



PORT DICKSON TRIATHLON 2026

by **GARMIN**

PORT DICKSON TRIATHLON

9 & 10 MAY 2026

#PDIT2026

ORGANISED BY



MAIN SPONSOR

GARMIN

SANCTIONED
BY



INSURANCE
PARTNER



OFFICIAL
HOTEL



OFFICIAL
APPAREL



OFFICIAL
BIKE MECHANIC



SPONSOR & PARTNER





PUSHING LIMITS TOGETHER

9 & 10 MAY 2026



#PDIT2026

ATHLETE INFORMATION GUIDE

TABLE OF CONTENTS

- About the Event
- Event Schedule
- Race Kits Collection
- Pre-Race Information
- Race Day Information
- Swim Course
- Bike Course
- Run Course
- After Finish

ABOUT THE EVENT

Kenanga Port Dickson International Triathlon 2026

DATE : 9 May 2026 - Junior Triathlon
10 May 2026 - Olympic Distance Triathlon

TIME : Junior Triathlon - 9:00am to 10:30am
Olympic Distance Triathlon - 7:30am to 12:30pm

VENUE : Avillion Admiral Cove Port Dickson



JUNIOR TRIATHLON

Age 10-13 : 250m Swim / 4km Bike / 0.6km Run

Age 14-17 : 500m Swim / 8km Bike / 1.2km Run

OLYMPIC DISTANCE TRIATHLON

1.5km Swim / 40km Bike / 10km Run

EVENT DETAILS



JUNIOR DISTANCE

10-13 Years Old			14-17 Years Old		
					
250M	4KM	600M	500M	8KM	1.2KM
Junior Boys			Junior Boys		
Junior Girls			Junior Girls		

CATEGORY
*All visuals shown are subject to change at organiser's discretion.

#PDIT2026
WWW.TICKSWEATS.COM



OLYMPIC DISTANCE

MEN	WOMEN
18-29 years old	18-29 years old
30-39 years old	30-39 years old
40-49 years old	40-49 years old
50-59 years old	50-59 years old
60 years & above	60 years & above




 1.5KM 40KM 10KM

CATEGORY
*All visuals shown are subject to change at organiser's discretion.

#PDIT2026
WWW.TICKSWEATS.COM

EVENT SCHEDULE

FRIDAY, 8 MAY 2026:		
2.00pm - 6.00pm	Race Kits Collection	Avillion Admiral Cove Clubhouse
SATURDAY, 9 MAY 2026:		
7.00am - 8.00am	Junior Triathlon Transition Open & Bike Check In & Collection of Timing Chip	Transition Area
8.15am - 8.30am	Junior Triathlon Race Briefing	Stage Area
9.00am	Junior Triathlon Start	Start Line at Beach
11.00am - 11.30am	Junior Triathlon Prize Presentation	Stage Area
1.00pm - 6.00pm	Race Kits Collection continues	Avillion Admiral Cove Clubhouse
6.00pm - 8.00pm	Welcome Dinner	
8.15pm - 8.45pm	Olympic Distance Race Briefing	
SUNDAY, 10 MAY 2026:		
5.30am - 7.10am	OD Triathlon Transition Open & Bike Check In & Collection of Timing Chip	Transition Area
7.30am	OD Triathlon Race Start (Wave Starts)	Start Line at Beach
11.45am - 12.15pm	OD Triathlon Prize Presentation	Stage Area
12.30pm	Race Ends	

Subject to change without prior notice

RACE KITS COLLECTION

Date : **8 May 2026, Friday**

Venue : Avillion Admiral Cove Clubhouse

Time : 2.00pm - 6.00pm

Date : **9 May 2026, Saturday**

Venue : Avillion Admiral Cove Clubhouse

Time : 1.00pm - 6.00pm

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:

- IC, Driver's Licence or Passport etc

PORT DICKSON TRIATHLON EXCLUSIVE PROMO

Save up to 50%

GARMIN.

