



**AMMJB KAPAS MARANG  
CROSSING SWIMATHON  
6.5KM**

**26 March 2022**

**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 26 March 2022, Saturday

Our format of swim – Using Escort boats – 10 Numbers and Kayak Escort – 20 Number and 3 APM boats and One Bomba boat accompanying swimmers and guiding swim route to Finishing Line

Swim is expected at maximum 200 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
4 <sup>th</sup>	Finisher Medal
5 <sup>th</sup>	Finisher Medal
6 <sup>th</sup>	Finisher Medal
7 <sup>th</sup>	Finisher Medal
8 <sup>th</sup>	Finisher Medal
9 <sup>th</sup>	Finisher Medal
10 <sup>th</sup>	Finisher Medal

Participants will be given E-Certificate for swim event completion upon request

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

DATE	TIME	AGENDA
25 Mar (FRIDAY)	2PM	CHECK IN – HOTEL FOR PARTICIPANTS
	3PM	MARANG RACE BRIEFING
	730PM	DINNER (HOTEL GUEST ONLY – CARBO LOAD SESSION & RACE BRIEFING
26 Mar (SATURDAY)	6AM	BREAKFAST (HOTEL GUESTS ONLY)
	630AM	BOAT TRANSFER PARTICIPANTS AT MARANG JETTY TO KAPAS ISLAND
	7AM	REGISTRATION, BODY MARKING & BAG DROP
	745AM	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

25 Mar

3PM – Marang Jetty to Kapas Island (Hotel Guests Participants)

