

RUNNER'S GUIDE BOOK

USM Ultra

THE NORTHERN TRI STATES CROSS COUNTRY





TENTATIVE PROGRAM
DEWAN PUSAT MAHASISWA
(PUMA)

SATURDAY (30 DECEMBER 2023)

3:00 P.M.

REPC Opens
Document Check Open
Mandatory Check Open
Drop Bag Zone Open

8:00 P.M.

REPC Close
Document Check Close
Mandatory Check Close
Drop Bag Zone Close



TENTATIVE PROGRAM

SUNDAY (31 DECEMBER 2023)

1:30 A.M.	Race Village Open
2:00 A.M.	60KM Start Gate Open
3:00 A.M.	Gun Off 60KM
3:30 A.M.	Start Gate Close
5:30 A.M.	35KM Start Gate Open
6:30 A.M.	Gun Off 35KM
6:50 A.M.	Start Gate Close
7:00 A.M.	11KM Start Gate Open
7:30 A.M.	Gun Off 11KM
7:45 A.M.	Start Gate Close
7:50 A.M.	5KM Start Gate Open
8:15 A.M.	Gun Off 5KM
8:45 A.M.	Start Gate Close
10:00 A.M.	Prize Giving Ceremony & Lucky Draw 5KM & 11KM
2:00 P.M.	Culture Performance
5:30 P.M.	Prize Giving Ceremony 35KM & 60KM
7:00 P.M.	Celebration of The Treshold of 2024

GUN OFF AND CUT OFF TIME

CATEGORY	GUN OF TIME	CUT OF TIME	HOURS
60 KM	3.00 a.m	6.00 p.m	15 hours
35 KM	6.30 a.m	3.30 p.m	9 hours
11 KM	7.30 a.m	10.10 a.m	2 hours 40 minutes
5 KM	8.15 a.m	9.55 a.m	1 hours 40 minutes

USM Ultra
THE NORTHERN TRI STATES CROSS COUNTRY

**RACE KIT
COLLECTION**

**30 DECEMBER 2023
SATURDAY
3:00PM - 8:00PM**

**DEWAN PUSAT MAHASISWA
(PUMA)**

Universiti Sains Malaysia (USM) Engineering Campus,
Nibong Tebal, Penang.

INFO RACE KIT COLLECTION (REPC)

