



TECHNICAL GUIDE

1. ORGANIZATION

Asian Mountain Bike Championships 2024 are organized by;

Malaysia National Cycling Federation
No. 3-24, Jalan PM9, Plaza Mahkota,
75000 Melaka, MALAYSIA
Tel: +60 -283 0150

Email: infoacc2012@gmail.com / mncf@mail.com

Website: <http://www.mncf.my>

The Championships shall be held on 08th– 12th May 2024 under the regulations of Union Cycliste Internationale (UCI) and the Specific Regulations of the Championships mentioned hereunder.

2. TYPE OF EVENT

The event is entered on the UCI Mountain Bike Calendar and is open for the riders of the Men Elite, Women Elite, Men U23, Women U23, Men Junior, and Women Junior. The event is registered as the Continental Championships, thus in conformity with the UCI rules, points are awarded for the UCI ranking under the Continental Championships.

3. PARTICIPATION

The event is for the riders of the National Federations affiliated with the Asian Cycling Confederation (ACC) and the championships comprise the events and categories as follows:

Event	Men	Women	Under 23
Cross Country Olympic (XCO) Elite (19 years & above) U23 (19-22 years) Junior (17 & 18 years)	Elite Men - 6 Junior Men - 4	Elite Women - 6 Junior Women - 4	Men - 6 Women - 6
Cross Country Eliminator (XCE) (Age 17 years & above)	Men - 4	Women - 4	
Downhill (DHI) Elite (19 years & above) Junior (17 & 18 years)	Elite Men - 4 Junior Men - 4	Elite Women - 4 Junior Women - 4	
Cross Country Team Relay (XCR)	Men Elite & Women Elite Men U23 & Women U23 Men Junior & Women Junior (Total of 6 riders per team)		

- 3.1 Age (based on 2024 minus the year of birth)
 - Men Elite (age 23 years old and over)
 - Women Elite (age 23 years old and over)
 - Men U23 (age 19-22 years old)
 - Women U23 (age 19-22 years old)
 - Men Junior (age 17-18 years old)
 - Women Junior (age 17-18 years old)
- 3.2 Each Federation can send a maximum of 4 riders for the DHI Men and Women categories.
- 3.3 Each Federation can send a maximum of 6 riders for XCO Men Elite and Women Elite categories and a maximum of 4 riders for Men Junior and Women Junior categories.
- 3.4 Each Federation can send a maximum of 4 riders for the XCE Men and Women category.
- 3.5 Each Federation can send only one team of 6 riders for the XCR.
 - At least 5 countries with 6 riders must participate to meet the UCI requirements.

4. OPENING CEREMONIES

All participating teams (riders and officials) are compulsory to attend both the Opening Ceremonies / Welcome Dinner.

5. ACCOMMODATION

The organizer will provide accommodation for all participants on the conditions as follows:

- Official Hotel: TBD
 - Hotel to Championships venue is about 10 km.
 - Twin Room: USD 90 per day & Single Room: USD 100 per day.
 - 3 meals per day (The first meal shall start from the dinner on 5th May and the last meal shall be the breakfast on 13th May).
- 5.1 All teams have to pay the participation fee in USD upon their arrival at the hotel. (The team can pay in cash or credit card on the spot or remittance is also acceptable.
 - 5.2 Each type of room is limited so teams are to book their requirements in advance, the rooms will be booked on a first come first serve basis. If the official hotel lacks rooms, the team may be assigned to other nearby hotels.

** Remark: All participants (riders and team officials) have to pay USD 90 per day per person even if he or she does not stay at the official hotel as it is considered to be the management and organization fee for the Championships.*

6. TRANSPORTATION

The nearest airport Kuala Lumpur International Airport (KUL) Terminal 1 and Terminal 2, around 30 km to the course. Please be advised that we kindly request you book your direct round-trip flight tickets from your country to Kuala Lumpur International Airport (KUL).

The organizer, therefore, will be responsible for transportation upon arrival and departure only one (1) time per team. Besides that, teams may be charged extra transportation expenses.

Other than the general arrival and departure period (Arrival: 5-6 May, Departure: 13 May), please contact the official transportation directly for transportation.

* Transportation: MNCF Ground Trans

(Contact: Mr. Kamarul Aizad / (aizadothman@yahoo.com) / +60-19 671 7090)

During the Championships period, the organizer will arrange the shuttle bus from the official hotel to the race venue and from the championship's venue to the official hotel. Shuttle Bus timings will be displayed at the Hotel and the race venue.

