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[www.113triathlon.com](http://www.113triathlon.com)



SWIM & RUN

28<sup>th</sup>



JAN 2018

**Pantai Klebang Melaka**

*Participant Handbook*

# General Information

**Race:**

113 Aquathlon Melaka 2018

**Date:**

28th January 2018

**Venue:**

Pantai Klebang Melaka

**Time:**

7am – 12pm

## Race Categories

Ultra, Standard, Sprint & Dash

## Age Categories

<i>Category</i>	<i>Age</i>
Junior	8 - 15 Years Old
Youth	16 - 29 Years Old
Open	30 - 45 Years Old
Veteran	46 & Above

## Race Pack Collection

Please take note that ALL participants **MUST** collect their Race Packs during the stipulated time.

**Date:** 27th January 2018

**Time:** 11am - 6pm

**Venue:** Main Entrance, Mahkota Parade Mall

## Participant Entitlements

- Event Exclusive Drawstring Bag
- 113 Aquathlon Melaka 2018 Dri Fit Polo Tee
- One-of-a-kind Finisher Medal
- Limited Edition 113 Aquathlon Melaka 2018 Swimcap
- Timing Chip, Bibs & Wristbands

## Race Start Times

\* ALL events will be held on the 28th January 2018, Sunday

07:00am – Ultra (Males) flag off

07:03am – Ultra (Females & Relays) flag off

07:30am – Standard (Males) flag off

07:33am – Standard (Females & Relays) flag off

07:40am – Sprint (Males) flag off

07:43am – Sprint (Females & Relays) flag off

08:30am – Dash (All) flag off

## Schedule:

- 05:45am – Check-In
- 06.45am – Warm up
- 06.59am – Transition area closed
- 07:00am – Ultra (Males) flag off
- 07:03am – Ultra (Females & Relays) flag off
- 07:30am – Standard (Males) flag off
- 07:33am – Standard (Females & Relays) flag off
- 07:40am – Sprint (Males) flag off
- 07:43am – Sprint (Females & Relays) flag off
- 08:30am – Dash (All) flag off
- 11:00am – Prize Presentation
- 12:00pm – Event Officially Ends

\* Dates are fixed, however timing may vary depending on conditions

## Water Stations

### **1st Water Station will provide:**

- Water
- Bananas

### **2nd Water Station will provide:**

- 100plus Active
- Water

### **3rd Water Station will provide:**

- Water
- Bananas

### **4th Water Station will provide:**

- 100plus Active
- Water

### **5th Water Station will provide:**

- 100plus Active
- Water
- Power Gels

# Race Routes



## General

- The Organisers reserve the right to amend the Rules and Regulations without prior notification.
- Participants should be aware that that they are joining this event at their own risk and the Organisers shall not be liable for any bodily injuries, loss and/or damage to property while Organisers will ensure precautionary measures to be taken.
- The Organisers reserve the right to use any photographs, motion picture, recordings, or any other record of this race and its participants for any commercial advertising including legitimate purpose.
- The Organisers reserve the right to amend the race course without prior notice to participants.
- Should the inclement weather persist after delay, the Organisers reserve the right to change the race distance, race format or cancel the race without any refund of registration fees.
- The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.
- Participants must complete the PAR-Q health questionnaire before starting their race and seek advice from a medical professional if any of the questions is not answered positively.

## Race Entry

- The Organisers reserve the right to limit and/or refuse entries without assigning any reason thereof.
- Once the registration form has been duly processed, there will be no fee refund for those who fail to turn up for the race and/or withdraw from it.
- Individual race entries are non-transferable. Any person doing so will be held responsible in case of an accident arising from or provoked by the other person during the race. The Organisers reserve the right to exclude both parties from future events.
- The Organisers will not be responsible for any disputes arising from incomplete/wrong entry details given by the participants.
- The race registration will only be confirmed when full payment of the race registration fee has been made.
- Entries after the registration closing date will not be entertained.
- The participant must ensure the provided race details are correct upon receipt of the Race Confirmation email and report any discrepancies within 48 hours of submission of the entry form to the Organisers. Any changes thereafter are subjected to an admin charge.
- Upgrade of a race entry is permitted until the registration closing date.
- Downgrade of race entry is permitted until registration closing date. There will be no refund of the fee difference.
- All participants must collect their Race Kit. Participants who fail to do so will not be allowed to race on Race Day
- The Organisers are not responsible for any inaccuracy in participant's race timings due to improper placement of bike plates.
- Participants must read the Race Briefing prior to the race to familiarise themselves with the venue, course and rules of the Event. The Race Briefing will be available on the event website 10 days prior to the race
- Participants who wish to protest against another competitor or notify a violation must do so in writing to the Organisers within 30 minutes of his/her finish time. A deposit of SGD\$50 must accompany the appropriate protest and will be refunded if the protest is successful.

# Transition Area

- Only participants with valid bibs, wristband, timing chips are permitted inside
- Parents of kids (aged 12 and under) participant may enter this area only before their Race (113 Mini) begins
- No person/s (unless participants) are permitted entry into Transition Area during Race duration
- Participants who wishes to collect their belonging may do so after the Race is over, unless permission is granted by the Organizer
- Participants are encouraged not to keep their personal belongings/valuables in this area; please use the baggage deposit counter
- Although the Organizer will take all the necessary precautions and safety measure to ensure participants enjoy a smooth transition, all participants are to ensure they rack their bikes (and transition equipment) within your designated area only
- Relay team members are required to be waiting at the designated “Relay Waiting Area” only, to perform the exchange





## Swimming

- Swimsuits must be worn.
- All swimmers must wear the swim caps provided by the Organisers.
- Swim goggles may be worn.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wet suits are not allowed.
- Support crews are not allowed.
- No persons other than the participants and officials are permitted in the swimming area.
- Swimmers in difficulty shall signal to the escorting boats/canoes for assistance. Once assistance is rendered the competitor is disqualified from the competition.
- Will be closed 70 minutes after the start of the race. Participants that do not finish the swim within this time will not be allowed to continue the race.
- Warming-up for the swim must be conducted within the designated area.

## Running

- Runners must wear their race bib at the front of their attire or apparel at all times during the run.
- Running with bare torso is not allowed.
- Support vehicles or pacers are not allowed.
- Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
- Wearing headphones is not allowed at all times.
- No bare foot running is allowed.
- In the spirit of #113family, we have our Motivators to run with you so you wouldn't need your own. (Only for Ultra & Standard Categories)

## Message from Race Director

Happy New Year #113FAMILY!

Back by popular demand, the 113 Aquathlon (previously known as Ultra Aquathlon) has returned to the historic City of Melaka. And we are proud to be working closely with the local authorities again to bring another amazing #113FAMILY race.

We are super stoked to launch some new events for the new year 2018! Do try out the 113 Olympic Distance Triathlon Melaka during April with your friends and family.

And not to forget our next generation, we are partnering with Marlborough College Malaysia for the 113 KiTS Triathlon @ MCM happening in March.

Once again, we would like to thank you for your continuous support all these years and see you at the Start Line. We are #113FAMILY.

Always Believe.

Cheers,

A handwritten signature in black ink, appearing to read 'Andy Foo', with a stylized flourish at the end.

Andy Foo  
Eventure Global

# Event Partners

