

Venue Layout Overview

1. Registration Area:

Located at the entrance of the venue, this is the first stop for participants to check-in, confirm their registration details, and receive their race packets.

2. Waiting Room (Spectator Zone):

Adjacent to the competition room, this area is designated for riders to wait before their event and for spectators to view the race. It may also serve as a relaxation zone post-race.

3. Bike Check Area (Equipment Check Zone):

Before entering the competition room, riders will pass through the bike check area where their equipment will be inspected to ensure compliance with race regulations.

4. Competition Room:

This is the heart of the event where riders will compete. The room is equipped with trainers and screens for the virtual race environment.

5. Medical Station:

A dedicated area for medical staff and equipment, ready to assist with any health-related needs.

6. Commissionaires and Race Control Station:

The hub for race officials to monitor the event and manage race control.

7. Additional Facilities:

Outdoor warming up areas next to MCF Building . Rest Rooms are available next to competition areas and waiting room



Instructions for Rider Registration

Remember to carry a valid ID for verification purposes. Ensure all information provided is accurate to facilitate a smooth registration process and to avoid any issues on race day.



Arrival at Registration Office: If you have pre-registered online by February 9th, proceed directly to the registration office upon arrival at the venue.

Collecting Your Rider Kit: You will receive a rider kit that includes your UCI number, race rules, Race ID and a towel courtesy of MSP company.

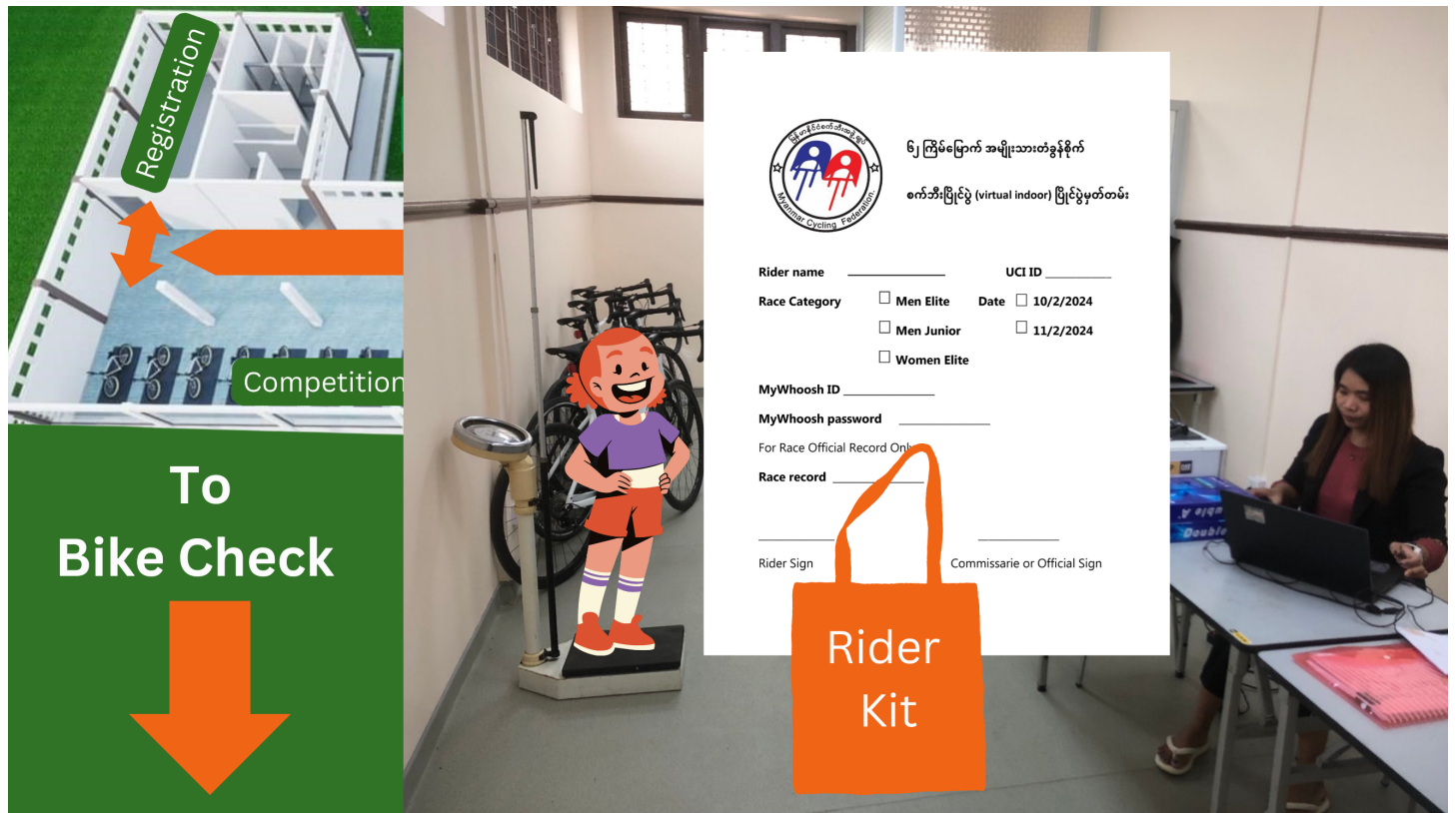
MyWhoosh Registration: If you have not yet registered with MyWhoosh, our admin staff will assist you in setting up your account.

