



2018 ASIAN CYCLING CHAMPIONSHIPS
R O A D & P A R A C Y C L I N G
The 38th Asian Road Cycling Championships
The 25th Asian Road Junior Cycling Championships
The 7th Asian Road Para-Cycling Championships



2018 ASIAN ROAD & PARA CYCLING CHAMPIONSHIPS

The 38th Asian Cycling Championships
The 25th Asian Junior Cycling Championships
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Nay Pyi Taw, Myanmar
6th – 12th February 2018

Technical Guide
Updated 22-1-2018



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About Myanmar

Myanmar is located in Southeast Asia, bordering the Andaman Sea and the Bay of Bengal in the south. With an area of 676,578 km², Myanmar is almost twice the size of Germany or slightly smaller than the U.S. state of Texas.

Myanmar is bordered in north and northeast by China, in east by Laos and Thailand, and in west by Bangladesh and the Indian states of Nagaland, Manipur and Mizoram.

Mount Hkakabo Razi (Khaka Borazi) in Kachin state is 5,881 m (19,295 ft) high and located on the border tri-point with China and India. Myanmar's main rivers are the Chindwin and the Irrawaddy (Ayeyarwady).



Based on 2014 census, population of Myanmar is 51.4 million. Former capital and the economic center of Myanmar is Yangon which is also the largest city. The new capital since 2005 is Nay Pyi Taw and it is located in central Myanmar. Spoken languages are Bamar (official); Kachin, Kayah, Kayin, Chin, Mon, Rakhine, and Shan are regional languages.



Myanmar is a union of 135 ethnic groups with their own languages and dialects. The major races are the Kachin, the Kayah, the Kayin, the Chin, the Mon, the Bamar, the Rakhine and the Shan. The name Myanmar embraces all the ethnic groups.



Shwedagon Pagoda



Ancient Capital Bagan



Mandalay Palace



Karaweik Palace



Ngapali Beach



Inlay Lake

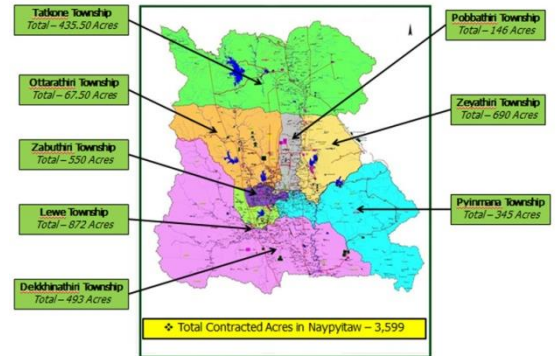


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About Nay Pyi Taw (Championship venue)

Nay Pyi Taw is the administrative capital of the Union of Myanmar. Centrally located, it is 391 km north of Yangon and 302 km south from Mandalay, being easily accessible from all parts of the country via air, road and rail routes. The environs of Nay Pyi Taw comprise (8) townships viz. Zeyar Thiri, Pohbba Thiri, Uttara Thiri, Zabu Thiri, Dekina Thiri, Pyinmana, Lewe and Tatkone. Nay Pyi Taw Airport is approximately 10 miles from city center. All domestic carriers operate daily flights from Nay Pyi Taw to the commercial capital Yangon, and the cultural capital Mandalay. There are flights via Nay Pyi Taw to tourist destinations such as Bagan, Heho (Inlay Lake), Sittwe, Ngapali beach, Myitkyina, Kyaing Tong and others.



Travelling to Nay Pyi Taw

Nay Pyi Taw Station is on the main Yangon-Mandalay rail line. It takes nine hours by train to travel from Yangon to Nay Pyi Taw. Nay Pyi Taw Airport, located 10 miles (30 minutes by car) southeast of the city, is served by all domestic airlines; Air Mandalay, Myanmar Airways and Yangon Airways, with regular flights to Yangon and other cities across the country. Driving from Yangon to Nay Pyi Taw via new highway takes about 4 hours.

Places of interest



City Hall (Nay Pyi Taw)



National Museum



Gems Museum

Nay Pyi Taw Roads





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ORGANIZING COMMITTEE

ACC President	Osama Al Shafar (info@asiancycling.org)
ACC Secretary General	Onkar Singh (accycling@hotmail.com)
Championship Organizing Committee President	Myanmar Cycling Federation (MCF) Khin Maung Win (president@mcf.com.mm)
Secretary General	Kyaw Min Than (gsmcf26@gmail.com)
Technical Delegate	Tatsuo Hayashi (tatsuo-h@bmail.plala.or.jp)

COMPOSITION OF THE COMMISSAIRES PANEL

President of the Commissaire Panel	Mr. Jinshan ZHAO
UCI International Commissaire 1	Mr. Frederick Chan
UCI International Commissaire 2	Mr. Majid Nasser Khorram
UCI International Commissaire 3	Mr. Leong Hong Ian
UCI International Commissaire 4	Mr. Navaratnaraja Karunaratna

Commissaire moto - info	<i>To be announced later</i>
Moto – time board	<i>To be announced later</i>

Timing Results	<i>To be announced later</i>
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PARA CYCLING COMPETITIONS