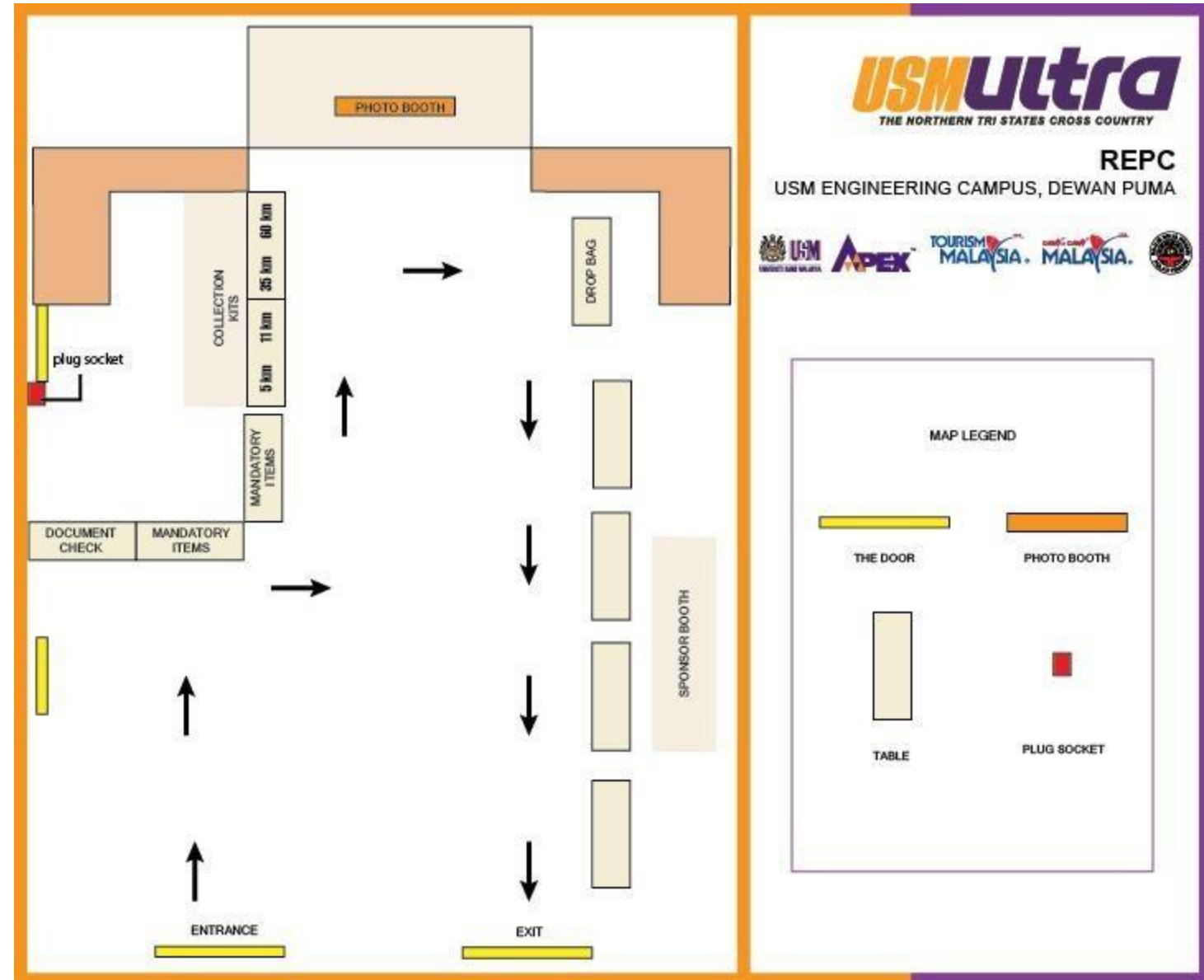
30 DECEMBER 2023

3.00 P.M - 8:00 P.M

Dewan Pusat Mahasiswa (PUMA) Universiti Sains Malaysia

- Runner only need to present a soft copy of identification, conformation slip and **hard copy indemnity form** to collect their race kit.
- Runner must bring along their signed indemnity form together with their NRIC/ Passport. Failure to do so, a fee RM 2.00 will be imposed for a new copy.
- Mandatory item check will be done before issuing runner's bib.
- No unauthorized transfer of bib allowed and runner must run on their own bib number.
- Tempering with the race bib number in any way will result in disqualification.
- NO authorized race pack collection for 35 KM and 60 KM.
- Indemnity form can download [here](#).
- For those who can't collection their race pack on the day can download and signed this authorization form. Download and print out Authorization Form [here](#).
- Participant who are under the age seventeen (17) years old on race day are required to submit a parental consents letter. Download and print out Parental Consents Letter [here](#).
- Participant who are not able to run due to work commitment/injury etc. You authorize someone else to just collect the Race pack for you with this DNS Authorization Form for DNS participant with Conformation Slip and a photocopy NRIC/ Passport. Download and print out DNS Authorization Form [here](#).

LAYOUT REPC



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THE NORTHERN TRI STATES CROSS COUNTRY

