

# PERAK TRIATHLON 2023

## Description

Marina Island Pangkor is established on the coast of Teluk Muroh in Perak, Malaysia. A gateway to popular holiday retreat of Pangkor Island and Pangkor Laut, it is a reclaimed land of 316.9 acres, connected to mainland by a 400 meter causeway bridge.

Perak Triathlon 2023 is the fourth edition of triathlon race to be held in Marina Island Pangkor, Lumut, Perak organized by XS Elite Performance.

## Race Details

Perak Triathlon 2023

Date: 1<sup>st</sup> – 2<sup>nd</sup> July 2023

Venue : Marina Island Pangkor, Lumut

Time : 7.00am

Date / Race Distance :

1<sup>st</sup> July 2023 : Sprint Triathlon : Swim 750m - Cycle 20km - Run 5km

2<sup>nd</sup> July 2023 : Olympic Distance : Swim 1.5km - Cycle 40km - Run 10km

Age Group Categories:

Sprint Distance Triathlon

Men 16 - 29 years, Men 30 - 44 years, Men 45 years & above

Women 16 - 29 years, Women 30 - 44 years, Women 45years & above

Olympic Distance Triathlon

Men 18 - 29 years, Men 30 - 44 years, Men 45 years & above

Women 18 - 29 years, Women 30 - 44 years, Women 45years & above

Mixed Relay ( Men + Women/All Men/All Women) – Only 1 categories (16years & above)

**NOTE:** Should there be less than 5 participants in the registered age group, these participants will be moved to the next closer age group.

## Race Categories & Fees

Event Type	Category	Early Bird (until 20/01)	Normal (until 30/04)	Late (until 31/5)
Olympic Distance* Triathlon (500slot)	Individual	RM300	RM330	RM350
	Relay	RM600	RM660	RM690
Sprint Distance* Triathlon (500slot)	Individual	RM250	RM280	RM300
COMBO Special ** (Sprint & Olympic) (300 slots)	Individual	RM500	RM560	RM600

Limited slots (for each category) or registration closed on 31<sup>st</sup> May 2023. (Whichever comes first)

Registration will close when maximum participants is achieved.

\*All Registration fees are subjected to admin fees.

\*Perak Triathlon 2022 Past participants entitled a 10% discount when you key in your IC/Passport Number in the past participant registration banner/button

\*\*For COMBO Special, 1 Goodie Bag & **ONLY 1 Event T-Shirt provided** + 2 medals (Sprint & OD) upon completion of race.

The entry fee includes:

- Personalised Race Bib , Bike & Helmet Sticker, Bib Tattoo Sticker
- Multisport Timing Chip
- Swim cap
- Goodie Bag
- Event T-shirt
- Finisher's Medal
- Finisher's Meal Refreshment
- PA Insurance & Medical Insurance
- E-Certificate
- Lucky Draw
- Discount Voucher

## Race Pack Collection & Sponsor Booth

Date : 30<sup>th</sup> June -1<sup>st</sup> July 2023 (Friday & Saturday)

Time : 1.00pm - 7.00pm (Friday & Saturday)

Venue : Marina Hall, Marina Island Pangkor, Lumut

Google Map : <https://goo.gl/maps/fE2sKZwRx1Pjw6q7A>

Kindly print/bring your indemnity form along with your confirmation slip/IC/Passport to collect your Race Entry Pack. We will charge RM2 each indemnity form at event site if you forgot to bring/print yourself. (Extra Form are limited and subject to availability on first come first basis).

**DOWNLOAD INDEMNITY FORM HERE >> [Race Waiver Release & Indemnity](#). <<**

If you are asking your friend to pick up your Race Pack, please download and print out this waiver. A signed copy of this waiver is required upon picking up the Race Pack.

Participants who do not collect their Race Pack during the scheduled date and time will be forfeited and will not be allowed to collect on the race day morning.

Event sponsors will be putting up booths during the Race Pack Collection period.

