



**KAPAS MARANG CROSSING  
SWIMATHON 6.5KM**

**11 March 2023**

**Kapas Island – Kelulut Beach  
Marang Terengganu**

*Organized By: AMMJB Swimmers Clinics & Events*

## THE SWIM

Kapas Marang Crossing Swimathon 6.5km is a signature and iconic swim for Openwater enthusiasts in Malaysia and also around Asia Region and known to some part of the globe

With collaboration with Malaysia Sports Commission, Terengganu State Government and District Municipal Council, we brought back this Openwater event into action

Swim date will tentatively be on 11 March 2023 Saturday

Our format of swim – Using Escort boats – 10 Numbers and Kayak Escort – 30 Number and 2 APM, 4 Police Marine boats and 2 Bomba boat accompanying swimmers and guiding swim route to Finishing Line

Swim is expected at maximum 500 Swimmers with Safety Craft ratios of 1:6 swimmers per Safety Craft.

Refreshments drinks and light food will be available throughout the Swim Journey.

All swimmers will start swim from Kapas Island and finishes at Kelulut Beach in Marang

Given cut off time is 5 hours (8am – 1 pm). Any participants swimmer exceeding Cut Off time will be fished out for safety reason. Anyone beyond 1km from finishing will also be fished out from race

### 1.1 Event Details

#### **6.5km Swim**

14-18 Years Old AG MALE

14-18 Years Old AG FEMALE

20-29 Years Old AG MALE

20-29 Years Old AG FEMALE

30-39 Years Old AG MALE

30-39 Years Old AG FEMALE

40-49 Years Old AG MALE

40-49 Years Old AG FEMALE

50-59 Years Old AG MALE

50-59 Years Old AG FEMALE

>60 Years Old AG MALE

>60 Years Old AG FEMALE

### **1.11 Overall Males & Females Podium Winners**

Placings	Prizes
1 <sup>st</sup>	Finisher Medal & Champion Plaque
2 <sup>nd</sup>	Finisher Medal & 1 <sup>st</sup> Runners Plaque
3 <sup>rd</sup>	Finisher Medal & 2 <sup>nd</sup> Runners Up Plaque

Participants will be given E-Certificate for swim event completion Upon Request

### **1.2 AMMJB KAPAS MARANG 6.5KM CROSSING ITINERARY**

<b>DATE</b>	<b>TIME</b>	<b>AGENDA</b>
10 Mar (FRIDAY)	12-4pm	Racekit Collection
	4PM	Short Race Briefing
11 Mar (SATURDAY)	530AM - 630AM	BOAT TRANSFER PARTICIPANTS AT MARANG JETTY TO KAPAS ISLAND
	7AM	REGISTRATION, BODY MARKING & BAG DROP
	730AM	ASSEMBLE AT STARTING LINE
	8AM	SWIM STARTS
	1PM	SWIM CUT OFF
	130PM	LUNCH AT FINISHING LINE
	2PM	WINNERS CEREMONY
	230PM	EVENT ENDS