President of the Commissaries Panel	Zhao Jinshan (jinshanzhao@hotmail.com)
UCI International Commissaire 1	
UCI International Commissaire 2	

ANTI-DOPING CONTROL

Doping Control Officer	Mr. William Clinch OAM
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CONTACTS

1. Safety & Security *To be announced later*
2. General Medical Assistance *To be announced later*
3. Nay Pyi Taw Ambulance
Dial 199
4. Hotline contact
John Singh (mobile +959 443057457)
myanmareden187@gmail.com
5. General enquiries
Aung Naing Moe (mobile +959 5007620)
anm@m��pcat.com



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TRAVEL, ACCOMMODATION & VISAS

Travel expenses to Nay Pyi Taw must be covered by the National Federations. Air travel destination to Championship venue is Nay Pyi Taw International Airport. MCF will provide all ground transportation for the participating teams including airport pick up/drop-off and transportation between event official hotel and race venue.

The participating team shall be responsible for the expenses of the accommodation and meals for their team members at US\$ 80 per day per person on twin sharing basis with three meals. Rate for single occupancy is US\$ 100 per day per person, including three meals.

MCF will assist with visa applications and on arrival visas for all participating teams and officials. All participants must hold a valid passport and all visa requirements must be respected. Requests for visa assistance must be received **by number by 15th of November 2017** and **entry by name by 15th of December 2017**. We regret to accommodate late or last minute requests. For visa application, passport copy of the applicant is compulsory.

SOME USEFUL TRAVEL CONTACTS:

International Direct Flights to Nay Pyi Taw

1. Bangkok Airways <http://www.bangkokair.com/>
2. China Eastern <http://uk.ceair.com/en/>

Domestic flights from Yangon to Nay Pyi Taw

1. Myanmar National Airlines <https://www.flymna.com/>
2. FMI Charter <http://www.fmiair.com/book-your-ticket/>
3. Air KBZ <http://airkbz.com/>

Airline Agents in Yangon

1. Elate Myanmar Travels & Tours <https://www.elatemyanmar.com.mm/>
2. Sun Far Travels and Tours <http://www.sunfartravels.com/>

MEDICAL ASSISTANCE

Medical assistance team is available at Horizon Lake View Resort, during working hours and at the race venue throughout the championships.

Nay Pyi Taw Hospital (Address: Zabu Kyat Thayay St., Mingalar Theiddi Ward, Hotline +95-67-420096) is located 15 mins drive from Horizon Lake View Resort and 10 mins drive from race venue.

OFFICIAL HOTEL

Horizon Lake View Resort (Nay Pyi Taw)

Nay Pyi Taw

- Phone:** +95 (67) 8105118
Email: sales.hlvr@horizonhotelsresorts.com
Website: <http://www.horizonhotelsresorts.com/>



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ACCREDITATIONS

Accreditations can be collected at the hotel upon arrival. Please ensure collection of your accreditation card as it is required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

PERMANENCE OPENING SCHEDULE

Wednesday, 7th February 10:00 – 17:00 Horizon Lake View Resort

From 8th to 13th February, a race office will be open at the start and finish area in Nay Pyi Taw Wunna Theikdi Stadium opening 1 hour before the start of first race and closing 30 mins after the finish of the last race of the day.

MEDIA ACCREDITATION & OTHER INFORMATION

To apply for media accreditation, please send email to acc2018@mcf.com.mm

Media accreditation and Photographer’s Bib’s can be collected at the hotel.

OFFICIAL MEETINGS & DINNERS, Horizon Lake View Resort - Wednesday 7th FEBRUARY, 2018

10:00 – 10:30	International Commissaire’ meeting	State meeting room 1
10:30 - 11:30	Licenses verification and riders confirmation Clothing check, Distribution of race numbers and transponders	State meeting room 1
11:30 - 13:00	National Commissaires meeting	State meeting room 1
15:30 – 16:00	Team Managers meeting	State meeting room 1
15:30 until 17:30	Confirmation of starters – Licenses check – Distribution of body numbers and transponders <ul style="list-style-type: none"> • UCI ID check • Riders confirmation • Check national teams clothing Team managers must confirm all starters, presenting all licenses (with passport for the juniors’ category) and providing a sample of teams’ apparel time trial and road race. Riders’ numbers will be distributed during that procedure. A maximum representation of two representatives per team is requested to attend that meeting. Attendance is required for: <ul style="list-style-type: none"> • a representative of the OC • a representative of the ACC Management Board • the ACC Technical Delegate • the UCI and National Commissaries • the Teams Manager • Doping Control Officer 	
16:30 - 17:30	Press Conference	State meeting room 1
19:00	Distribution of time trials start lists (all categories)	
18:00 - 20:00	Welcome Dinner for all participants	Grand Ballroom 2



