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Chicking
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ion⁺ SCSC TRI
26.5

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WELCOME TO ION+ SCSC TRI 26.5 & SPRINT



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RACE DAY AGENDA

- | | |
|----------|---|
| 4:15 AM | : SHUTTLE BUS ARRIVE TO THUWANNAH STADIUM |
| 4:15 AM | : TRANSITION AREA OPENS |
| 4:30 AM | : SHUTTLE BUSES DEPART TO SCSC |
| 4:45 AM | : TRANSITION AREA CLOSES |
| 5:00 AM | : START LINE ASSEMBLY |
| 5:30 AM | : RACE STARTS |
| 7:00 AM | : MORNING MARKET OPENS |
| 9:30 AM | : BIKE CHECK OUT |
| 9:55 AM | : ICE BATH OPENS |
| 10:30 AM | : AWARD CEREMONY BEGINS |
| 11:30 AM | : SHUTTLE BUSES DEPART FOR RETURN TRIP |



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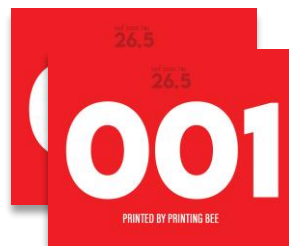
RACE KITS (9 ITEMS)



SWIM CAP
(1PCS)



TATTOO STICKERS
(2PCS / 1PACKET)



ACCESSORY STICKERS
(2PCS)



BIKE BIB
(1PCS)



RUN BIB
(1PCS)



TIMING CHIP
(1PCS)



BAG DROP CARDS
(2PCS FOR SOLO)
(3PCS FOR RELAY)



HELMET STICKER
(1PCS)



ZIPLOCK BAGS
(3PCS)



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GIFTS



**CHICKING 10%
DISCOUNT COUPON
(1PCS)**



**BEECARE
ENERGY GEL
(2 PACKETS)**



**EVENT SHIRT
(1PCS)**



**DEVER ENERGY
GEL
(1 PACKET)**



**The Pizza Company
10,000 Ks Coupon
(1pcs)**



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BIKE DROP-OFF & BIKE CHECK

OCT 25TH

8:00 AM – 4:00 PM



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BIKE CHECK OUT

OCT 26TH 9:30 AM



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BAG DROP OPEN

OCT 26TH 4:15 AM





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BAG DROP CLOSE

OCT 26TH 4:45 AM





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BAG DROP REOPEN

OCT 26TH 8:00 AM



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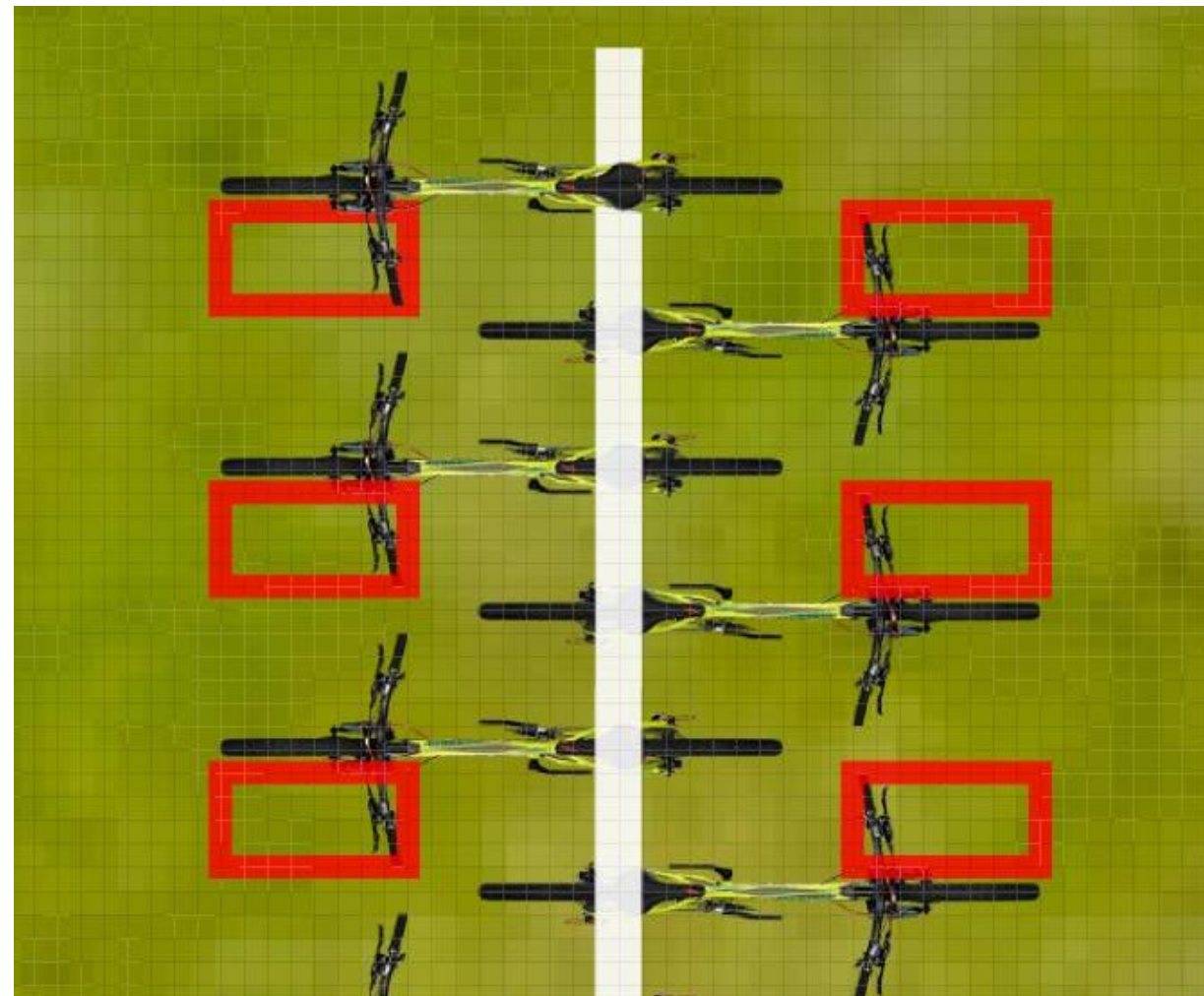