### **1.2.1 BOAT TRANSFER**

Boat transfer schedule as below

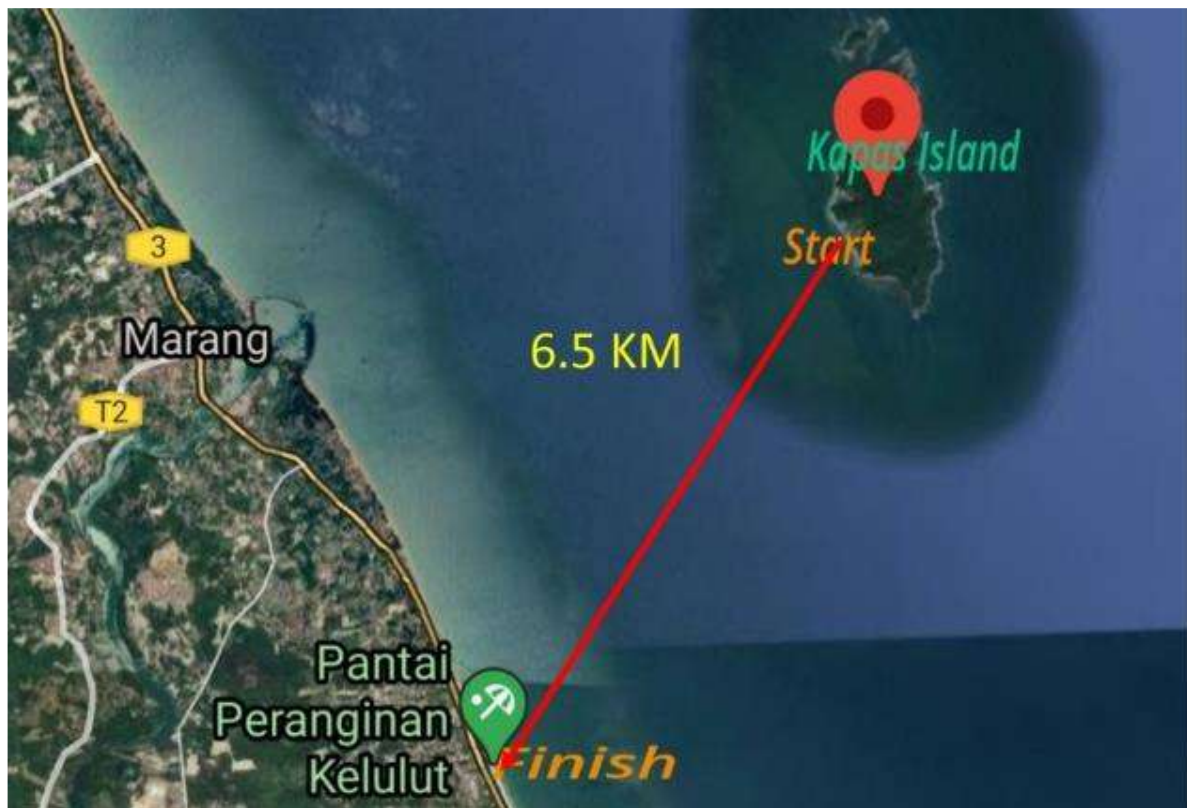
11 Mar

530AM - 630am – Marang Jetty to Kapas Island (Only For Participants)

#### **NOTE**

Transport will be provided to participants back to Marang Jetty at 230pm on 4 Mar

### **1.3 SWIM ROUTE KAPAS MARANG 6.5KM**



#### **Notes**

- 1) Swim Start from Kapas Island at 8am
- 2) Refreshment, food and refuel will be all along the way on Escort Boats and Escort Kayakers
- 3) 12 Directional buoys will be visible throughout the race course
- 4) Swim Finishes at Pantai Kelulut Marang
- 5) Cut off limit 5 hours @ 1pm
- 6) Lunch will be provided at Finishing Line

### **1.3.1 SWIM START OFF**

Start will be flag off 10 swimmers per wave with Interval of 10 seconds

Faster swimmers pace 230 below is advised to be flag off at front packs

### **Advisable Route Swim**



**Note :** Due to morning current heading South towards Dungun, please ensure your sighting viewing Mount Fuji advisably from Flag off to Mid Way Section of the swim. You will be aligned back on track after the Mid Way Swim route to Finishing Beach

**Advisable Sighting Marker**

Please look for this 'Mount Fuji' for sighting





**1.4 EVACUATION ROUTE TO NEAREST CLINIC**



**Nearest Clinic Rhu Muda – 1.8km away and 5 min travel.**

**Note on phone number of clinic 09- 612 4815**

## 1.5 Race Rules & Regulations

### GENERAL

1. The Organizer reserves the to limit, accept or reject without assigning reasons thereof
2. All information during online registration must be correct.
3. Once registration is processed, there will be **NO REFUND** for those who failed to show up for the race or withdraw at any REASONS
4. Race registration will only be CONFIRMED once FULL PAYMENT has been made
5. No changes of name and race category Please double check information before submitting
6. ON Spot Last minute registration will not be entertained
7. Organizer shall not be liable for any body injuries, loss/ damage to properties or belongings. Please ensure cautious at all time
8. The Race Director / Organizing committee decision is Final
9. All Participants should collect Race packs On Site Race Venue which as been designated. For Whom had not done collection during schedule day, date and time, participants will be forfeited OR appoint any friends to collect on behalf
10. Race briefing will be done online – Any Q&A also will be carried out. Date and time will be advised by the organizer
11. Timing chip return will also be placed at Finishing Tent. Failed for return, RM 50 per time chip will be imposed
12. Swimmers must wear swimming cap.
13. Wetsuit is not permitted. Two-piece swimwear/bikini is also not allowed (local authority requirement).
14. Safety swimming buoy is compulsory. (if do not have buoy we have on sale at RM50 per piece)
15. In water, swimmers can always hold onto the swimming safety buoy anytime for resting I en-route to finishing line
16. Swimmers who do not finish the course within the time limit shall be removed from the water
17. All swimmers shall have their competition number clearly displayed on their arms. Additional marking on swim caps for swimmers wearing long sleeves. . For woman swimmers – need to observe Muslimah Swimwear as a MUST and for Male please cover Aurat accordingly. Please highly note that if Fatigue or exhaustion strike especially for woman swimmers please flag Safety Crew and we will fish out subjected swimmers with caution
18. For NON Muslim ladies, please use Full Swim suit. An example of the suit as below