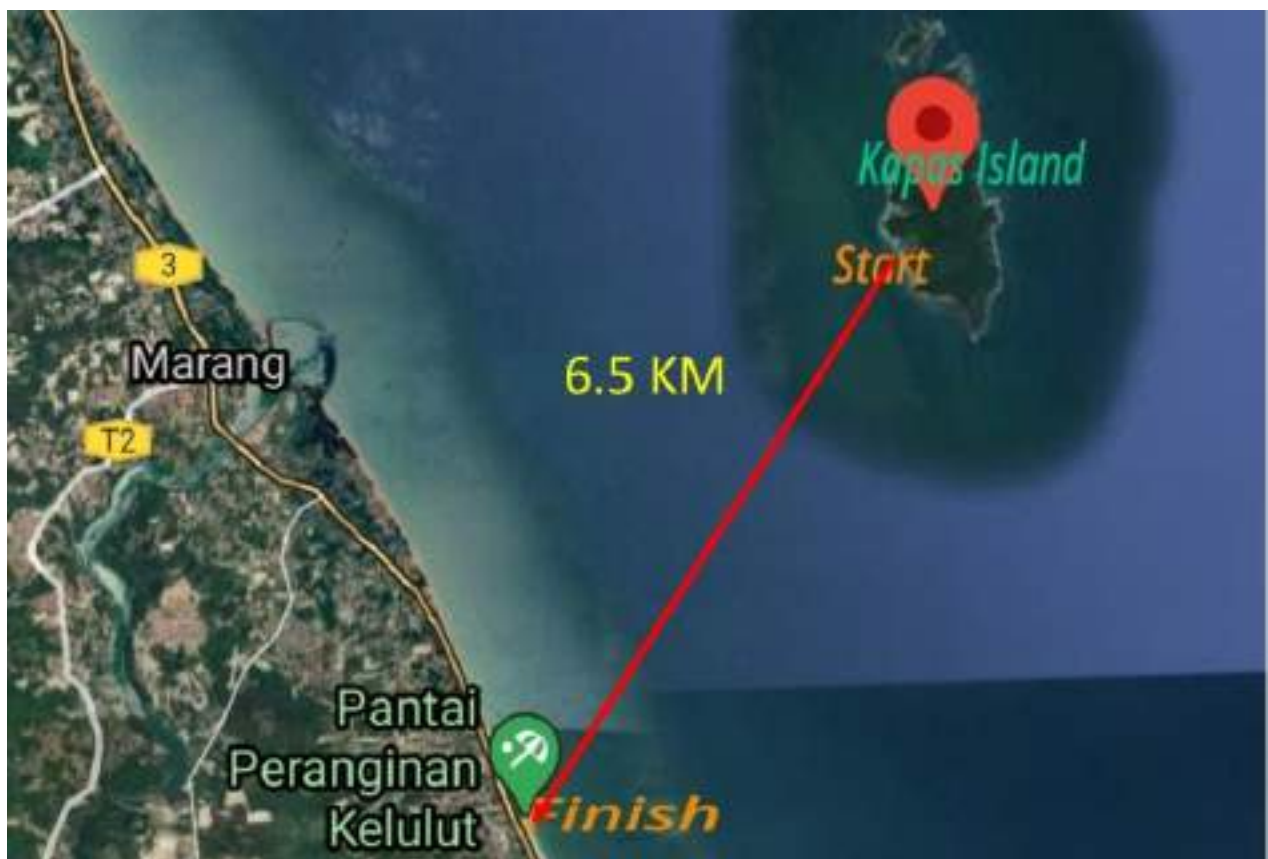
26 Mar

630am – Marang Jetty to Kapas Island

### **NOTE**

Transport will be provided to participants back to Marang Jetty at 230pm on 26 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) 5 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 PACE START OFF**

Start will be divided into swimmer's swim pace

1<sup>st</sup> Wave – Swimmers pace 1:30 -2:15

2<sup>nd</sup> Wave – Swimmers pace 2:15 – 3:00

3<sup>rd</sup> Wave – Swimmers pace 3:00 above

**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**

1. Swimmers must wear swimming cap.
2. Wetsuit is not permitted. Two-piece swimwear/bikini is also not allowed (local authority requirement).
3. Safety swimming buoy is compulsory. (if do not have buoy we have on sale at RM50 per piece)
4. In water, swimmers can always hold onto the swimming safety buoy anytime for resting I en-route to finishing line
5. Swimmers who do not finish the course within the time limit shall be removed from the water, however the race director may allow a swimmer outside the time limit to complete the course.
6. All swimmers shall have their competition number clearly displayed on their arms. Additional marking on swim caps for swimmers wearing long sleeves. 10. 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
7. For NON Muslim ladies, please use Full Swim suit. An example of the suit as below
8. Water refreshment is deployed to swimmers in all kayak and safety boats. No outside food and drinks allowed except personal power gels or nutrition
9. Bag drop will be activated at Kapas Island and bag pick up at Finishing Line at Kelulut
10. Timing chip return will also be placed at Finishing Tent. Failed for return, RM 20 per time chip will be imposed
11. 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
12. All participants should have 2 doses vaccination done and PCR to be done and share result with organizer 2-3 days prior the event
13. 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



1.5.3 Muslimah SwimWear





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

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

You will be provided with ONE timing-chips to be worn on wrist. RM20 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 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 / Briefing Area Layout



Registration & Body Marking Flow Tent

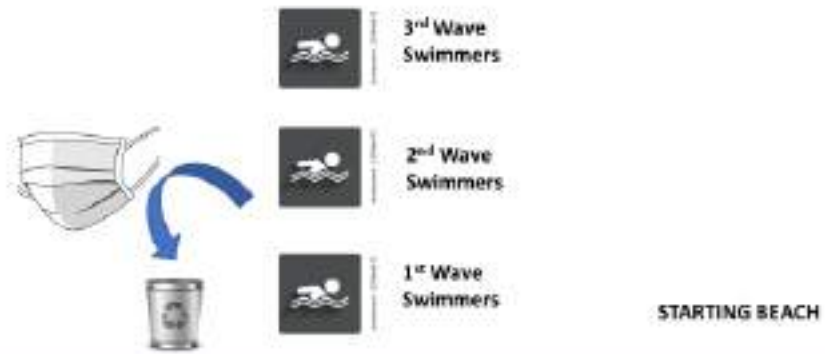


## 1.8 Mask Off and On while starting and finishing

### 1.8.1 STARTING

**Note**

Face mask will only be allowed to take off once ready to start swim. A waste basket will be placed at the beach before entering water