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CHAMPIONSHIP SCHEDULE, WUNNA THEIKDI SPORT STADIUM

Date	Type	Event	Time	KM	Lap	Venue
06/02/2018	Arrival	Team Arrival				
07/02/2018	Meeting	International Commissaire meeting	10:00 - 10:30			State meeting room 1
		License control	10:30 - 11:30			State meeting room 1
		National Commissaire meeting	11:30 - 13:00			State meeting room 1
		Team managers meeting	15:30 - 16:00			State meeting room 1
		Press Conference	16:30 - 17:30			State meeting room 1
		Welcome Dinner	18:00 - 20:00			Grand Ballroom 2
08/02/2018		Opening Ceremony	7:00			Wunna Theikdi Sport Stadium, Naypyidaw
	Team Time Trial	Men - Elite	8:00	70	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	10:00	--	--	
	Time Trial	Men - Junior	10:30	22	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	12:00	--	--	
		Women - Junior	13:00	11	1	
Award Ceremony		14:30		--		
09/02/2018	Time Trial	Men - U23	8:00	34	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	9:00	--	--	



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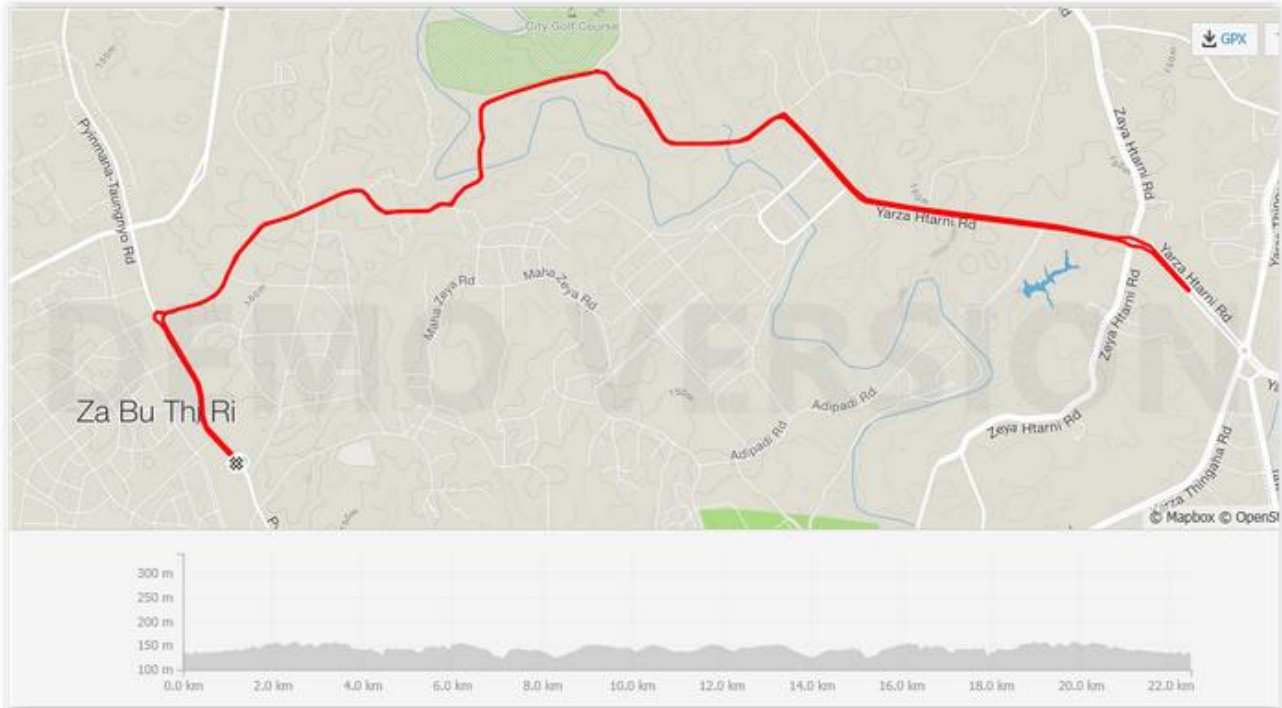
		Women - Elite / Women U23	9:30	22	1	
		Award Ceremony	11:00	--	--	
		Masters M/W 35-39, 40-44, 45-49, Over 50	11:15 - 12:30	34	1	
		Para-Cycling-MB/WB	13:00	22	1	
		Para-Cycling-MC1-5		22	1	
		Para-Cycling-WC1-5		11	1	
		Para-Cycling-WH1-5		11	1	
		Para-Cycling-M/W T1-2		11	1	
		Para-Cycling-Award Ceremony		--	--	
10/02/2018	Time Trial	Men Elite	8:00	42	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	10:00	--	--	
	Road Race	Men - Junior	10:30	106	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	14:00	--	--	
		Women Junior	14:30	70	1	
	Award Ceremony	17:30	--	--		
11/02/2018	Road Race	Men - U23	8:00	156	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	11:30	--	--	
		Women - Elite	12:00	106	1	
		Award Ceremony	15:30	--	--	
		Women U23	16:00	70		
		Award Ceremony	18:00			
12/02/2018	Road Race	Men - Elite	8:00	176	1	Wunna Theikdi Sport Stadium, Naypyidaw
		Award Ceremony	13:00	--	--	