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BIKE PLACEMENT





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CUT OFF TIME

ELITE MALE

2_{HRS} 45_{MINS}

SWIM: 30MINS

ELITE FEMALE

3_{HRS} 15_{MINS}

SWIM: 35MINS



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CUT OFF TIME

OPEN & RELAY

3_{HRS} 50_{MINS}

SWIM: 45MINS

SPRINT

2_{HRS} 30_{MINS}

SWIM: 40MINS



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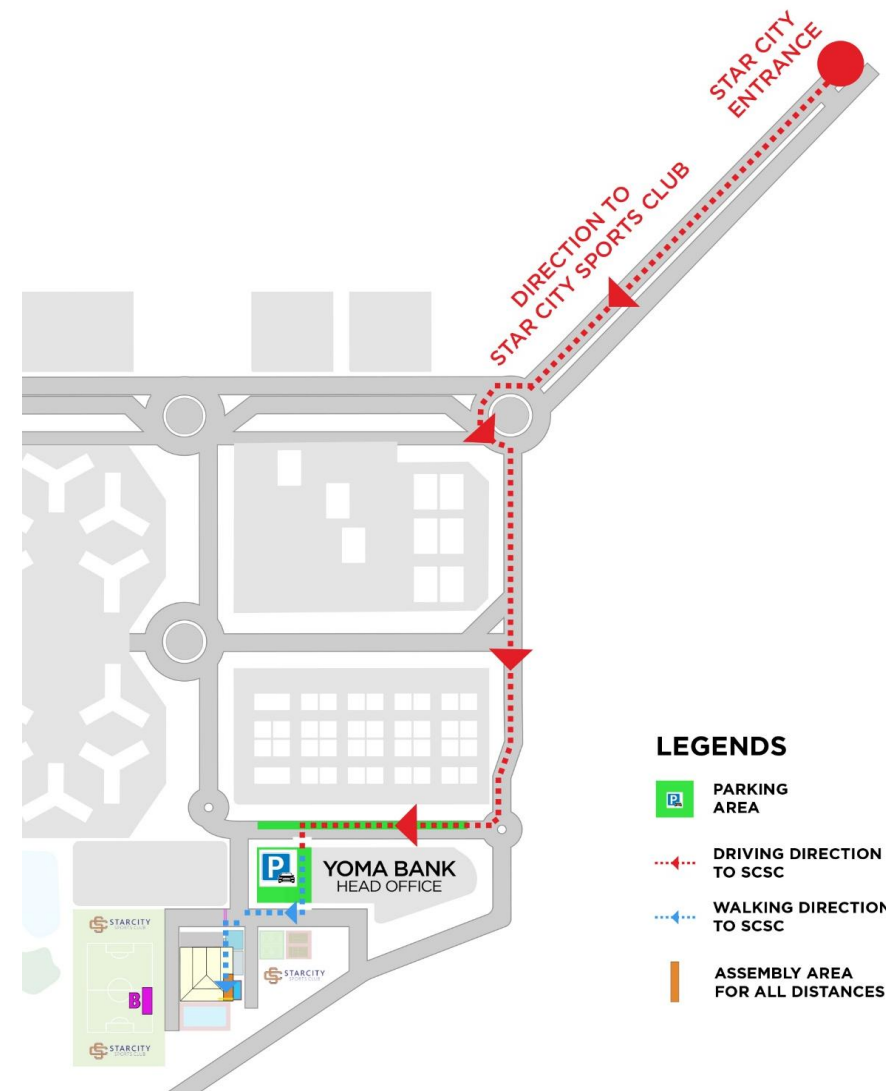
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CAR PARKING MAP



