



**17 - 23 OCTOBER 2011  
ITINERARY & SCHEDULE**

**Day ZERO – Monday, 17th October 2011**

**REGISTRATION & BRIEFING**

Activity: License check & Race Number Distribution/ Check in / Race Briefing & Team Managers Meeting / Official Training (XCO)

06:00	WAKE UP CALL (Bayview/KBN) BREAKFAST (Bayview)
07:30	SELF RIDE TRANSFER FROM BAYVIEW TO LANGKAWI SPORTS COMPLEX
08:00	LICENSE CHECK & ISSUE OF NUMBER PLATES OPENS (Langkawi Sports Complex)
08:30	1ST TRANSFER FROM JETTY KUAH/AIRPORT TO LANGKAWI SPORTS COMPLEX
10:00	2ND TRANSFER FROM JETTY KUAH/AIRPORT TO LANGKAWI SPORTS COMPLEX
11:00	LICENSE CHECK & ISSUE OF NUMBER PLATES CLOSES OFFICIAL RACE & SAFETY BRIEFING/MANAGERS MEETING (Langkawi Sports Complex)
12:30	LUNCH BREAK
13:30	TRANSFER TO BAYVIEW/KBN
14:30	OFFICIAL TRAINING – XCO (Tok Senik Resort)
16:30	TRANSFER TO LANGKAWI SPORTS COMPLEX/BAYVIEW/KBN
19:00	DINNER COMMENCES (Bayview)
21:30	DINNER ENDS



**Day ONE – Tuesday, 18th October 2011**

**Stage 1: CROSS COUNTRY MARATHON (XCM)**

Activity: UCI XCM race for Mens & Womens Elite / XCM race for Mens Masters & Seniors

Start / Finish: Stadium Langkawi

05:30	WAKE UP CALL (Bayview/KBN)
06:00	BREAKFAST (Bayview)
<b>07:00</b>	<b>TRANSFER TO START ZONE FROM BAYVIEW (SELF RIDE) / KBN (TRUCKS &amp; BUSES)</b>
08:00	RIDERS REGISTRATION OPENS
08:00	ARRIVAL OF GUESTS, SPONSORS & VIPS
08:40	RIDERS REGISTRATION CLOSES
08:45	CALL TO START LINE FOR MENS ELITE
08:50	DAILY RACE BRIEFING FOR MENS ELITE & WOMEN ELITE
<b>09:00</b>	<b>FLAG OFF - XCM MENS ELITE</b>
<b>09:30</b>	<b>FLAG OFF – XCM WOMENS ELITE</b>
09:40	CALL TO START LINE FOR MENS MASTERS & SENIOR MASTERS
09:50	DAILY RACE BRIEFING FOR MENS MASTERS & SENIOR MASTERS
<b>10:00</b>	<b>FLAG OFF – MENS MASTERS &amp; SENIOR MASTERS</b>
13:00	MEDALS & LEADER JERSEYS CEREMONY FOR MENS ELITE LUNCH OPENS
13:30	MEDALS & LEADER JERSEYS CEREMONY FOR WOMENS ELITE
14:00	MEDALS & LEADER JERSEYS CEREMONY FOR MENS MASTERS & SENIOR MASTERS
<b>14:30</b>	<b>TRANSFER TO BAYVIEW (SELF RIDE) / KBN (TRUCKS &amp; BUSES)</b>
15:00	LUNCH CLOSES
19:00	DINNER COMMENCES (Bayview)
21:30	DINNER ENDS



**Day TWO – Wednesday, 19th October 2011**

**Stage 2: CROSS COUNTRY OLYMPIC (XCO)**

Activity: UCI XCO race for Men & Women Elite / XCO race for Mens Masters & Seniors

Start / Finish: Tok Senik Resort

05:30	WAKE UP CALL (Bayview/KBN)
06:00	BREAKFAST (Bayview)
07:00	<b>TRANSFER TO START ZONE FROM BAYVIEW &amp;KBN (TRUCKS &amp; BUSES)</b>
08:50	CALL TO START LINE FOR WOMENS ELITE
09:00	<b>FLAG OFF - XCO WOMENS ELITE</b>
10:45	MEDALS & LEADER JERSEYS CEREMONY FOR WOMENS ELITE
10:55	CALL TO START LINE FOR MENS MASTERS
11:00	<b>FLAG OFF – MENS MASTERS</b> CALL TO START LINE FOR SENIOR MASTERS
11:05	<b>FLAG OFF –SENIOR MASTERS</b>
12:45	MEDALS & LEADER JERSEYS CEREMONY FOR MENS MASTERS
12:50	MEDALS & LEADER JERSEYS CEREMONY FOR MENS MASTERS & SENIOR MASTERS
13:00	LUNCH OPENS
14:55	CALL TO START LINE FOR MENS ELITE
15:00	<b>FLAG OFF – XCO MENS ELITE</b> LUNCH CLOSES
16:45	MEDALS & LEADER JERSEYS CEREMONY FOR MENS ELITE
17:00	<b>TRANSFER TO BAYVIEW &amp;KBN (TRUCKS &amp; BUSES)</b>
19:00	DINNER COMMENCES (Bayview)
21:30	DINNER ENDS



**Day THREE – Thursday, 20th October 2011**

**Stage 3: ENDURANCE RACE**

Activity: Men & Women Elite, Mens Masters & Senior Masters Enduro Race

Start / Finish: Telaga Harbour, Pantai Kok

05:30	WAKE UP CALL (Bayview/KBN)
06:00	BREAKFAST (Bayview)
07:30	<b>TRANSFER TO START ZONE FROM BAYVIEW &amp; KBN (TRUCKS &amp; BUSES)</b>
09:50	CALL TO START LINE FOR ALL CATEGORIES
10:00	<b>FLAG OFF – MASS START FOR ALL CATEGORIES</b>
16:00	CUT OFF TIME FOR RACE / COURSE CLOSED
16:00	REFRESHMENTS
16:10	MEDALS & LEADER JERSEYS CEREMONY FOR ALL CATEGORIES
16:30	<b>TRANSFER TO BAYVIEW &amp; KBN (TRUCKS &amp; BUSES)</b>
19:00	DINNER COMMENCES (Bayview)
21:30	DINNER ENDS