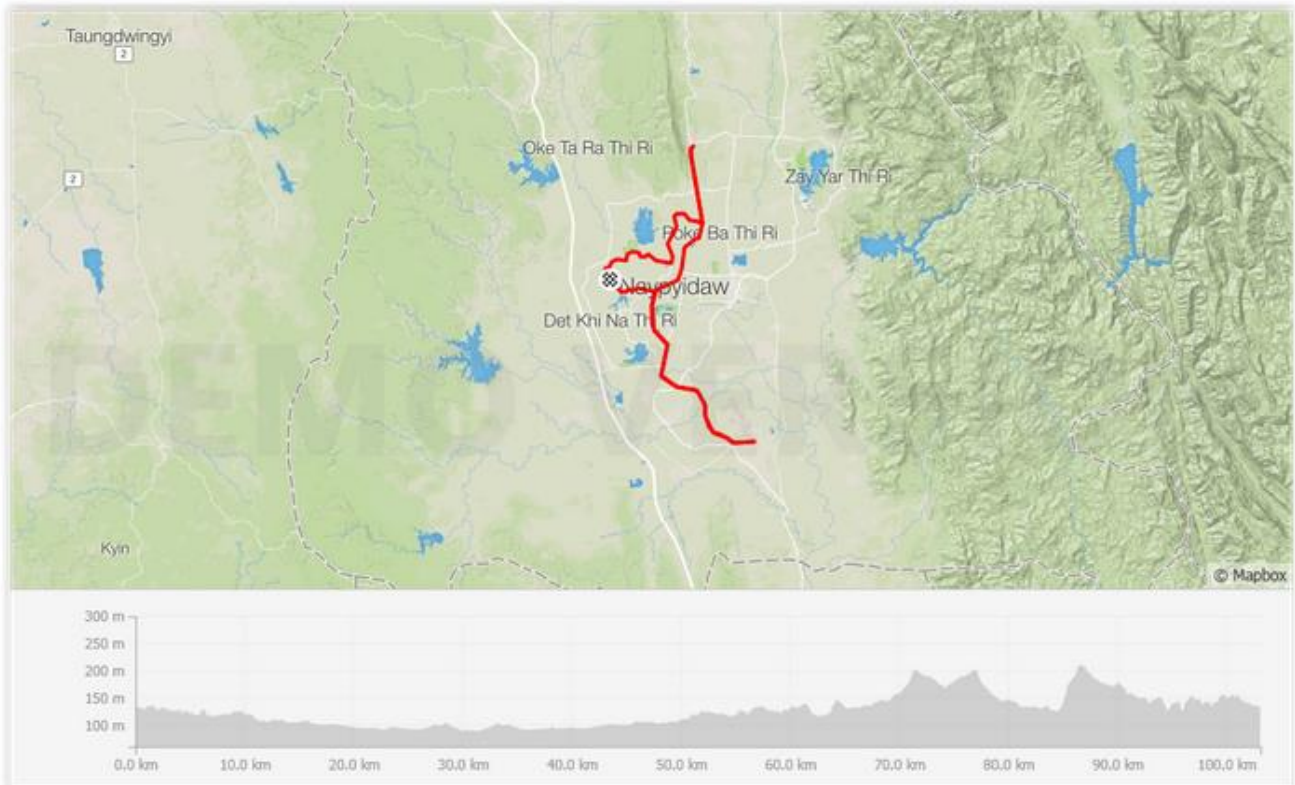
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Men-Junior, Women-U23, Women-Elite & Para Cycling MB/WB/MC 1-5 - 22.7 km



