

AQUATHLON @KUALA LANGAT 2026

Description

Lover's Bridge, Tanjung Sepat is a breathtaking 300-meter-long structure that extends into the Straits of Malacca, providing spectacular views and a peaceful atmosphere ideal for sightseeing and fishing. This picturesque location, known for its serene beauty, transforms into a dynamic venue where the thrill of sport meets the tranquility of nature, especially during the Aquathlon Kuala Langat held on the day of the run. Participants can enjoy in the beauty of a stunning sunrise alongside the bridge after completing their run, adding a memorable touch to their experience.

Aquathlon @Kuala Langat 2026 is the fourth edition of SWIM + RUN event to be held in Lover's Bridge, Tanjung Sepat, Selangor Co-organized by Majlis Perbandaran Kuala Langat, XS Elite Performance and AMMJB, this event perfectly combines physical challenge with the natural beauty of the coastal setting, making it a must-attend for runners and nature lovers alike.

Race Details

Aquathlon Kuala Langat 2026

Date: 6th December 2026

Venue: Dataran Tanjong Sepat, Kuala Langat, Selangor

Time: 7.00am-12.00pm

Race Distance:

Fun Run (RUN ONLY)

5km

Aquathlon (SWIM + RUN)

Aqua-Mini	: Swim 100m, Run 250m
Aqua-Kids	: Swim 200m, Run 500m
U15	: Swim 300m, Run 2.5km
Sprint	: Swim 750m, Run 5km
Olympic	: Swim 1.5km, Run 10km

Age Group Categories:

Run Categories:

5KM Fun Run (Open to all ages)

Aquathlon Categories:

Kids Distance

Aqua-Mini - Boy 7-9 years, Girl 7-9 years

Aqua-Kids - Boy 10-12 years, Girl 10-12 years

U15 - Boy 13-15 years, Girl 13-15 years

Sprint Distance

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

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

Olympic Distance

Men 18 - 29 years, Men 30 - 39 years, Men 40 - 49 years, Men 50 - 59 years, Men 60 years & above

Women 18 - 29 yrs, Women 30 - 39 yrs, Women 40 - 49 yrs, Women 50 years & above

Mixed Team Relay (Men + Women/All Men/All Women) – Only 1 category (16 years & 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

Event Type	Category	Super Early Bird (until 31/7)	Early Bird (until 31/8)	Normal (until 31/10)	Late (until 30/11)
Olympic Distance* (200slot)	Individual	RM300	RM330	RM350	RM370
	Relay	RM400	RM500	RM600	RM600
Sprint Distance* (100slot)	Individual	RM250	RM280	RM300	RM320
Aqua-Mini 7-9 years (50slot)	Individual	RM180	RM210	RM230	RM250
Aqua-Kids 10-12 years (50slot)	Individual	RM200	RM230	RM250	RM270
U15, 13-15 years (100slot)	Individual	RM220	RM250	RM270	RM290
5KM (500slot)	Individual	RM40	RM45	RM50	RM55

Limited to total 1000 slots or registration closed on 30th November 2026. (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
- Goodies Bag
- Event T-shirt
- Finisher's Medal
- Finisher's Snack Refreshment
- PA Insurance & Medical Insurance
- E-Certificate
- Lucky Draw
- Bib Tattoo Sticker (Aquathlon Only)
- Multisport Timing Chip (Aquathlon Only)
- Swim cap (Aquathlon Only)
- Finisher's Photo with exclusive photo frame (Aquathlon Only)

Prizes

Cash prize will be awarded to **TOP 5** in Olympic Distance (Aquathlon Individual Only).

Category/Rank	Champion	2nd	3rd	4th	5th
Olympic Individual	RM500	RM400	RM300	RM200	RM100

Trophy will be awarded to **TOP 5** winners of each category for Olympic, Mixed Team Relay, Sprint, U15 and Kids Distance. ALL WINNERS are required to be present to collect the prizes personally.