LEGENDS

- PARKING AREA
- DRIVING DIRECTION TO SCSC
- WALKING DIRECTION TO SCSC
- ASSEMBLY AREA FOR ALL DISTANCES



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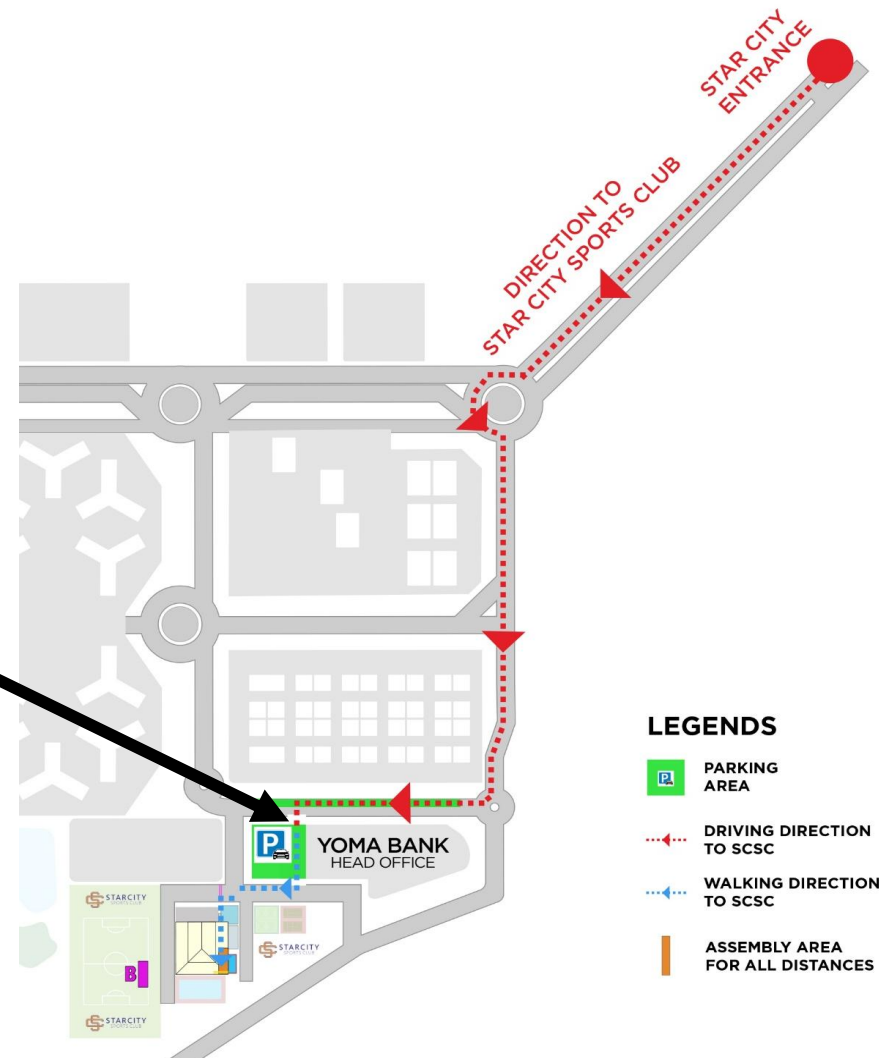
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LEGENDS