Men-Junior & Women-Elite – 103 km

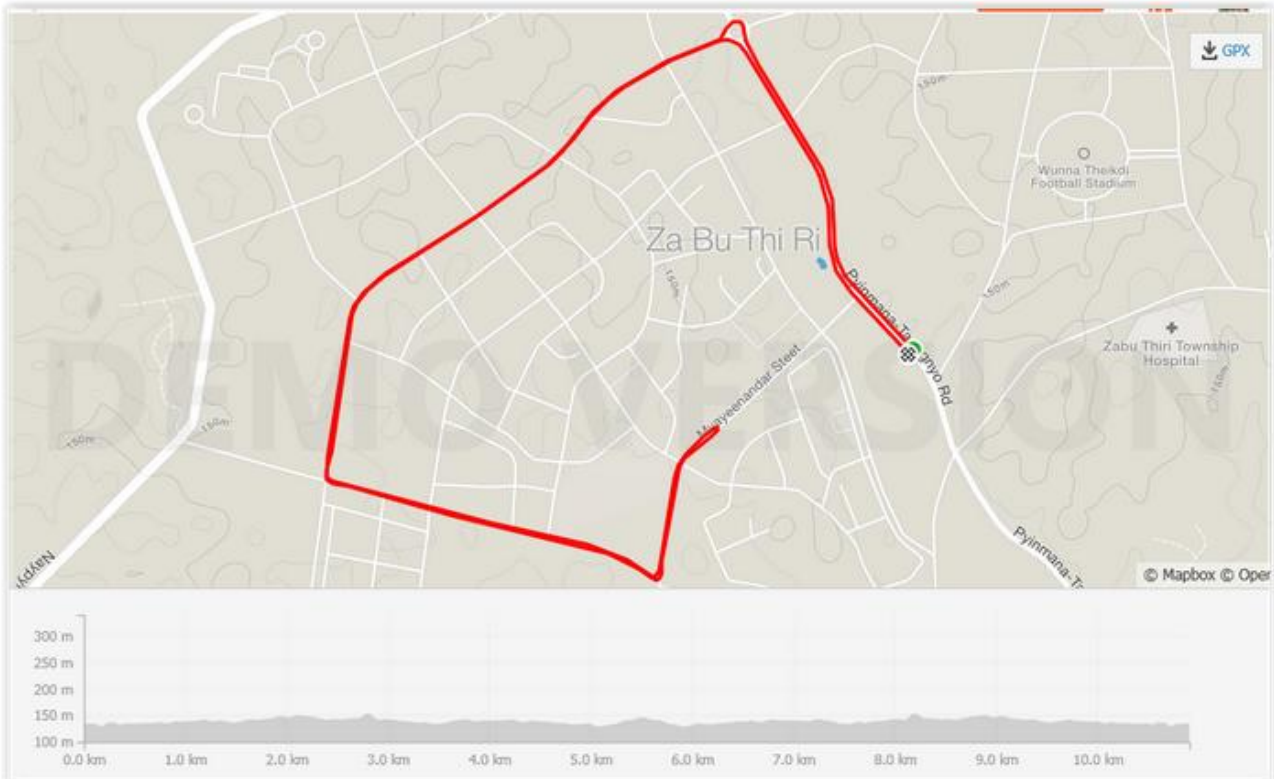




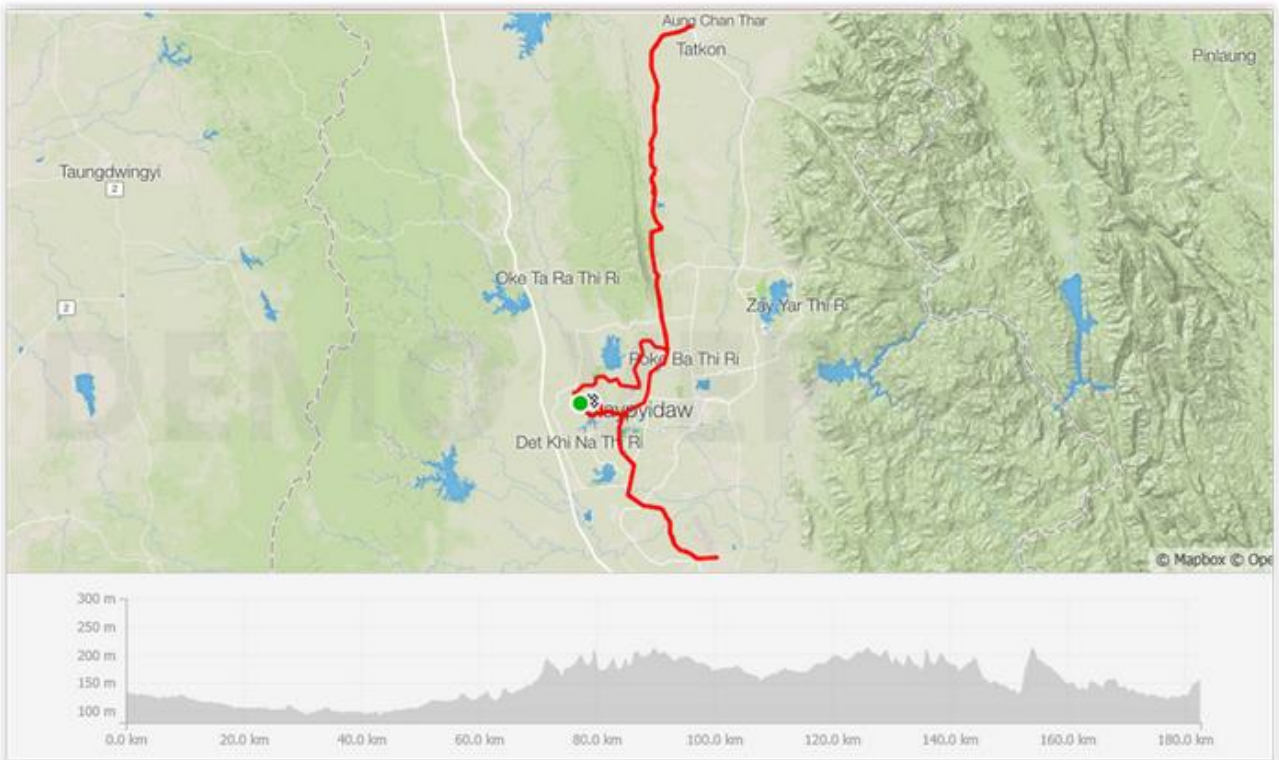
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Women-Junior & Para Cycling WC1-5, WH1-5, M/W T1-2 – 11 km



