

Welcome to **Kenanga Port Dickson Triathlon 2023**. Please go through the entire briefing notes carefully. It is important for each participant to understand the entire race activities during the event.

SAFETY BUOYS

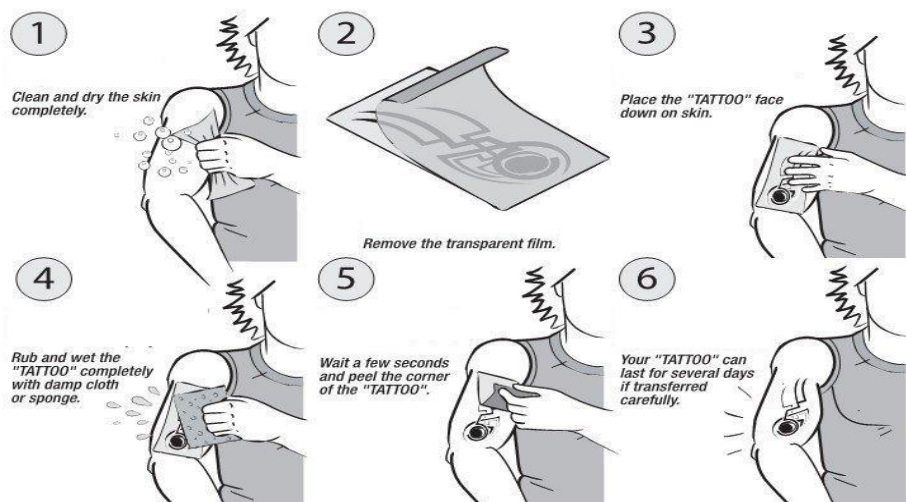
Safety buoy is compulsory for ALL participants. This is a safety requirement. All participants have to bring their own safety buoy for the event. Any participant found without a safety buoy before swim start, he/she will not be allowed to swim.



RACE NUMBER TATTOOS

All participants are given **Race Number Tattoos** in the race pack. All participants are required to apply the tattoos on their own according to the race number assigned. Participants shall NOT apply any body lotion / oil / sun block before applying the tattoos. Please apply Race Number tattoos on LEFT upper arm before race. You will be provided with 1 set of numbers ONLY. If damaged, there will be no replacement.

1. Remove the transparent film.
2. Place the temporary tattoo face down on clean and skin.
3. Wet the temporary tattoo with a damp cloth or sponge.
4. Wait for 30 seconds and then peel off the paper.



CYCLING – DRAFTING ALLOWED

As this is a draft allowed event, participants are required to follow these rules while cycling.

- DO NOT hold the aerobar/clip-on bar while drafting
- DO NOT draft any motor vehicles/cars
- If you are not use to drafting, please DO NOT attempt
- No headphones, headsets, or anything which are inserted or covering the ears
- Be EXTRA careful while drafting

TRANSITION AREA

All bicycles racks are numbered according to the race numbers of every participant. All participants are required to place their bicycles at the designated bicycle rack according to their race numbers. A basket is provided by the Organizer for each participant to place their belongings tidily. Participants must not interfere with another participant's belongings. Family members, friends and supporters are not permitted into the transition area. Transition area will open to participants to rack their bicycles. Please see the event program for the time schedule.

RELAY TEAMS HOLDING AREA

All participants in relay teams are responsible for passing their RFID Timing Tag to their teammates at designated holding area after completing their respective legs. Passing of Timing Tag outside of the designated area would result in immediate disqualification.

RFID TIMING TAG

Participants will be given a RFID Timing Tag in the Race Pack. Individual participants are allocated with DISPOSABLE Timing Tag. Relay Teams are allocated with the Reusable Timing Tag. All participants must ensure that their Timing Tags are securely fastened/strapped to their left or right ankle.

There will not be any deposit required to collect your Timing Tag. However, the Relay Teams participants are responsible to return the Timing Tag and ankle band to the organizer immediately after the race.

The Organizer will not be responsible for any inaccuracy in participant's race timings due to improper wearing of the Timing Tag.



Reusable Timing Chip

RACE NUMBERS

Race number bib must be worn and clearly display on the front of your tri-suit/t-shirt/jersey at all time during cycling and running. Race belt is recommended. Bike seat post sticker has to be secured below the bicycle seat. Helmet sticker has to be paste on the front of the helmet.



SCHEDULE

FRIDAY 17 March 2023:	
2.00pm - 6.00pm	Race Kits Collection
SATURDAY 18 March 2023:	
7.30am	Transition Area Open (Junior Triathlon)
8.30am	Transition Area Close (Junior Triathlon)
8.40am	Race Briefing (Junior Triathlon)
9.00am	Junior Triathlon START
11.00am	Prize Presentation (Junior Triathlon)
1.00pm - 6.00pm	Race Kits Collection
6.30pm - 8.00pm	Welcome Dinner
SUNDAY 19 March 2023:	
5.30am	Transition Area Open (Olympic Distance Triathlon)
7.10am	Transition Area Close (Olympic Distance Triathlon)
7.30am	Olympic Distance Triathlon START (Wave Start) 1 st wave – Men 18 – 29, Men 50 – 59, Men 60 & above 2 nd wave – Men 30 – 39 3 rd wave – Men 40 – 49 4 th wave - All women and all relay team
11.30am	Prize Presentation (Olympic Distance Triathlon)
12.00pm	Race Ends

Subject to change without prior notice

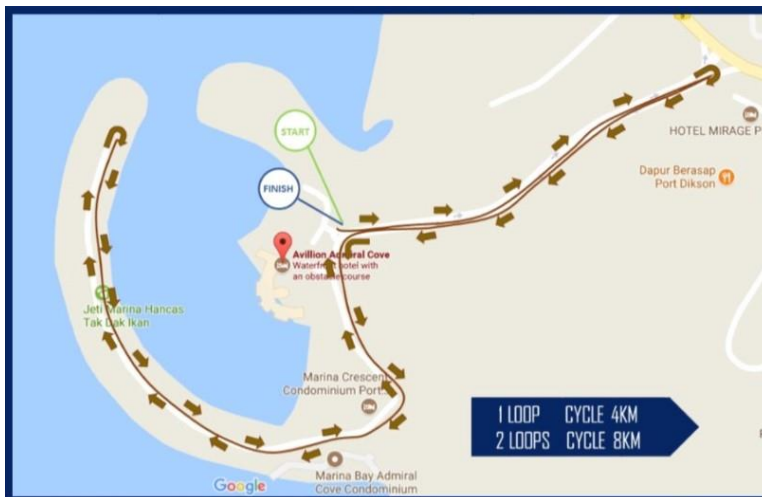
OD Wave Start & Swim Cap Colour:		
Wave 1	Men 18-29 years, Men 50-59 years, Men 60 years & above	White
Wave 2	Men 30-39 years	Grey
Wave 3	Men 40-49 years	Blue
Wave 4	All women & relay	Red

COURSE MAP (Junior Triathlon)

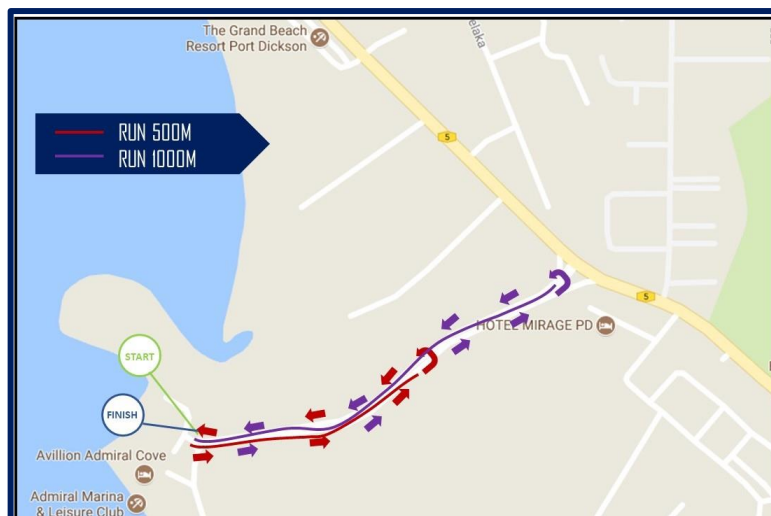
SWIM COURSE



BIKE COURSE



RUN COURSE



**Subject to change without prior notice*

COURSE MAP (Olympic Distance Triathlon)

SWIM COURSE



WAVE START TIME & CUT OFF TIME

**Subject to changes*

Wave	Swim Start	Cut Off Time
Wave 1	7:30am	11:50am
Wave 2	7:33am	11:53am
Wave 3	7:36am	11:56am
Wave 4	7:39am	11:59am

Total Cut Off Time : 4 hours 20 mins

BIKE COURSE



RUN COURSE



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