## Race Route

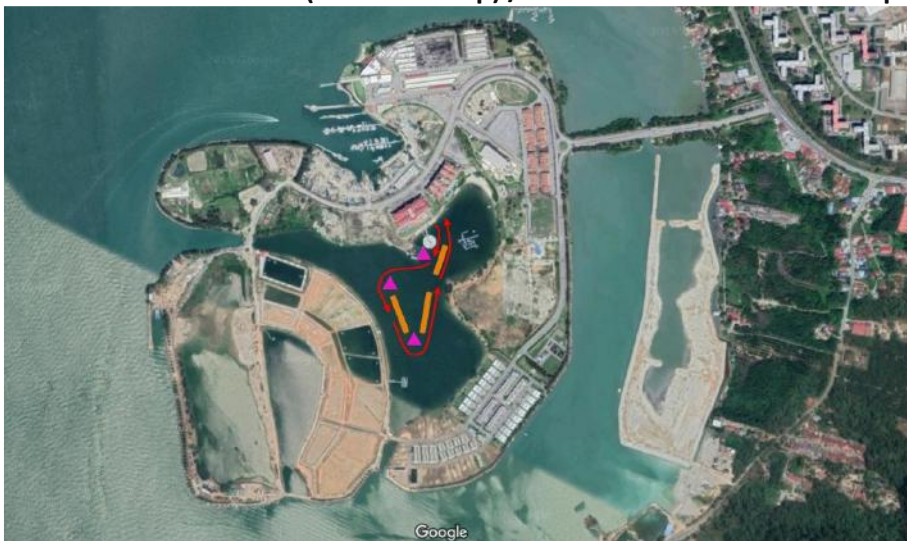


Marina Island, a 316.9 acres man-made reclaimed land which is connected to mainland by a 400-meter causeway bridge.

Swim will be in the man-made lagoon in the island and the 10km run will be within the island. For the bike leg, participants will have to cross the 400-meter bridge to the mainland to cover the 40-km distance.

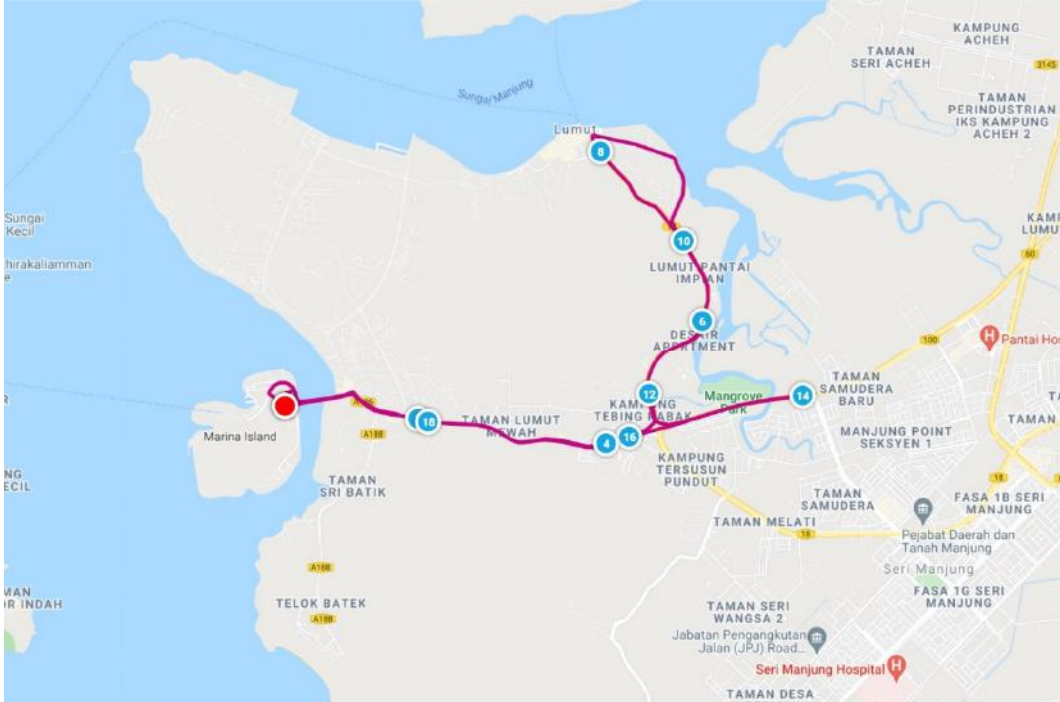
## ROUTE PROFILE

**OLYMPIC - Swim 1.5KM (750M x 2 loop) / SPRINT – Swim 750M x 1 loop**



**OLYMPIC - Bike 40KM ( 20KM X 2 loop) / SPRINT - Bike 20KM (1 loop)**

**\*Route subject to change**



**OLYMPIC - Run 10KM (3loop) / SPRINT – Run 5KM (2loop)**



## EVENT SCHEDULE – 30<sup>TH</sup> JUNE 2023 (FRIDAY)

TIME	ACTIVITIES	VENUE
1.00PM – 7.00PM	RACE PACK COLLECTION BOOTH SALES	MARINA ISLAND HALL 1
5.30PM	RACE BRIEFING (SPRINT CATEGORIES)	MARINA ISLAND HALL 1