- PARKING AREA
- DRIVING DIRECTION TO SCSC
- WALKING DIRECTION TO SCSC
- ASSEMBLY AREA FOR ALL DISTANCES



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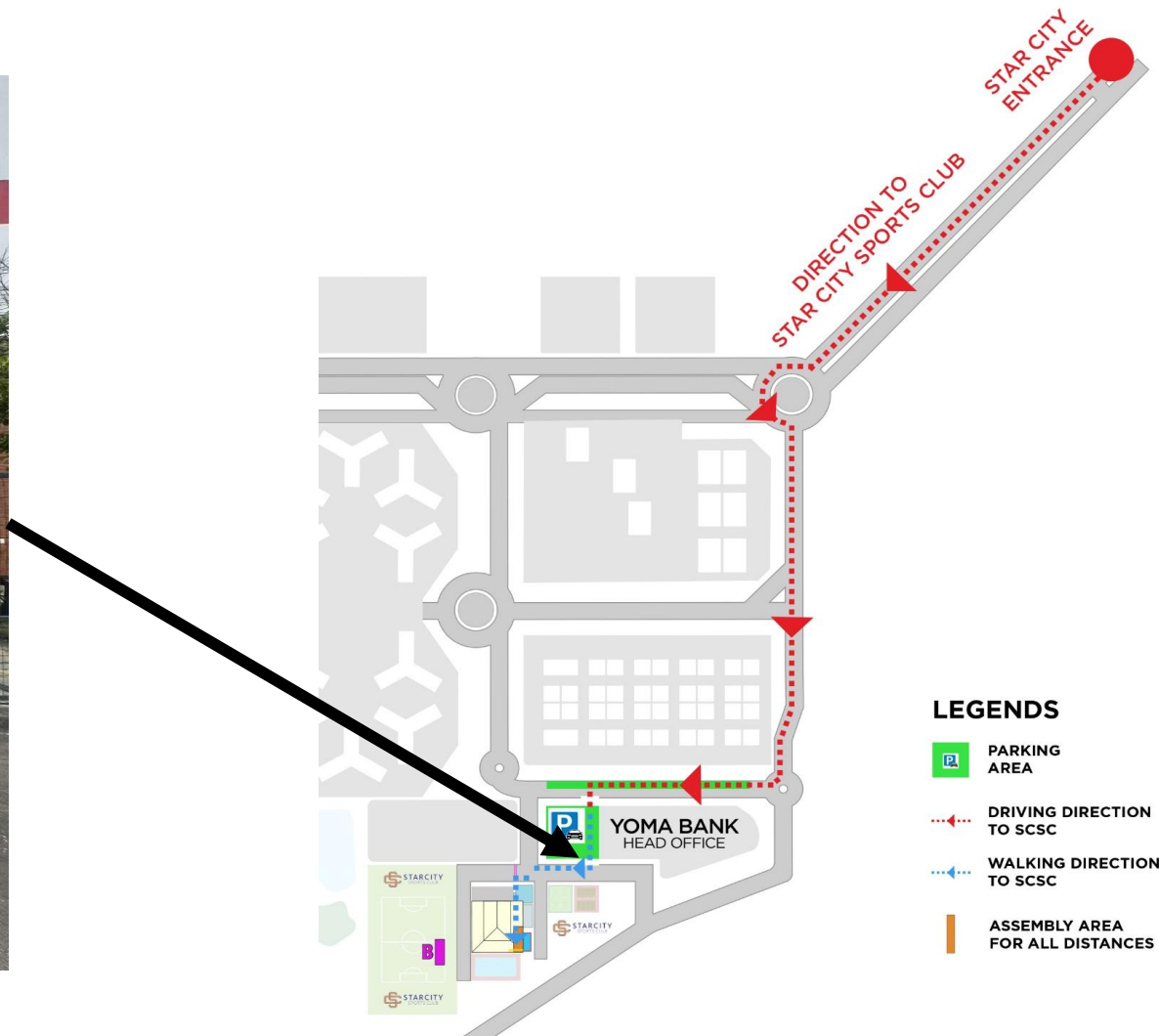
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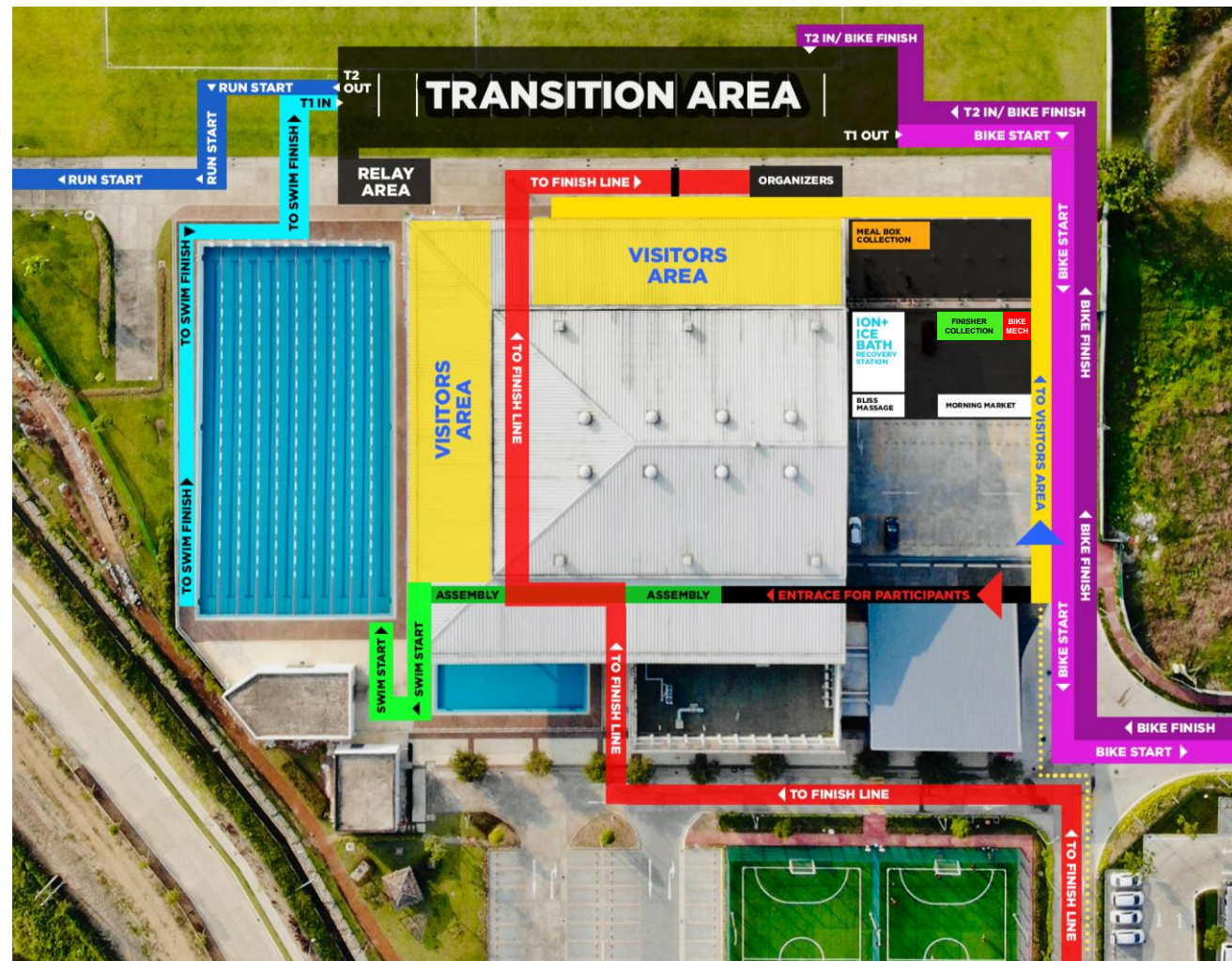