7. KEY DATES OF CHAMPIONSHIPS

Entry by Number	01 April 2024
Hotel booking form	
Entry by Names	14 April 2024
Submission of VISA form	
Submission of Rooming List	26 April 2024
Submission of Flight Details	

8. MEETINGS

8.1 Rider's confirmation and jersey check will be held on 7th May 2024 at 0800 am at the Hotel (name of the hotel will be intimated shortly).

8.2 Team Manager's meeting will be held on 7th May 2024 at 1500 pm at the Hotel (name of the hotel will be intimated shortly)

8.3 All teams are required to bring along two country flags to be handed over to the organizer during the manager's meeting along with their National Anthem either on CD or in a pen drive.

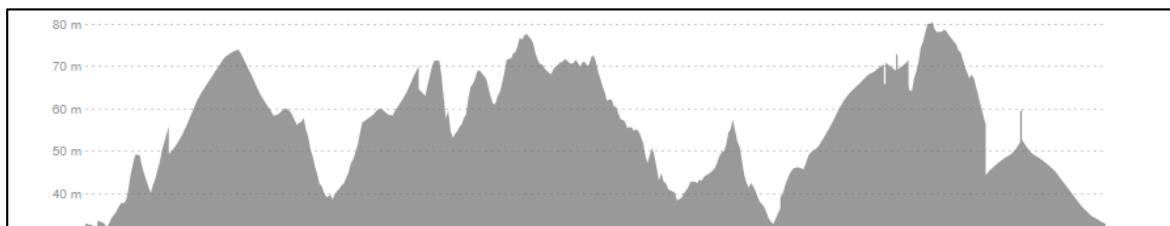
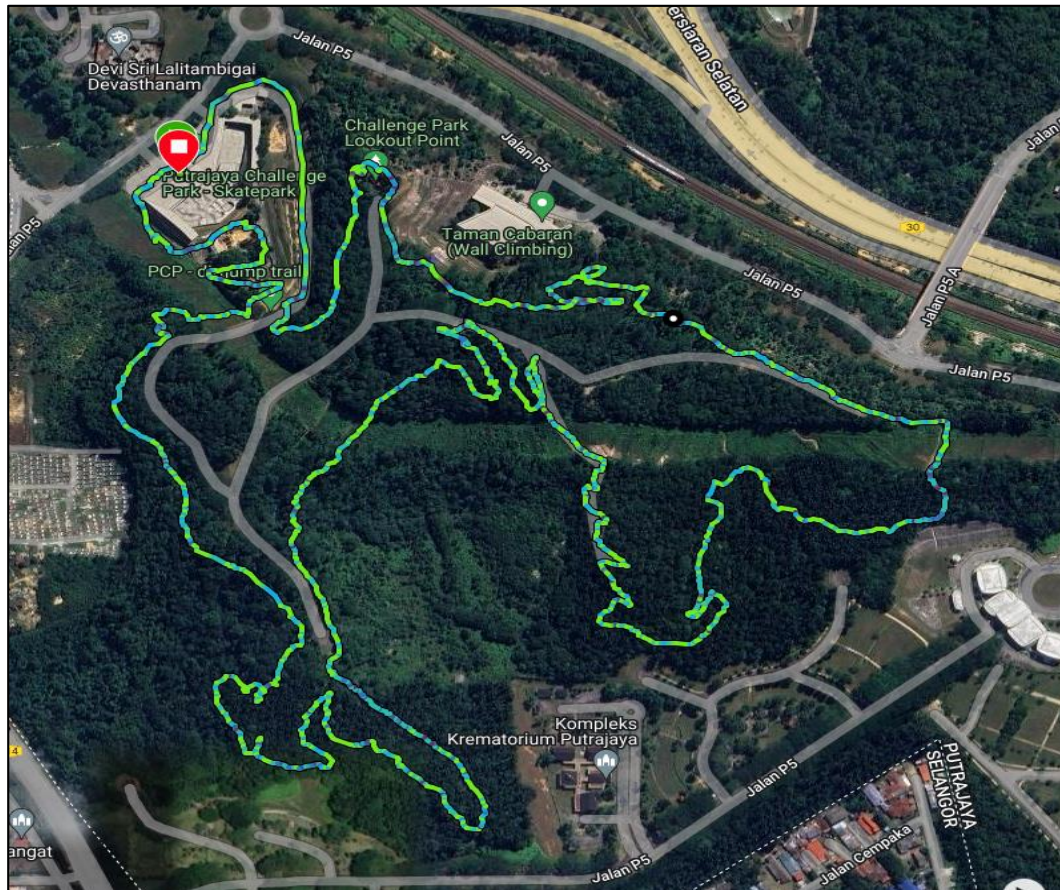
9. COMPETITION SCHEDULE