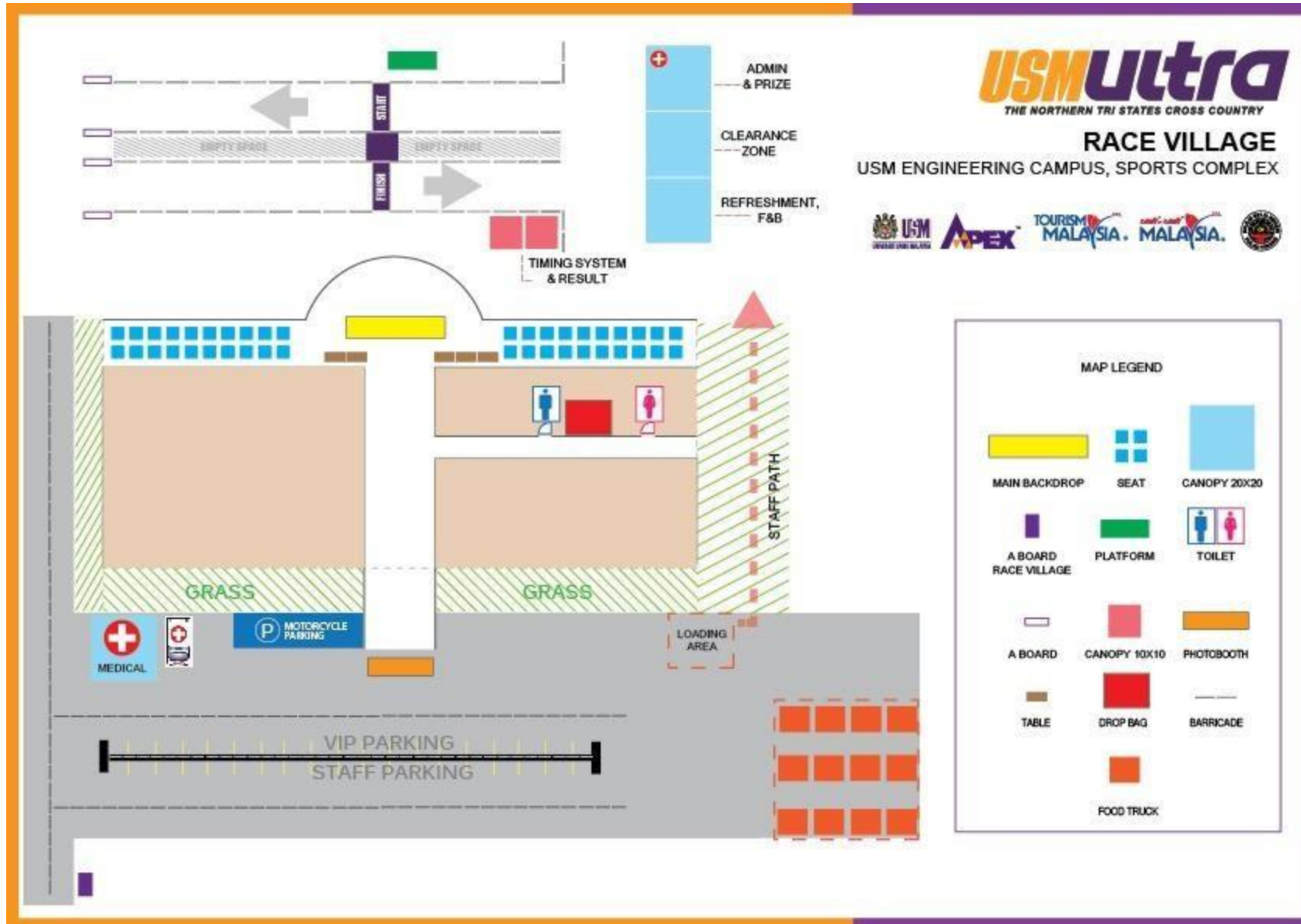
REPC
USM ENGINEERING CAMPUS, DEWAN PUMA



GAMBAR TEMPAT PENGAMBILAN RACE KIT (REPC)

DEWAN PUSAT SISWA (PUMA)





KOMPLEK SUKAN UNIVERSITI SAINS MALAYSIA ENGINEERING , NIBONG TEBAL



RUNNER 'S INFORMATION

SPECIAL NEED BAG SERVICE

Runners may utilize the service provided at the starting line by dropping off any bags that you will require post-race. Please check Race Village layout for the exact location. We advise for runners to not place any valuable items such as wallets, mandatory related items, key, or phone, as organizer will not be responsible for any inconvenience to bag contents (theft, damages, loss). All drop bags must be collected before 8pm 30th December 2023.

CHECKPOINTS

There will be a tracking system installed along the race course to ensure the legitimacy of every runner's record on the course. Runners are required to run the official route and cross each and every timing mat for each category. Do note that F&B, and CP facilities may differ depending on your category. Refer to your category CP Facilities for more details

DISTANCE & DIRECTIONAL MARKER

Markers will be placed at critical junctions and locations only. Runners must download available GPX files provided on the website MEP21 or print the route map for better navigation during the race. Route marshals would be deployed at designated locations (upon organizers' planning and discretion) along the course to facilitate the flow of the event.

MEDICAL ASSISTANCE

Medical assistance is available at the starting line and all checkpoints. Appointed medical officials are within their rights to stop any runner from continuing the race and remove the bib number in the case of runner's safety is compromised or runner does not pass their health check. Should a runner be transported to the hospital for medical treatment, transportation back to the starting line or race village is on one's own responsibility. Any medical expenses incurred ought to be borne by runner themselves.

MANDATORY ITEMS

All participants are required to carry the mandatory items throughout the entire race course. Failure to adhere to this rule will lead to disqualification. Spot check may be conducted at any point along the course or at the finishing line. The result will be disqualified if the participants insufficient the mandatory item.

TIMING

All runner will be timed using the electronic timing system, manual result at Checkpoint 3 Kaki Bukit angin and Checkpoint 5 at Bukit Panchur and bracelet timing at Puncak Bukit Angin .