19. For Men – Syariah Compliance wise , Please be advised to cover Knee Length down, preferably compression during swim. Also advised to use Trisuit, Swimskin as it will also avoid sea lice and jelly fish during swim

20. Water refreshment is deployed to swimmers in all kayak and safety boats. No outside food and drinks allowed except personal power gels or nutrition

21. Bag drop will be activated at Kapas Island and bag pick up at Finishing Line at Kelulut

22. Timing chip return will also be placed at Finishing Tent. Failed for return, RM 50 per time chip will be imposed

23. Swimmers PASS – Lanyard will be given with dictation of Name, IC/Passport and Bag drop Number. This pass also act as swimmers accountability for finishing race safely

24. Women swimmers will finish also at the Beach. Please note there will be Officers to help Women Swimmers to don raincoat right moment coming up from the water to cross the finishing line.

25. For whom had clicked and paid for accommodation package, for any enquiries or any further rooms clarification please contact Saiful 0123915184



**1.5.1 SWIM BUOY**



**1.5.2 SWIM CAP**



**15.3 Muslimah SwimWear – Full Muslimah Swimsuit OR Top Rashguard and Full Leg Compression**



**1.5.4 Ladies Full Body Suit Cover For Non Muslim Guideline –**

Can use Trisuit / SwimSkin with long leg compression



**15.6 Men Muslim / Non Muslim Guideline**

Trisuit / SwimSkin with covered Leg Compression OR with Top Rashguard & Compression Leg Bottom

### **1.6 Timing-Chip, Safety Buoy**

You will be provided with ONE timing-chips to be worn on wrist. RM50 deposit required. Please duly return the chips upon finishing the race immediately to the crew.

- In the event you lose your timing chip during the swim, please continue swimming to finish line and immediately inform the finishing judges after crossing the finishing line. – We will track accordingly using manual time tracking.

Safety buoy will be on SALE if any of the swimmers forgotten to bring theirs at discounted retail price available during registration on the day of event

### **1.61 Female Finishing**

Women swimmers will finish at the Beach. Please note there will be Officers to help Women Swimmers to don raincoat right at the moment coming up from the water to cross the finishing line.

### **1.62 Swimmers Accountably**

All Swimmers will be given body marking numbers, at Finishing Line crews will make counts on every each number deployed via body marking to ensure all swimmers back safely and accountable. Swimmers PASS – Lanyard will be given with dictation of Name, IC/Passport and Bag drop Number. This pass also act as swimmers accountability for finishing race safely

### **1.7 Layout Registration, Body Marking & Briefing Area**

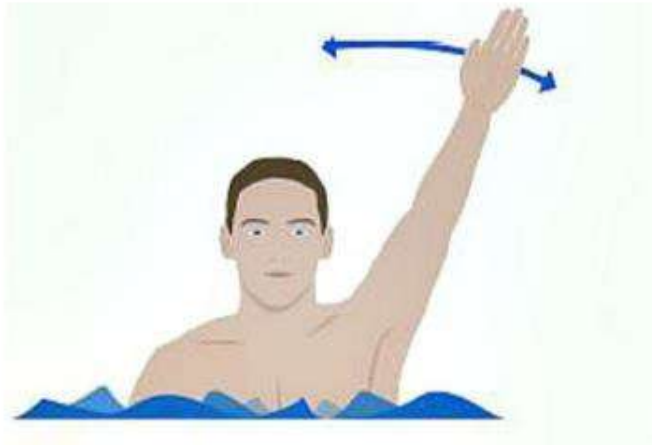
Pulau Kapas Registration / Body Marking / Roll Calls & Flag Off Area Layout