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EVENT MAP





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26.5 DIRECTION SIGNS

**BIKE
(RED)**



**RUN
(RED)**





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SPRINT DIRECTION SIGNS

**BIKE
(RED)**



**RUN
(WHITE)**





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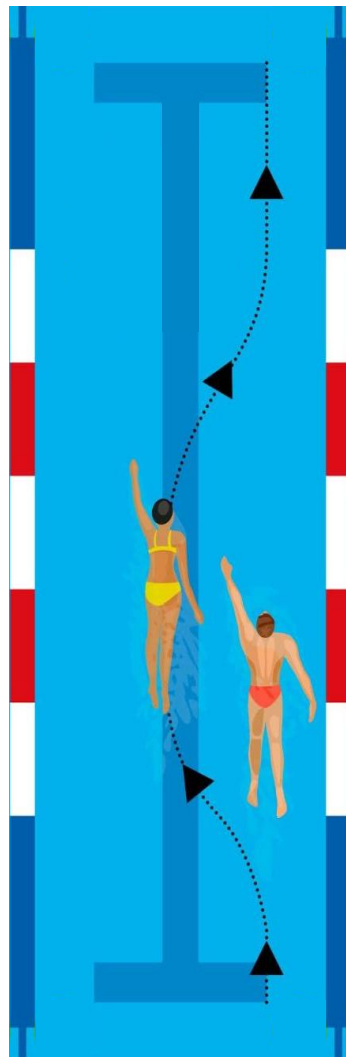
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SWIM