TOILET

Toilets are available at Checkpoint 2 Permatang Kerat Telunjuk, Checkpoint 3 Kaki Bukit Angin, Checkpoint 4 Kampung Teluk Sera and Checkpoint 5 Bukit Panchur . Public toilet also available at Race Village can refer site layout race village.

PRAYER ROOM (SURAU)

The nearest mosque is located at the race village. Prayer room is also available at Checkpoint 2 Kampung Kerat Telunjuk and Checkpoint 3 at Kaki Bukit Angin.

INFO MANDATORY ITEM

1. By entering the race, each runner undertakes to take with him/her all the mandatory item that as listed below throughout the race.
2. Mandatory check will be carried out during the race entry pack collection, sport check may be carried out along the route during the race and at the finish line.
3. Failure to adhere the mandatory items requirement will incur penalty leading to disqualification.

BIL	ITEM	5 KM	11 KM	35 KM	60KM
1	Personal Cup	X	RC	√	√
2	Mobile Phone	RC	RC	√	√
3	Spoon and Bowl	X	RC	√	√
4	Hydration System (1000ml)	X	RC	√	√
5	Basic First Aid	X	RC	√	√
6	Blinking Light	X	X	√	√
7	Headlamp	X	X	√	√
8	Whistle	X	X	√	√
9	Emergency Blanket	X	X	RC	√
10	Buff/ Cap	X	X	RC	RC
11	Cash money	X	RC	RC	RC

MANDATORY ITEM

Failure to adhere the mandatory items requirement will incur penalty leading to disqualification.



GENERAL MAP



CHECKPOINT 60 KM

START/FINISH

UNIVERSITI SAINS MALAYSIA
ENGINEERING CAMPUS
TRANSKRIAN, NIBONG TEBAL

START DATE/TIME

Sunday, 31 December 2023
3.00 a.m. - 6.00 p.m.

ELEVATION GAIN


































1406m

GPX FILE 60 KM

<https://www.google.com/maps/d/edit?mid=1Pc9ovj8ZH3cWslppUwenrg-tUzsY670&usp=sharing>

SUB COT 60 KM

KM26 - 6 JAM
KM48 - 12 JAM

Distance	Point	Location	Cut of Time	Special Need Bag	
0 KM	Start	RACE VILAGE @ USM NIBONG TEBAL		NO	
7 KM	CP 1	LADANG BUKIT TEBUAN		NO	  
19.5 KM	CP 2	PERMATANG KERAT TELUNJUK		NO	    
26 KM	CP 3	KAKI BUKIT ANGIN	COT 1 (9.00 a.m.)	NO	     
38 KM	CP 4	KAMPUNG TELUK SERA		YES	   
48 KM	CP 5	BUKIT PANCHOR	COT 2 (3.00 p.m.)	NO	    
55 KM	CP 6	LADANG BUKIT TEBUAN		NO	  
60 KM	Finish	RACE VILAGE @ USM NIBONG TEBAL		NO	     

