

# MEC2024 RACE FORMAT

## MEC2024 Race Categories

MEC2024 will offer 10 categories of races for all rounds. These categories will be divided into 3 race sectors based on race format and course :-

- Prime Sector :-
  - Men Open (age 14 and above)
  - Women Open (age 14 and above)
  - Men Junior (age 14 – 20)
  - Men 30 (age 30 – 34)
  - Men 35 (age 35 – 39)
  - Men 40 (age 40 – 44)
  - Men 45 (age 45 – 49)
  - Men 50 (age 50 and above)
- E-bike Sector :-
  - E-bike Open (Men age 14 and above)
- Youth Development Sector :-
  - Super Junior (Boys/Girls age 9 – 13)

Each category in the specific sector will be subjected to the same race format and race course in each MEC2024 Round. Although, race format & race course requirement for MEC2024 Round 1 at Bukit 300 will be different than other rounds, the race rules & regulations will remain uniform. This is to ensure that participants are competing on a consistent platform throughout MEC2024.

## MEC2024 Race Schedule

All MEC2024 Rounds will have the same Race Schedule as the followings:-

	<b>Prime &amp; Youth Development Sectors</b>	<b>E-bike Sector</b>
Day 1 - Friday	08:30am – 01:00pm Practice Session 1	08:30am – 01:00pm Practice Session 1 – Enduro Stage ONLY 02:30pm – 05:00pm Practice Session 2 – Power Stage ONLY
Day 2 - Saturday	08:30am – 01:00pm Practice Session 2	08:30am – 01:00pm Practice Session 3 – Enduro Stage ONLY 02:30pm – 05:00pm <b>Race Day 1 – Power Stage</b>
Day 3 - Sunday	08:30am – 02:30pm <b>Race Day</b>	08:30pm – 02:30pm <b>Race Day 2 – Enduro Stage</b>

## ROUND 1 - BUKIT 300 ENDURO RACE FORMAT

### Race Format – Prime Sector Category

1. The race comprises of 3 Special Stages (SP). The Race Time is only calculated and accumulated from each SP1, SP2 & SP3 stages only. The Liaison Stages (LS) are NOT timed and there are no time limit for these stages.
2. At the Start Gate of each SP, the flag-off time gap between Racer is 30 seconds. Nevertheless, if there is no queue a Racer can be flagged-off immediately. Racer can request a longer time gap but must not exceed 60 seconds.
4. The Race will be timed using the SPORTident Timing System. Racers must adhere to the administrative and operational procedure of the system as set-out in this Racebook. Refer to Section 7 - Race Timing Procedure.
5. A Racer must complete 1 round of the race, comprising of all the stages BUT without following any order. That means the Racer can choose to start at any stage he/she wants.  
For example, a Racer may choose to start at Stage 3 (SP3), then he/she may do Stage 1 (SP1) and finally complete the first round with Stage 2 (SP2). After 1 round of race is completed, the Racer is considered to have completed the race. This is the Mandatory Round.
6. ONLY after the Racer has completed the Mandatory Round, the Racer may ride-through the SPORTident Timing Station to check his/her race time. At this point, the Racer does not need to return the SPORTident Timing Device. The Result Slip will not be issued but the Racer can check his/her overall race time at the display devices.
7. After the Mandatory Round, if the Racer is not satisfied with his/her total time OR if the Racer feels that he/she can do better race time at any one of the stages or at all stages, the Racer is now FREE to "redo" the race at his chosen stage or any other stages as much as he/she likes. That means the Racer can repeat any one stage or all of the stages to improve his/her race timing, for UNLIMITED attempts, until the cut-off time and/or the race is closed.
8. Racers can always ride-through the SPORTident Timing Station after completing any "redo" to check their best race time.
9. If the Racer has decided to finish the race early by returning the SPORTident Timing Device (after completing at least the Mandatory Round) OR when the race is closed and the Timing Device must be returned, individual Result Slip will be issued. After the Timing Device has been returned to the SPORTident Station, the Racer CANNOT do anymore race.
10. In the event of a mishap or injury, the Race Director, after discussing with the rider (if he is conscious and mindful) or with his guardian, may decide to end the rider's participation in the race. The Race Director's decision is final and the Racer CANNOT do anymore race.
11. The Racer's Total Time is calculated based on the best time for each SP1, SP2 & SP3, from all the attempts he/she made before the cut-off time.

12. If the Racer failed to complete the first Mandatory Round at the cut-off time, he/she will be disqualified. Disqualified Racer will not earn any MEC Enduro Points. Nevertheless, the Racer will qualify for the MEC Annual Ranking if the Racer had participated in at least 60% of the MEC races during the same season.
13. The Results from MEC Round 1 will be the seeding list for MEC Round 2 Starting Wave List.