- KEEP RIGHT AT ALL TIMES
- LEFT TO OVERTAKE





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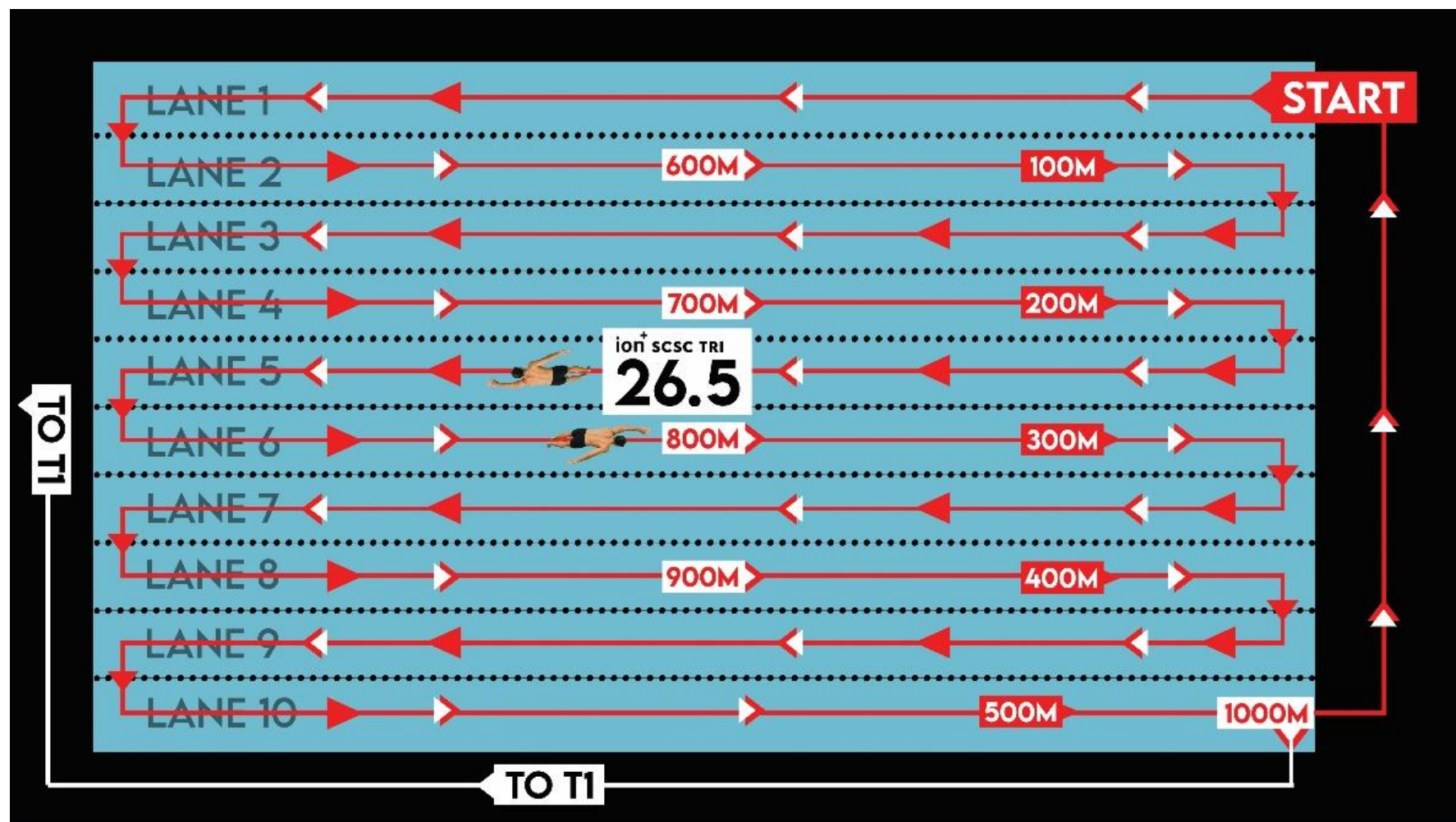
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26.5 SWIM