## EVENT SCHEDULE – 1<sup>ST</sup> JULY 2023 (SATURDAY)

TIME	ACTIVITIES	VENUE
6.00AM 7.15AM 7.30AM	RACE SITE & TRANSITION OPEN TRANSITION CLOSED SWIM WARM-UP	MARINA ISLAND CONVENTION HALL
7.30AM 7.35AM 7.40AM 7.45AM	<b><i>SPRINT CATEGORIES FLAG OFF</i></b> 16-29 MEN 30-44 MEN 45 & ABOVE MEN WOMEN ALL CATEGORY	MARINA ISLAND LAGOON
10.00AM 11.00AM	PRIZE GIVING END OF EVENT	MARINA ISLAND GARAGE
1.00PM – 7.00PM	RACE PACK COLLECTION BOOTH SALES	MARINA ISLAND HALL 1
5.30PM	RACE BRIEFING (OLYMPIC CATEGORIES)	MARINA ISLAND HALL 1

## EVENT SCHEDULE – 2<sup>ND</sup> JULY 2023 (SUNDAY)

TIME	ACTIVITIES	VENUE
5.00AM 6.45AM 7.00AM	RACE SITE & TRANSITION OPEN TRANSITION CLOSED SWIM WARM-UP	MARINA ISLAND CONVENTION HALL
7.00AM 7.05AM 7.10AM 7.15AM	<b><i>OD CATEGORIES FLAG OFF</i></b> 16-29 MEN 30-44 MEN 45 & ABOVE MEN WOMEN ALL CATEGORY   MIXED RELAY	MARINA ISLAND LAGOON
11.00AM 11.30AM 12.00AM	PRIZE GIVING LUCKY DRAW END OF EVENT	MARINA ISLAND GARAGE

### T-shirt Size Chart

Unisex						
Sizes	XS	S	M	L	XL	XXL
Chest (inch)	18	19	20	21	22	23
Length (inch)	26	27	28	29	30	31

### Prizes

Cash prize and trophy will be awarded to winners of each category for Olympic Distance.

Trophy will be awarded to winners of each category for Sprint Distance.

ALL WINNERS are required to be present to collect the prizes personally.

\* Olympic Distance Individual - Top 5

\* Olympic Distance Relay - Top 3

\* Sprint Distance Individual - Top 3

## Travel & Hotels

### Travel Information

There are two federal highways linking Lumut with Ipoh and Lumut to Teluk Intan and Kuala Lumpur. Driving from Ipoh the journey takes about one hour while the journey from Kuala Lumpur takes about three hours via the federal highway from Kuala Lumpur to Teluk Intan and further on to Lumut. From Butterworth, which is situated to the north, one can use the road to Pantai Remis or Beruas and the journey will take about 2½ hours.

Most express buses are based in Terminal Aman Jaya (Ipoh), Terminal Bersepadu Selatan (Kuala Lumpur) and Pengkalan Sultan Abdul Halim (Butterworth). The taxi journey from Ipoh to Lumut takes about an hour. Air Asia offer direct flight from Ipoh-Singapore-Ipoh four times weekly.

## Hotels

### Official Hotel



Marina Island Pangkor Resort & Hotel

Jalan Utama Marina Island,

Jalan Telok Muroh,

32200 Lumut, Perak.

Official website:- <https://marinaislandpangkorresort.com>

\*For room booking please email your request to [xseliteperformance@gmail.com](mailto:xseliteperformance@gmail.com)

\*Special rooms rate for Participants.



## Rules & Regulations

### General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**PT2023**) that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Race Director/Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the On-Site Race Registration Day which has been designated.
- Participants can appoint a friend to collect their Race Packs should they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- There will be a Race Briefing conducted by the Organiser. First timer is encouraged to attend. However, all participants are required to download the E-Briefing (available soon) notes that contains important information, route map and guides for the event.
- A participant may be disqualified for the following reason(s):
  - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
  - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.