## Race Format – E-bike Category

1. The race comprises of 2 race major stages/section :-
  - a.) Power Stage – timed technical climb
  - b.) Enduro Stage – stage race timed at Special Stage and penalty at Liaison Stage (if any)

Race time will be the accumulation of time from the Power Stage and Enduro Stages
2. The Power Stage is MANDATORY. If the participant failed to participate and complete the Power Stage, he will not be allowed to participate in the Enduro Stage.
3. The Enduro Stage will have the same race format as the Prime Sector Category. At MEC2024 Round 1, LS time limit will not be imposed for this category. The race format details, procedure & requirement please refer to Race Format – Prime Sector Category above.
4. Specific requirements for e-bike :-
  - Bikes shall have a motor of no more than 750W of continuous rated power and which is only to be activated by pedalling and not exceeding 25km/h.
  - There will be no technical restriction on batteries, etc – spare batteries are allowed but must not be carried during the race.
  - Walk function is allowed but only in factory setting.
5. All other race rules and regulations shall be applicable.

## Race Format – Super Junior Sector Category

1. The race comprises of 2 Special Stages (SP). The specific trails for the stages will be announced 1 week before the Race Day.
2. The race format details, procedure & requirements, will be similar to the Race Format for the Prime Sector Category above.
  - Race time will be the accumulation of the Special Stage run time under the category, and the LS penalty (if any)
  - Participant and Guide are not allowed to ride in trails other than those specified for the category, otherwise, the participant will be disqualified
3. At MEC2024 Round 1, **all participants under this category will start the race first**, ahead of all other participants.
4. The participant under this category **MUST** be guided by a designated adult, a parent (father or mother) or a guardian (a coach or elder sibling aged 21 and above).

# MEC2024 RACE FORMAT

5. The participant and the guide MUST ride in pair AT ALL TIME until the finishing gate. At any point of the trails where time is recorded (at the starting gate, stage gates & finishing gate) the time gap between the guide and the participant must not exceed 15 seconds, otherwise a 5 minute penalty will be imposed.
6. Specific requirements for the participants :-
  - Minimum 20" hard tail or full suspension mountain bike - however parent may decide which bike is suitable for the participant
  - Bikes must have front suspension. Rigid fork not allowed
  - Mandatory to wear full face helmet and full body armour (appropriate riding shoes, knee pad, elbow pad & body armour)
7. Specific requirements for the Guide :-
  - Must use proper bike suitable to the race terrain and format.
  - Must display at all time the special race plate provided by organiser.
  - On Race Day, the Guide can ONLY enter the trail together with the participant under his/her care. Similarly, the participant can ONLY enter the trail with his/her Guide. If either party failed to do so, both the Guide and the participant will be disqualified.
  - Must abide by all the rules & regulation of MEC Race, similar to other racing participant
8. All other race rules and regulations shall be applicable

## ENDURO RACE FORMAT FOR ROUND 2, 3 & 4

### DENAI PELADANG ENDURO

### MERSING ENDURO

### LANGKAWI GEOPARK ENDURO

#### Race Format - Prime Sector Category

1. The Race is a full enduro format race and comprises of 4 Special Stages (SP) with 4 Liaison Stage (LS). The Race starts at the Event Village LS1 Start Gate and ends at the Event Village SP4 End Gate. Refer to Section 5. for the Race Course Map. The order/flow of the Race will be published in the RaceBook

Racers must strictly follow the Race stage order. If the Racer misses any stage, he/she will be considered as DNF. The Racer will be Disqualified if he/she did not follow the order of the stages.

2. LS1 will start at the Event Base. Although some stages may share a common LS, different time limit is imposed for each LS. The LS Time Limit for each stage is between 45 – 80 minutes. The actual LS Time Limit will be published in the respective RaceBook :-

LS Time sticker will be provided to each Participant

If uplift facilities are provided for any of the Liaison Stage the LS Time Limit shall include the time for each uplift service taken by each participant.

3. The Race starting line-up will be grouped into 6 - 8 waves, irrespective of race category, depending on the number of participants under the Prime Sector Category. The Wave Line-up is based on the MEC2024 previous round Overall Results, ie. Round 2 Wave List will be based on Round 1 Overall Ranking position, similarly for subsequent rounds

Racers on the top rank from the previous round will start the Race in first Wave and so on. Racers who did not complete or did not participate in the previous round will start the Race in the later or last Waves, randomly arranged. The Race Wave Line-up schedule will be published on-line two (2) days before the Race Day.

4. Each Racer's LS1 Time will start automatically according to the above Race Starting Time.

Racers MUST start the Race according to his/her Wave. Any Racer who starts the Race earlier than his Wave will be DISQUALIFIED immediately. Any Racer who misses his/her Wave Start Time or joins a later Wave will automatically lose his LS1 Time Limit and WILL NOT be given any extra LS1 time.