### 1.8.2 FINISHING

**Note**

All Arriving swimmers, please dry yourself with towel taken from bin and use fresh mask before crossing the finishing line



## 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 )

### 2.02 Temperature

- 1) Water temperature in June 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 – 89									
Sederhana/Moderate		50 – 79									
Terburuk/Poor		0 – 49									
2)	Tenggaru	Pantai/Coastal	Pantai Batu Buruk	5331935	MMQC001	66	58	70	84	93	Terbaik/Excellent
			Pantai Bukit Keluang	5825903	MMQC002	69	52	64	84	94	Terbaik/Excellent
			Pantai Chendering	5231934	MMQC003	69	53	61	89	94	Terbaik/Excellent
			Pantai Pantai Abang	4833917	MMQC004	70	60	61	90	94	Terbaik/Excellent
			KPC Utara	4634954	MMQC005	62	62	74	91	94	Terbaik/Excellent
			KPC Tengah	4534955	MMQC006	63	73	77	89	94	Terbaik/Excellent
			KPC Selatan	4534956	MMQC007	66	75	74	89	94	Terbaik/Excellent
			Pantai Ibu IP	NA	MMQC008	-	-	-	94	94	Terbaik/Excellent
			Pantai Tak Jembat	NA	MMQC009	-	-	-	94	94	Terbaik/Excellent
			Pantai Kelu*	NA	MMQC010	-	-	-	94	94	Terbaik/Excellent
			Pantai Teluk Kambayat	NA	MMQC011	-	-	-	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

Tides and current forecast approx as below on 26 Mar 2022



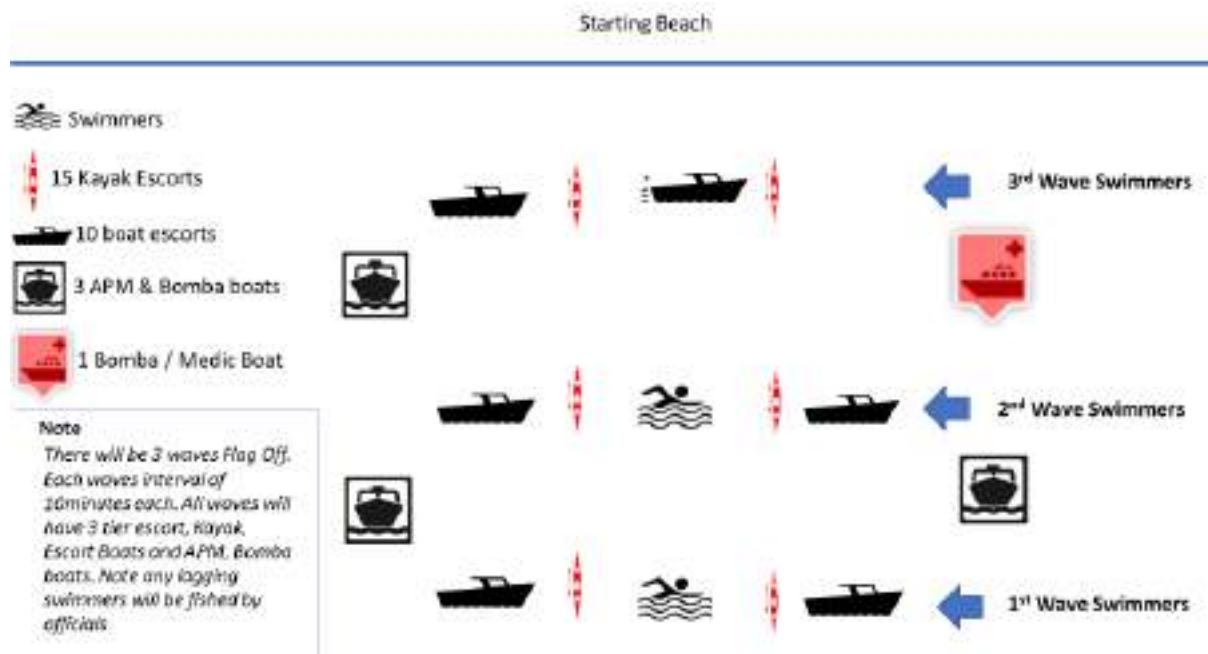
Swim time is in between 8am to 1pm cut off

High tides will take place approx. peak at about 4pm onwards.

