

PERAK TRIATHLON 2019

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 International Triathlon 2019 is the first edition of triathlon race to be held in Marina Island Pangkor supported by Perak Tourism and Majlis Perbandaran Manjung.

Race Details

Perak Triathlon 2019

Date: 23rd June 2019

Venue : Marina Island Pangkor, Lumut

Time : 7.00am

Race Distance : Sprint Triathlon : Swim 750m - Cycle 20km - Run 5km

Olympic Distance : Swim 1.5km - Cycle 40km - Run 10km

Age Group Categories :

Sprint Distance Triathlon

Men 16 - 29 years, Men 30 - 39 years, Men 40 years & above

Women 16 - 35 years, Women 36 years & above

Olympic Distance Triathlon

Men 16 - 29 years, Men 30 - 39 years, Men 40 - 49 years, Men 50 years & above

Women 16 - 29 years, Women 30 - 39 years, Women 40 years & above

Mixed Relay (Men + Women/All Men/All Women) – Only 1 categories

Race Categories & Fees

Event Type	Category	Fees(Early Bird/Normal)
Olympic Distance Triathlon	Individual	RM200/RM230
	Relay	RM420/RM510
Sprint Distance Triathlon	Individual	RM160/190

Early Bird Rate until 31st March 2019. Limited to 800 slots (total headcount).

Registration will close on 15th May 2019 or when maximum participants is achieved.

The entry fee includes:

- Goodies Bag
- Personalised Race Bib
- Multisport Timing Chip
- Event T-shirt
- Finisher's medal
- Welcome dinner
- Finisher's Snack Refreshment

Race Pack Collection & Sponsor Booth

Date : 22 June 2019 (Saturday)

Time : 12.00pm - 7.00pm (Saturday)

Venue : Marina Hall, Marina Island Pangkor, Lumut

Kindly present your ID/Passport for identification purposes. You are NOT required to bring along your confirmation slip to collect your Race Entry Pack.

For participants who are not able to collect the Race Entry Pack personally, may authorise someone to collect on your behalf. Please pass your Confirmation Slip with a written note and a signed waiver form to your representative to collect 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.

Race Kit postal services will be available date upon request with additional postal charges of RM20 per participants. Closing date request for postal option is 30th April 2019. Postal are only to Malaysia address and will be sent 2weeks before event date

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.

OLYMPIC DISTANCE ROUTE



Swim 1.5KM

Flag-off will on rolling water start. Athletes will cross a timing mat on the beach before entering the water to start the swim. The rolling start will ensure a continuous smooth but safe flow of athletes into the water. Held at a man-made lake within Marina Island, water will be very calm, hence a great motivation for newbies to register the race. On completion of the swim, athletes run 200-meter towards transition (T1).