ROUTE 60 KM



ELEVATION 60 KM



MANDATORY ITEM

60KM



CUP



HANDPHONE



BOWL & SPOON



**HYDRATION
1 LITRE**



WHISTLE



BLINKER



HEADLAMP









**BASIC
FIRST AID**

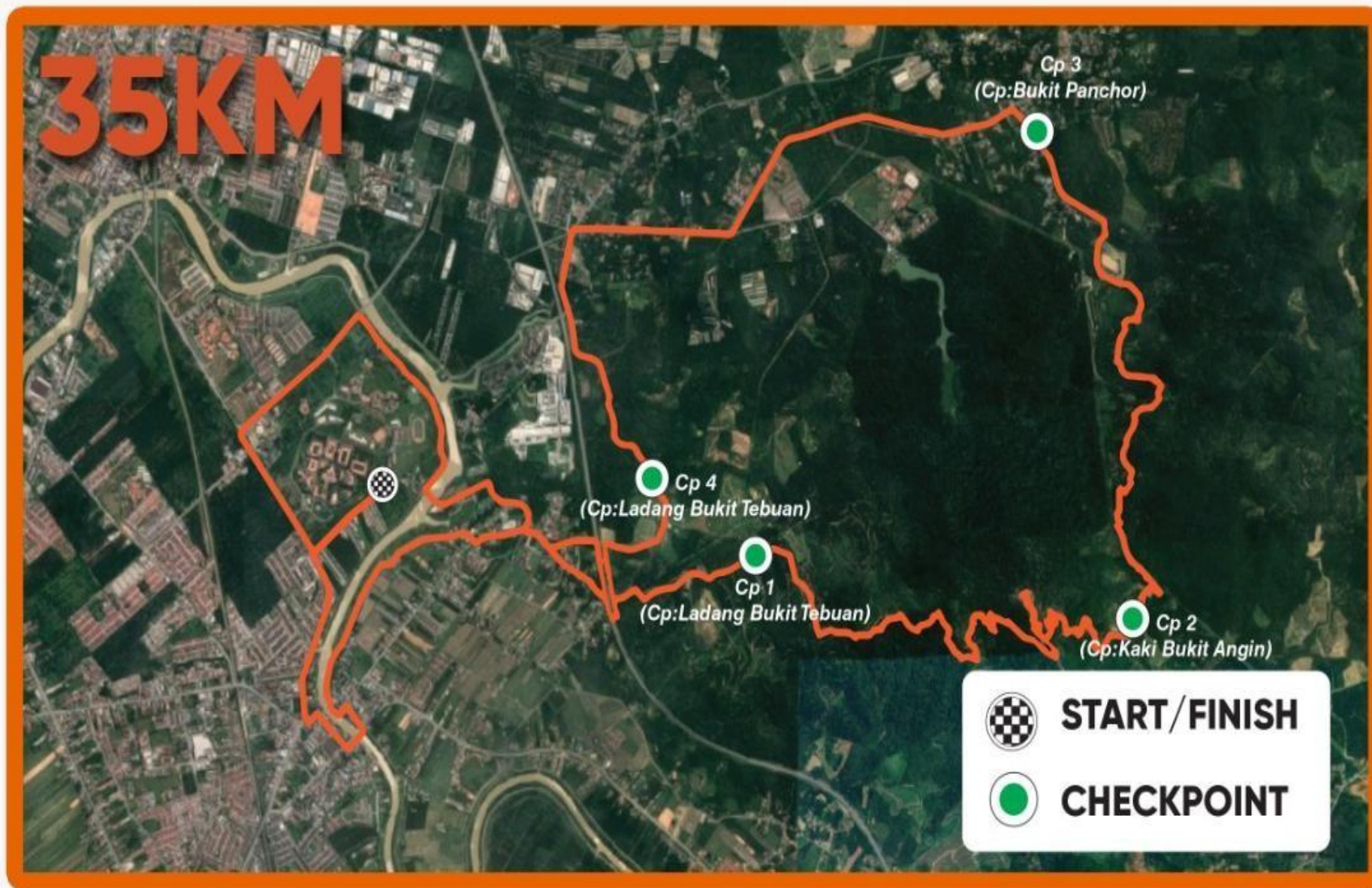


**EMERGENCY
BLANKET**

CHECKPOINT 35 KM

START/FINISH						
Distance	Point	Location	Cut of Time	Special Need Bag		
UNIVERSITI SAINS MALAYSIA ENGINEERING CAMPUS TRANSKRIAN, NIBONG TEBAL	0 KM	Start	RACE VILAGE @ USM NIBONG TEBAL		NO	
START DATE/TIME	7 KM	CP 1	LADANG BUKIT TEBUAN		NO	
Sunday, 31 December 2023 6.30 a.m. - 3.30 p.m.	16 KM	CP 2	KAKI BUKIT ANGIN	COT 1 (10.30 a.m.)	NO	
ELEVATION GAIN	21 KM	CP 3	BUKIT PANCHOR	COT 2 (12.00 p.m)	NO	
599 m	28 KM	CP 4	LADANG BUKIT TEBUAN		NO	
GPX FILE 35 KM	35 KM	Finish	RACE VILAGE @ USM NIBONG TEBAL		NO	
https://www.google.com/maps/d/edit?mid=1RyRaL1yEdalWcr8qfAG5cZ5Bch6Y0hQ&usp=sharing	SUB COT 35 KM					
KM16 - 4JAM KM21 - 1 JAM 30 MINIT						

ROUTE 35 KM



ELEVATION 35 KM



MANDATORY ITEM 35 KM

MANDATORY ITEM



CUP



HANDPHONE



BOWL & SPOON



**HYDRATION
1 LITRE**



WHISTLE



BLINKER



HEADLAMP



**BASIC
FIRST AID**

35KM

CHECKPOINT 11 KM

START/FINISH

UNIVERSITI SAINS MALAYSIA
ENGINEERING CAMPUS
TRANSKRIAN, NIBONG TEBAL

START DATE/TIME













Sunday, 31 December 2023
7.30 a.m. - 10.10 a.m.