Men-Elite - 182.6 km

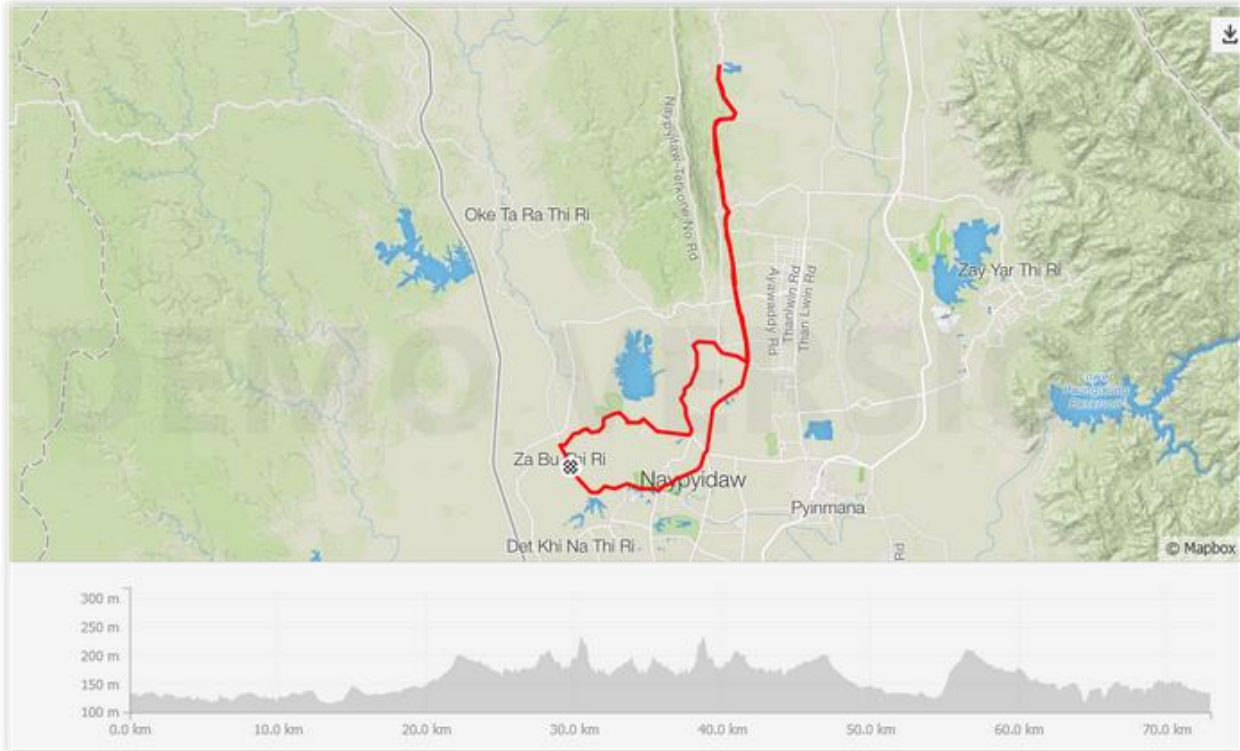




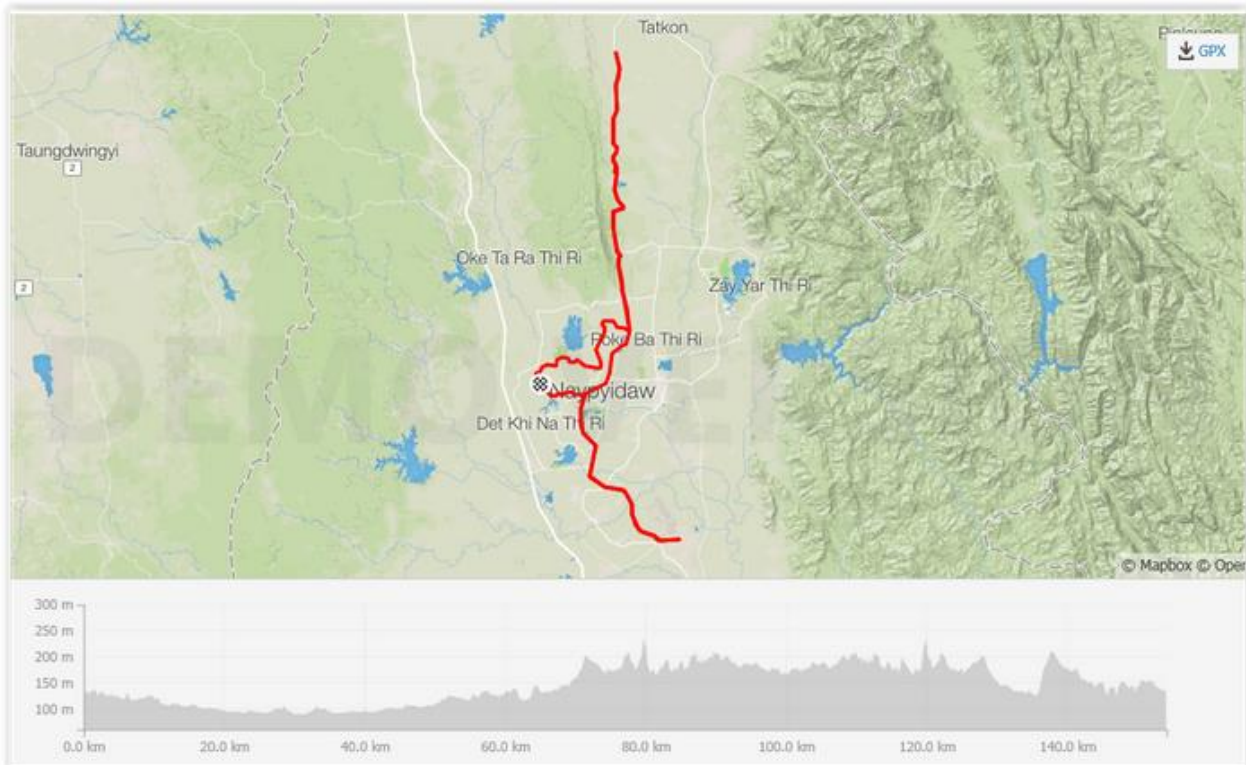
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Men-Elite TTT & Women-Junior, Women-U23 – 72 km