TOTAL: 1000M
500M * 2LAPS





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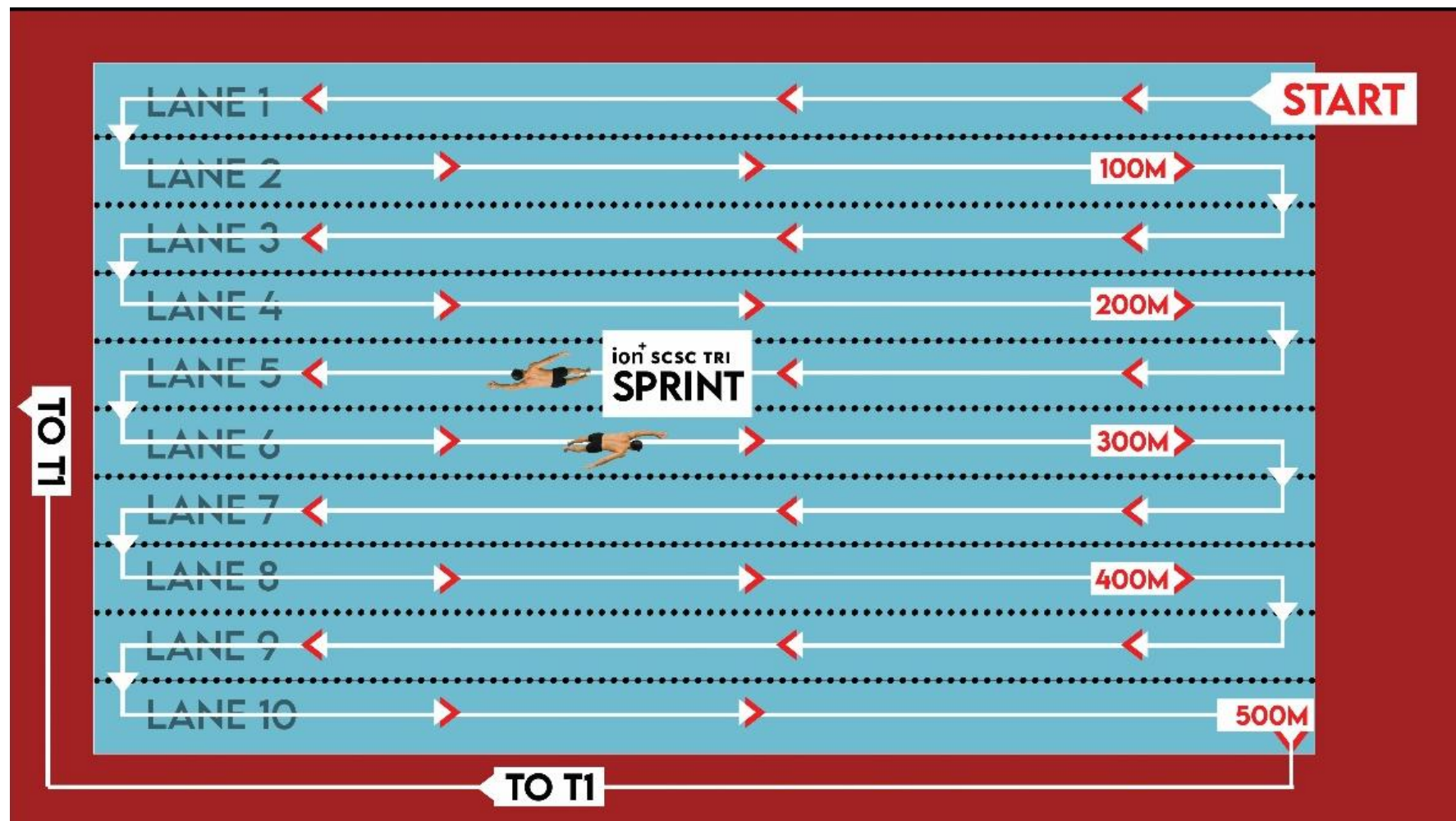