5. At the Start Gate of each SP, the flag-off time gap between Racer is 15 seconds. Nevertheless, if there is no queue a Racer can be flagged-off immediately. Racer can request a longer time gap but must not exceed 30 seconds.

6. The Race will be timed using the SPORTident Timing System. Racers must adhere to the administrative and operational procedure of the system as set-out in this Racebook. Refer to Section 7 - Race Timing Procedure.

# MEC2024 RACE FORMAT

7. Race Time will be recorded for all Special Stages (SP) and Liaison Stages (LS) :-
  - a. A Racer's Race Time is calculated and accumulated from each SP.
  - b. The LS time will be recorded but will NOT be accumulated or added to the Racer's total Race Time UNLESS the Racer exceeded the allowed time for each LS. Please refer to Race Rules & Regulations for LS Time Penalty calculation.
8. During the Race, if a Racer returns the SPORTident timing device due to whatever reason(s), including injury or in any emergency situation, the Racer will be considered to be out of the Race immediately and will be classified as Did Not Finish (DNF). The Racer will no longer be allowed to continue participating in the Race.
9. In the event of a mishap or injury, the Race Director, after discussing with the rider (if he is conscious and mindful) or with his guardian, may decide to end the rider's participation in the race. The Race Director's decision is final and the Racer CANNOT continue the Race.
10. Race cut-off time will be set by the Race Official and it will be announced during the Race Day Briefing Session.  
Racers who failed to complete or finish the Race before the cut-off time will be considered as Did Not Finish (DNF).
11. Racers who are disqualified (DQ) or did not start (DNS) or did not finish (DNF), will not earn any MEC Enduro Points. Nevertheless, the Racer will qualify for the MEC Annual Ranking if the Racer had participated in at least 60% of the MEC races during the same season.

## Race Format – E-bike Category

1. The race comprises of 2 race major stages/section :-
  - a.) Power Stage – timed technical climb
  - b.) Enduro Stage – stage race timed at Special Stage and penalty at Liaison Stage (if any)
 Race time will be the accumulation of time from the Power Stage and Enduro Stages
2. The Power Stage is MANDATORY. If the participant failed to participate and complete the Power Stage, he will not be allowed to participate in the Enduro Stage.
3. The Enduro Stage will have the same race format as the Prime Sector Category. At MEC2024 Round 2, 3 & 4 races, LS Time Limit will be imposed for this category. The race format details, procedure & requirement please refer to Race Format – Prime Sector Category above.  
For all MEC2024 Round 2, 3 & 4, on Race Day 2 the **E-bike Category will be the first group to start the race ahead of the Prime Sector Category.**



4. Specific requirements for e-bike :-
  - Bikes shall have a motor of no more than 750W of continuous rated power and which is only to be activated by pedalling and not exceeding 25km/h.
  - There will be no technical restriction on batteries, etc – spare batteries are allowed but must not be carried during the race.
  - Walk function is allowed but only in factory setting.
5. All other race rules and regulations shall be applicable.

## Race Format – Super Junior Sector Category

1. The race comprises of 2 Special Stages (SP). The specific trails for the stages will be announced 1 week before the Race Day.
2. The race format details, procedure & requirements, will be similar to the Race Format for the Prime Sector Category above.
  - Race time will be the accumulation of the Special Stage run time under the category, and the LS penalty (if any)
  - Participant and Guide are not allowed to ride in trails other than those specified for the category, otherwise, the participant will be disqualified
3. At all MEC2024 Round 2, 3 & 4, on Race Day the **Super Junior Category will start the race as the last group**, after all participants in Prime Sector Category have been flag-off.
4. The participant under this category **MUST** be guided by a designated adult, a parent (father or mother) or a guardian (a coach or elder sibling aged 21 and above).
5. The participant and the guide **MUST** ride in pair **AT ALL TIME** until the finishing gate. At any point of the trails where time is recorded (at the starting gate, stage gates & finishing gate) the time gap between the guide and the participant must not exceed 15 seconds, otherwise a 5 minute penalty will be imposed.
6. Specific requirements for the participants :-
  - Minimum 20" hard tail or full suspension mountain bike - however parent may decide which bike is suitable for the participant
  - Bikes must have front suspension. Rigid fork not allowed
  - Mandatory to wear full face helmet and full body armour (appropriate riding shoes, knee pad, elbow pad & body armour)
7. Specific requirements for the Guide :-
  - Must use proper bike suitable to the race terrain and format.
  - Must display at all time the special race plate provided by organiser.
  - On Race Day, the Guide can **ONLY** enter the trail together with the participant under his/her care. Similarly, the participant can **ONLY** enter the trail with his/her Guide. If either party failed to do so, both the Guide and the participant will be disqualified.
  - Must abide by all the rules & regulation of MEC Race, similar to other racing participant
8. All other race rules and regulations shall be applicable.