ELEVATION GAIN

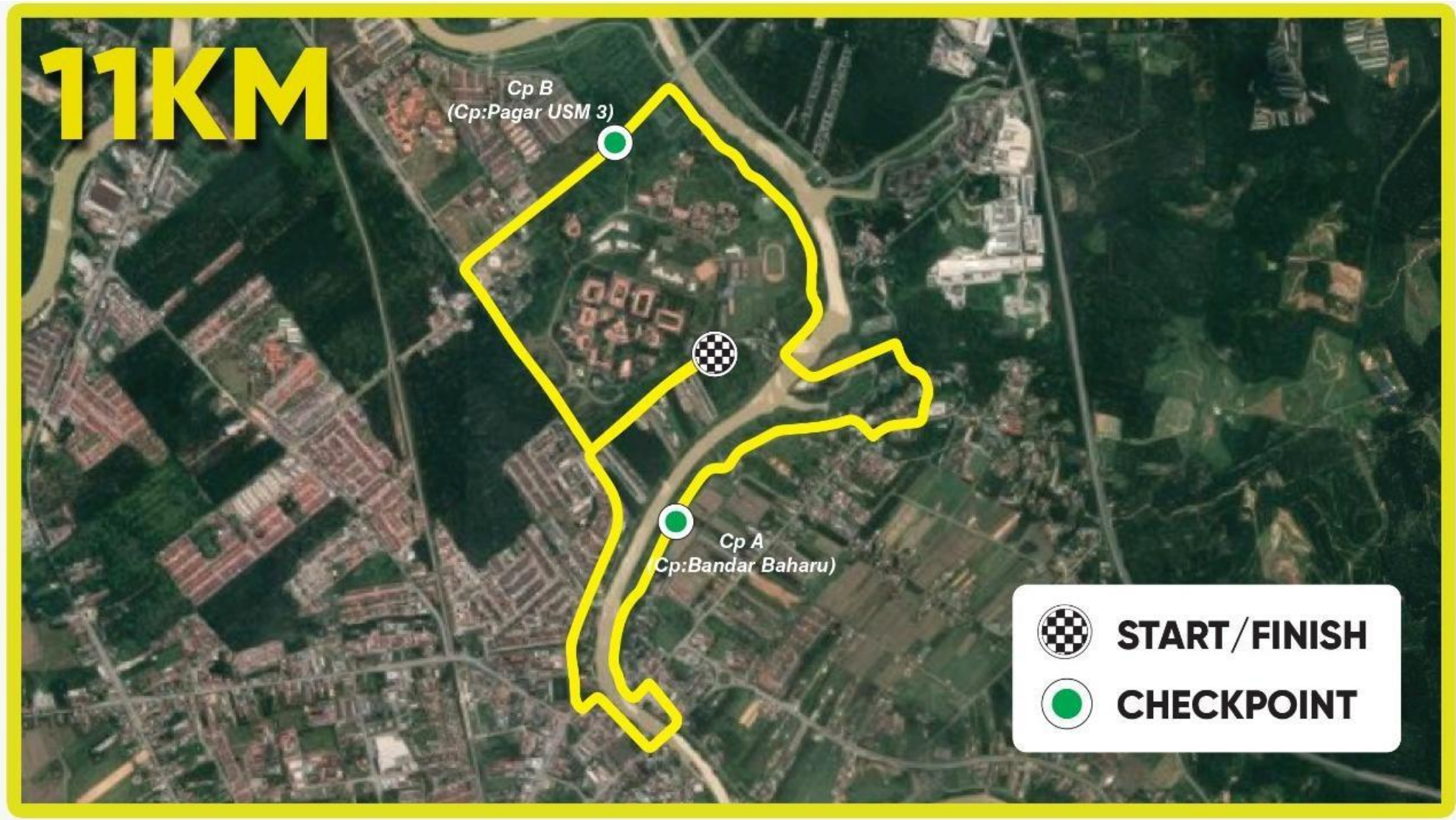
17 m

GPX FILE 11KM

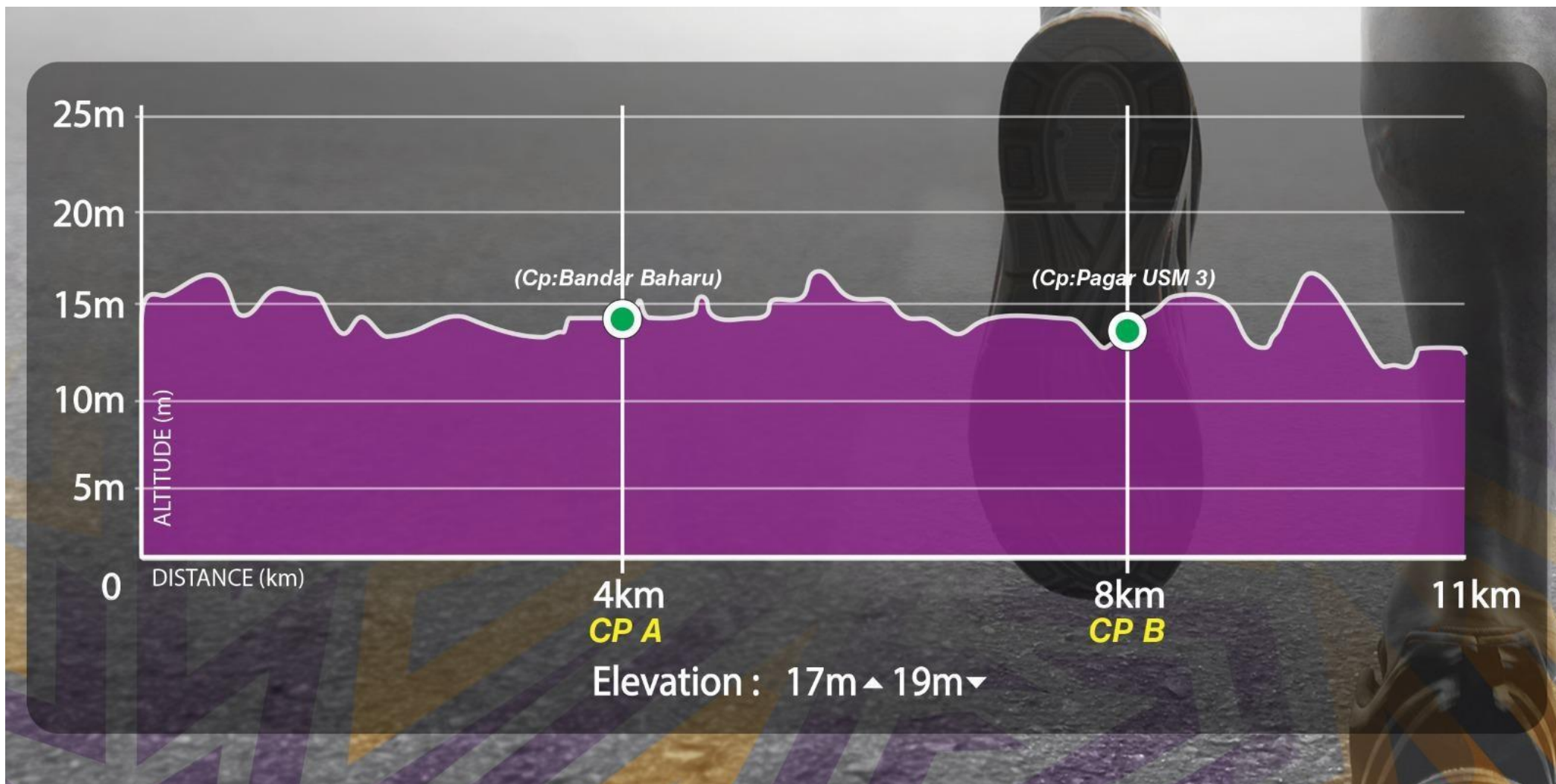
<https://www.google.com/maps/d/edit?mid=1TyKDSIUvZhLDFYOtP0BZXWlWqf0cInk&usp=sharing>

Distance c	Point	Location	Special Need Bag	
0 KM	Start	RACE VILAGE @ USM NIBONG TEBAL	NO	
4 KM	CP A	BANDAR BARU	NO	  
8 KM	CP B	GATE 3 USM	NO	  
11 KM	Finish	RACE VILAGE @ USM NIBONG TEBAL	NO	    

ROUTE 11 KM



ELEVATION 11 KM



CHECKPOINT 5 KM

START/FINISH

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TRANSKRIAN, NIBONG TEBAL

START DATE/TIME










Sunday, 31 December 2023
8.15 a.m. - 9.55 a.m.