Registration & Body Marking Flow Tent



1.9 International SIGN Signals



1) Signal Assistance required – Wave left and right



2) Sign of all are okay

## **2.0 Information On Hazards, temperature, water quality, visibility, tides and weather**

### **2.01 Hazards**

- 1) Beware of Sea Urchin at beach start in Kapas Island
- 2) Seasonal Baby Jelly Fish at Kapas Island – usually doesn't make any harm but try to avoid
- 3) Jelly Fish while en- route at Sea – Medical team ready with Vinegar and anti – histamine tablet if necessary. Worst case will be ushered via emergency protocol procedures for Injection jab at nearby clinic in Marang – Klinik Desa Rhu Muda ( 1.8km / 5 min away from Kelulut Beach )

- 4) Highly advised to be fully covered clothed

## 2.02 Temperature

- 1) Water temperature in March will expected approximately at 28°C / 84°F

## 2.03 Water Quality

- 1) Water quality with approximately PH7

Jadual 4.1: Klasifikasi Indeks Kualiti Air Marin  
Table 4.1 : Marine Water Quality Index Classification

KATEGORI/CATEGORY	NILAI INDEKS/INDEX VALUE
Terbaik/Excellent	90 – 100
Baik/Good	80 – <90
Sederhana/Moderate	50 – <80
Tercemar/Poor	0 – <50

- 2)

Terengganu	Pantai/Coastal									
		Pantai Batu Buruk	5331935	MMTC001	66	58	78	94	93	Terbaik/Excellent
		Pantai Bukit Keluang	5825903	MMTC002	69	52	64	94	94	Terbaik/Excellent
		Pantai Chendering	5231934	MMTC003	69	53	61	89	94	Terbaik/Excellent
		Pantai Rantau Abang	4833917	MMTC004	70	60	61	90	94	Terbaik/Excellent
		KIPC Utara	4634954	MMTC005	62	62	74	91	94	Terbaik/Excellent
		KIPC Tengah	4534955	MMTC006	63	73	77	89	94	Terbaik/Excellent
		KIPC Selatan	4534956	MMTC007	66	75	74	89	94	Terbaik/Excellent
		Pantai Rhu 10*	NA	MMTC008	-	-	-	94	94	Terbaik/Excellent
		Pantai Tok Jembal*	NA	MMTC009	-	-	-	94	94	Terbaik/Excellent
		Pantai Kelui*	NA	MMTC010	-	-	-	94	94	Terbaik/Excellent
		Pantai Teluk Kalamanat*	NA	MMTC011	-	-	-	94	94	Terbaik/Excellent

- 3)

- 4) With INDEX MWQIC averging 94 at Excellent water condition

## 2.04 Visibility

- 1) Water visibility at Kapas Island – approx. 10-15 meter
- 2) In middle en-route sea – approx. 1-2 meter
- 3) Finishing Area Beach - approx. 1-2 meter

## 2.05 Tides and current

Will Send accurate forecast nearer to the date


## 2.1 Layout Kayaks, Boats & APM / Bomba Boats Positions



Starting Beach

 Swimmers

 20 Kayak Escorts

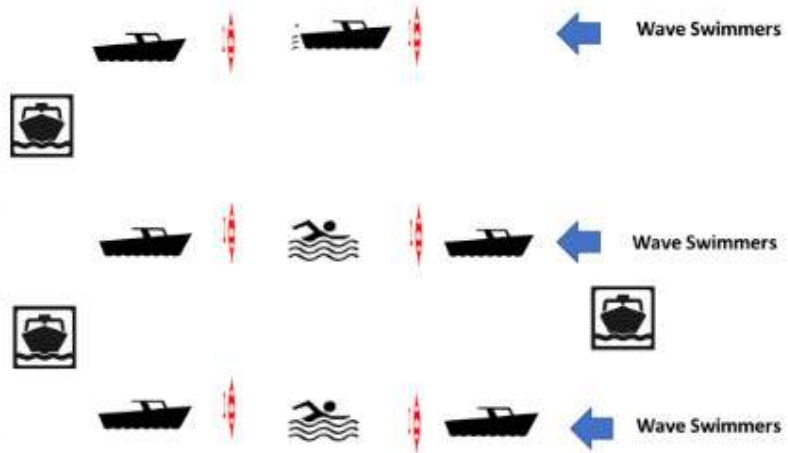
 10 boat escorts

 4 APM & Bomba boats

**Note**

*Start will be flag off 10 swimmers per wave with interval of 10 seconds  
This to ensure social distancing is observed*