Race Pack Collection & Sponsor Booth

Date: 5th December 2026 (Saturday)

Time: 1.00pm - 6.00pm (Saturday)

Venue: Dataran Tanjong Sepat, Kuala Langat, Selangor

Google Map: <https://goo.gl/maps/Dhdd19Wu4RMc8iBSA>

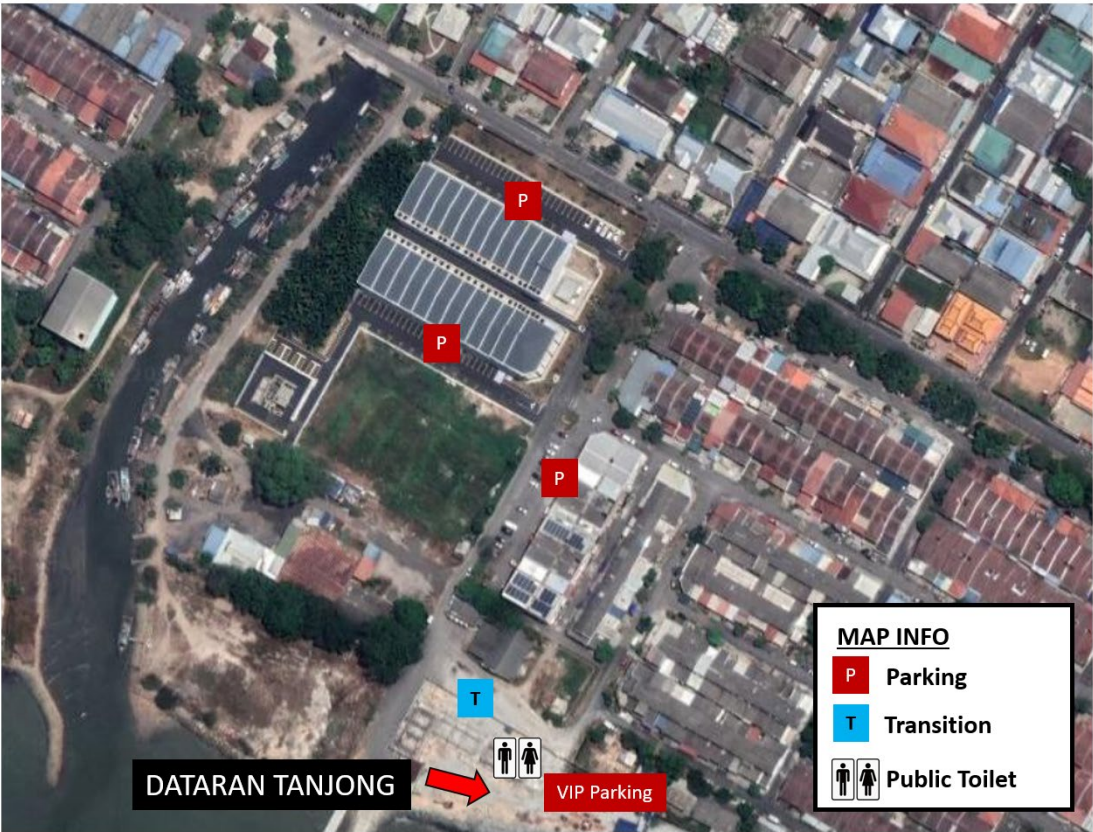
Kindly bring your confirmation slip/IC/Passport to collect your Race Entry Pack. (Indemnity Form for Aquathlon will be send out 1 week before event date)