Verification of Height and Weight: Support staff will confirm your height and weight using the measuring equipment available at the facility. Please cooperate with them for accurate records.

Receiving the Rider Form for Record: After successfully registering, you will be given a Rider Form for Record. This form must be filled out with your name, UCI ID, race category, and MyWhoosh account information.

Completion of Rider Form: Make sure to fill out the form accurately. After your race, a race

official will fill in your time trial result, which you will then acknowledge with your signature.



After registering:

- **Visit Bike Check:** Go to the bike check area.
- **UCI Bike Inspection:** Staff will check your bike for UCI rule compliance.
- **Gear Notification:** Tell the official your gear type—9, 10, or 11-speed—for Wahoo trainer setup.
- **Approval & Adjustments:** Wait for the go-ahead; address any needed changes.
- **Race Preparation:** Once approved, you're race-ready.

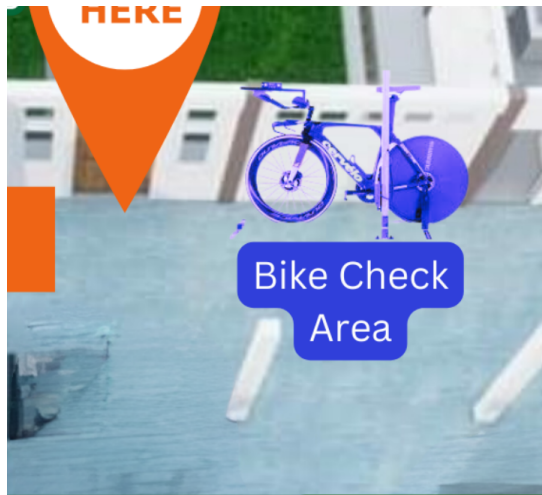
Before Inspection:

- **Clean Bike Components:** Clean your bike's chain and cassettes for optimal performance.
- **Inform Gear Specifications:** Communicate your gear specifications to the staff promptly.

Commissionaire in charge

Mr. Ko Oo

Bike Checking UCI Compliance



To
Competition
Zone

Clean Chain

Cassettes Type

- 9 Speed
- 10 Speed
- 11 Speed

Other Compliance



Time Trial Run

Enter the Competition Room: A race official will welcome and guide you through the next steps.