Limited offer

FORERUNNER 570
42/47 mm, AMOLED
help to see, sensor features



Exclusive Price
RM **2,159**
~~RM3,000~~

FORERUNNER 970
47 mm, AMOLED
FitBit ready with enhanced navigation



Exclusive Price
RM **2,939**
~~RM3,200~~

Limited offer

EDGE 850
Touchscreen
Watchdog & Elevation



Exclusive Price
RM **2,150**
~~RM3,000~~

RALLY RS/RK210
The definitive power meter pedal that provides accurate power data



Exclusive Price
RM **4,499**
~~RM5,000~~

SALE



FORERUNNER 55
Black, 42 mm
RM520
~~RM1,040~~ Discount 50% OFF

SALE



FORERUNNER 165
Black, 43 mm
RM730
~~RM1,280~~ Discount 43% OFF

SALE



FORERUNNER 265
Black, 46 mm
RM1,519
~~RM1,930~~ Discount 31% OFF

SALE



EDGE 540
RM1,199
~~RM1,740~~ Discount 31% OFF

EXCLUSIVE GARMIN REWARDS!

FREE GIFT

Enjoy a complimentary Garmin exclusive merchandise with any device purchase.

*While Stocks Last



*WHILE STOCKS LAST

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.

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

Timing chip will be issued to each athlete on the race day morning. Athlete need collect their timing chip at the Booth near Transition Area from 5.30am to 7.10am.

Timing chip has to be returned at the finish line immediately after race.

Event T-shirt

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

Timing chip will be issued to each athlete on the race day morning. 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:

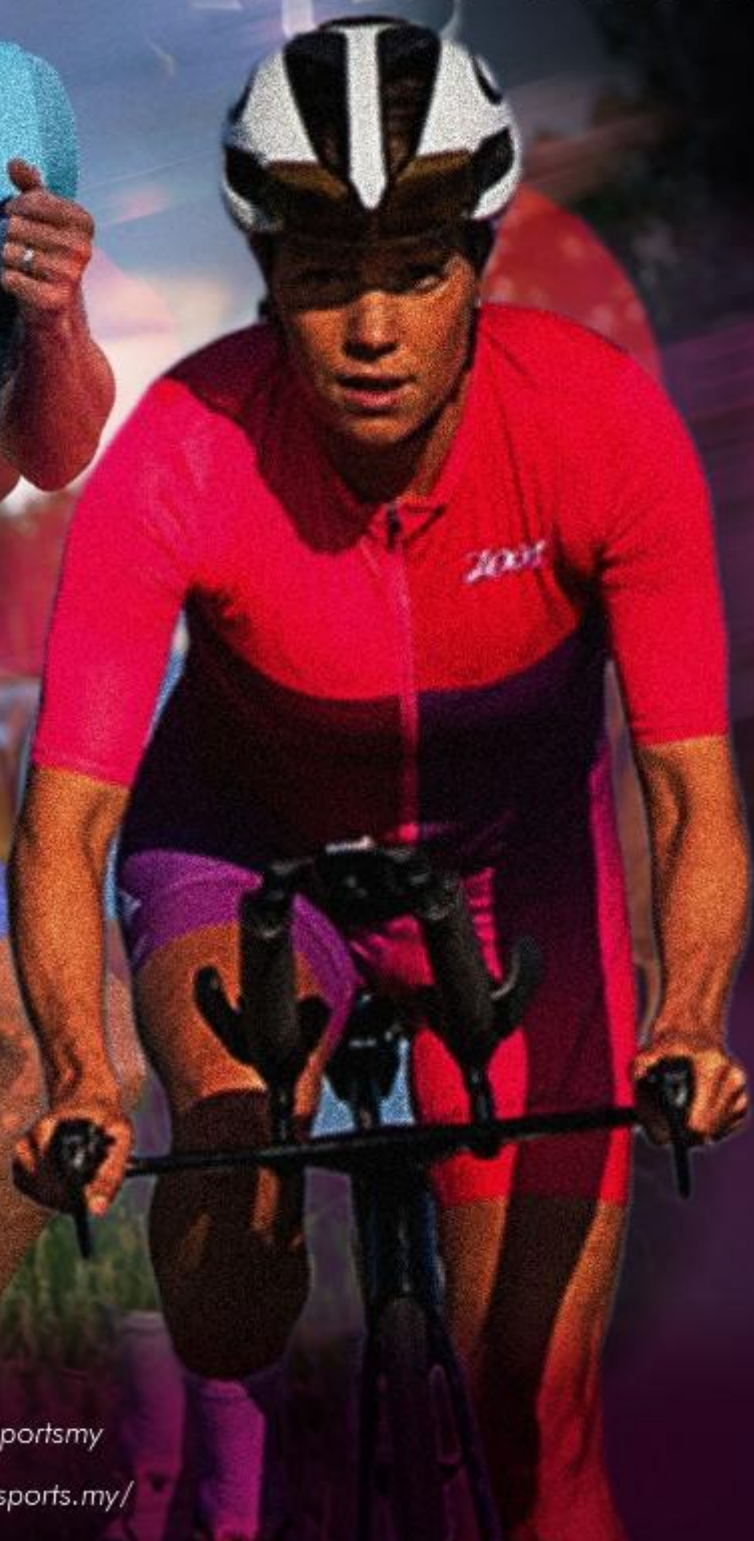
Kazoku Events


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



Zeot®

Believe Collection



 <https://www.zootsports.my/>

 <https://www.facebook.com/zootsportsmy>

 <https://www.instagram.com/zootsports.my/>

RACE DAY INFORMATION

Bike Check-in & Transition Area

Bike Check-in will take place in the morning of the Race Day (check the schedule for time) 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 1 basket at your Bike Rack according to your Race Number to place your belonging tidily. **DO NOT** leave any handphones or cash.

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 5 hours after the final athlete enters the water for Olympic Distance Triathlon.

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

BIKE (u-turn): 100Plus, water

RUN OUT: Water

RUN 1st: 100Plus, water

RUN 2nd: 100Plus, water

RUN 3rd: 100Plus, water

RUN 4th: 100Plus, water

At Finish, there will be 100Plus, water and snack/refreshment

Bike Check-Out

You are required to claim/check out your bicycle and gear after the race. You must have your athlete Race Number Bib on in order to claim your bike and gear.

JUNIOR TRIATHLON COURSE



PORT DICKSON TRIATHLON 2026

JUNIOR DISTANCE

10-13 Years Old			14-17 Years Old		
					
250M	4KM	600M	500M	8KM	1.2KM
Junior Boys			Junior Boys		
Junior Girls			Junior Girls		

CATEGORY

*All visuals shown are subject to change at organiser's discretion.

#PDIT2026
WWW.TICKSWEATS.COM

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	Junior Boys & Girls 10-13 years	Purple
Wave 2	Junior Boys & Girls 14-17 years	Green

