaire's panel before the race starts</p>
<p>8.0 NEUTRAL SERVICE</p>	<p>8.1. There will be 3 units of neutral service vehicle throughout the race</p>
<p>9.0 FEEDING</p>	<p>9.1. Feeding is not allowed during time trial races</p> <p>9.2. Feeding is permitted after the race marks at 30km distance and stops 10km to finish</p>
<p>10.0 AWARD CEREMONY</p>	<p>10.1. All winners of each race category is compulsory to attend the award ceremony</p> <p>10.2. The Asian Champions, the second and the third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the Chief Commissaries. Also unnecessary item, until they leave the official ceremony enclosure. Any infringement of the provisions of article 9.1.044 to 9.1.050 above shall be fine of CHF 2,000 to CHF 10,000. Minimum. A higher fine may be imposed depending on the advantage derived from the offence</p> <p>10.3. Federations are required to bring 2 pieces of National Flag measured 1x2m (3 feet x 6 feet) and a National anthem CD handover to the organizer upon their arrival</p>
<p>11.0 ANTI DOPING</p>	<p>11.1. Anti-doping control during the Asian Cycling Championships will be conducted under the UCI Anti-Doping Regulations. UCI will appoint the Doping Control Officers or DCO and ISN will appoint the Doping Control Doctor, nurses and Chaperons</p>

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12.0 PENALTIES	12.1. Penalties will be applied in accordance with the UCI regulations
13.0 INSURANCE	13.1. All participants (include but not limited to team officials, riders and their assistants) are aware that they bear their own responsibility for any injury, accident and or lost that may occur during their stay in Malaysia while taking part in this championships. Participants should take up a properly insurance before leaving their country in order to protect themselves against any lost and to indemnify themselves against any claims

CONTACT INFORMATION

International Affairs Coordinator:

Mr. Ibrahim OMAR

Mobile No.: +6019 7508 049

Race Headquarters:

Tel No.: +606 283 015 0/ +606 264 444 22

Fax No.: +606 283 678 6/ +606 264 444 11

ASIAN ROAD CYCLING CHAMPIONSHIPS 2020

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MEETING

The confirmation of the starters and distribution of race number will take place as below.

Date : 16th March 2020 (Monday)
Time : 1000 hours
Venue : Official Hotel (TBC)

Team Manager's meeting will be held on:-

Date : 16th March 2020 (Monday)
Time : 1000 hours
Venue : Official Hotel (TBC)

Managers are reminded to bring with them licences of Team Managers, Rider's Passport for junior riders and their team uniform when confirming their starters.

Rider's number and frame numbers will be issued to Team managers upon confirmation of starters. For each race, Teams may notify modifications to the Secretary of the Colleague of Commissaries in the Commissaries Room located at the permanence at Official Hotel until noon (1200hrs) on the day before each race at the latest.

Unless due to force of majeure, a rider once announced as taking the start and who fail to present, shall be liable to a fine of 500 CHF to 5000 CHF. Injuries or illness will not be accepted as a valid circumstance unless the rider is declared unfit to start by the official doctor.

Team Representation

- Each National Federation shall designate a Team Manager for each team (i.e. Elite Men, Elite Women, Junior Men & Junior Women) with which it participates in the championships
- The Team manager shall represent the team and the National Federation. Any contact with the teams shall be made through the Team Manager

OPENING AND CLOSING CEREMONY

All participating teams (riders and officials) are compulsory to attend both the Opening and Closing Ceremonies. All teams are required to bring along with their national anthem either on CD or in a pen drive.

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ACCOMODATION AND MEAL

- a) The participating teams and their support staff responsible for the expenses of accommodation and meals for their team members \$80 US Dollars per day per person (rooms on Double Sharing basis). If any team requires single room, the federation **MUST** inform the organizer 10 days in advance. The expenses for a Single Room are \$100 US Dollars per day per person. Single rooms are limited so teams are to book their requirements in advance, the rooms will be booked on first come first serve basis.
- b) Airport to hotel is approx. 40km while hotel to velodrome is about 10km.
- c) All teams have to pay the accommodation and full board expenses in USD upon their arrival at hotel
- d) Official hotel for teams will be confirmed

TRANSPORTATION

- a) Teams will be provided with transportation from airport to the hotel. Only one pick up and drop will be provided to each team, any teams require additional transport facility to airport and back will be charged extra
- b) All teams must inform their arrival 5 days in advance to arrange their pickup from airport
- c) Transportation cost is included with the accommodation fee and only teams that staying in official hotel will be provided with free transportation

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IMPORTANT DATES

Confirmation Date Entry By Numbers	:	06 th February 2020
Confirmation Date Entry By Names	:	01 st March 2020
Confirmation Flight Schedule	:	01 st March 2020
Confirmation Room List	:	01 st March 2020
Secretariat Office	:	TBC
License Control	:	16 th March 2020
Technical Meeting	:	16 th March 2020
Race Dates	:	17 th – 22 nd March 2020
ACC Congress	:	19 th March 2020
Opening Ceremony	:	TBC
Closing Ceremony	:	TBC

ORGANIZER

MALAYSIAN NATIONAL CYCLING FEDERATION

NO 3-24, JALAN PM 9, PLAZA MAHKOTA

75000, MELAKA

TEL: +606 283 015 0

FAX: +606 283 678 6

VENUE

Start / Finish Location: Majlis Perbandaran Sepang, Cyberjaya (2.6817° N, 101.6613°E)

ASIAN ROAD CYCLING CHAMPIONSHIPS 2020

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VISA AND ARRIVAL

Officials and riders to Malaysia must obtain a visa from one of the Malaysian diplomatic missions unless they come from one of the visa exempt countries and the travel expenses must be covered by National Federations. Please write to Malaysian National Cycling Federation for assistance and invitation letter. All visitor must hold a passport valid for 6 months. All arrival will be at Kuala Lumpur International Airport, which is only 40 minutes to official hotel.

POLICE AND MEDICAL ASSISTANCE

SEPANG DISTRICT POLICE HEADQUARTERS

Address: Bandar Baru Salak Tinggi, 43900 Sepang Selangor

Phone : +603-877 742 22

HOSPITAL PUTRAJAYA

Address: Jalan P9, Presint 7, 62250 Putrajaya, Wilayah Persekutuan Putrajaya

Phone : +603-831 242 00

OTHER USEFUL TIPS

- Currency : Malaysian Ringgit (1USD = RM 4.15)
- Country Code : +60
- In Malaysia the power plugs and sockets are of type G. The standard voltage is 240 V and the standard frequency is 50 Hz

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CYBERJAYA

Cyberjaya (a portmanteau of cyber and Putrajaya) is a town with a science park as the core that forms a key part of the Multimedia Super Corridor in Malaysia. It is located in Sepang District, Selangor. Cyberjaya is adjacent to, and developed along with Putrajaya, Malaysia's new seat of government. This town aspires to be known as the Silicon Valley of Malaysia.

Cyberjaya, about 26 km from downtown Kuala Lumpur, is located in the Sepang District in southern Selangor state, located in the mukim of Dengkil. It is adjacent to the Federal Territory of Putrajaya, the administrative capital of the government of Malaysia. [Citation needed]

Cyberjaya is located in the middle of the Langat valley, about halfway between Kajang and Banting, and about 20 km north of the Kuala Lumpur International Airport and 40 km northwest of Seremban.