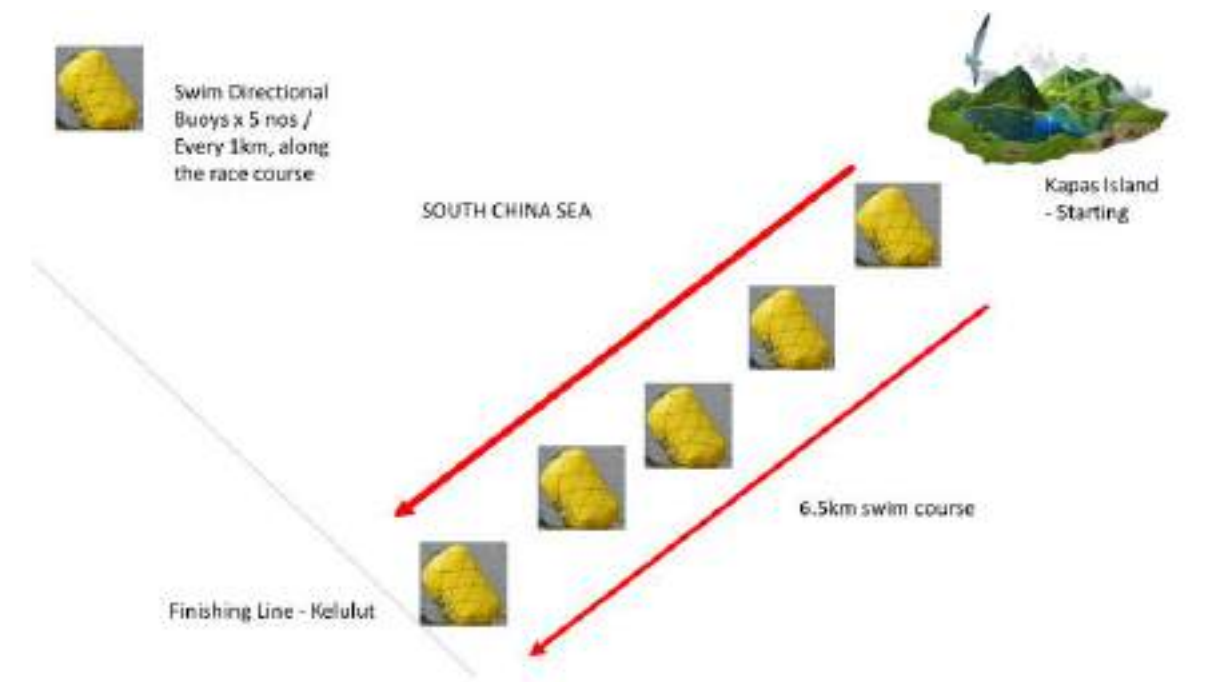
High tides expected highest during swim at 1.2 meter

Lowest tides expected during swim at 0.0 meter

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



## 2.2 Swim Directional Buoys



## **2.5 Safety SOPs Protocol – KAPAS MARANG SWIMATHON BY GROUPS**

### **2.51 Officials ,Crews & volunteers**

1. All must adhere proper social distancing.
2. Wear face mask is a MUST – if not you will barred from entering
3. Entrance will be placed with MySejahtera QR code. All must register and get their temperature checked before entry is allowed. Individuals would have temperature above 37.5 Celsius and/or show symptoms (cough, flu, sore throat, and difficulty breathing) will NOT be allowed into the premise/venue.
4. Officials will also adhere to 1-metre rule and disinfectant spray/sanitizers will be provided.
5. All crews and officials will be provided with masks, face shields, life jackets
6. No spitting
7. No shake hands use Salam Mesra gestures
8. Leave the race/event areas once activities are done