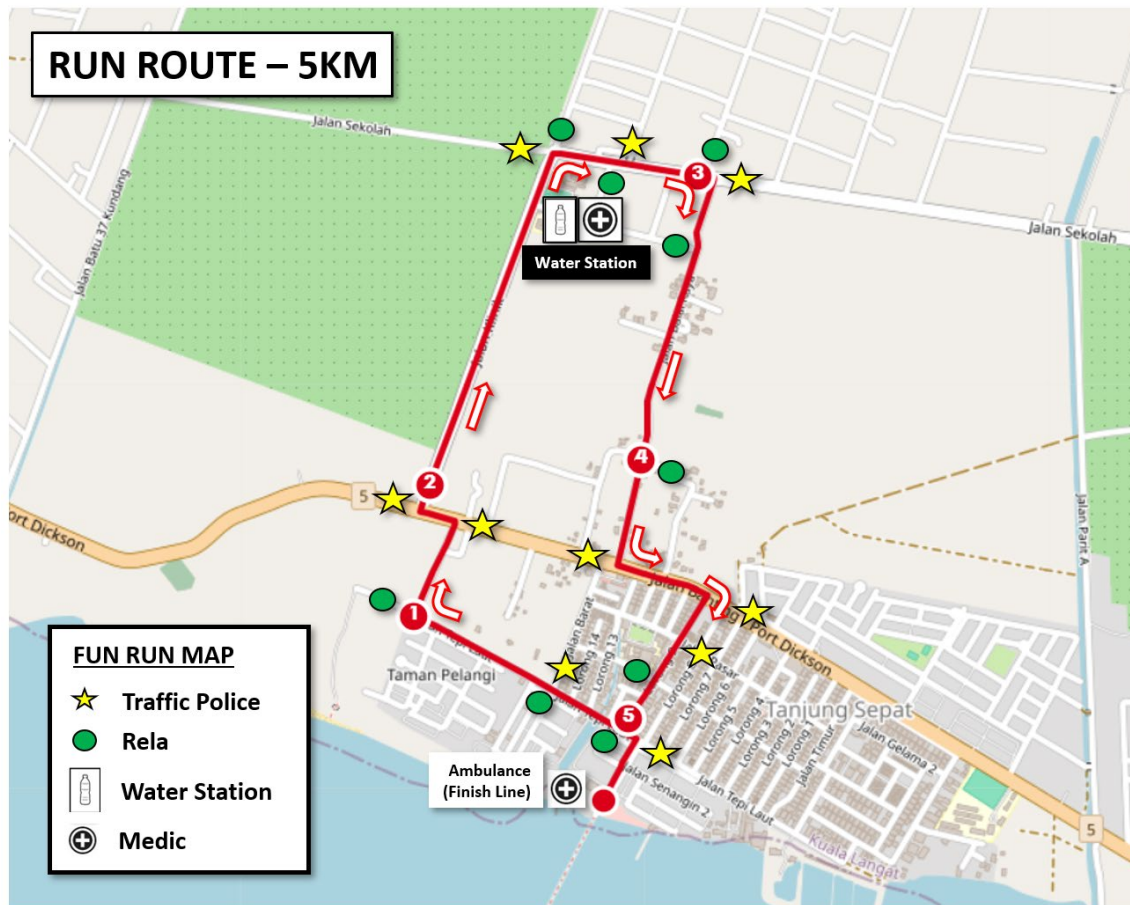
TANJUNG SEPAT MAP (<https://www.visitselangor.com/tanjung-sepat/>)



EVENT MAP

AQUATHLON @KUALA LANGAT EVENT MAP



[illegible]

AQUATHLON ROUTE PROFILE

SWIM ROUTE - OLYMPIC - SWIM 1.5KM (750M x 2 loop) / SPRINT – SWIM 750M x 1 loop



SWIM ROUTE – AQUA-MINI – SWIM 100M, AQUA-KIDS –SWIM 200M, U15 – SWIM 300M



Tide Chart Forecast on 6th December 2026

<https://www.seatemperatu.re/southeast-asia/malaysia/tanjung-sepat/tides/month/all/>

Sunday 6 December 2026		
Tide	hour	tidal height
high tide	04:25	2.88m
low tide	11:19	0.79m
high tide	16:56	2.37m
low tide	23:09	0.89m