DAY	DATE	TIME	SCHEDULE	LOCATION	REMARK
-	6 May	All Day	UCI Commissaries arrival	Airport	
1	7 May	All Day	Teams arrival	Airport	No teams allowed on course
		0900-1100	UCI XCO Course Inspection	XCO Course	
		1100-1200	UCI XCE Course Inspection	XCE Course	
		1230-1400	UCI DHI Course Inspection	DHI Course	
		1600-1700	Commissaries Meeting	Official Hotel	
2	8 May	0800-1000	Teams Course Inspection	DHI/XCO Course	
		1000-1200	DHI Official Training	DHI Course	
		1000-1200	XCO Official Training	XCO Course	
		1330-1430	License Control & Rider Confirmation	Official Hotel	
		1430-1530	Team Manager Meeting	Official Hotel	
		1930-2130	Opening Ceremony / Welcome Dinner	TBD	
3	9 May	0900-1130	XCR Race + Victory Ceremony	XCO Course	
		1200-1400	DHI Official Training	DHI Course	
		1200-1400	XCO Official Training	XCO Course	
		1430-1630	DHI Official Timed Session	DHI Course	
4	10 May	0900-1100	DHI Official Practice	DHI Course	
		0900-1200	XCO Official Training	XCO Course	
		1400-1600	DHI Finals + Victory Ceremony	DHI Course	
5	11 May	0900-1100	XCO Official Training	XCO Course	
		1300-1430	Women U23 Final + Victory Ceremony		
		1304-1430	Women Junior Final + Victory Ceremony		
		1500-1700	Men U23 Final + Victory Ceremony		
		1504-1700	Men Junior Final + Victory Ceremony		
6	12 May		Women Elite Final + Victory Ceremony	XCO Course	
			Men Elite Final + Victory Ceremony		
			XCE Official Training	XCO Course	
			XCE Seeding, Time Trial		
			XCE Finals + Victory Ceremony		
7	13 May	All day	Teams and UCI Departure		

10. CHAMPIONSHIPS VENUE

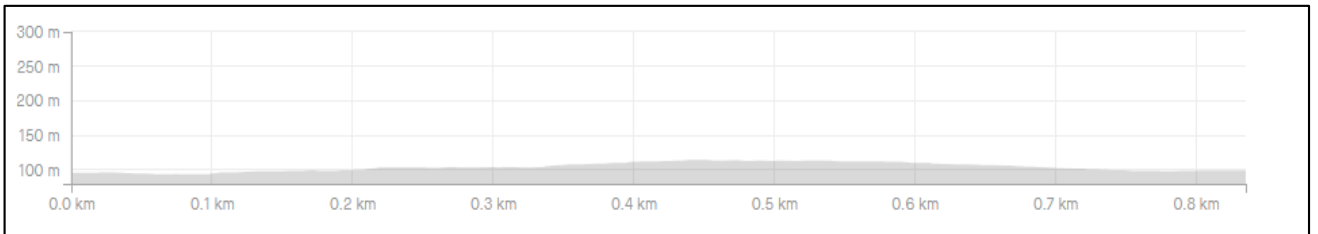
For XCO, XCR, XCE, and DHI the courses are located in the Putrajaya Challenge Park, Putrajaya. It is around 10 km from the official hotel. The venue of XCO and XCR is 5.1 km in length while XCE (1 lap = 900 meters). All courses are composed of natural and man-made obstacles.