### **2.52 Swimmers**

1. All must adhere proper social distancing.
2. Wear face mask is a MUST – if not you will barred from entering
3. Entrance will be placed with MySejahtera QR code. All must register and get their temperature checked before entry is allowed. Individuals would have temperature above 37.5 Celsius and/or show symptoms (cough, flu, sore throat, and difficulty breathing) will NOT be allowed into the premise/venue.
4. All bottled drinking water will be provided, and no outside food and drinks allowed except for pre-approved energy bars and snacks.
5. Adhere all hygiene etiquette and practice.
6. Must vacate the premise/venue ASAP after the competition ends.
7. Must minimise all social and physical contact.
8. Must keep all personal gears, gadgets and equipment safe and clean.
9. Must adhere to all SOPs and protocol at all times.
10. No spitting
11. No shake hands use Salam Mesra gestures
12. Leave the race/event areas once activities are done



### **2.53 Supporters & Spectators**

1. As per guideline by KBS En Muadzam – Only swimmers, crews and official can be around race areas
2. Only Parents & Coaches are allowed as supporters / spectators
3. All must adhere proper social distancing. – To be onlookers as far as 10meter away at starting point
4. At Finishing Line – they will be only allowed near their swimmers and apart from other individuals – Swimmers, crews
5. Wear face mask is a MUST – if not you will barred from entering. Entrance will be placed with MySejahtera QR code. All must register and get their temperature checked before entry is allowed. Individuals would have temperature above 37.5 Celsius and/or show symptoms (cough, flu, sore throat, and difficulty breathing) will NOT be allowed into the premise/venue.
6. Supporters, will also adhere to 1-metre rule and disinfectant spray/sanitizers will be provided.



### **Main Entrance**

1. To be barricaded
2. 3 RELA Officers on Standby
3. Temperature monitor and MySejahtera will be in placed
4. 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
5. Check in area opened on Race day 2
6. 6 Mar from 530am onwards

### **Covid – 19 SOP**

1. Temperature monitor and MySejahtera will be in placed
2. Line with 1 metre distance from each other will be observed. Security crews will be assisting in making sure SOP is adhered
3. One face mask will be provided to participants at the booth



### **Board Area**

1. Jetty area for boarding to Kapas Island – Boarding will be from 530am onwards till 7am



### **Briefing Area**

1. Briefing area – on 25 March – Friday at 4pm

### **Covid – 19 SOP**

1. Temperature monitor and MySejahtera will be in placed
2. Line with 1 metre distance from each other will be observed. Crews will be assisting in making sure SOP is adhered
3. One face mask will be provided to participants during check in at briefing are



Car Park Area 1



Car Park Area 2



Car Park Area 3





### Changing and Bath Facilities

1. Must ensure 4 persons at a time of usage.
2. Facilities provided by Majlis Daerah Marang
3. One RELA personnel will be stationed to ensure SOP is adhered



### 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. 2 crews will be assisting participants to exit water
4. A sanitizer crew will help participants for sanitizing
5. 2 crews will help to assists participants to recovery area

### COVID – 19 SOP

1. One face mask will be given to participants upon exiting
2. One towel will be provided to participants before putting on mask
3. Water exit assistants will be provided with gloves and will be sanitized every 10 min



#### 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
3. Spectators only allowed to take photos from afar on the stage ground and adhere to 1 metre ruling