Water Lab Test sample annually. New Result will be out on November 2026



Lab No	: PBR6261852	Date Of Sample	: 19/11/2024
Company Name	: XS Elite Performance	Date Of Testing	: 20/11/2024
Branch Name	: Aquathlon Kuala Langat, Tg.Sepat,	Date Of Report	: 25/11/2024
Company Address	: Banting, Selangor	Sample No.	: PBR6261852
Reference No.	:	Date Received	: 20/11/2024
Type Of Sample	: Effluent/Waste Water,-	Date Of Request	: 19/11/2024

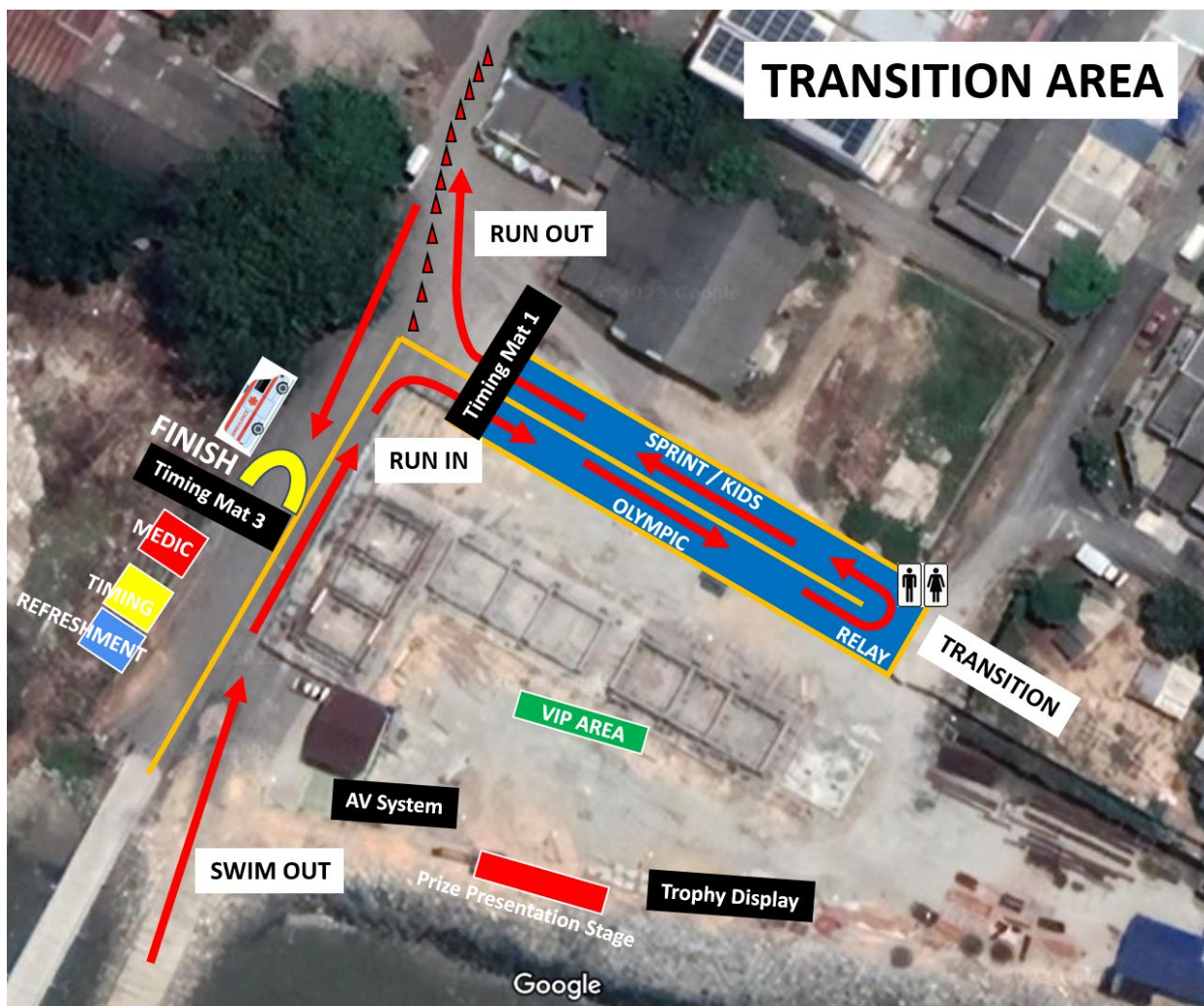
CERTIFICATE OF ANALYSIS

Sample Description :