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SPRINT SWIM

TOTAL: 500M
500M * 1 LAP





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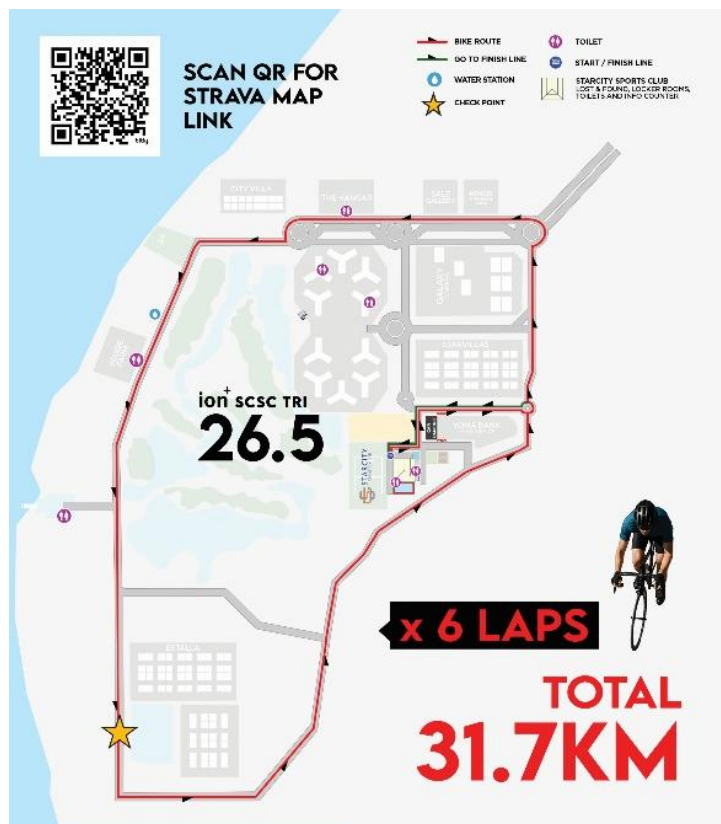
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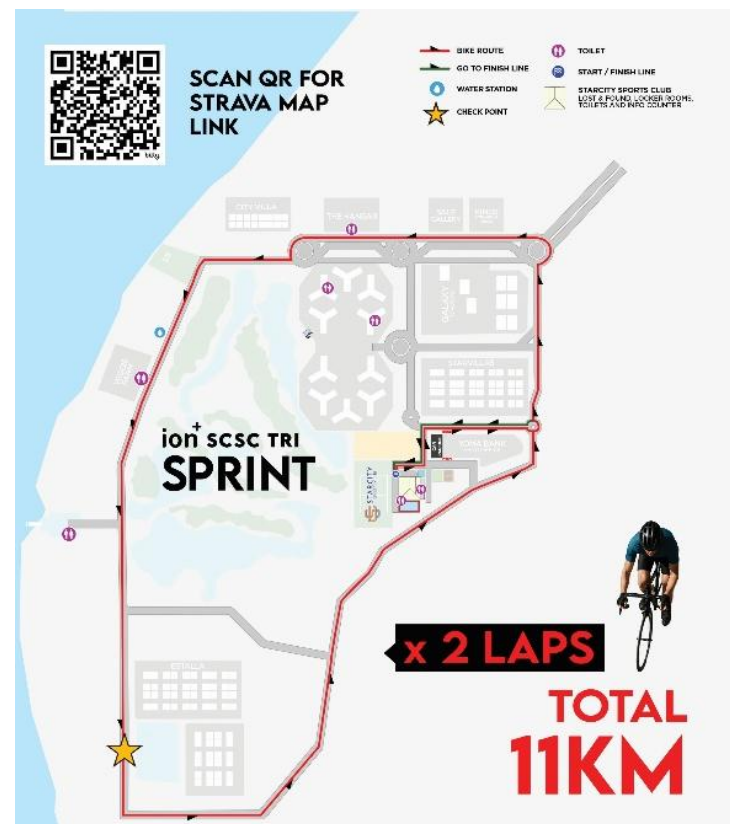
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BIKE ROUTE



26.5



SPRINT



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RUN ROUTE



26.5



SPRINT



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RULES & REGULATIONS



**MUST WEAR
HELMET**



NO AEROBARS



**NO
HEADPHONES**



**NO CAMERAS
AND PHONES
(DURING RACE)**



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RULES & REGULATIONS



**MUST RETURN
TIMING CHIP**



**NO SWIMMING
AIDS**



**BIBS AND CHIPS
MUST BE VISIBLE**



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WHAT TO BRING



RACE KIT



SWIMWEAR



RUNNING AND
CYCLING SHOE



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WHAT TO BRING



TOWEL



**EXTRA CLOTHES
(SOCKS, SHIRTS, ETC...)**



**ELECTROLYTES
AND NUTRITION**



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LIVE RESULTS



bitly

Membership				
FACILITIES ▾ SPORTS ▾ CLASSES ▾ EVENTS				
LET'S KEEP TRACK OF WHERE YOU'RE AT!				
Live Update active				
Q Search name, bib, club, € Search X ★				
Bib	Name	Group	Status	Next To
001	Kyaw Naing Oo	Elite (Male)	Finished	
SWIM : 00:37:58.64		BIKE: 07:45:30.29		RUN : 02:18:39.93
002	Kyaw Min Thein	Elite (Male)	Finished	
SWIM : 00:43:12.05		BIKE: 07:11:59.75		RUN : 02:50:05.15
003	Bruno Dantas	Elite (Male)	Finished	
SWIM : 00:48:22.37		BIKE: 09:13:09.60		RUN : 02:49:21.47
004	Khaing Min Min Nyein	Elite (Female)	Finished	
SWIM : 00:37:02.05		BIKE: 06:21:55.98		RUN : 02:21:37.21
005	Phyo Myint Han	Elite (Male)	Finished	

<https://starcitysportsclub.com/scsc-tri-26-5/live-results/>



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HOW TO APPLY BIKE STICKERS

VIDEO LINK:

<https://www.facebook.com/share/v/1Rzyxa84Dr/>





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**THANK YOU AND
SEE YOU TOMORROW
AT 4:30 AM**