### **Food Tents**

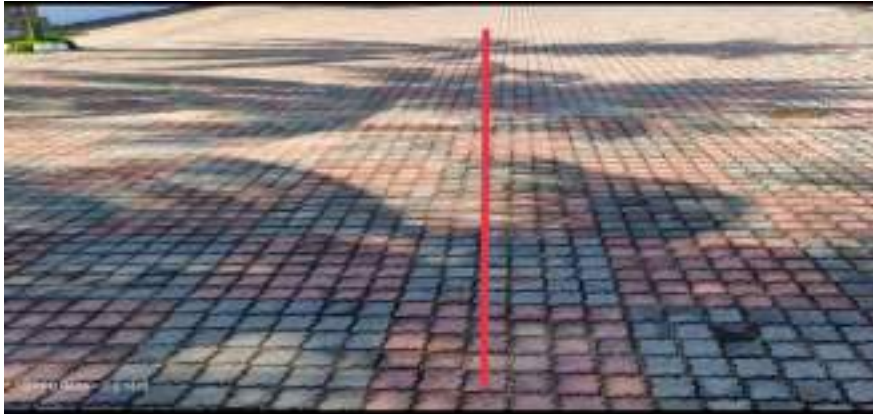
1. 20 x 20 Food Tent will be erected x 5 Tents
2. SOP - 30 pax per tent (half capacity ) to observe social distancing
3. 8 tents to accommodate 200 swimmers and crews – Please bear in mind swimmers are all staggered in arrival/ finishing – whoever done with post race areas can vacate immediately to allow next finishing swimmers beach up at tents and for food consuming at Food Tent
4. All participants with Face Mask at all time
5. Sanitizer crew will sanitize every 15 min
6. Crews and RELA & Police will observe 1 metre rule





### **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
- 5) All participants with Face Mask at all time
- 6) Sanitizer crew will sanitize every 15 min
- 7) Crews and RELA & Police will observe 1 metre rule



### **Participants & Evacuation Area**

1. To be divided at the center
2. Right side will be participants area
3. Left side is for authorities and middle will be vacant and act as evacuation area ( eg ambulance)



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

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

### **COVID – 19 SOP**

1. Officials will adhere to 1 metre rule and sanitizers will be provided
2. Referees, lifeguard and safety officers will be provided with gloves



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. Temperature check with MySejahtera will be in place in Tent
4. Crews for sanitize will sanitized area every 15 min
5. 1 meter rule will be observed by crews, Rela and Police
6. Bag Drop area will be established in the Tent



### **Roll Call Area**

1. Roll Call will foillow 1 meter rule and follow by 3 waves starting
2. No spectators allowed to enter
3. Participants must wear face mask until the start of race where there will be disposal bin before the enter the water to start race

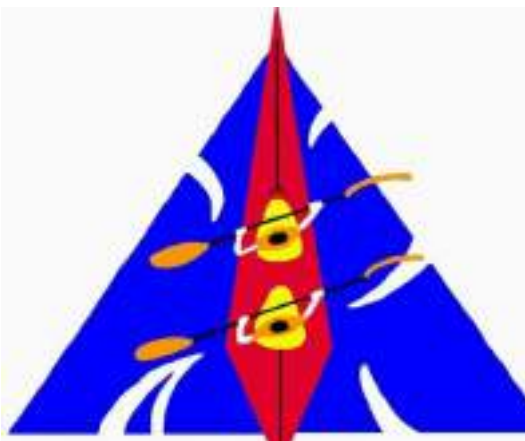


## 2.6 Safety Team & Forces

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

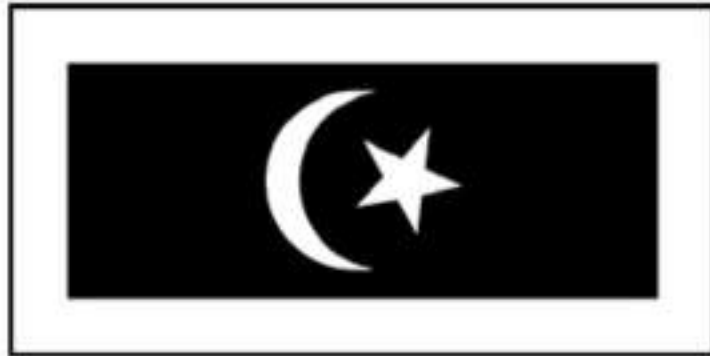
- Persatuan Kanu Negeri Terengganu
- On-land paramedic
- Ambulance
- Police forces
- Bomba
- APMM



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**2.5 SPONSORS**

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**INVENTIVO**

# THANK YOU & SEE YOU ON 26 March 2022

Contact Us

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