

kenanga

Title Sponsor



6 AUGUST 2023 | PUTRAJAYA, MALAYSIA

3KM
SWIM

130KM
BIKE

30KM
RUN



ATHLETE INFORMATION GUIDE



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ABOUT THE EVENT

1st MAN OF STEEL 163 EVENT

DATE : 5th August 2023 - Aquathlon
6th August 2023 - MOS Triathlon

TIME : Aquathlon - 7:30am to 10:00am
MOS Triathlon - 7:30am to 8:30pm

VENUE : Kompleks Sukan Air Precint 6 Putrajaya



AQUATHLON

Junior : 350m Swim / 2.5km Run

Senior : 1km Swim / 7km Run

MOS TRIATHLON

3km Swim / 130km Bike / 30km Run

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EVENT SCHEDULE

FRIDAY, 4 AUGUST 2023		
1.00pm - 6.00pm	Race Kits Collection	DoubleTree by Hilton Putrajaya
SATURDAY, 5 AUGUST 2023		
6.00am	Transition Area Open (Aquathlon)	Kompleks Sukan Air, Race Site
7.10am	Aquathlon Race Briefing	
7.30am	Aquathlon Junior START	
8.15am	Aquathlon Senior START	
9.45am	Prize Presentation (Aquathlon)	
10.00am	Aquathlon CUT OFF	
1.00pm - 6.00pm	Race Kits Collection	DoubleTree by Hilton Putrajaya
3.30pm	MOS Race Briefing	
SUNDAY, 6 AUGUST 2023		
5.30am – 7.00am	Bike Check-in (MOS)	Kompleks Sukan Air, Race Site
7.30am	MOS START (Wave Start)	
5.00pm	Prize Presentation (MOS)	
8.30pm	MOS CUT OFF	
9.00pm	Race Ends	

Subject to change without prior notice



RACE KITS COLLECTION

Date : 4th - 5th August 2023

Time : 1.00pm - 6.00pm

Venue : Temenggor, Ground Floor

[DoubleTree by Hilton Putrajaya Lakeside](#)

Athletes are required to collect your Race Kits individually. Collection on behalf can only be done if a pre-signed Waiver Form is presented. Signing on behalf is not allowed. It is important that you arrange your time properly when making your travel arrangements to avoid late arrivals.

There will be booths opened during Race Kit collection.

Please take note that it is illegal for someone to race under your name or for you to race under someone else's name.

What to bring:

- Photo ID, Driver's Licence, Passport etc



ATHLETES WILL RECEIVE

Race Number Bib

Your Race Number Bib has to be worn on the Run leg of the event.

Bike Seat Post Sticker

Your Bike Seat Post Sticker has to be fixed under the seat of your bike before Bike Check-in in the morning of the Race Day, 6th August 2023, 5.30am – 7.00am.

Helmet Sticker

Your helmet sticker is to be fixed to the front of your helmet.

Race Number Tattoos

You will receive 1 set of tattoos of your Race Number in the Race Kit. Your number tattoo is to be applied to your right upper arm.

Swim Cap

You must wear the swim cap provided to you in the Race Kit. The colour of the Swim Cap determine your Race Category and Wave Start.

Timing Chip

You will receive your timing chip in your in the Race Kit.

Exclusive MOS Event T-shirt

Exclusive MOS Race Bag



PRE-RACE INFORMATION

How to apply your Race Number Tattoos

DO NOT apply any body lotion / oil / sun block before applying the tattoos. Your number tattoo is to be applied to your right upper arm. The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

In the case your tattoo becomes faulty, please see our friendly staff at the Information Booth who will be able to assist by writing your number/letter on with a permanent marker.

Timing Chip

You will receive your timing chip in your in the Race Kit. No verification is required.

Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible to return the chip to our staff member or timing team. If you lose your timing chip during the event, there is no replacement. Please notify our timing team immediately after crossing the finish line.

Failure to wear your timing chip on race day, return your chip after the event, or lost timing chip will be charged back to the athlete of RM200. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Kazoku Events

**1-90, Jalan PUJ 3/8, Taman Puncak Jalil,
43300 Seri Kembangan, Selangor.**



x 

RETAIL PRICE: RM990*

NOW: RM750



*Applicable for selected models only



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RACE DAY INFORMATION

Bike Check-in & Transition Area

Bike Check-in will take place in the morning of the Race Day, 6th August 2023, 5.30am – 7.00am, at the Transition Area. There is no advance Bike Check-in required. You will need to bring all your race items together with your bicycle. You will be provided with 2 baskets at your Bike Rack according to your Race Number to place your belonging tidily. DO NOT leave any handphones or cash.

