

PCSH Give it a TRI AQUATHLON and FUN RUN 2024

Race Details

PCSH Give it a TRI Aquathlon & Fun Run 2024

Date: 7th December 2024

Venue: Tenby School Ipoh, Perak

Time: 7.00am

Race Distance:

Distance / Age Group Categories:

Tristart (Age 8): Swim 50m, Run 600m

Tristar 1: (Age 9/10): Swim 150m, Run 1200m

Tristar 2: (Age 11/12): Swim 200m, Run 1800m

Tristar 3: (Age 13/14): Swim 250m, Run 2400m

Youth: (Age 15/16): Swim 300m, Run 3000m

Junior / Adult : (Age 17 and above): Swim 500m - Run 4800m

*All Aquathlon Races have a Relay option, with the swimmer handing over to the runner

Fun Run: (All ages) – Individual 4800m / Relay 2 x 2400m

Age Group Categories:

Kids Distance

Boys Tristart (Age 8): Swim 50m, Run 600m

Boys Tristar 1: (Age 9/10): Swim 150m, Run 1200m

Boys Tristar 2: (Age 11/12): Swim 200m, Run 1800m

Boys Tristar 3: (Age 13/14): Swim 250m, Run 2400m

Boys Youth: (Age 15/16): Swim 300m, Run 3000m

Boys Junior / Adult : (Age 17 and above): Swim 500m - Run 4800m

Girls Tristart (Age 8): Swim 50m, Run 600m

Girls Tristar 1: (Age 9/10): Swim 150m, Run 1200m

Girls Tristar 2: (Age 11/12): Swim 200m, Run 1800m

Girls Tristar 3: (Age 13/14): Swim 250m, Run 2400m

Girls Youth: (Age 15/16): Swim 300m, Run 3000m

Girls Junior / Adult : (Age 17 and above): Swim 500m - Run 4800m

Team Relay Tristart (Age 8): Swim 50m, Run 600m

Team Relay Tristar 1: (Age 9/10): Swim 150m, Run 1200m

Team Relay Tristar 2: (Age 11/12): Swim 200m, Run 1800m

Team Relay Tristar 3: (Age 13/14): Swim 250m, Run 2400m

Team Relay Youth: (Age 15/16): Swim 300m, Run 3000m

Team Relay Junior / Adult : (Age 17 and above): Swim 500m - Run 4800m

Fun Run (7yrs and above)

NOTE: Should there be less than 3 participants in the registered age group, these participants will be moved to the next closer age group.

Race Categories & Fees

Tristart (Age 8): Individual RM100 / Relay RM150
Tristar 1: (Age 9/10): Individual RM120 / Relay RM170
Tristar 2: (Age 11/12): Individual RM140 / Relay RM190
Tristar 3: (Age 13/14): Individual RM160 / Relay RM210
Youth: (Age 15/16): Individual RM180 / Relay RM230
Junior / Adult : (Age 17 & above): Individual RM200 / Relay RM250
Fun Run: (All ages) – Individual RM40 / Relay RM60

Limited to total 500 slots or registration closed on 30th November 2024. (Whichever comes first)

Registration will close when maximum participants is achieved.

*Registration fees are subjected to admin fees.

The entry fee includes:

- Personalised Race Bib, Bib Tattoo Marking
- Multisport Timing Chip
- Swim cap
- Goodies Bag
- Event T-shirt
- Finisher's Medal
- Finisher's Meal Refreshment
- PA Insurance & Medical Insurance
- E-Certificate

Race Pack Collection & Sponsor Booth

To be confirm

ROUTE PROFILE

SWIM ROUTE – Swimming Pool, Tenby School Ipoh (Swim format please refer to race guide .)

RUN ROUTE - 600m Loop Course



EVENT SCHEDULE

Saturday, 7th December 2024, 9 am – 12 pm

VENUE – Tenby School Ipoh

EVENT TIMETABLE

- 07.00 Registration and transition opens
- 08.00 Race One: Tristar (Age 8)
- 08.15 Race Two: Tristar 1 (Age 9/10)
- 08.35 Race Three: Tristar 2 (Age 11/12)
- 09.00 Race Four: Tristar 3 (Age 13/14)
- 09.30 Race Five: Youth (Age 15/16)
- 10.00 Race Six: Junior/Adult (Age 17 and over)
- 11.00 Fun Run: All ages
- 12.00 Prize Giving

Talent ID and race practice day is planned for Thursday, 7th November. Don't hesitate to get in touch with Dr Alex Khoo for an invite on 0142526828

Event Tee



T-SHIRT SIZING CHART

Unisex									
Sizes	3XS	2XS	XS	S	M	L	XL	2XL	3XL
Chest (inch)	16	17	18	19	20	21	22	23	24
Length (inch)	24	25	26	27	28	29	30	31	32

Finishers Medal



Prizes

Trophy will be awarded to TOP 3 in categories (Individual & Team Relay). PCSH Prizes voucher total worth of RM15,000 to be won.

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

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event 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.
- No Cut off time for all categories.

Swimming

- Safety buoy is not compulsory for all participants.
- 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.

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 2 members only.
- Relay disciplines are non-transferable among the team members and is not replaceable by another person.
- It is only one category 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 runner at the designated area.

Transition Area

- A basket is provided by the Organizer to each participant to place their belongings tidily.
- All basket is numbered according to the race numbers of every participant.
- All participants are required to place their items at the designated basket with their race numbers.
- Participants must not interfere with other participants belongings.

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

- Multisport 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 feel 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).