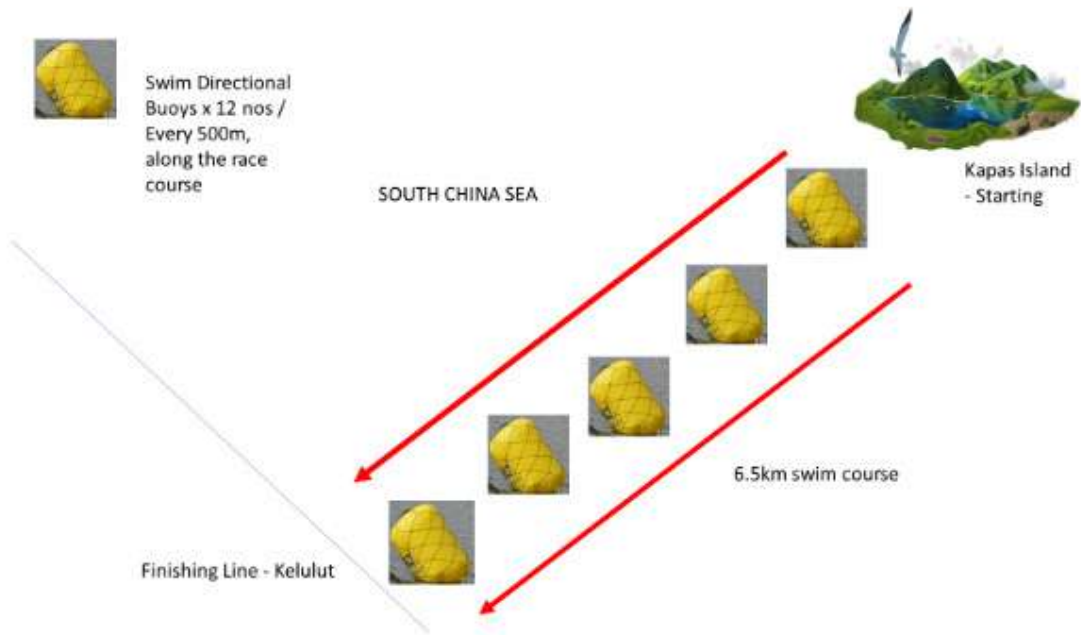
*Faster swimmers pace 2:30 below is advised to be flag off at front packs  
All waves will have 3 tier escort, Kayak, Escort Boats and APM, Bomba boats. Note any lagging swimmers will be fished by officials*



**2.2 Swim Directional Buoys**



Swim Directional Buoys x 12 nos / Every 500m, along the race course





### Main Entrance

1. To be barricaded
2. 3 RELA Officers on Standby
3. Crew members will direct traffic



### Entrance Jetty

1. Main area to Jetty



### **Check In Area**

1. A tent will be erected by Majlis Daerah Marang at entrance of check in
2. Handle all enquiries
3. 4 crews will be standby at check in area
4. Collection of Race Packs starts Friday 25 Mar from 12pm – 4pm
5. Cukai Pulau not meant for Swimmers – Only for Family Members for RM5



### **Board Area**

1. Jetty area for boarding to Kapas Island – Boarding will be from 530am onwards till 630am



Car Park Area 1





Ca Park Area 2



Car Park Area 3



Starting Point Beach At Pulau Kapas



### **Registration & Body Marking Area**

1. 2 Male and 2 Female Body Marker
2. One Registration Table will be placed with 4 Crews
3. Bag Drop area will be established in the Tent