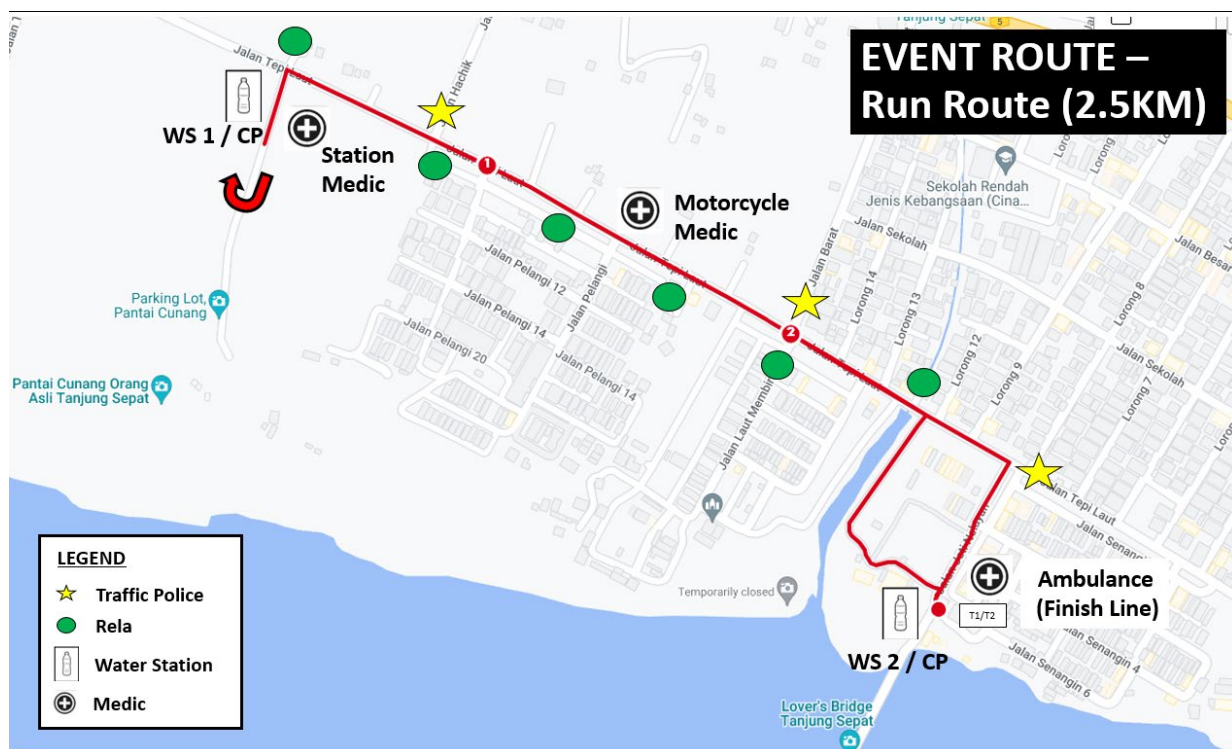
Test Parameter	Unit	SEA WATER	Limit	Test Method
		PBR6261852		
pH	-	7.4	6.5 - 8.5	APHA 4500 H ⁺ B
Algae	cell/mL	Absent	-	APHA 8111 G ⁺
Phenol	mg/L	< 0.001	0.002	APHA 5530 C ⁺
Oil & Grease	mg/L	8	10	APHA 5520 B
Turbidity	NTU	1.2	2	APHA 2130 B
Biochemical Oxygen Demand, BOD ₅ at 20°C	mg/L	10	50	APHA 5210 B
Chemical Oxygen Demand, COD	mg/L	78	200	APHA 5220 D
Total Suspended Solids, TSS	mg/L	49	100	APHA 2540 D
Enterococci	CFU/100mL	< 1 (ND)	Absent	APHA 9230 C
Escherichia coli	CFU/100mL	< 1 (ND)	Nil	USEPA 1604