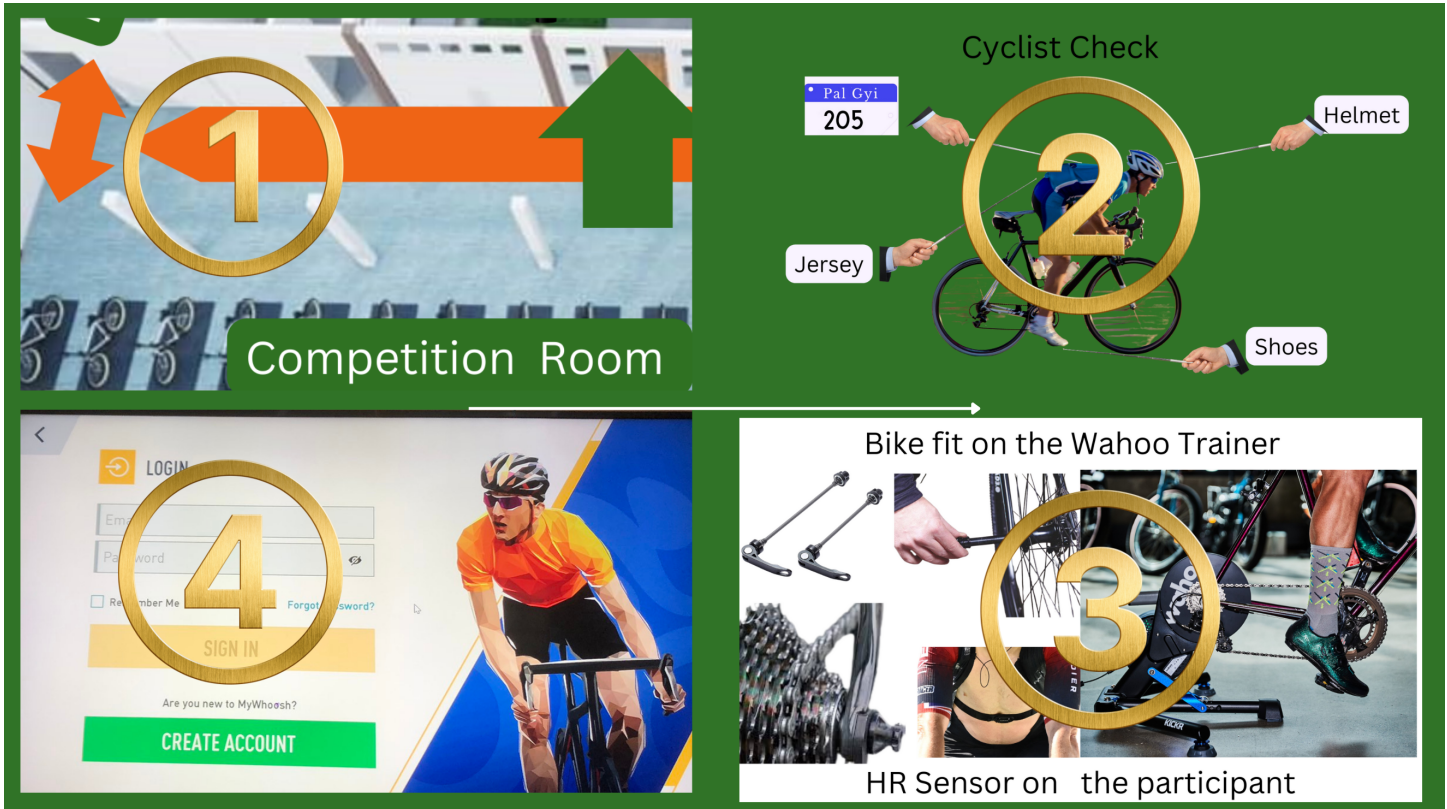
Cyclist Check: Ensure you are wearing the proper jersey, shoes, and have your race number plate visibly pinned on your jersey.

Bike Setup: Place your bike on the assigned Wahoo trainer with the assistance of our on-site mechanic.

HR Sensor: If you don't have your own HR sensor, one will be provided for you to wear during the race.

MyWhoosh Login: With the official's help, log in to the MyWhoosh app, select the race route for your category, and begin your time trial when instructed.

Please see the attached visuals for a step-by-step guide to this process.



Post-Time Trial Process for Riders:



Record Time Trial Results: After you complete your time trial run, the commissaire will record your results.

Acknowledgement: You are required to acknowledge the recorded time by signing the rider form.

Submission: Submit your rider record form to the race official in the presence of the commissaire.

Official Recording: The race official will officially record your result and determine your ranking.

Ranking Announcement: The Myanmar Cycling Federation (MCF) will post the ranking list online after two days of racing.

Award Ceremony: The winners will be announced, and the award ceremony will take place shortly after the completion of the event.

Please ensure to follow these steps carefully to confirm and finalize your participation and results in the race.



Please Note:

- Adhere to all UCI and MyWhoosh regulations as outlined in the race manual.
- Ensure prompt and accurate communication with race officials throughout the event.
- Follow the venue layout and schedule strictly to ensure a smooth flow on race day.