Changing Room & Toilets

There will be separate changing room and toilets for male and female at the Transition Area.

Safety Buoys

Safety buoy is compulsory for ALL athletes. This is a safety requirement. You have to bring your own safety buoy for the event. Anyone found without a safety buoy before swim start, will not be allowed to swim.



Relay Team Holding Area

All Relay Team Members will wait at the Relay Team Holding Area at the Transition for passing their timing chip to their teammates after completing their respective legs. Passing of the timing chip outside of the designated area is not allowed.



RACE DAY INFORMATION

Cut-Off Times

The race will officially end 13 hours after the final athlete enters the water.

Swim Course - 1 hour 45 minutes

Bike Course - 6 hours 45 minutes

Total - 13 hours 0 minute

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement (with Authorities permits). In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's, the Race Director reserves the right to announce new cut off times.

Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected.

Water Stations

SWIM FINISH: Water

TRANSITION: Water & Isotonic

BIKE: 100Plus, Boom, water, cola, N8 energy bars and gels, bananas, bread

RUN 1st: 100Plus, Boom, water, N8 energy bars and gels, bananas, bread

RUN 2nd, 3rd: 100Plus, Boom, water

RUN 4th: 100Plus, Boom, water, N8 energy bars and gels, bananas, bread

RUN 5th, 6th: 100Plus, Boom, water

Finish

At Run finish, there will be 100Plus, Boom, water and post-event meal will be served at a designated place.



RACE DAY INFORMATION

Bike Check-Out

Bike Check-Out is from 4.00pm to 9.00pm on 6th August 2023. You are required to claim your bicycle and gear after the race. You must have your athlete Race Number Bib on in order to claim your bike and gear.

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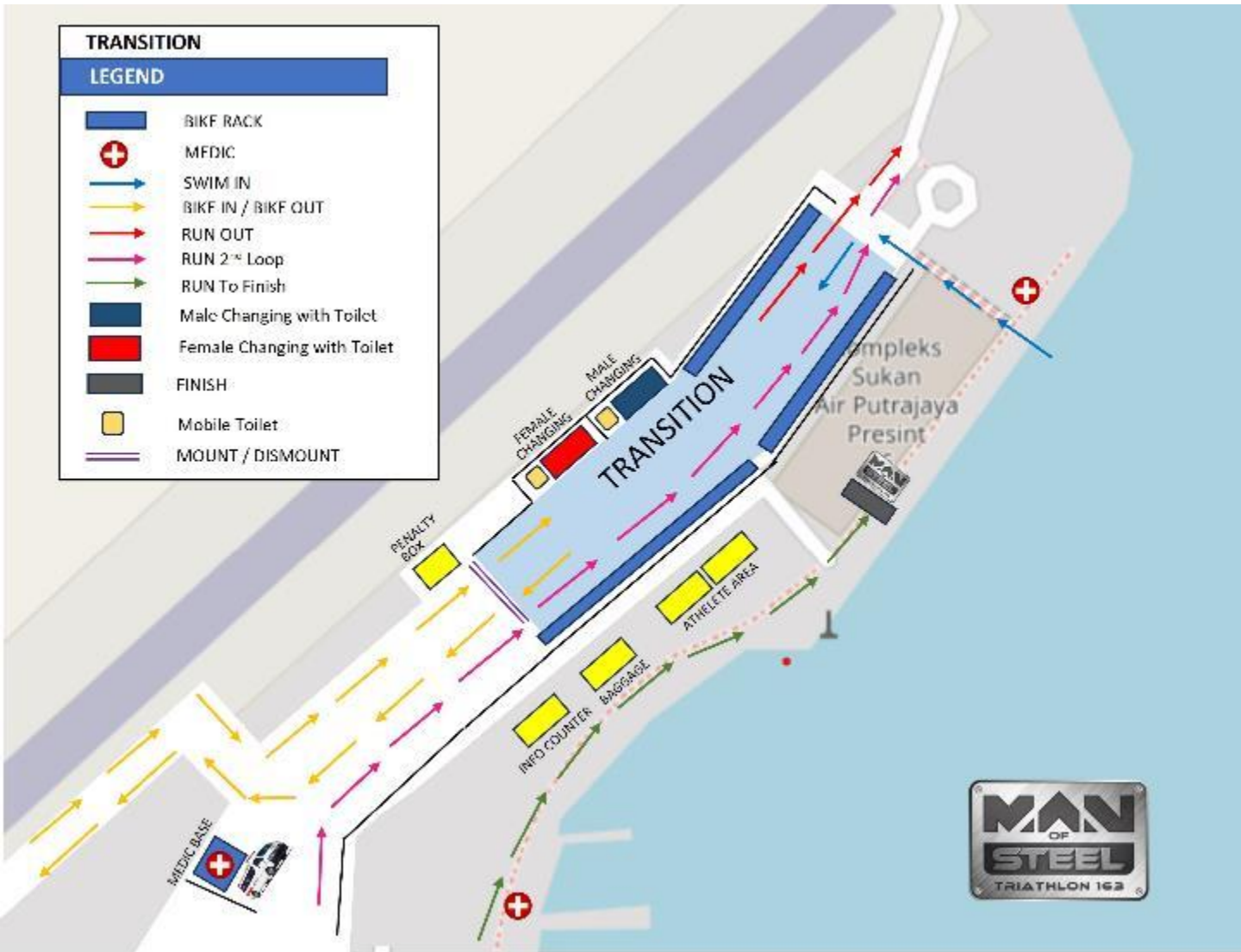
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TRANSITION