ChM. ONG CHIANG HOCK
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RUN ROUTE - OLYMPIC - Run 10KM (4loop) / SPRINT – Run 5KM (2loop) / U15 – 2.5KM (1loop)





EVENT SCHEDULE – 5th December 2026, Saturday

TIME	ACTIVITIES	VENUE
1.00 PM -06.00 PM	RACE PACK COLLECTION SPONSOR BOOTH EXHIBITION	Dataran Tanjung Sepat
05.00 PM	RACE BRIEFING TRANSITION TOUR (For Aquathlon Participants only)	Dataran Tanjung Sepat

EVENT SCHEDULE –6th December 2026, Sunday

TIME	ACTIVITIES	VENUE
06.00 AM	RACE SITE & TRANSITION OPEN (for Aquathlon only)	DATARAN TG. SEPAT
06.50 AM	TRANSITION CLOSED	
06.50 – 06.55AM	WARM-UP	
07.00 AM	<i>FLAG OFF for Aquathlon (Swim & Run)</i> ALL MEN (OLYMPIC)	SWIM COURSE @LOVER'S BRIDGE
07.03 AM	TEAM RELAY & WOMEN (OLYMPIC)	
07.15 AM	MEN & WOMEN ALL CATEGORY (SPRINT)	
08.15 AM	KIDS CATEGORY (MINI, KIDS, U15)	
08.00 AM	<i>FLAG OFF for 5KM (Run)</i>	LOVER'S BRIDGE
10.00 AM	<i>AWARDS CEREMONY by VIP</i>	DATARAN TANJONG (FOOD COURT)
10.30 AM	<i>CULTURAL PREFORMANCE SHOW</i> AQUATHLON AWARDS CEREMONY	
11.00 AM	VIP LUNCH SERVED	
12.00 PM	END OF EVENT	

Event Tee Size Chart & Medal

SWIM, RUN, CONQUER.



FUN RUN FINISHING TEE



	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

(Subject +/- 0.5" tolerance)

SWIM, RUN, CONQUER.

AQUATHLON FINISHING TEE

AQUATHLON
swim-run
@KUALA LANGAT

The image displays the AquaThlon 5-6 DEC 2026 medal and two views of the finishing tee. The medal is circular with 'AQUATHLON @KUALA LANGAT' and '5-6 DEC 2026' on the front, and 'SWIM, RUN, CONQUER.' on the back. The tee is dark blue with a geometric pattern of green and yellow triangles. The front view shows the AquaThlon logo and 'KUALA LANGAT'. The back view shows the AquaThlon logo, '5-6 DEC 2026', and 'elite PERFORMANCE'.

A size chart diagram shows a white t-shirt with 'Half Chest (inch)' and 'Length (inch)' measurements. Below it is a table of sizes and measurements.

	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

UNISEX

(Subject +/- 0.5" tolerance)

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**AQKL2026**) 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.
 - (c) Running on behalf of others Race Bib/Timing Chip will be disqualified immediately.
- 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 2025 to compete in the race.
- Minimum age for Sprint Distance Race is 16 years of age on 31 Dec 2025 to compete in the race.
- Cut off time for Olympic Distance Race is 4 hours 30 mins. Sprint & Kids Distance is 3 hours.

- Cut off time for 10KM run is 2hours. No Cut Off time for 5km run.

Swimming

- **Safety buoy is compulsory for all participants. This is a Safety Requirement.** No Safety Buoy will not be allowed to start the race.
- 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 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 runner at the designated area.

Transition Area

- A basket is provided by the Organizer to each participant to place their belongings tidily.
- All basket are numbered according to the race numbers of every participants.

- All participants are required to place their items at the designated basket with their race numbers.
- Participants must not interfere with another 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

- Aquathlon 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).