**Day FOUR – Friday, 21st October 2011**

**Stage 4: CROSS COUNTRY POINT TO POINT (XCP), KING OF THE HILL**

Activity: XCP race for Men & Women Elite / XCP race for Mens Masters & Seniors

Start: Stadium Langkawi      Finish: Gunung Raya

05:30	WAKE UP CALL (Bayview/KBN)
06:00	BREAKFAST (Bayview)
07:30	<b>TRANSFER TO START ZONE FROM BAYVIEW (SELF RIDE) / KBN (TRUCKS &amp; BUSES)</b>
08:50	CALL TO START LINE FOR MEN ELITE
09:00	<b>FLAG OFF - XCP MEN ELITE</b>
09:05	CALL TO START LINE FOR WOMEN ELITE
09:15	<b>FLAG OFF - XCP WOMEN ELITE</b>
09:20	CALL TO START LINE FOR MEN MASTERS
09:30	<b>FLAG OFF - XCP MEN MASTERS</b>
09:32	CALL TO START LINE FOR SENIOR MASTERS
09:35	<b>FLAG OFF - XCP SENIOR MASTERS</b>
12:15	MEDALS & LEADER JERSEYS CEREMONY FOR MEN & WOMEN ELITE
12:30	MEDALS & LEADER JERSEYS CEREMONY FOR MEN MASTERS & SENIOR MASTERS
12:30	<b>TRANSFER TO BAYVIEW &amp; KBN (TRUCKS &amp; BUSES)</b>
13:30	LUNCH OPENS (Bayview)
14:30	LUNCH CLOSES
19:00	DINNER COMMENCES (Bayview)
21:30	DINNER ENDS



**Day FIVE – Saturday, 22nd October 2011**

**Stage 5: CROSS COUNTRY SHORT CIRCUIT (XCC)**

Activity: XCC (short circuit / MTB criterium race) for Men & Women Elite, Mens Masters & Seniors / Closing Dinner Ceremony

Start / Finish: Stadium Langkawi

05:30 WAKE UP CALL (Bayview/KBN)

06:00 BREAKFAST (Bayview)

**07:30 TRANSFER TO START ZONE FROM BAYVIEW (SELF RIDE) / KBN (TRUCKS & BUSES)**

08:50 CALL TO START LINE FOR WOMEN ELITE

**09:00 FLAG OFF - XCC WOMEN ELITE**

09:45 CUT OFF TIME XCC WOMEN ELITE RACE / COURSE SWEPT

09:50 MEDALS & LEADER JERSEYS CEREMONY FOR WOMEN ELITE

09:50 CALL TO START LINE FOR MEN MASTERS

**10:00 FLAG OFF - XCC MEN MASTERS**

**10:00 2ND TRANSFER TO START ZONE FROM KBN (TRUCKS & BUSES)**

10:45 CUT OFF TIME XCC MEN MASTERS RACE / COURSE SWEPT

10:50 MEDALS & LEADER JERSEYS CEREMONY FOR MEN MASTERS

10:50 CALL TO START LINE FOR SENIOR MASTERS

**11:00 FLAG OFF – XCC SENIOR MASTERS**

11:45 CUT OFF TIME XCC SENIOR MASTERS RACE / COURSE SWEPT

11:50 MEDALS & LEADER JERSEYS CEREMONY FOR MEN MASTERS & SENIOR MASTERS

11:50 CALL TO START LINE FOR ELITE MEN

**12:00 FLAG OFF - XCC ELITE MEN**

12:00 LUNCH OPENS

12:45 CUT OFF TIME XCC ELITE MEN RACE / COURSE SWEPT

12:50 MEDALS & LEADER JERSEYS CEREMONY FOR MEN ELITE

14:00 LUNCH CLOSES

**14:30 TRANSFER TO BAYVIEW (SELF RIDE) / KBN (TRUCKS & BUSES)**

**19:30 ALL RIDERS TO ARRIVE AT STADIUM FOR PRIZE DINNER CEREMONY**

20:00 CLOSING DINNER & OVERALL PRIZE WINNERS CEREMONY

22:45 DINNER ENDS



**Day SIX – Sunday, 23rd October 2011**

**LIMBC Jamboree Ride Event (Leisure & Mass Event)**

Start / Finish: Stadium Langkawi

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| 06:00 | WAKE UP CALL (Bayview/KBN)   |
| 06:30 | BREAKFAST (Bayview)  |
| 08:00 | TRANSFER TO START ZONE FROM BAYVIEW (SELF RIDE) / KBN (TRUCKS & BUSES) |
| 09:20 | CALL TO START LINE FOR RIDERS  |
| 09:30 | <b>FLAG OFF - JAMBOREE RIDE EVENT</b>                                  |
| 12:30 | TRANSFER TO BAYVIEW (SELF RIDE) & KBN (TRUCKS & BUSES)                 |
| 13:30 | JAMBOREE RIDE EVENT ENDS   |
| 13:30 | LUNCH  |
| 14:30 | LUCKY DRAW & PRIZE GIVEAWAYS FOR RIDERS                                |

**PLEASE ADHERE TO THE ABOVE TIMINGS - IF YOU ARE LATE FOR ANY REASON... TOO BAD!**