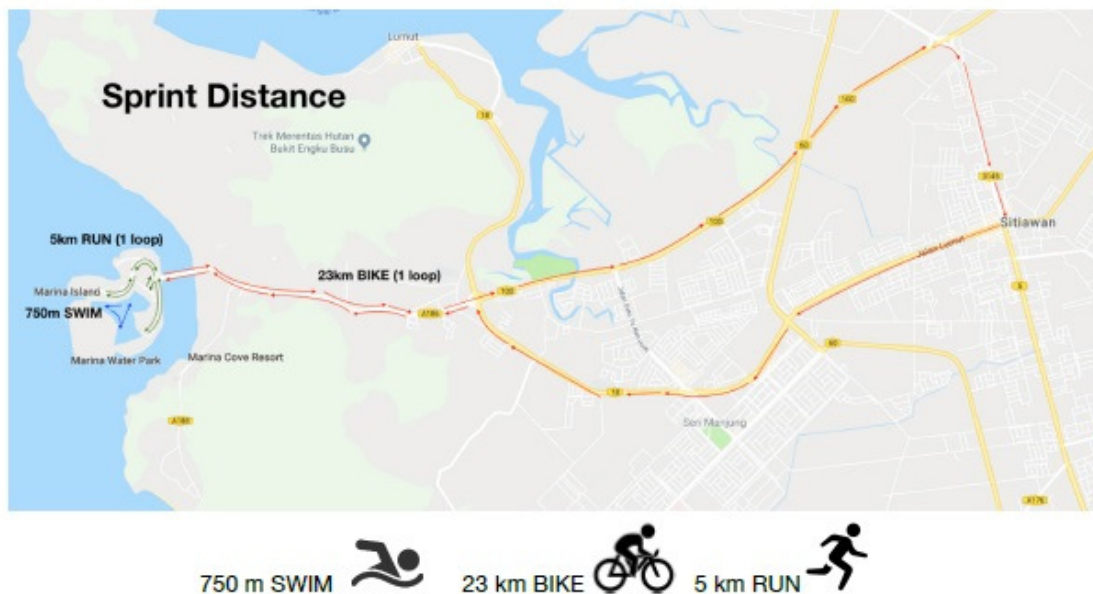
Bike 40KM

The 2-loops bike course heads out towards Sitiawan via Jalan Teluk Muroh & Jalan Sitiawan. At KM10, participants make a right turn towards Sitiawan Town and another right turn at KM12.5 towards Jalan Lumut / Jalan Iskandar Shah, where participants head towards the 2nd-loop turn at Jalan Iskandar Shah / Jalan Teluk Muroh junction. At the ends of 2nd-loop, triathletes will continue towards Marina Island to transition (T2).

Run 10 KM

Participants will finish the race with a 10km 2-loop run course within Marina Island, which will showcase the reclaimed 316.9 acres land. Generally flat, participants will head towards North East and make a left turn towards South West of the island, where participants will make U-turn at 2-KM mark and head towards transition. Pass transition and continue another 500-meter and make a U-turn at Tiara Bay to complete the 5-KM loop. OD Distance participants will be required to complete 2-loops.

SPRINT DISTANCE ROUTE



Swim 750M

Flag-off will on rolling water start. Athletes will cross a timing mat on the beach before entering the water to start the swim. The rolling start will ensure a continuous smooth but safe flow of athletes into the water. Held at a man-made lake within Marina Island, water will be very calm, hence a great motivation for newbies to register the race. On completion of the swim, athletes run 200-meter towards transition (T1).

Bike 23KM

The 1-loops bike course heads out towards Sitiawan via Jalan Teluk Muroh & Jalan Sitiawan. At KM10, participants make a right turn towards Sitiawan Town and another right turn at KM12.5 towards Jalan Lumut / Jalan Iskandar Shah, where participants head towards Marina Island to transition (T2).

Run 5 KM

Participants will finish the race with a 5km 1-loop run course within Marina Island, which will showcase the reclaimed 316.9acres land. Generally flat, participants will head towards North East and make a left turn towards South West of the island, where participants will make U-turn at 2-KM mark and head towards transition. Pass transition and continue another 500-meter and make a U-turn at Tiara Bay to complete the 5-KM loop.

Race Schedule

PERAK TRIATHLON 2019
Saturday, 22nd June 2019
Venue : Marina Island Pangkor, Lumut

TIME	ACTIVITIES
12.00 PM – 7.00PM	RACE PACK COLLECTION @ MARINA HALL
7.00 PM	RACE BRIEFING
7.30 PM	WELCOME DINNER

Sunday, 23rd June 2019

TIME	ACTIVITIES	RACE DISTANCE
5.00 AM	RACE SITE & TRANSITION OPEN	
6.45 AM	TRANSITION CLOSED	
6.45 – 07.00 AM	SWIM WARM-UP	
	FLAG OFF	
07.00 AM	16-29 MEN	OLYMPIC DISTANCE
07.10 AM	30-39 MEN	
07.20 AM	40-49 50 & ABOVE MEN	
07.30 AM	WOMEN ALL CATEGORY MIXED RELAY	
07.40 AM	16-29 MEN	SPRINT DISTANCE
07.50 AM	30-39 MEN	
08.00 AM	40 & ABOVE MEN	
08.10 AM	WOMEN ALL CATEGORY	GRAND STAND
11.00 AM	PRIZE GIVING	
11.30 AM	LUCKY DRAW	
12.00 PM	END OF EVENT	

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

*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 (**PIT2019**) 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 grace period of 15 minutes after the commencement of the race will be given for latecomers. Anyone who reports later than this grace period will not be allowed to participate in the race. Latecomers should be aware that their timings would have commenced when the race begins.
- 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/Sprint Distance Race is 16 years of age on 31 Dec 2019 to compete in the race.
- Cut off time for Olympic Distance Race is 4 hours 30 mins.

Swimming

- 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.
- Safety Buoy are 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.

- 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.
- 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 handing 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).

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