Men-U23 – 154 km





RACE SPECIFIC REGULATIONS

ARTICLE 1. GENERAL RULES

- 1.1 The 2018 ACC Road Championships are organized by the Asian Cycling Confederation (ACC) in cooperation with the Myanmar Cycling Federation (MCF).
- 1.2 The event will be organized in accordance with the rules of the Union Cycliste International (UCI) and these rules will be the reference for everything that is not mentioned in the current document.
- 1.3 The Asian Road Championships consisting of time trial races and road races are scheduled **from 8th to 12th February 2018**. These Championships may be contested by riders entered by their National Federation as a National Team.

ARTICLE 2. TYPE OF THE EVENT

- 2.1 The event is open to athletes of the Women Junior, Men Junior, Women U23 and Women Elite, Men U23 and Men Elite categories. It is entered on the UCI calendar as a Continental Championship event (UCI CC).
- 2.2 In accordance with the articles 2.10.008 and 2.10.017 the UCI ranking points will be awarded as follows:

Place	POINTS SCALE			
	Elite Road race	Elite Time trial	Under 23 Road race	Under 23 Time trial
1st	250	70	80	16
2nd	200	55	56	11
3rd	150	40	32	6
4th	125	30	24	5
5th	100	25	20	4
6th	85	20	16	2
7th	70	15	12	
8th	60	10	8	
9th	50	5	7	
10th	40	3	6	
11th	30		5	
12th	25		3	
13th	20			
14th	15			
15th	10			
16th	5			
17th	5			
18th	5			
19th	3			
20th	3			



ARTICLE 3. PARTICIPATION

3.1 As per UCI REGULATIONS 10.1.005, all national federations/associations affiliated to Asian Cycling Confederation can take part in the 38th Asian Cycling Championships, 25th Asian Junior Cycling Championships and the 7th Asian para-cycling championship 2018 extract from the UCI REGULATIONS (Chapter X. continental championships). The list of the countries is given below:

1	Afghanistan	AFG	22	Macao	MCO
2	Bahrain	BRN	23	Malaysia	MAS
3	Bangladesh	BAN	24	Myanmar	MYA
4	Brunei Darussalam	BRU	25	Mongolia	MGL
5	Cambodia	CAM	26	Nepal	NEP
6	China	CHN	27	Oman	OMA
7	DPR Korea	PRK	28	Pakistan	PAK
8	Timor Leste	TLS	29	Philippines	PHI
9	Hong Kong	HKG	30	Qatar	QTR
10	India	IND	31	Saudi Arabia	KSA
11	Indonesia	INA	32	Singapore	SIN
12	Iran	IRI	33	Sri Lanka	SRI
13	Iraq	IRQ	34	Syria	SYR
14	Japan	JPN	35	Thailand	THA
15	Jordan	JOR	36	Chinese Taipei	TPE
16	Kazakhstan	KAZ	37	Turkmenistan	TKM
17	Korea	KOR	38	U.A.E.	UAE
18	Kyrgyzstan	KGZ	39	Uzbekistan	UZB
19	Kuwait	KUW	40	Vietnam	VIE
20	Laos	LAO	41	Yemen	YEM
21	Lebanon	LIB			

3.2 All National Federations/ Associations 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.

3.3 A rider against whom an investigation was opened in relation to affect which may cause a breach of the UCI Anti-Doping Rules, will not be eligible for the Continental Championships and is not authorized to participate in the Continental Championship as 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.



3.4 In addition to the disqualification, the licensee and his or her national federation will be respectively sanctioned by a fine of CHF 2,000 to CHF 10,000. 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 event of acquittal.

3.5 AGE OF COMPETITORS

Events	Year of Birth
Men and Women Elite	1995 and Older
Men and Women Under 23	1996, 1997, 1998, 1999
Men and Women Junior	2000 and 2001

3.6 REGISTRATION PROCEDURE

All participating National Federations shall register online at www.mcf.com.mm/acc2018, the registration page of Myanmar Cycling Federation website. Myanmar Cycling Federation will send acknowledgement email to all registered National Federations for confirmation of their registrations. National Federations are required to submit their registrations by Number by 15th of November 2017 and Entry by Name by 15th of December 2017 to Myanmar Cycling Federation.