10.1 Cross Country Olympic (XCO) & Cross Country Olympic Team Relay (XCR) Course: 5.1km

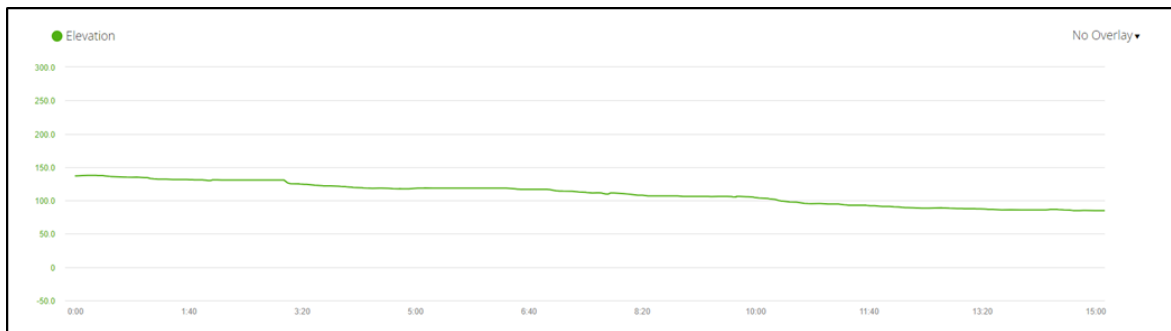
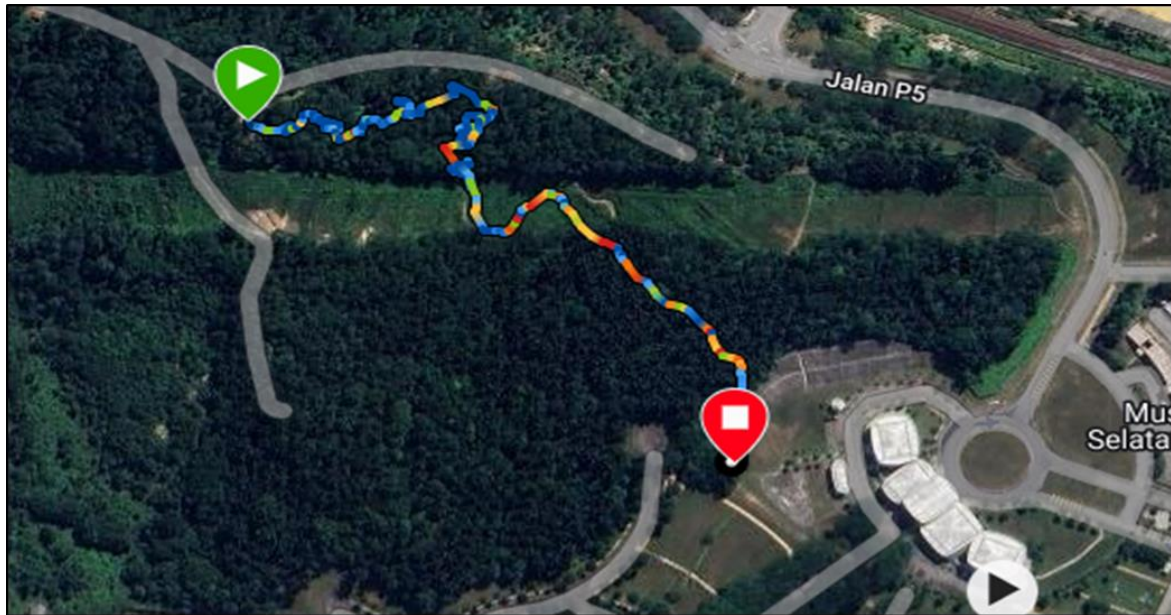


-  Start / Finish / Staging
-  Feeding & Technical Zone
-  80%

10.2 Cross Country Eliminator (XCE) Course: 900 meter



10.3 Downhill Course: 0.910 km



VENUE LAYOUT



Putrajaya Challenge Park – Whole Park Map



Start and Finish (XCO/XCE/XCR)

11.VISA

Each Federation/Team is responsible for obtaining for their Delegation the appropriate Entry Documents to gain entry into Malaysia. If you require an official invitation issued to assist with the visa process, please contact the organizer.

12.HOSPITAL

Championships venue to hospitals are about 10km - Putrajaya Hospital

13.GENERAL INFORMATION

- Average temperature in May : 24.5~33.5 Celsius
- Time zone : UTC+8 (MST)
- Official Language : Bahasa Malaysia
- Currency : Malaysia Ringgit (MYR)
- All Major Credit Cards Are Accepted In Malaysia.
- Phone code : +60
- Driving side : Left
- Voltage : 240 volts / 50 Hz
- Plug type : Type G

14.FOR ENQUIRY, PLEASE CONTACT

<p>Contact for General Information: - Mr. Arif Astaman Secretary Malaysia National Cycling Federation Mob. No. +60 19 328 1048</p>	<p>Contact for VISA and Hotel information: Ms. Mimi International Relations, Malaysia National Cycling Federation Mob. No. +60 12 354 5265</p>
<p>Contact for transportation: Mr. Kamarul Aizad Coordinator, International Relations, Malaysia National Cycling Federation Mob. No. +60-19 671 7090</p>	<p>Contact for Sporting & Technical Aspects: Mr. Mohd Saiful Tournament Director, Malaysia National Cycling Federation Mob. No. +60 16 258 8057</p>