- The Multisport Timing Chip is the sole means of race timing measurement.  
NO CHIP = NO TIMING
- All participants in both the Individual and/or Relay category must ensure that their Timing Chips are securely strapped to their left or right ankle before beginning on any leg of the race.
- The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of Timing Chip.
- Minimum age for Olympic Distance Race is 18 years of age on 31 Dec 2022 to compete in the race.
- Minimum age for Sprint Distance Race is 16 years of age on 31 Dec 2022 to compete in the race.
- Cut off time for Olympic Distance Race is 4 hours 30 mins.

## Swimming

- **Safety buoy is compulsory for all participants. This is a Safety Requirement.** No Safety Buoy will be disqualified immediately. If there is an Elite category, then swim safety buoy is not allowed for this category.
- All swimmers must wear the swim caps provided by the Organiser.
- All swimmers are required to wear proper swimming attire during the entire swimming course.
- Fins, paddles, pool buoys, snorkels or any swimming aids are not allowed.
- Wetsuits are not allowed.
- Support crews are not allowed. Any assistance received during the swim will result in immediate disqualification (with the exception of medical aid).
- No one is permitted in the swim course other than the participants and officials.
- Swimmers in difficulty shall signal the safety boat/kayak for assistance.

## Cycling

- All participants are required to use their own bicycles, helmet and all attires for the race. Organiser will NOT provide any of these items to the participants if they did not bring.
- This is a draft-legal race and for safety reason only road bike are allow to participate the race. Below are Draft-legal following rules:
  - a. Frame: The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.

b. Non-traditional or unusual bikes: Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the Malaysia Triathlon Technical Committee for approval at least 30 days before the Event.

c. Wheels:

i. No wheel may contain any mechanisms, which are capable of accelerating it;

ii. There must be a brake on each wheel;

iii. Wheels shall have at least 12 spokes;

iv. Disc wheels are not allowed.

d. Handlebars:

i. Only traditional drop handlebars are permitted. The handlebars must be plugged

ii. Clip-ons are not allowed.

e. Time Trial Bike / TT Bike:

i. Time Trial / TT bike are allowed to race but will not be allowed to draft due to safety reasons and will be disqualified.

- All cyclists must wear a helmet during the entire cycling course. Any cyclist seen riding without a helmet will result in immediate disqualification.
- All cyclists must ensure that their helmets are securely fastened before leaving the transition area.
- All cyclist must ensure that their race numbers are clearly visible at the back of their cycling attires at all times.
- Bare torso is not allowed at all times.
- Participant may walk or run with their bicycles.
- Support vehicles and crews are not permitted. Any assistance received during cycling will result in immediate disqualification (with exception of medical aid).
- All cyclist are to keep to the left side of the road and are reminded to observe traffic rules at all times.
- All participants will have to perform their own repairs if their bicycles should breakdown.
- All participants are required to place their bicycles at the designated bicycle rack with their race numbers on race day morning.
- All participants are encouraged to have their bicycles checked before the race starts.

## **Running**

- All runner must ensure that their race numbers are clearly visible both in front of their running attires at all times.
- Bare torso is not allowed at all times.
- Support vehicles or pacers are not allowed.

## **Relay Team**

- Each Relay team must consist of minimum 2 members and not more than 3.
- Relay disciplines are non-transferable among the team members and is not replaceable by another person.
- It is only one categories for the Relay Team, either your team have all men, all women or mix men and women team.
- All participants in relay teams are responsible for passing their Timing Chip to their teammates at designated areas after completing their respective legs. Passing of Timing Chip outside of the designated area would result in immediate disqualification. In other words, the swimmer will have to hand over the Timing Chip to the cyclist at the designated area before the cyclist collects his/her bike. The cyclist will have to rack his/her bike before handling over the Timing Chip to the runner at the designated area.

## **Transition Area**

- All bicycles racks are numbered according to the race numbers of every participants.
- All participants are required to place their bicycles at the designated bicycle rack with their race numbers.
- A basket is provided by the Organizer to each participant to place their belongings tidily.
- Participants must not interfere with another participants belongings.
- Cycling is not permitted in the Transition Area.

## **Inclement Weather**

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay or postpone the race without any refund of registration fees.

## **Medical Advisory**

- Triathlon is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.

- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. Severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).