JUNIOR TRIATHLON COURSE



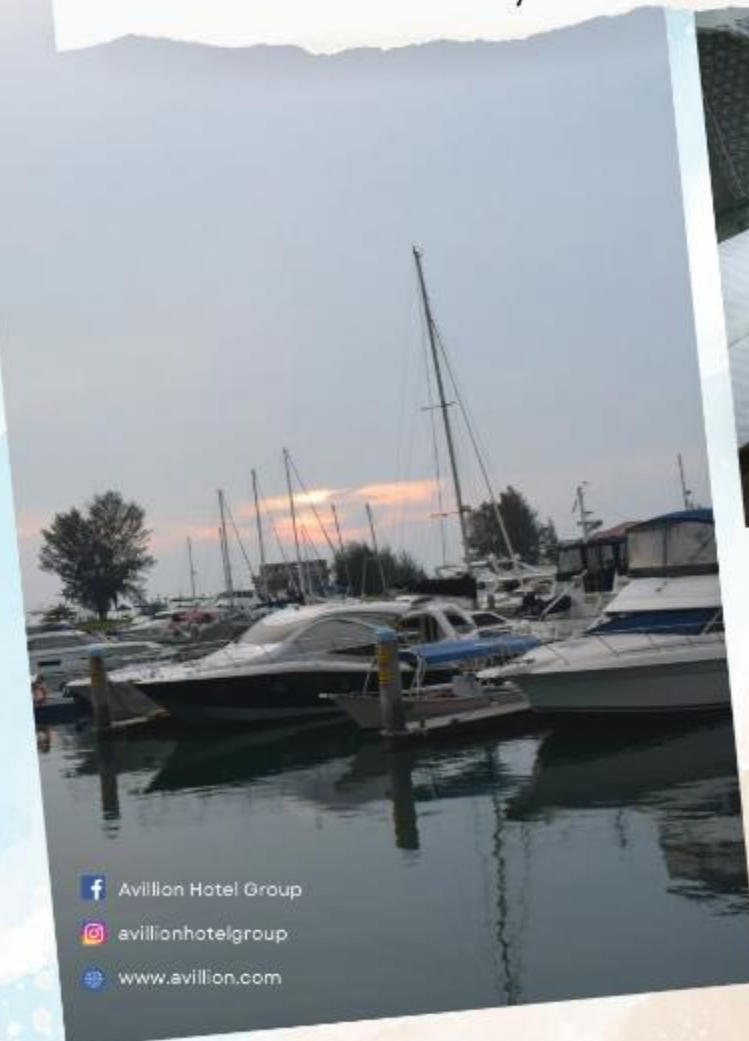
Sanctuary for Food Lovers



AVILLION
HOTEL GROUP



moments



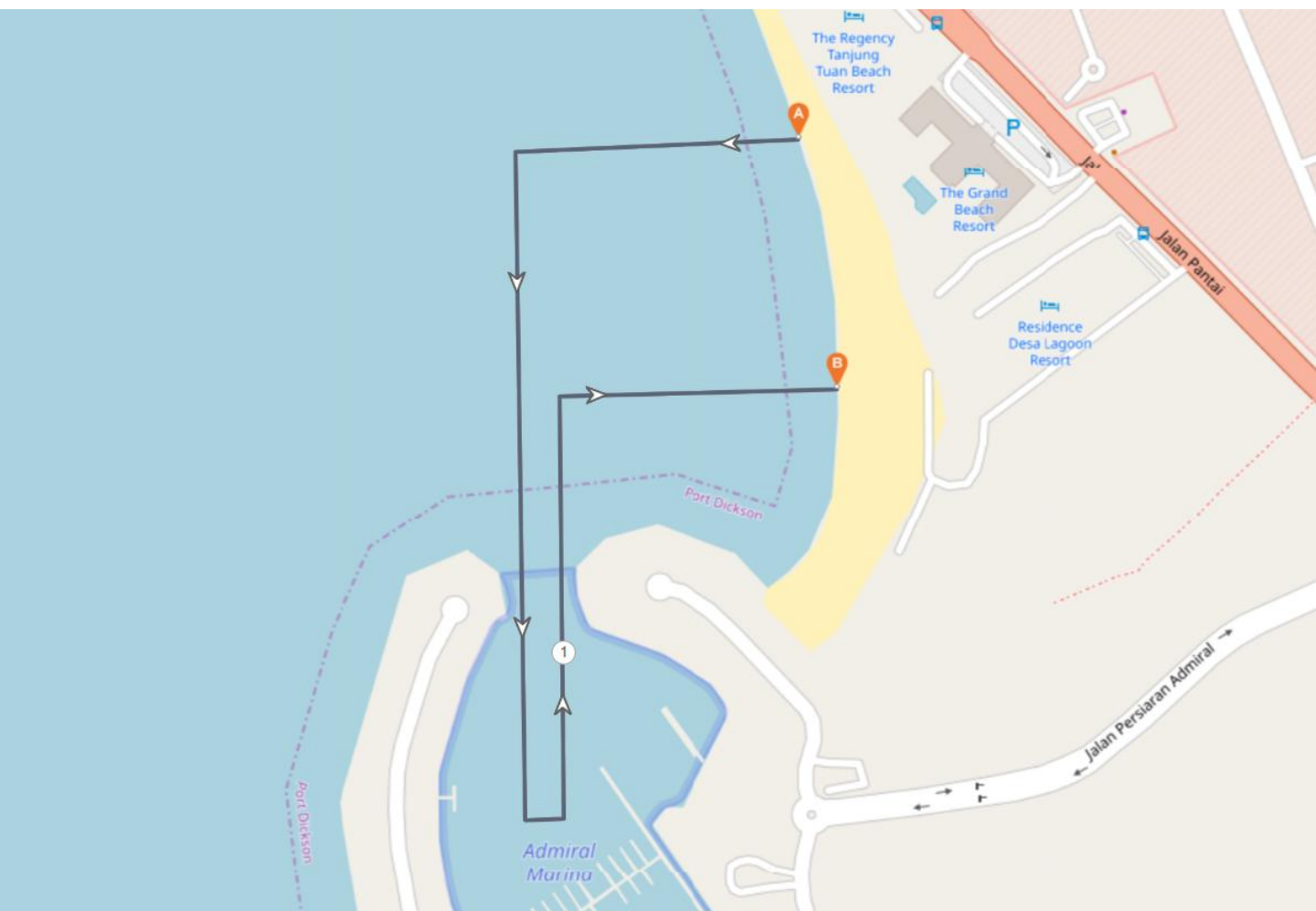
Settle into Paradise

**rest
recharge
& reset**

 Avillion Hotel Group
 avillionhotelgroup
 www.avillion.com

We have the perfect destination for you
Whether you're after a cozy retreat or a luxurious escape
Set out on a journey crafted to your desires and create memories along the way

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	Yellow
Wave 2	Men 30-39 years	Dark Blue
Wave 3	Men 40-49 years	White
Wave 4	Men 50-59 years, Men 60 years & above	Blue
Wave 5	All Women & Relay	Pink

SWIM COURSE

1.5km Swim

The race will start with a 1.5km swim on the beachfront of The Grand Beach Resort. Athletes will swim anti clockwise into the marina lagoon and return to the beach in front of Avillion Admiral Cove. Athletes will start under category wave start. Water temperature is between 29C - 30C.

Cut off time: 1 hour

Safety Buoys

Personal 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.

Wetsuit is Prohibited

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

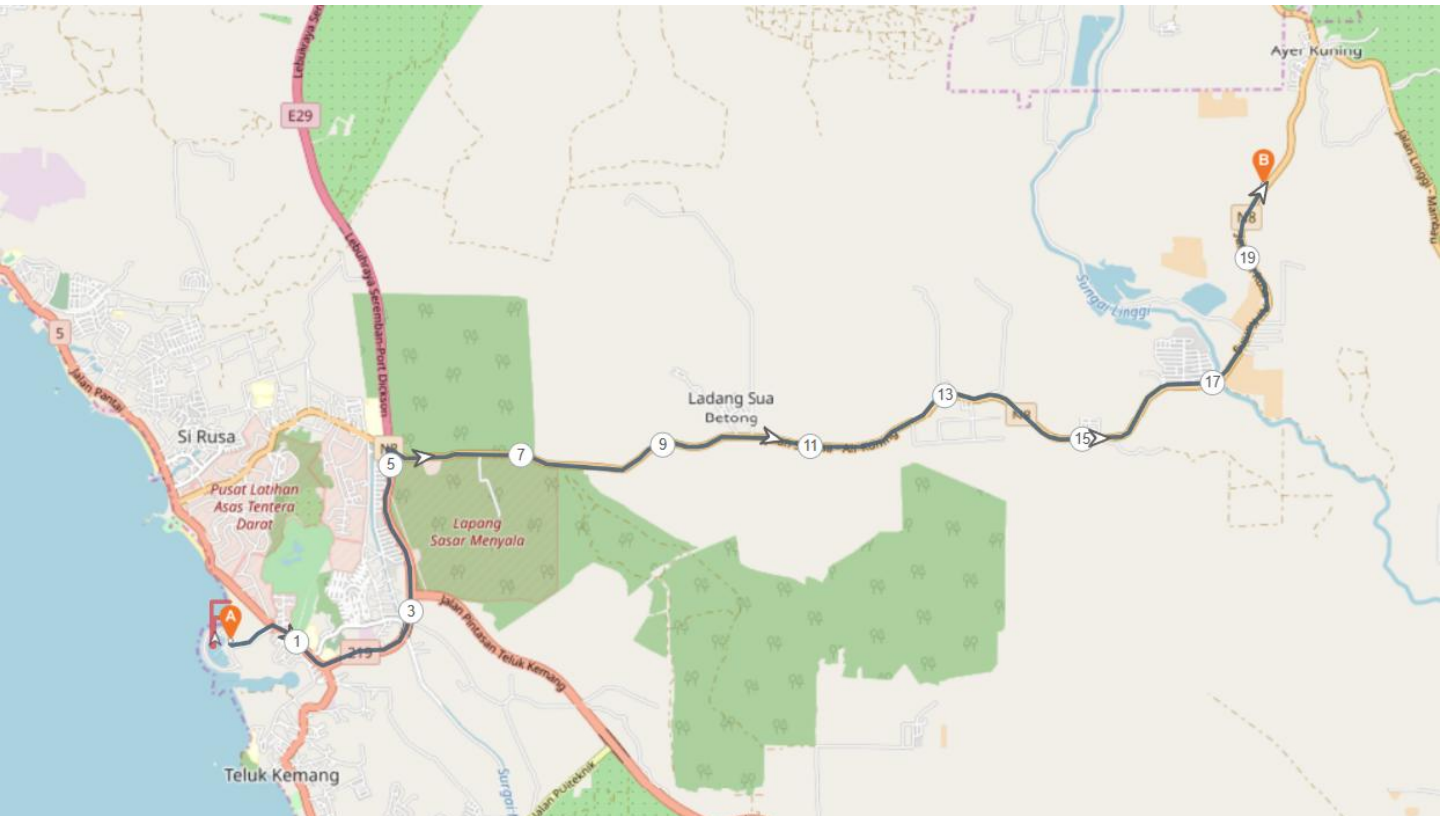
Swim Support

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.

BIKE COURSE



40km Bike

It is a to and fro 1-loop bike course, will head out towards Seremban Port Dickson Highway and then turn right at the Sua Betong intersection and cycle straight towards Kampung Barisan. Make a u-turn and return the same way back to the transition at Avillion Admiral Cove.

Cut off time: 3 hours 20 mins (include swim time)

1 Water Station at U-Turn point.

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

BIKE COURSE

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.

TT Bikes NOT allowed to draft.

This is a drafting legal event.

**WHEN THE FIRE'S OUT ..
IT'S TIME TO**

REFUEL!



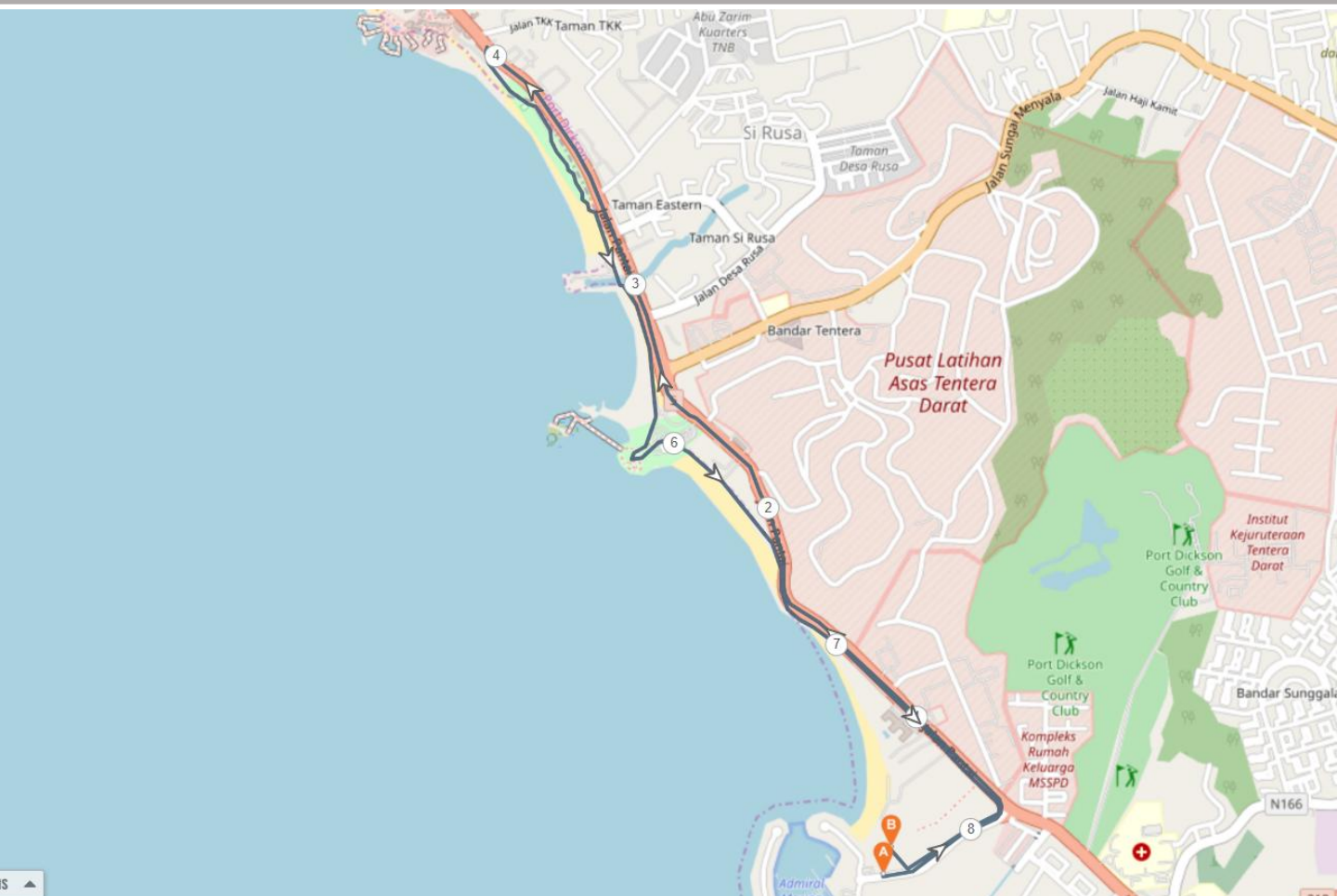
3-Carbohydrate source for quick and lasting energy

Delicious and easy to digest texture for a **quick and yummy** finish!

For activities such as marathons and running, use one N8 Refuel Energy Gel for every one hour of energy. It comes in an easy environmental friendly cap that can be opened and sealed at your convenience. Contains electrolytes for body hydration. Available in Apple, Mango, Lychee, Orange, Berry, Lime and in the all new 2025 flavor - Pineapple!

N8
sports nutrition

RUN COURSE



10km Run

It's a reasonable easy and flat run course, with a bit of off road challenges. Athletes will run pass Pantai Cahaya Negeri bridge with a little bit of scenery on the way back to finish line at Avillion Admiral Cove.

Cut-Off Times

Cut off time: 5 hours (include swim and bike time)

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.

AFTER FINISH

As you cross the finish line, you will be presented with a finisher medal and your timing chip will be removed.

Awards Presentation

The Award Presentation will be held at the stage area. All athletes and spectators are welcome to attend the Award Presentation.

Junior Triathlon : 9 May 2026, 11.00am

Olympic Distance Triathlon : 10 May 2026, 11.30am

Awards

Junior Triathlon

Cash prizes, trophies and sponsor products will be awarded to 1st to 3rd placing of each category.

Olympic Distance Triathlon

Cash prizes, trophies and sponsor products will be awarded to 1st to 5th placing of each category. Relay Team will be 1st to 3rd place.

WEATHER DISCLAIMER

Weather Condition

Haze

Haze condition to be identified 1 week before the event. If the condition worsen, the event shall be postponed.

Heavy Raining/Thunderstorm

For unstable weather condition during event, the event will be on hold for until the weather clear.

In case of the weather is still not stable after a maximum 3hours delay. The event will be cancelled.



TRAVEL INSURANCE

Powered by **Tune Protect**

NEW!

DELAY LOUNGE PASS

COMPLIMENTARY LOUNGE ACCESS

when your scheduled flight is delayed more than **2 hours**. Exclusively for **AirAsia Travel Insurance** customers of:

 **Value Pack**

 **Premium Flex**



Scan to
find out more



*Terms and conditions apply.



HYDRATE & RE-ENERGIZE

Formulated with Electrolytes





PORT DICKSON TRIATHLON 2026

by **GARMIN**®

PORT DICKSON TRIATHLON

9 & 10 MAY 2026

#PDIT2026

ORGANISED BY



MAIN SPONSOR

GARMIN

®

SANCTIONED
BY



INSURANCE
PARTNER



OFFICIAL
HOTEL



OFFICIAL
APPAREL



OFFICIAL
BIKE MECHANIC



SPONSOR & PARTNER