TRANSITION

LEGEND

- BIKF RACK
- MEDIC
- SWIM IN
- BIKF IN / BIKF OUT
- RUN OUT
- RUN 2nd Loop
- RUN To Finish
- Male Changing with Toilet
- Female Changing with Toilet
- FINISH
- Mobile Toilet
- MOUNT / DISMOUNT



makan
KITCHEN



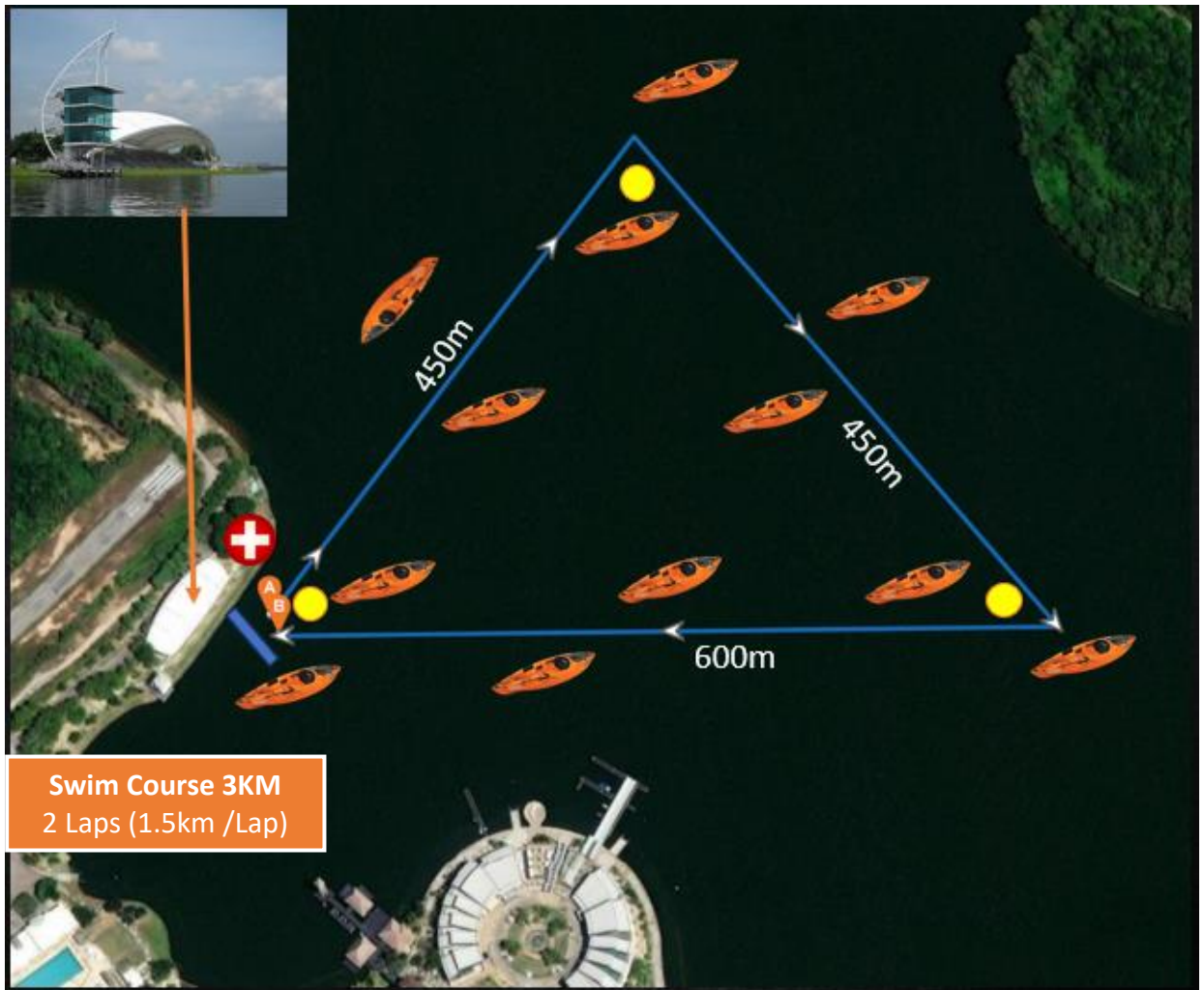
Here is the link if you'd like to book a room under the Man of Steel allocation [Book Now](#)

15% discount on the weekend buffet dinner
(Friday & Saturday) or
the weekend Hi-tea buffet (Sunday) at Makan Kitchen
15% discount from The Koffee

Present your race bib to enjoy the above discount
Discount only applicable on 4th – 6th August 2023



SWIM COURSE



Swim Wave Start

Swim wave start will be according to selected age group and swim cap colour set by Race Official.

Wave Start & Swim Cap Colour:		
Wave 1	Men 18-29 years, Men 50-59 years, Men 60 years & above	Grey
Wave 2	Men 30-39 years	Red
Wave 3	Men 40-49 years	Blue
Wave 4	All women & relay	White



SWIM COURSE

Swim Cut-Off Times

Swim Course - 1 hour 45 minutes

Wetsuit is Prohibited

Wetsuits are not allowed due to the temperature of the water.

Safety Buoys

Safety buoy is compulsory for ALL athletes. This is a safety requirement. You have to bring your own safety buoy for the event. Anyone found without a safety buoy before swim start, will not be allowed to swim.

Swim Support

At any time should you require assistance of the water safety team, please raise one arm into the air and they will come to your aid.

Other Information

Athletes must wear the swim caps provided by the Organizer. Fins, paddles, pool buoys, snorkels or any swimming aids are not allowed.



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Step 1



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Step 2



Launch the app and go to the main page

Step 3



Click on the **PUMP** icon to access the **PUMP** application

Step 4

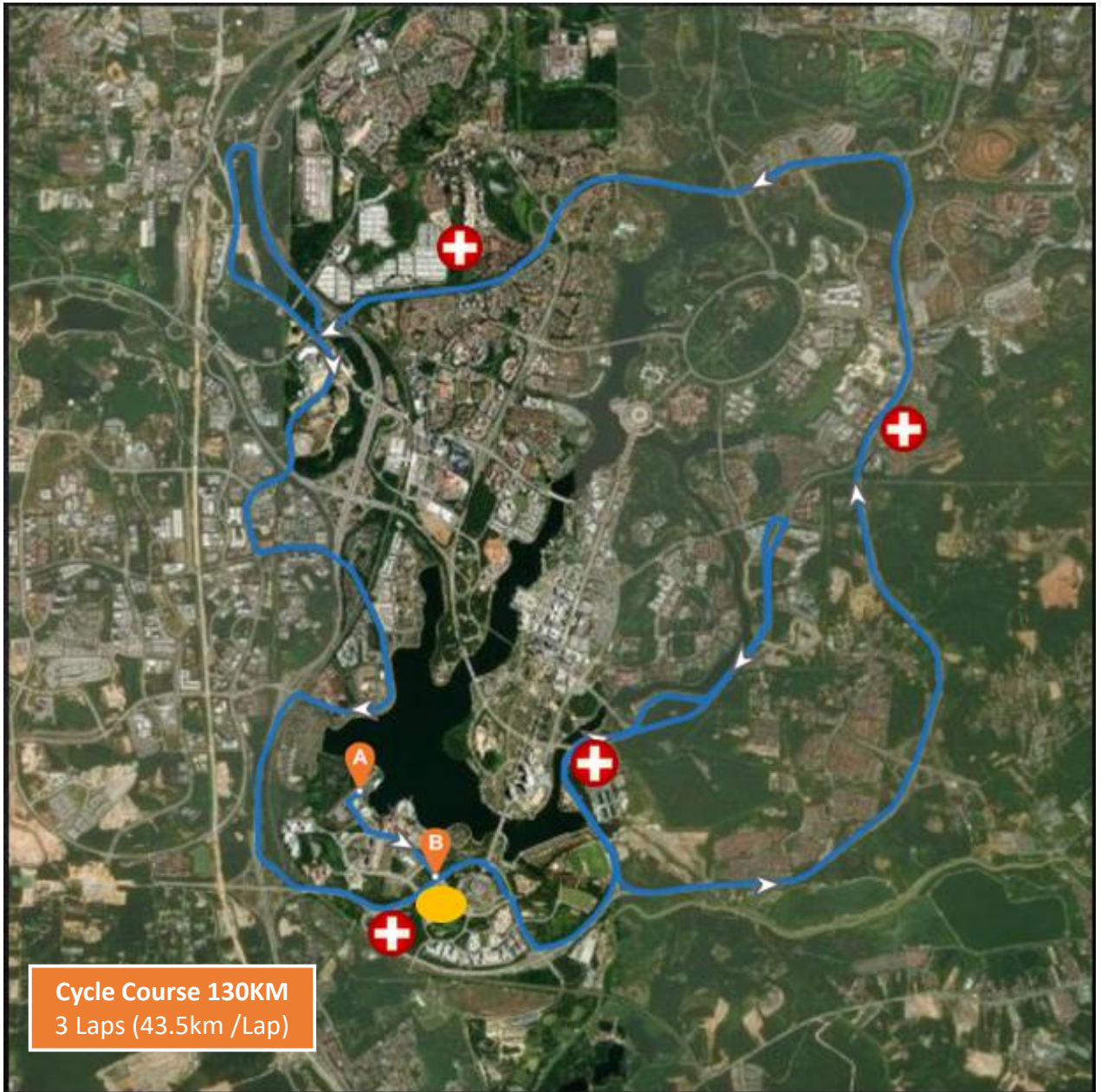


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BIKE COURSE





BIKE COURSE

BIKE Route : 130 KM

- 3 Laps cycling
- 43.5KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Roads Involving :

- Persiaran Selatan
- Lebuh Wadi Ehsan
- Persiaran Selatan
- Persiaran Timur
- Persiaran Utara
- Persiaran Apec
- Persiaran Tasik
- Persiaran Selatan

● 1 Water Station

There will be traffic along the bike course and we advise all athletes to be vigilant and alert while racing.

There will be 1 aid station on the bike course. You will pass this station 3 times. There will be medic aid at this station.

Bike Cut-Off Times

Bike Course - 6 hour 45 minutes



BIKE COURSE

Drafting

This is a draft illegal or non-drafting event. It is forbidden to draft off another athlete or a vehicle. The bicycle draft zone will be 12m between bicycles. An athlete will have 25 secs to overtake and move out of a draft zone. Technical officials will notify the athletes who draft that they must stop at the penalty tent for a time penalty. It is the athlete's responsibility to stop at the penalty tent. Failure to stop will result in disqualification. A third drafting offence will lead to a disqualification.

Time penalty for infringements:

- Drafting infringement is 5 minutes
- Littering infringement is 30 seconds

Other Information

Athletes must wear a helmet during the entire cycling course. Any cyclist seen riding without a helmet will result in immediate disqualification. Athletes must ensure that their helmets are securely fastened before leaving the transition area.

Bare torso is not allowed at all times. Athletes may walk or run with their bicycles.

Personal support vehicles and crews are not permitted. Any assistance received during cycling will result in immediate disqualification (with exception of medical aid).

Athletes are reminded to observe traffic rules at all times.

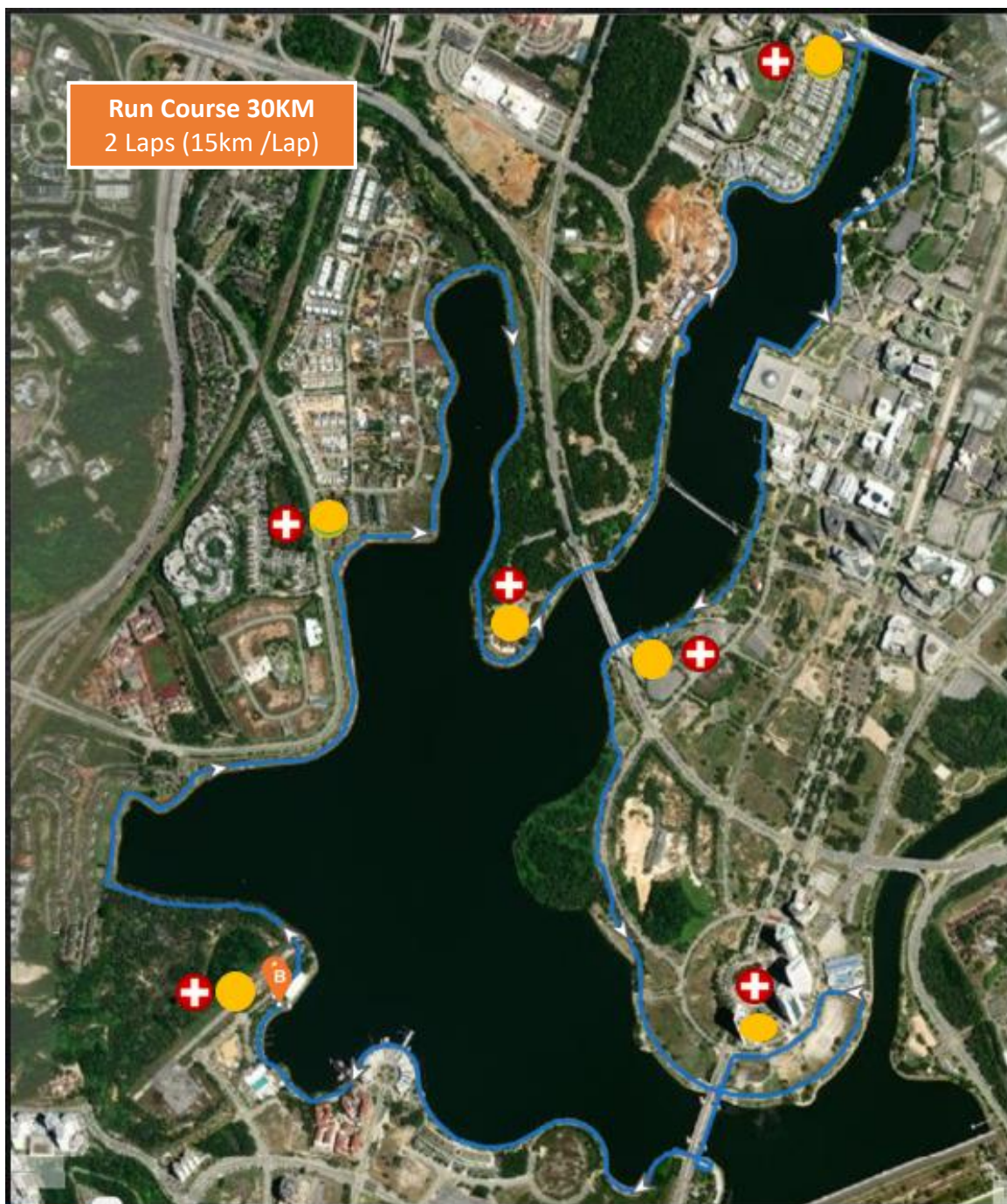
Athletes will have to perform their own repairs if their bicycles should breakdown.

Athletes are encouraged to have their bicycles checked before the race starts.

Wearing headphones is not allowed at all times.

TT Bikes and Road Bikes are allowed during the race.

RUN COURSE





RUN COURSE

Run Route : **30 KM**

- 2 Laps running
- 15KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Roads Involving :

- Cyberjaya Lake side
- Turn at bridge (Seri Wawasan Bridge)
- Passing Mcdonald
- Iron Mosque

 6 Water Stations

Cut-Off Times

Cut off time is 13 hours.

Other Information

Athletes must wear their Race Number Bibs at all times during the run.

Bare torso is not allowed at all times.

Personal support vehicles or pacers are not allowed.

Athletes must not use headphones or headsets or any form of audio devices which are inserted or covering or placed around the their ears.

Time penalty for infringements:

- Littering infringement is 30 seconds



AFTER FINISH

As you cross the finish line, you will be presented with a finisher towel and medal and your timing chip will be removed. The Medic team will be at the finish line to assess you should you need medical attention.

Recovery : There will be 100Plus, Boom, water and post-event meal will be served at a designated place.

Awards Presentation

The Award Presentation will be held at the stage area at Grand Stand, 5.00pm on 6th August 2023. All athletes and spectators are welcome to attend the Award Presentation.



MAN OF STEEL TRIATHLON 163

6TH AUGUST 2023
PUTRAJAYA, MALAYSIA

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