### **Roll Call Area**

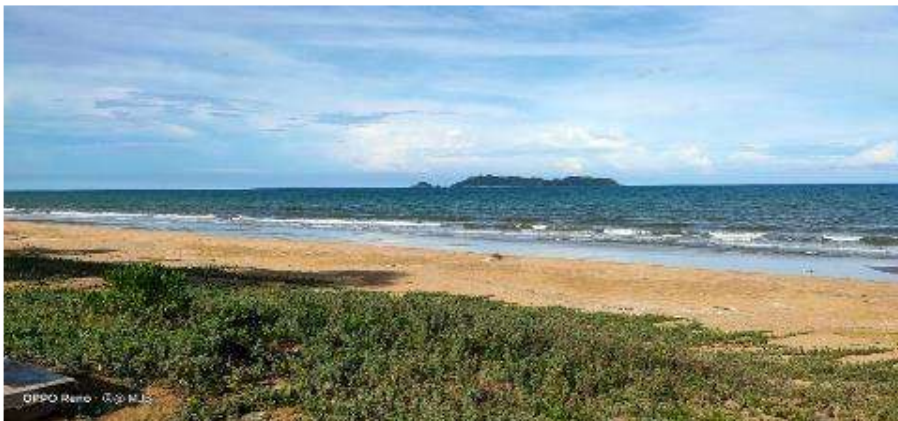
1. Open Area Flag Off





### Changing and Bath Facilities

1. Must ensure 4 persons at a time of usage.
2. Facilities provided by Majlis Daerah Marang



### Finishing Area

1. 2 life savers, 3 Medics and Official will be in place
2. A finishing arch will be erected, timing mechanism will be installed. Participants will need to cross the timing pad to finish the race
3. 4 crews will be assisting participants to exit water
4. Female Swimmers will be assisted with Female Officials for raincoat help
5. 2 crews will help to assists participants to recovery area



## Medic Ambulance

- 1) Medic ambulance will be parked here for any emergency situation for shuttling to Klinik Kesihatan or Hospital nearby



## Podium & Announcer

1. Podium will be placed at Majlis Daerah Marang Pentas Marang. One long table, square table and VVIP Sofa Sets and Lounge
2. During prize presentation, usher will hand over medal/ prize to VIP upon announcement of winners



## Food Tents

1. 20 x 20 Food Tent will be erected x 5 Tents
2. SOP - 30 pax per tent (half capacity ) to observe social distancing



3. 8 tents to accommodate swimmers and crews – Please bear in mind swimmers are all staggered in arrival/ finishing – whoever done with post race areas can vacate immediately to allow next finishing swimmers beach up at tents and for food consuming at Food Tent



#### **Recovery Area, Timing Official, Medic & Committee Tent Area**

- 1) 20 x20 Tent Size,
- 2) SOP - 30 pax per tent (half capacity ) to observe social distancing
- 3) 8 tents to accommodate 200 swimmers and crews – Please bear in mind swimmers are all staggered in arrival/ finishing – whoever done with post race areas can vacate immediately to allow next finishing swimmers beach up at tents
- 4) Bag Pick up, swimmers to hand over Swimmers Tag/Pass and Time Chip to Committee at Post Race Tent above



#### **Technical Official & Lifesavers Area**

1. Technical officials will have a 10' X 10' Tent
2. Lifesavers will have 10' X 10 Tent

### **2.6 Safety Team & Forces**

Our format of swim – Using Escort boats – 10 Numbers and 20 Kayak Escort accompanying swimmers and guiding swim route to Finishing Line. They are well experienced and certified in Kayak handling and water safety.

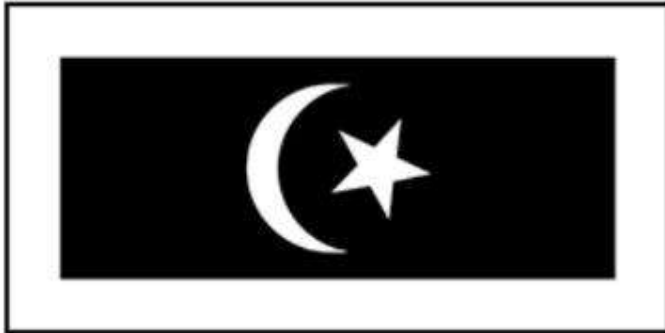
Medic Team will be on board of boat craft during the whole swim route and another Medic Team with Ambulance is on standby on Land

- Persatuan Kanu Negeri Terengganu
- Majlis Daerah Marang
- On-land paramedic
- Ambulance
- Police forces
- Bomba
- APMM



**CO - ORGANIZER**

EXCO PEMBANGUNAN BELIA, SUKAN & NGO NEGERI TERENGGANU



2.5 SPONSORS



THANK YOU & SEE  
YOU ON 11 March  
2023



**AMMJB SWIMMERS ENTERPRISE**

Elevia Residence, Jalan Puchong Utama 7

Taman Tasik Prima

47150 Puchong Selangor

Email : [saiful@swimtools.net](mailto:saiful@swimtools.net)

Event Director : 0123915184 (Saiful Nizam)