Contact information of Myanmar Cycling Federation

Email : acc2018@mcf.com.mm
 Website : www.mcf.com.mm/acc2018
 Telephone : +95 (9) 443057457, +95 (9) 422895544
 Fax : +95 (1) 547307

ROAD EVENTS/ 8th – 12th FEBRUARY 2018

	Men by Number						Women by Number					
	Enter			Ride			Enter			Ride		
	ME	MU	MJ	ME	MU	MJ	WE	WU	WJ	WE	WU	WJ
Road Race	6	6	6	4	4	4	6	6	6	4	4	4
Individual Time Trial	2	2	2	1	1	1	2	2	2	1	1	1



PARA-CYCLING EVENTS

	MEN EVENT				WOMEN EVENT			
	C1-5	B	T1-2	H1-5	C1-5	B	T1-2	H1-5
ROAD T.T.	○	○	○	○	○	○	○	○

MASTERS

	MEN EVENT								WOMEN EVENT							
	Enter				Ride				Enter				Ride			
	35-	40-	45-	50+	35-	40-	45-	50+	35-39	40-44	45-49	50+	35-	40-	45-	50+
MASTER	4	4	4	4	2	2	2	2	4	4	4	4	2	2	2	2

※SPORTS CLASS may be integrated by decision of ACC Para-cycling committee after consideration of number of participants.

ARTICLE 4. TEAM MANAGERS MEETING

- 4.1 The team managers' meeting, organized in accordance with the article 1.2.087 of the UCI regulations in the presence of Members of the Commissaires' Panel, is scheduled on 7th February 2018 at 10:00 at Horizon Lake View Resort.
- 4.2 Starting from 8th until 12th February 2018, a race office will be open at the start and finish area opening 1 hour before the start of first race and closing 30 min after the finish of the last race of the day.

ARTICLE 5. STARTING ORDER IN TIME TRIALS – START PROCEDURE FOR ROAD RACES

- 5.1 The starting order for the individual time trials will be composed by the commissaires and will be communicated immediately after the team managers' meeting. The riders will take the start with one minute intervals.
- 5.2 For road races, before each race, complete National teams must be present on the presentation podium for the signing of the start sheet. The podium will be open 45 minutes before the start and will close 10 minutes before the start. Riders who fail to sign will not take the start.



ARTICLE 6. BICYCLES AND EQUIPMENT CONTROL

6.1 For the time trial races each bicycle will be checked by the UCI commissaires. Each rider must present his/her bicycle for that check and verification at least 15 minutes prior to the personal start time.

6.2 For the WJ and MJ categories 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 the latest.

6.3 After those controls, the riders will not be allowed to take their bikes out of the control zone.

6.4 During time trial races, changing of equipment is allowed from the team car.

During road races it is allowed

- from neutral vehicles for the categories Women Junior and Men Junior;
- from neutral vehicles and from team cars for the other categories.

ARTICLE 7. RADIO TOUR

7.1 Race radio information will be broadcasted throughout each race via radio system.

7.2 Handout of radio transmitters to the team managers will take place at the team managers meeting.

Each team manager must sign the delivery sheet at receiving and returning of the transmitters. Transmitters must be returned immediately after the last race to the Race Office.

ARTICLE 8. TEAM CARS

8.1 Team cars are allowed to the race convoy only during WU / MU and WE / ME road races. The vehicles will be provided by MCF. In accordance with article 2.2.032 of UCI regulations, the vehicles involved in the races are limited to the maximum height of 1.66m. This rule does not apply in time trial races.

8.2 For these categories the number and the order of cars in the race convoy will be determined by the Commissaires' Panel in accordance with the number of riders at the start and road safety criteria. Team with a small number of riders will have to share the same car.



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ARTICLE 9. NEUTRAL TECHNICAL SUPPORT

9.1 The neutral support will be provided by 3 cars.

ARTICLE 10. FEEDING

10.1 No feeding is allowed during time trial races.

10.2 For MJ / WJ road races, feeding is allowed until the last lap (not included) each time passing the feeding zone and from neutral cars.

10.3 Feeding by team cars for categories Women U23/Women Elite, Men U23 and Men Elite is allowed starting at 50 km of the race until 20 km to the finish.

ARTICLE 11. FINISHING TIME LIMITS

11.1 There is no time limit for time trial races. Time Limit for road races is 10%.

11.2 In accordance with the UCI regulations, art. 2.6.032, in exceptional cases only, unpredictable and of *force majeure*, the Commissaires' Panel may extend the finishing time limits after consultation with the Organizer and the UEC Technical Delegate.

ARTICLE 12. AWARDS CEREMONIES

12.1 In accordance with article 1.2.112 of the UCI Regulations, the 3 best riders (teams in team time trial) of each category must attend the official awards ceremony.

12.2 For the time trial events a "hot-seat" zone for the best 3 times will be prepared near the finish line.

ARTICLE 13. AWARDS AND PRIZE MONEY

13.1 Jersey and medals

Every Asian Championship will be awarded with:

The 1st place : Champion's jersey and Gold medal

The 2nd place : Silver medal

The 3rd place : Bronze medal



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ARTICLE 14. ANTI-DOPING

14.1 The UCI anti-doping regulations are entirely applicable to the event.

The anti-doping tests will take place in the anti-doping offices of Gold Camp, Nay Pyi Taw.

ARTICLE 15. PENALTIES

15.1 The UCI penalty scale is the only one applicable.

ARTICLE 16. RESPONSIBILITIES

16.1 The organizers and ACC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

16.1 The organizers and ACC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply.