



# MELAKA INTERNATIONAL

SWIM - BIKE - RUN

24 - 25TH AUGUST 2024

ENCORE MELAKA

SUPPORTED BY



# GENERAL INFORMATION



EVENT TITLE : MELAKA INTERNATIONAL SWIM BIKE RUN 2024

EVENT ORGANIZER : TEAM M3X TRI AMATEUR CLUB

VENUE : ENCORE MELAKA

DATE : 24-25TH AUGUST 2024

RACE DIRECTOR : MR. ANDY FOO

CONTACT NUMBER : ADMIN ( WHATSAPP HOTLINE ) +60123919211

EMAIL : INFO@113TRIATHLON.COM

WEBSITE : WWW.113TRIATHLON.COM

OFFICIAL HOTEL : SWAN GARDEN HOTEL MELAKA

CATEGORY : SUPER SPRINT - SPRINT - OLYMPIC DISTANCE - KITS AQUATHLON



# MESSAGE FROM OUR RACE DIRECTOR



A very warm welcome to all attending the annual MELAKA INTERNATIONAL SWIM BIKE RUN 2024.

Trust me, Melaka is literally very warm when it comes to the weather. On the bright side, its hospitality and culture is one not to be missed too.

This race, which have been taking place since 2018 really caters to everyone – from Elite athletes to weekend warriors to newbies. And this year, we even have a strong participation from the special needs and bedridden kids' community. So let's show them what the #113family spirit is all about; a high five or shoutout encouragement or even a smile is worth millions to anyone.

Although this entire course is relatively flat in nature, do not underestimate the swim as it might get a little tricky occasionally. However this shouldn't be a concern as our Water Safety Team is very experienced and as always, your safety is our utmost priority. Plenty of support will be provided during the Swim Leg (I'll cover more of that during the Race Briefing – so I'm already hinting not to miss this).

Having recently organized the 2024 Asia Triathlon Cup Putrajaya, our team is even more confident in putting on a bigger, better and safer event for your comfort and racing pleasure. We heard your feedback, and have implemented them as much as possible – new categories, more female categories, and even a Fun Run for your loyal supporters.

You have already put in the hard work and mileage to get here. The toughest part is now completed. Give yourself a pat on the back for even standing at the Start Line. Everything is mental now, so just stay calm & focused and enjoy the race; ALWAYS BELIEVE in yourself.

Can't wait to see you all.

We are #113family.

Always Believe.



**ANDY FOO**



# MESSAGE FROM TEAM M3X PRESIDENT



I am truly honored to stand before you today as the President of Team M3X Triathlon Tri Amateur Club. I want to extend my heartfelt thanks to all of you for the outstanding and overwhelming response to the 2024 Melaka International Swim Bike Run, set to take place at Encore Melaka on August 25, 2024.

After our last event in 2019, it is incredibly exciting to be back on track, ready to serve our participants once again. The journey has not been easy, but the enthusiasm and support we've received have been nothing short of inspiring.

We are thrilled to announce that this year, Team M3X is collaborating with the prestigious 113 Series to make the event even bigger, better, and safer for everyone involved. This partnership is a testament to our commitment to excellence and our dedication to providing the best possible experience for all participants.

The Melaka International Swim Bike Run has always been more than just a race. It is a celebration of perseverance, community, and the unyielding spirit of athletes from all walks of life. Together, with our partners and your support, we aim to elevate this event to new heights, ensuring it remains a highlight on the triathlon calendar.

I want to take this moment to acknowledge the hard work and dedication of the entire Team M3X. Your relentless efforts, passion, and teamwork are what make events like this possible. I am incredibly proud to be part of such a remarkable team.

To all the athletes, volunteers, sponsors, and supporters, thank you for your unwavering support and enthusiasm. Your participation and encouragement fuel our drive to create an unforgettable experience for everyone involved.

Let's make the 2024 Melaka International Swim Bike Run a spectacular event filled with memorable moments, remarkable achievements, and a true celebration of the triathlon spirit.

Thank you, and I look forward to seeing you all at Encore Melaka on August 25, 2024!



**LESTER THUM**



# SCHEDULE



## RACE PACK COLLECTION , 24TH AUGUST 2024

11.00AM - 5.00PM

RACE PACK COLLECTION

VENUE : ENCORE MELAKA

Impression City, No. 3, Jalan KSB – Impression 8, Kota Syahbandar,  
75200 Melaka

**\*\* RACE BRIEFING VIDEO WILL BE POSTED ONLINE AT 113 SERIES**

**FACEBOOK \*\***



# SCHEDULE



## EVENT DAY , 25TH AUGUST 2024

- 05.00 - 06.30 : Bike Check In
- 07.00 : Olympic Distance Triathlon Flag Off \*\* & Relay Triathlon Flag Off\*\*
- 07.00 : Fun Run Flag Off ( at Finish Area )
- 07.15 : Sprint Triathlon Flag Off\*\*
- 07.45 : Super Sprint Triathlon Flag Off\*\*
- 09.00 : KiTS Aquathlon Flag Off\*\*
- 09.05 : Super Sprint Aquathlon Flag Off\*\*
- 09.20 : Sprint Aquathlon Flag Off\*\*
- 10.45 : Award Ceremony
- 12.00 : Event Officially Ends

**\*\* Rolling Start**

**Date are Fixed, however timing may vary depending on tide conditions**



# RACE CATEGORIES



## Triathlon - Individual

- SUPER SPRINT : 300m - 10km - 2km
- SPRINT : 750m - 20km - 5km
- OLYMPIC DISTANCE : 1.5km - 40km - 10km

## Triathlon - Relay

- OLYMPIC DISTANCE : 1.5km - 40km - 10km

## Aquathlon - Individual

- SUPER SPRINT : 300m - 2km
- SPRINT : 750m - 5km
- KiTS Aquathlon : 50m - 500m



# RACE KIT



1



2



3



4



5



6



## RACE KIT COLOUR

Olympic Distance = Yellow / Sprint = Green / Super Sprint = Pink / KiTS = White

### 1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins. Do not fold or alter race bib number.

### 2. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side.

### 3. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

### 4. TATTOOS

Number Tattoo: Place on RIGHT bicep.

Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.. Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker

### 5. SWIMMING CAP

Provided swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are silicone.

### 6. TIMING CHIP

Wrap the MultiSports Tag around your LEFT ankle. For Relay, Timing Chip needs to be returned to the organizer ( there will be a penalty of RM 200 for lost / damaged chip ). PLEASE RETURN YOUR TIMING CHIP AT THE FINISH LINE.





# PRE RACE INFORMATION



## ATHLETE RACE PACK COLLECTION

Race Pack Collection is on Saturday 24th August 2024 , at Encore Melaka from 11.00am - 5pm

All packs will need to be collected during Race pack Collection opening hours.

If you do not check-in during the designated Race pack Collection hours you will not be permitted to race.

Please note, no packs will be posted out prior to the event.

**ALL RACE PACKS MUST BE PICKED UP BY 5:00pm on Saturday, 24 August 2024.**

## RACE PACK COLLECTION VENUE

Encore Melaka - Impression City, No. 3, Jalan KSB - Impression 8, Kota Syahbandar, 75200 Melaka

## WHAT TO BRING ?

ID / PASSPORT

REGISTRATION CONFIRMATION EMAIL

## WHO CAN COLLECT?

Only the person registered can pick up their race kit .

Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name.

## RACE BRIEFING

A Race Briefing video will be posted online on 113 SERIES Facebook.

## TIMING CHIP

Your chip must be worn on your LEFT ankle during the race.

If you do not start the race, you are responsible for returning the chip to 113 Team Organizer member or hand it to the Information Counter.

**PLAESE RETURN YOUR TIMING CHIP AT THE FINISH LINE.**

## SWIM PRACTISE

There is no official swim practice as the swim area is open to public and athletes can swim at your own risk at any time, please note there will be no lifeguards on duty.

## PARKING

Parking is available ONLY at the Car Park Building at the race site.

Vehicles CAN'T enter or exit the race venue from 6.50am until 10 a.m or until the last athlete returns from the bike course.

The last vehicle to enter the race venue car park must do so by 6:30 a.m.

After this time, there will be no entry until 10 a.m.

## BIKE MECHANIC

From 24 August - 25 August 2024, bike mechanics will be available to offer minor mechanic services. Other services may be charged accordingly (terms and conditions apply). A limited 'emergency service' will be available on race morning at Transition for all athletes.



# RACE DAY INFORMATION



## TRANSITION OPEN / CLOSE

Transition will open from 5:00am to 6:30am on race morning, 25th August 2024. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:30am.

## HELMET CHECK

Technical Official will be conducting a compulsory Helmet Check as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition. Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition.

## POST RACE / BIKE CHECK OUT

Bike check-out FOR TRIATHLON is from 10.15am - 12.00pm at Transition.

Bike check-out FOR AQUATHLON is from 11.15am - 12.00pm at Transition.

Ensure you are aware of the closing time as, after this time Transition will become unsecure.

You must have your athlete bib on to claim your gear.

When collecting your bike, please ensure all bags are collected at the same time.

If your bags / belongings are not claimed by 12:00pm, 25 August 2024, 113 Triathlon will not be responsible for any items left behind.

## WITHDRAWAL

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Information Counter located near the Finish Area and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times.

## CONTINGENCY PLAN

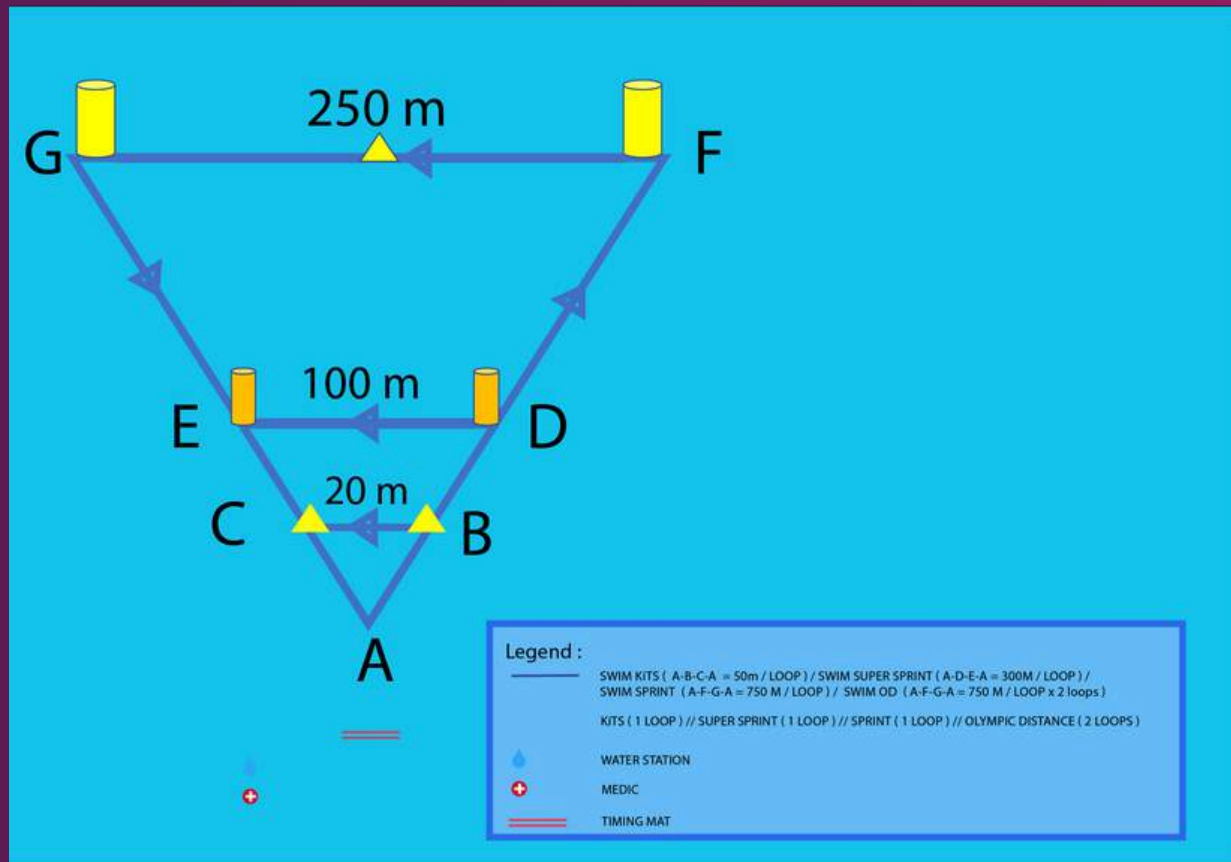
When the contingency plan needs to be implemented you will be notified by the Race Director.



# SUPER SPRINT TRIATHLON

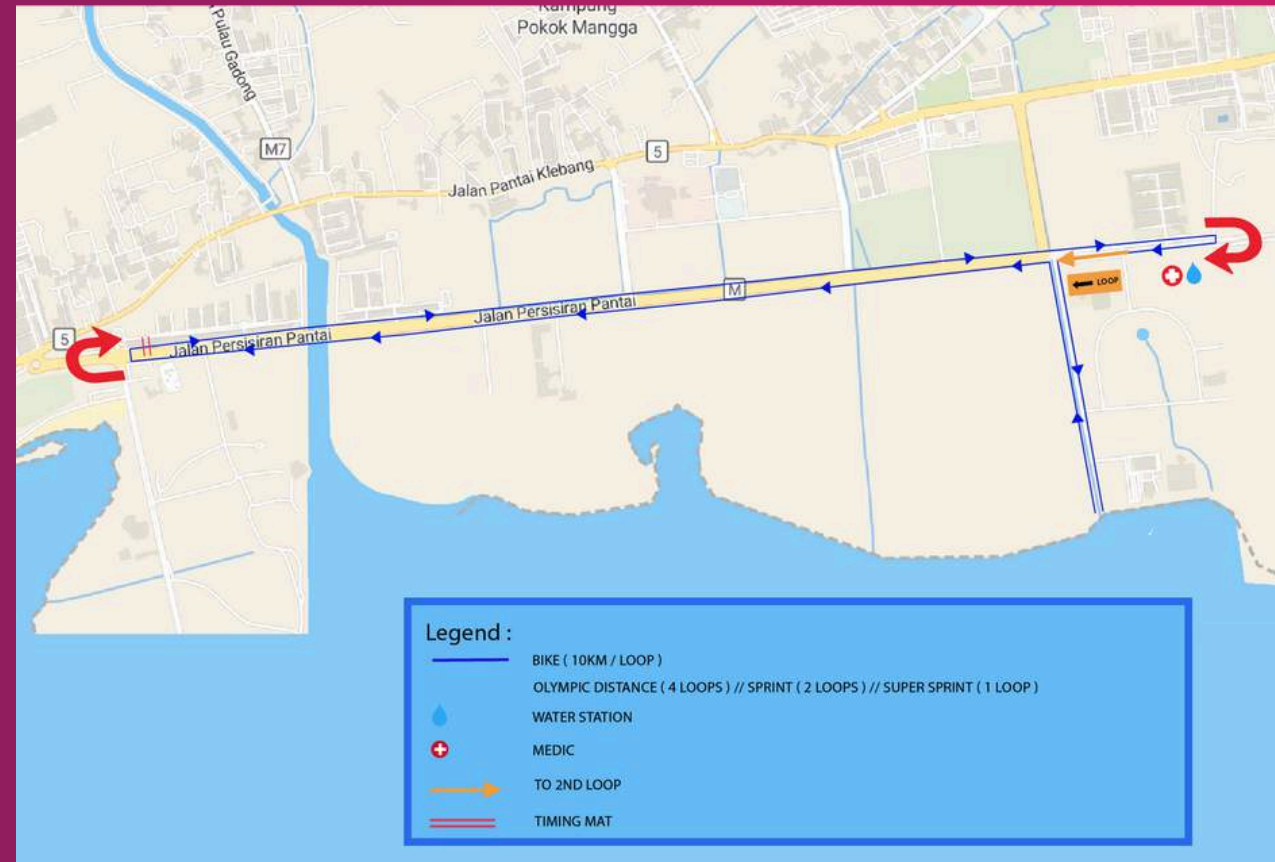
300m - 10km - 2km

## SWIM



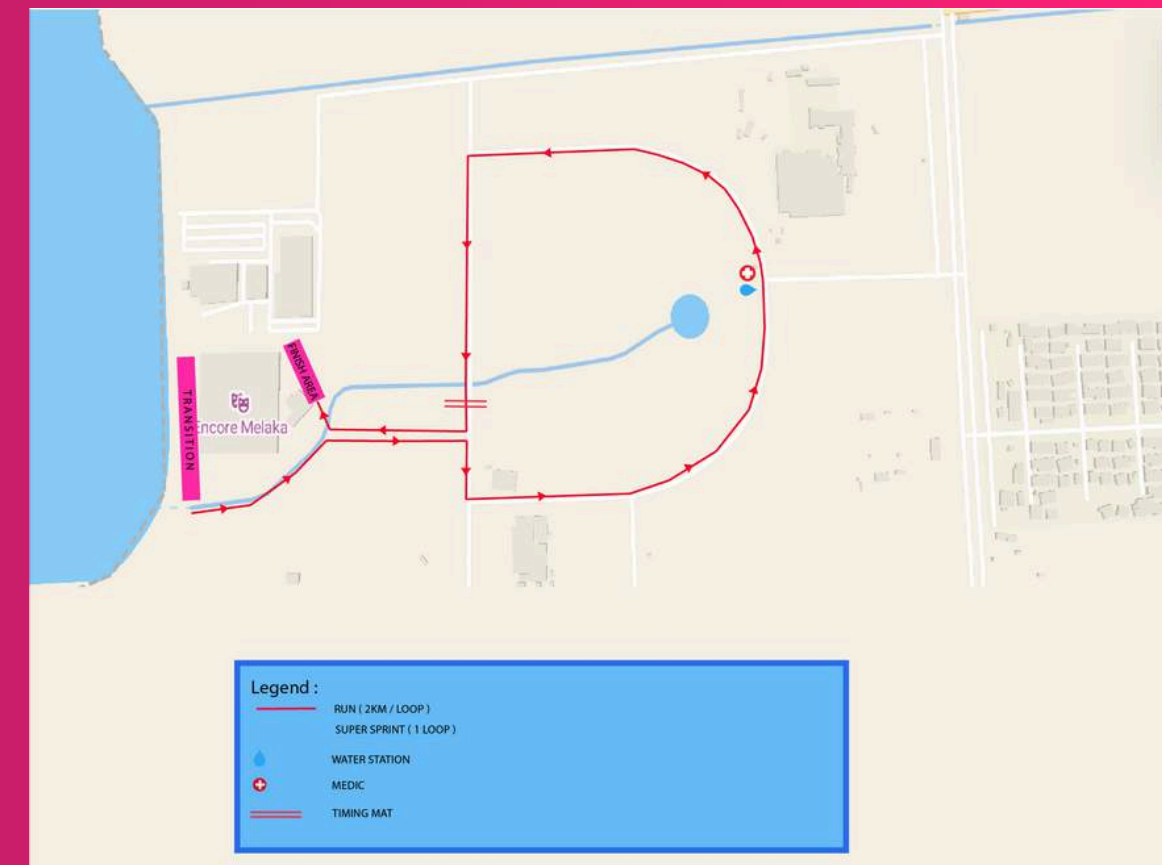
1 Loop

## BIKE



1 Loop

## RUN

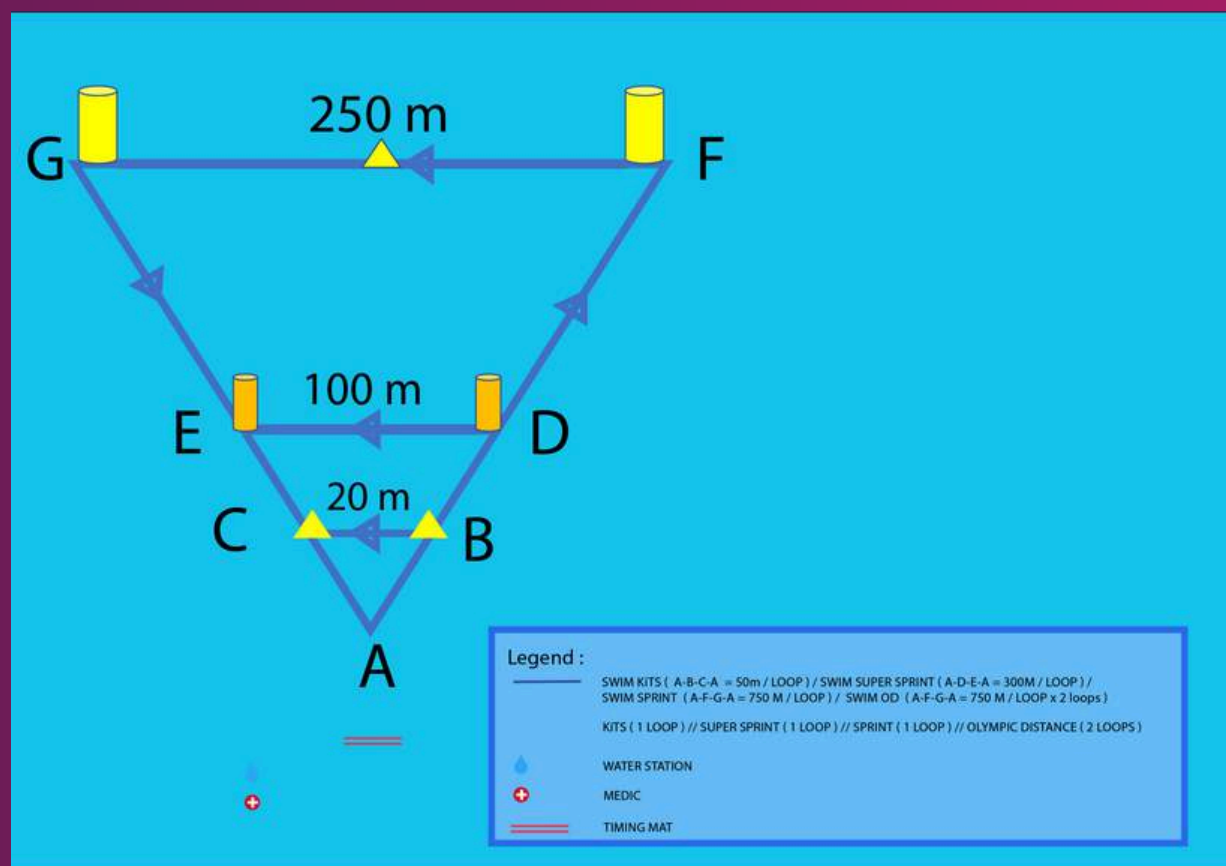


1 Loop

# SUPER SPRINT AQUATHLON

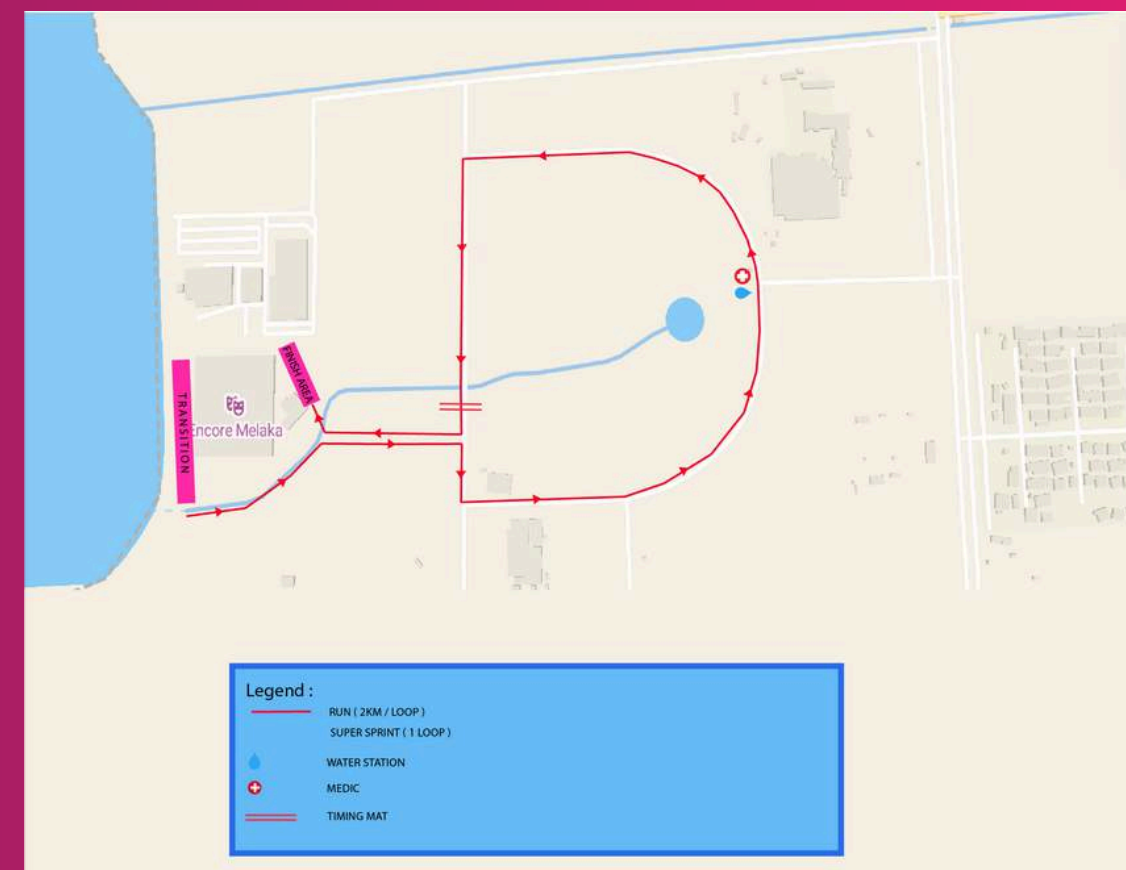
300m - 2km

## SWIM



1 Loop

## RUN

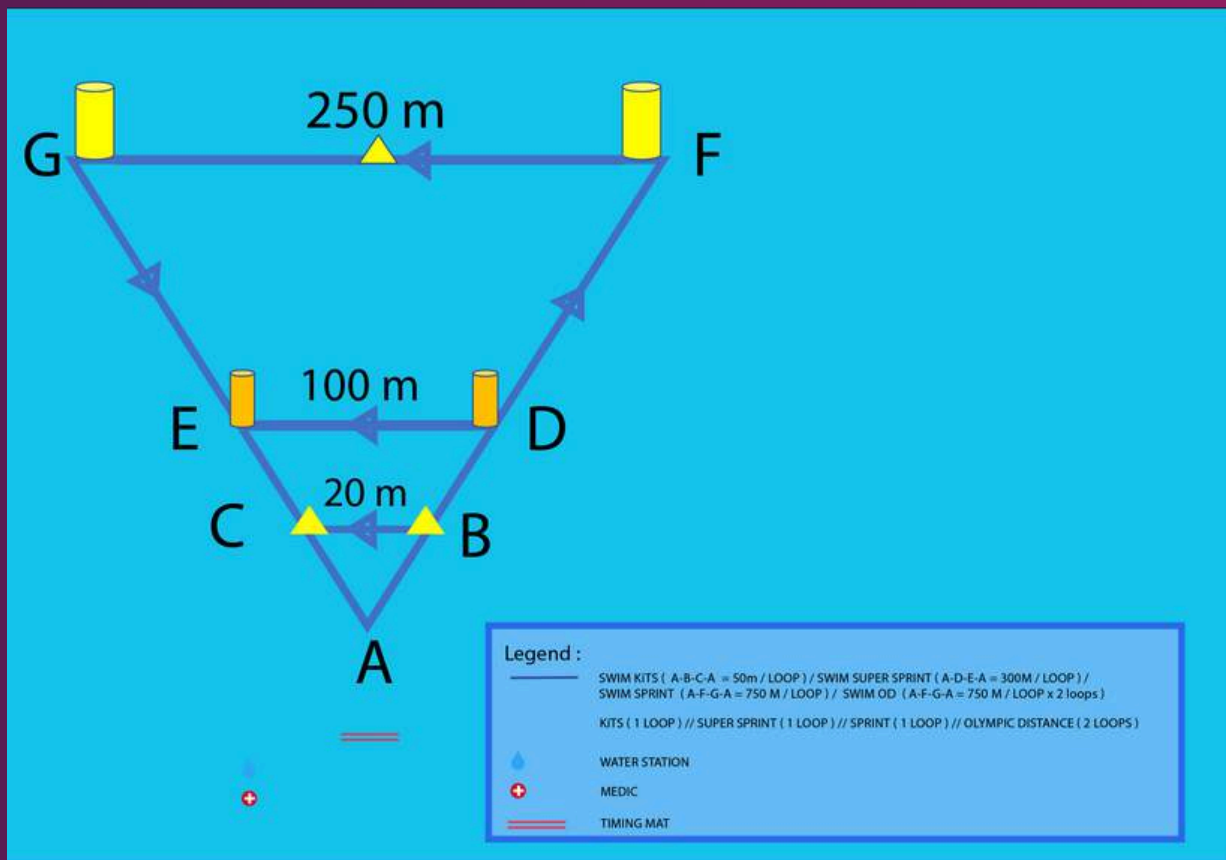


1 Loop

# SPRINT TRIATHLON

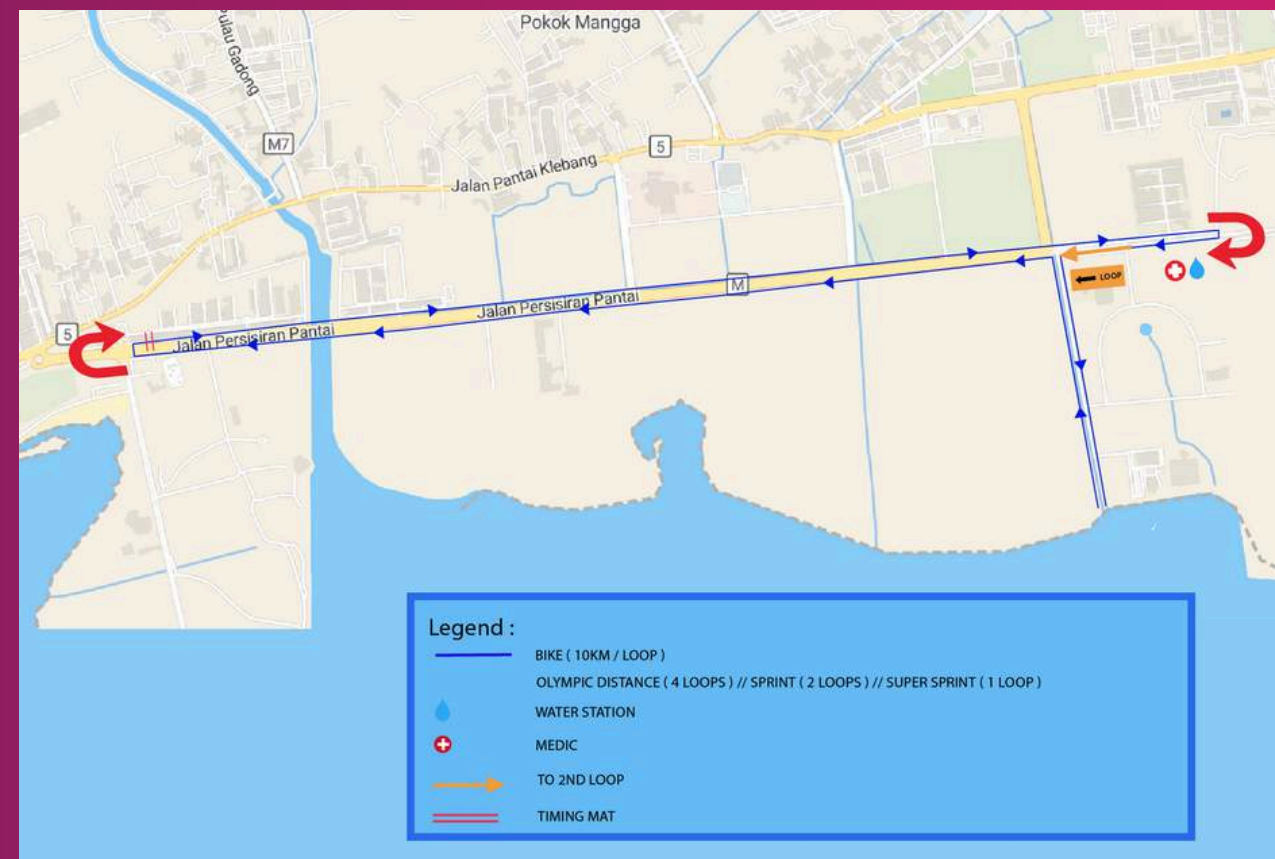
750m - 20km - 5km

## SWIM



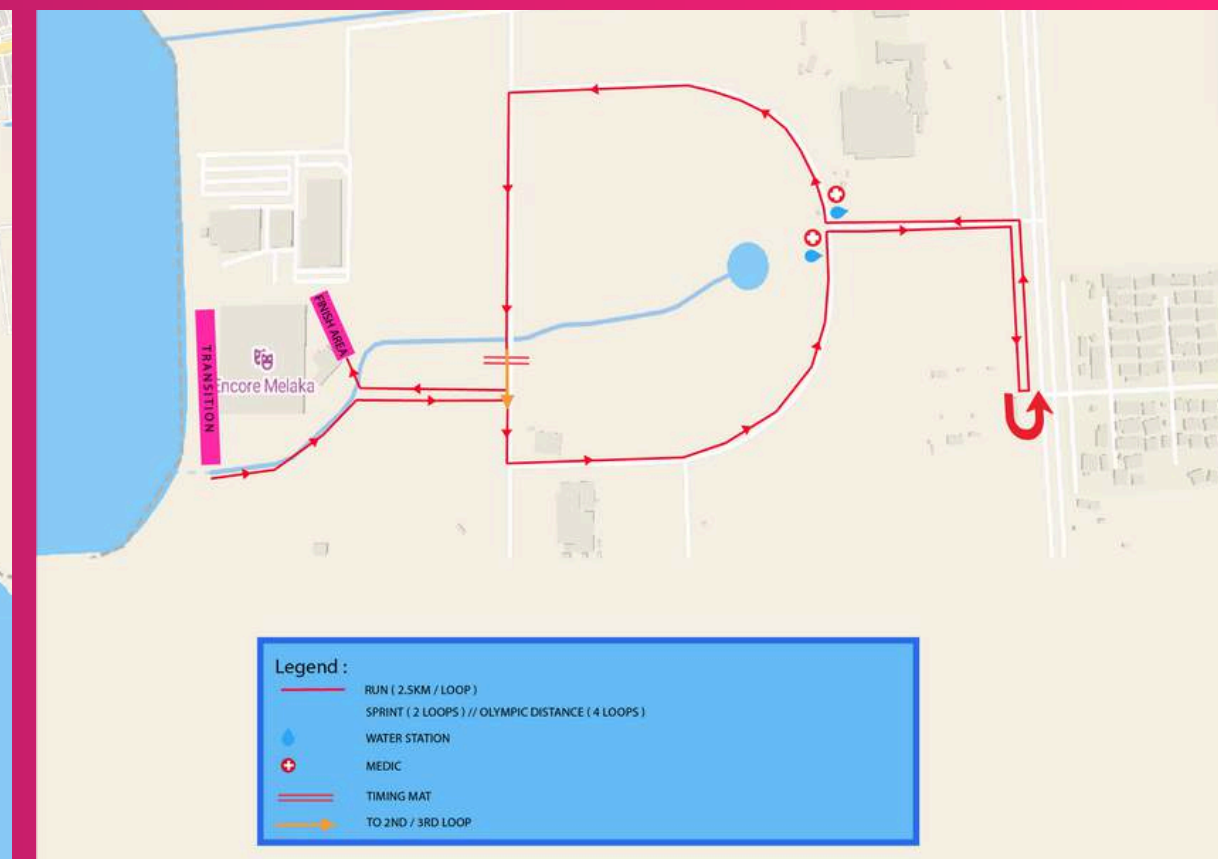
1 Loop

## BIKE



2 Loops

## RUN

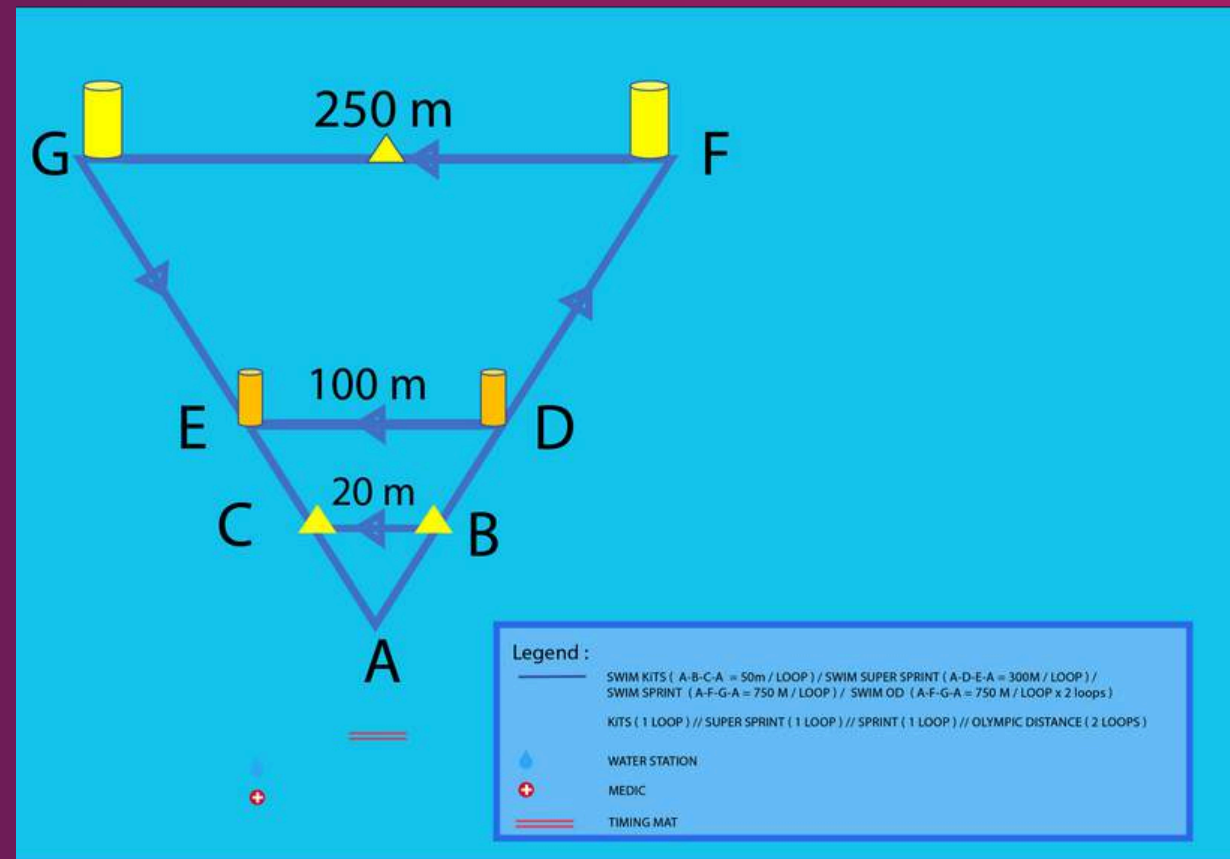


2 Loops

# SPRINT AQUATHLON

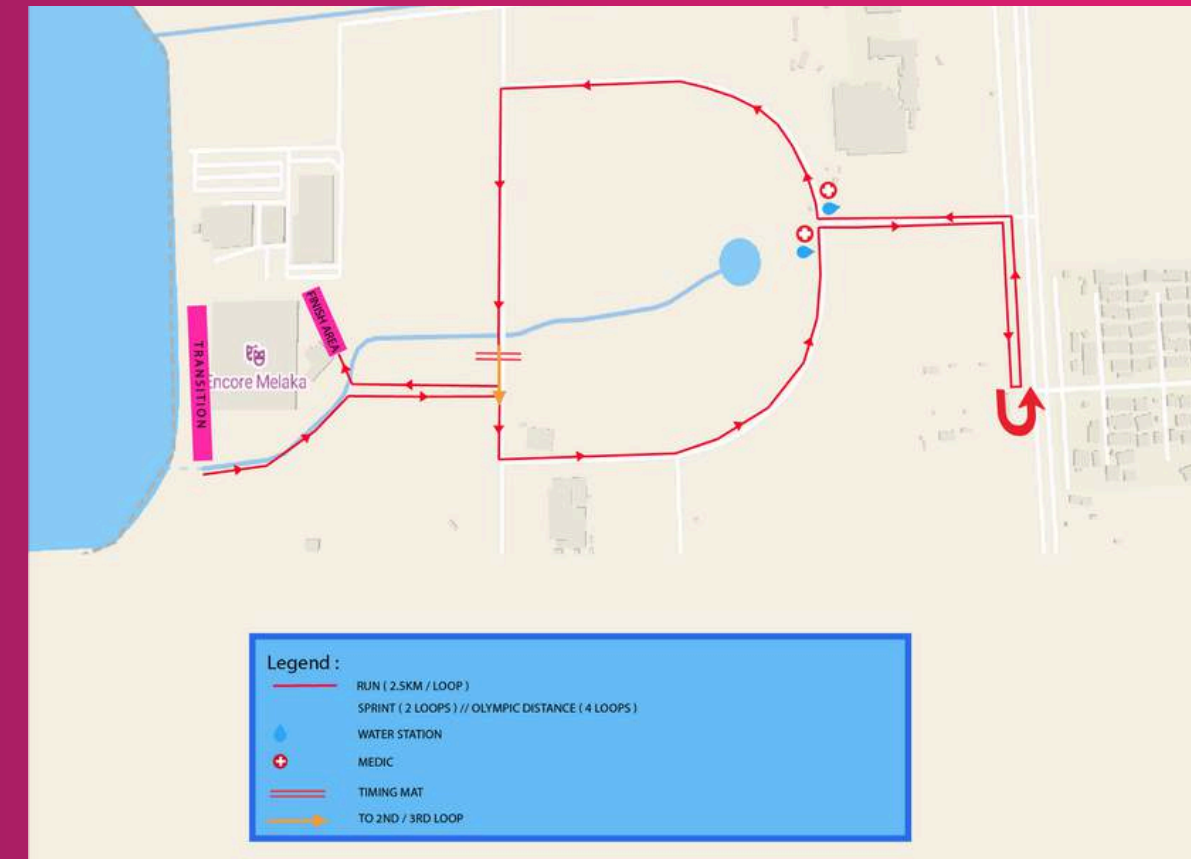
750m - 5km

## SWIM



1 Loop

## RUN

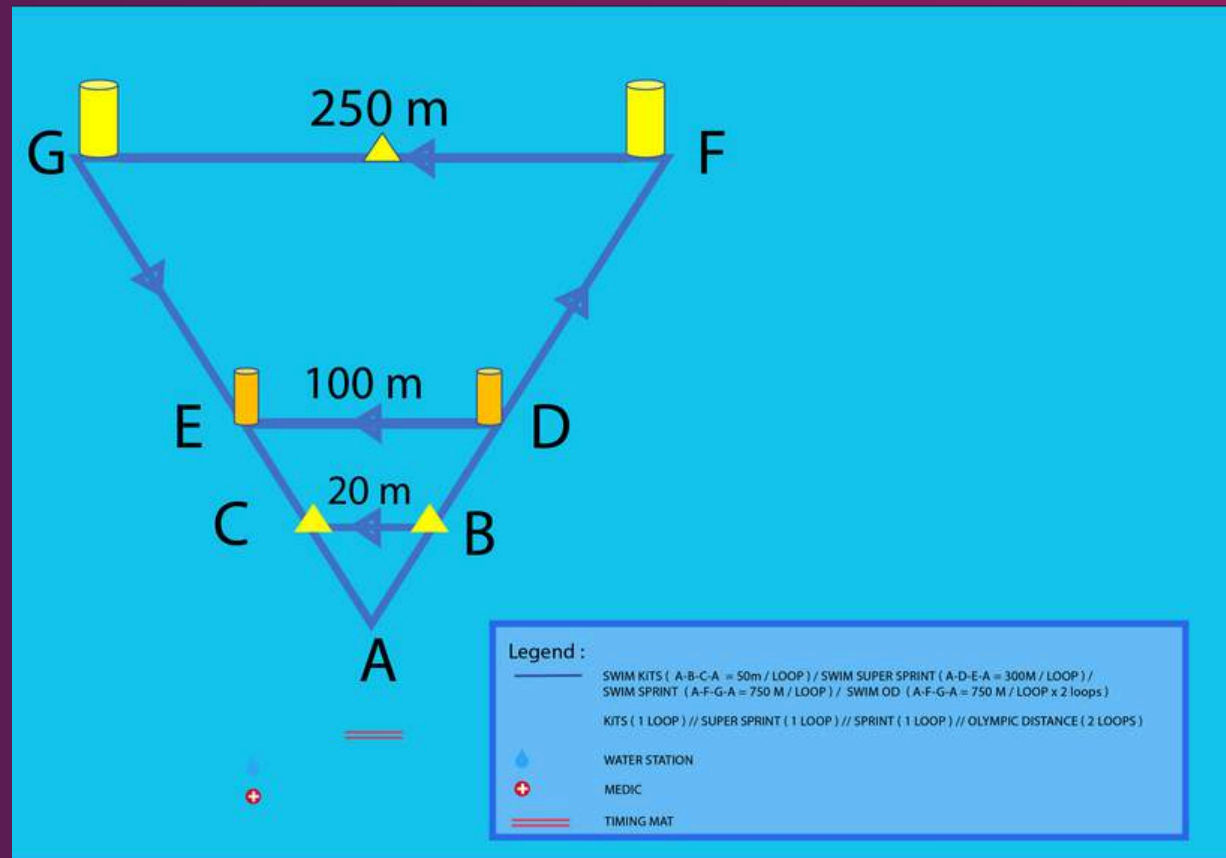


2 Loops

# OLYMPIC DISTANCE TRIATHLON

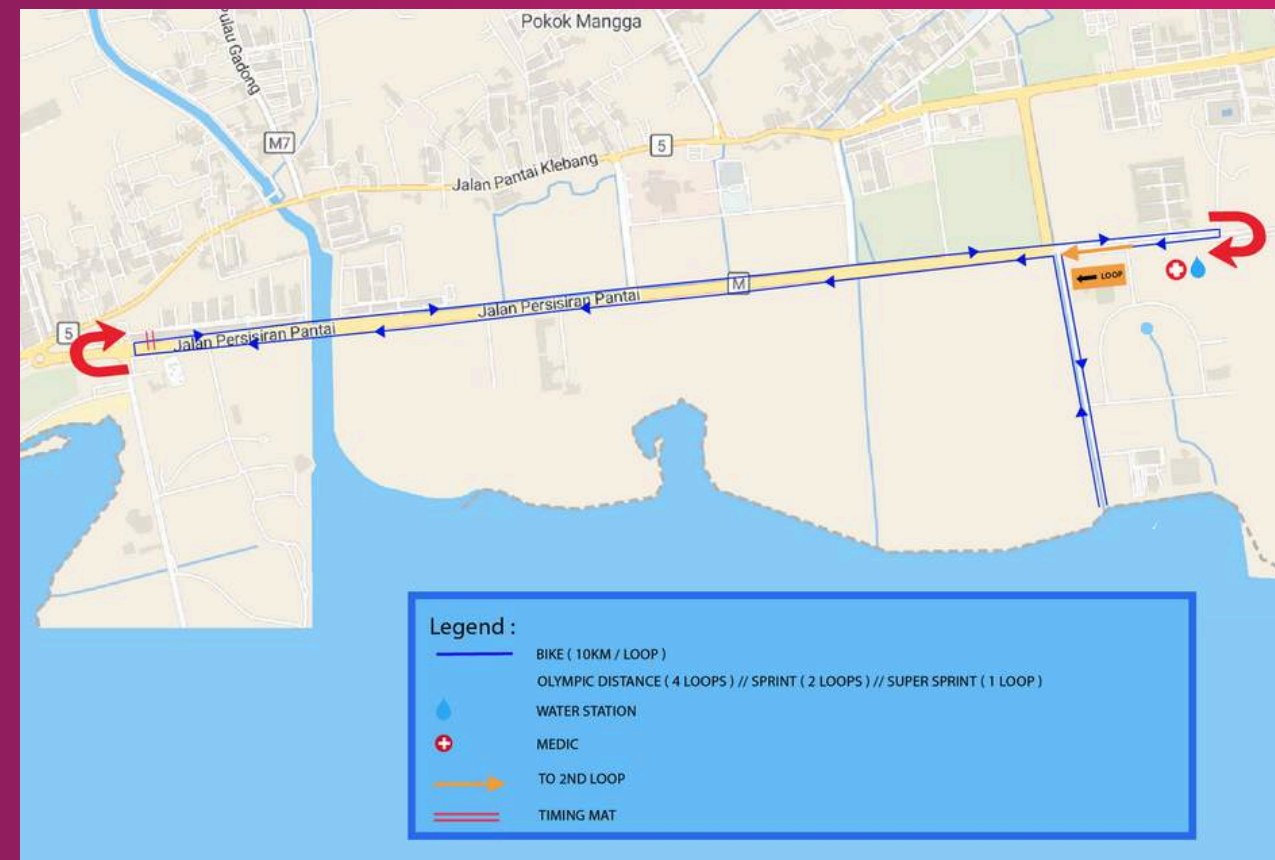
1.5km - 40km - 10km

## SWIM



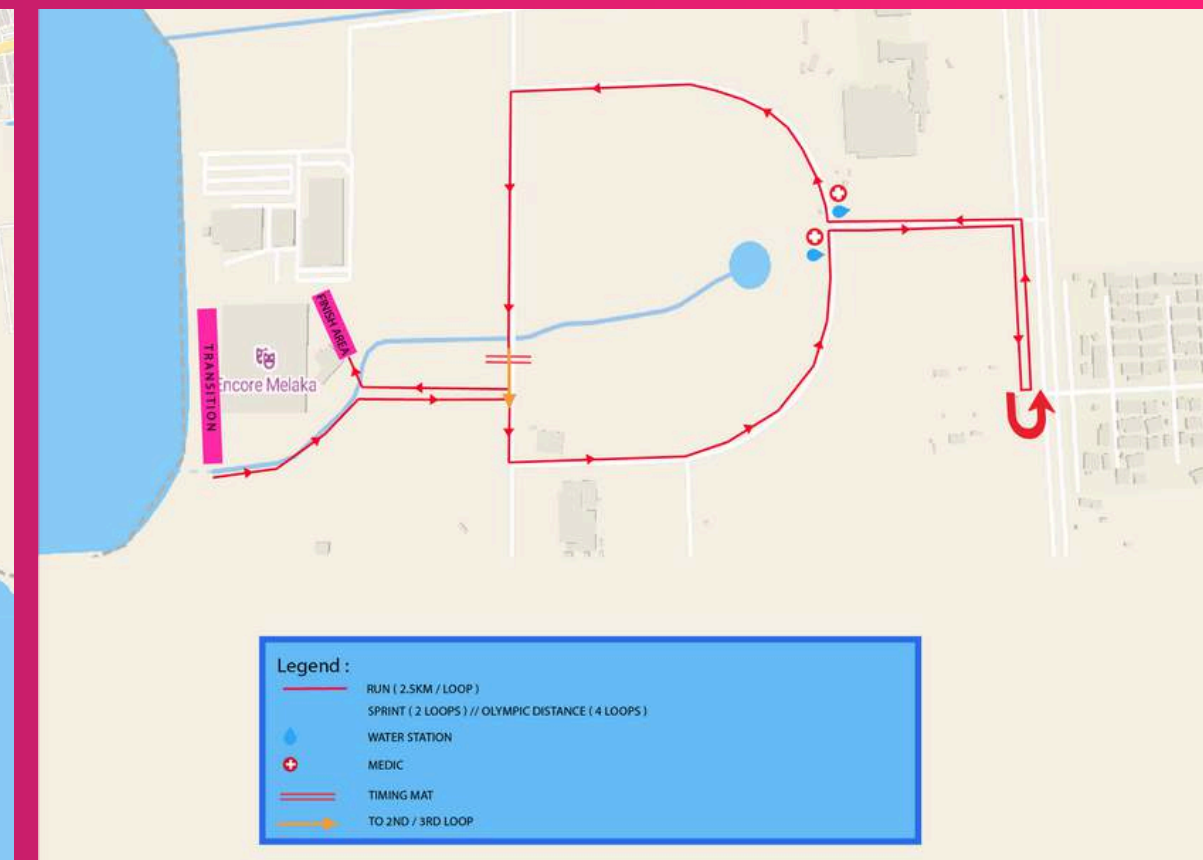
2 Loops

## BIKE



4 Loops

## RUN

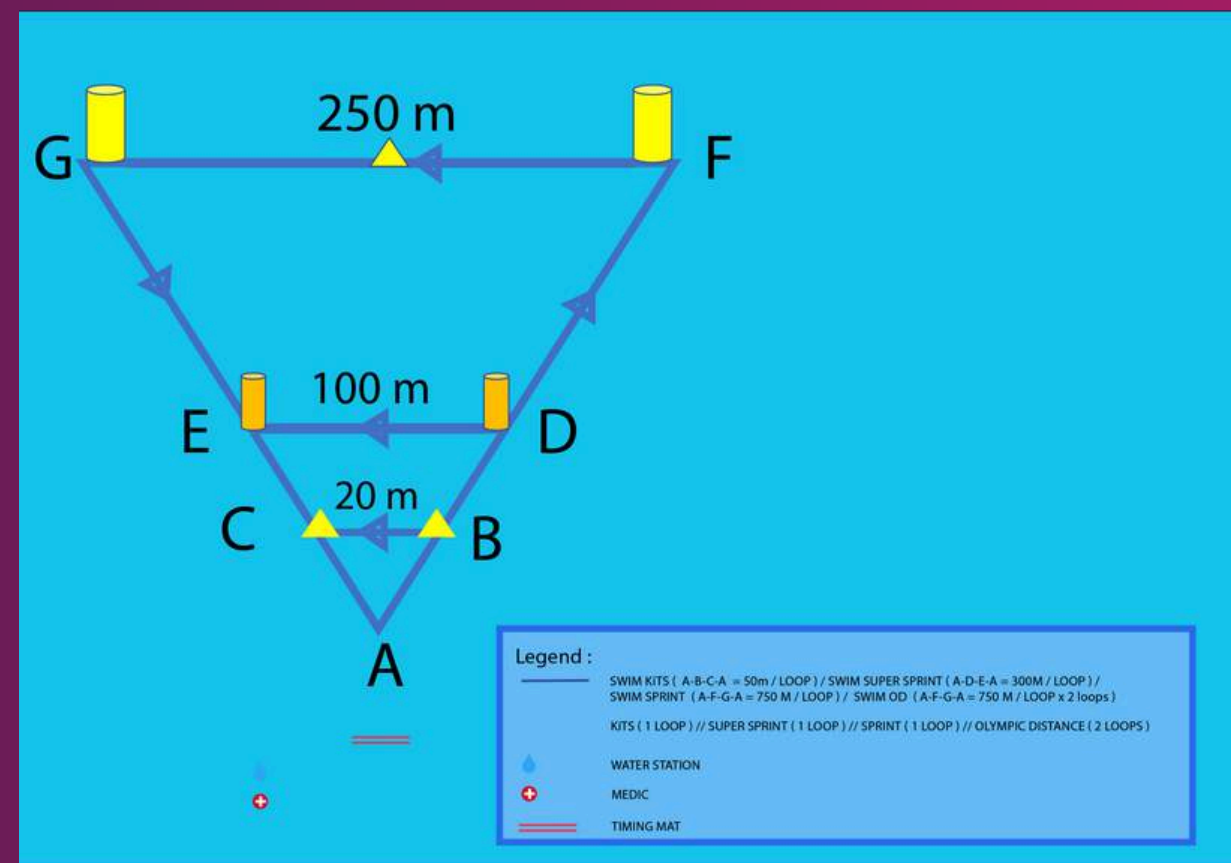


4 Loops

# KiTS AQUATHLON

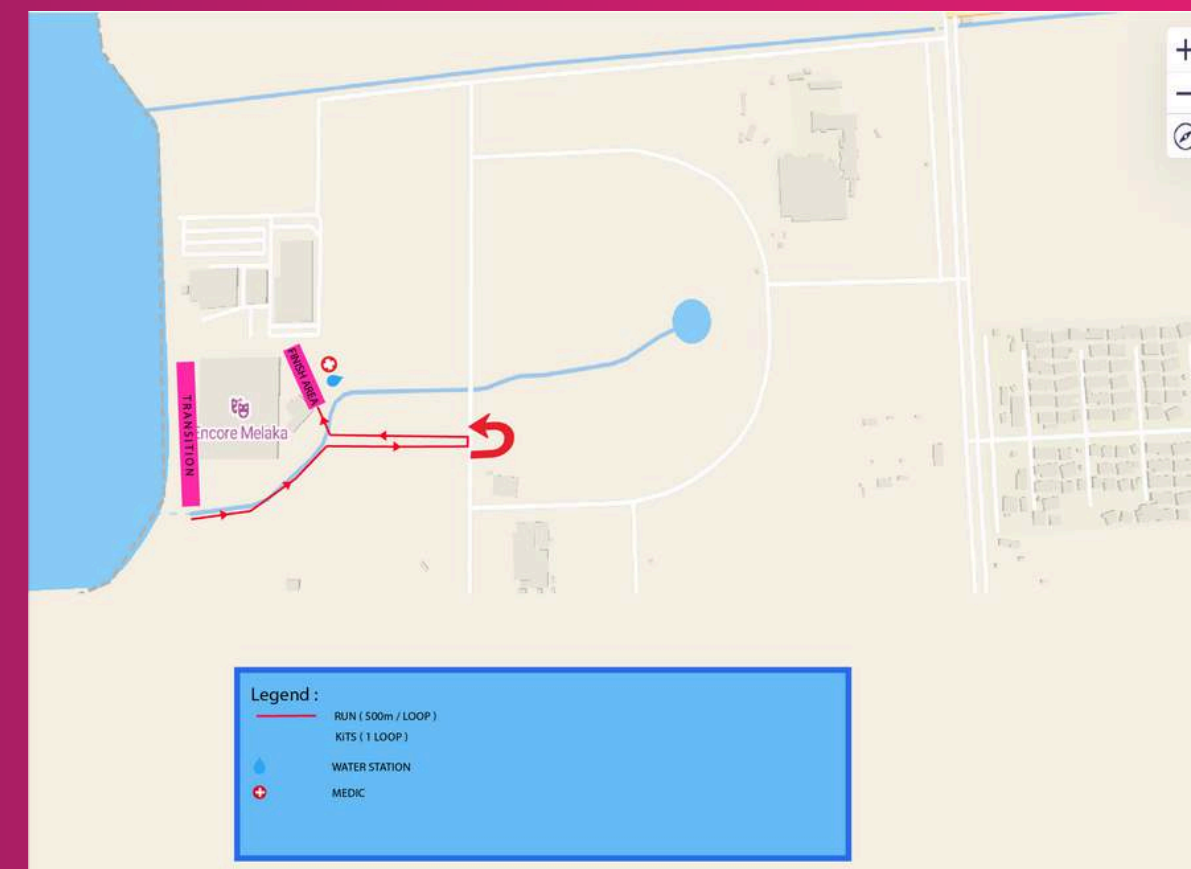
50m - 500m

## SWIM



1 Loop

## RUN



1 Loop



# TERMS AND CONDITIONS



## ○ 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; the Organisers will ensure precautionary measures will be taken to prevent any unwanted incident(s) to the best of their ability.
- Participants are accountable for their own race ( i.e race route, schedule , loops ). Please read the Race Book provided.
- Attending the Race Briefing (may be online) is highly recommended, as it covers all event information.
- 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 other commercial legitimate purposes.
- 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.
- The Organisers reserve the right to prevent any participant from starting and/or continuing in the race if the Organisers deem the conduct of the participant impacts another participant's safety.



# TERMS AND CONDITIONS



- The Organisers reserve the right to limit and/or refuse entries without assigning any reason thereof. Participants will be eligible for a full refund within 24 hours after payment is made, provided a reasonable excuse is given. After 24 hours, the Organizers reserve the right to reject any request for refunds.
- 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.
- Changes to team relay members are permitted until registration closing date. An admin fee of RM30 applies per change of person.
- 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. RELAY Participants must return the Timing Chip & Band to the Organisers immediately after the race.
- A RM 200 payment applies for any loss or damage to the Timing Chip or Band.
- Participants in both the Individual and Relay category must ensure that their Timing Band is securely strapped to the left ankle before beginning on any leg of the race.
- The Organisers are not responsible for any inaccuracy in participant's race timings due to improper wearing of the Timing Band.
- Participants must read the Event Handbook prior to the race to familiarise themselves with the venue, course and rules of the Event.
- The Event Handbook will be available on the event website 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 RM150 must accompany the appropriate protest and will be refunded if the protest is successful.



# SWIMMING

- Safety Swim Buoys are COMPULSORY. It is for your own safety.
- 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.
- Swimsuits must be worn.
- Wet suits are not permitted.
- 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.
- ( Only Applicable for 113 category ) , 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.



# CYCLING



- Cyclists must ensure that their race bib are clearly visible on their adorned apparel at all times.
- Cycling with bare torso is not allowed.
- Cyclists are to ride in single file on the left side of the road except when passing another cyclist and are reminded to observe traffic rules at all times. Cars will always have the right of way.
- Cyclists will be required to perform their own repairs should it be necessary.
- Support vehicles and crews are not allowed.
- Cyclists must wear their helmets from the time they remove their bicycle from the rack at transition area
- The helmet must stay on the cyclist's head until he/she has placed his/her bicycle at the allocated spot on the bicycle rack at transition area.
- It is the cyclist's responsibility to ensure that their bicycles are in good working condition.
- Wearing headphones is not allowed at all times. Communication or entertainment devices of any type are strictly prohibited during the race.
- TT Bikes, Road Bikes, Mountain Bikes & Foldable bikes are permitted during event.
- Aero handle-bars are allowed.
- 113 Triathlon category is a NON-DRAFTING RACE ( Penalties will be given accordingly ).
- Olympic Distance, Sprint & Super Sprint Categories are DRAFT LEGAL.



# 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.

# TRANSITION

- Only participants with valid bibs / timing chips are permitted into this area.
- No person/s (unless participants) are permitted entry into Transition Area during Race duration.
- Participants who wish to collect their belongings may do so during the Transition Opening Time stipulated in the Event Handbook, unless permission is granted by the Organizer.
- Participants are encouraged not to keep their personal belongings/valuables in this area.
- 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.





# MELAKA INTERNATIONAL



# SWIM BIKE RUN 2024