ELEVATION GAIN

7 m

GPX FILE 11KM

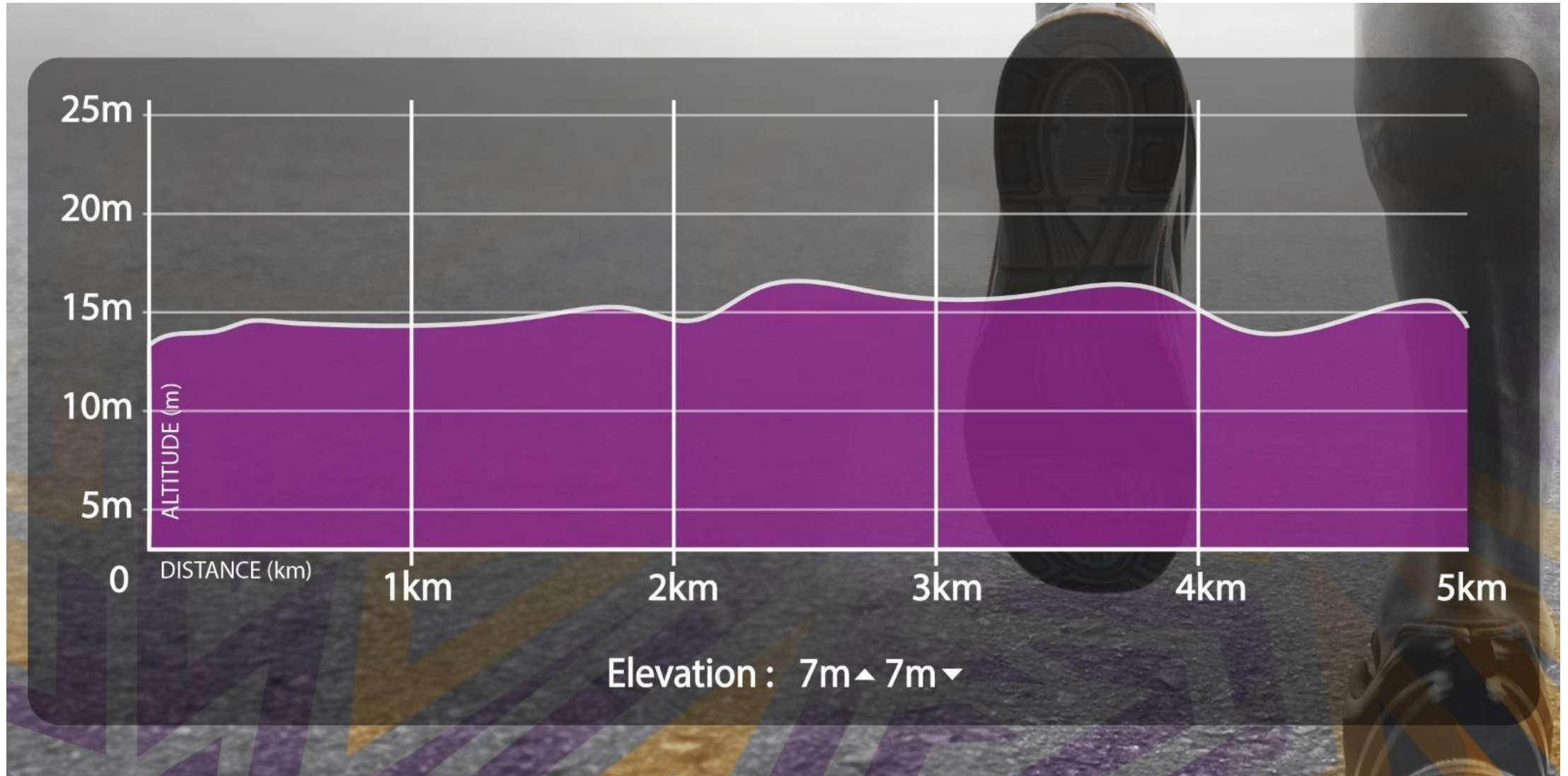
<https://www.google.com/maps/d/edit?mid=1B832LyOG8vs2hSnzoP6SoqlgjH9Tvgc&usp=sharing>

Distance	Point	Location	Special Need Bag
0 KM	Start	RACE VILAGE @ USM NIBONG TEBAL	NO 
2 KM	CPA	USM GATE 2	NO   
5 KM	Finish	RACE VILAGE @ USM NIBONG TEBAL	NO     

ROUTE 5 KM

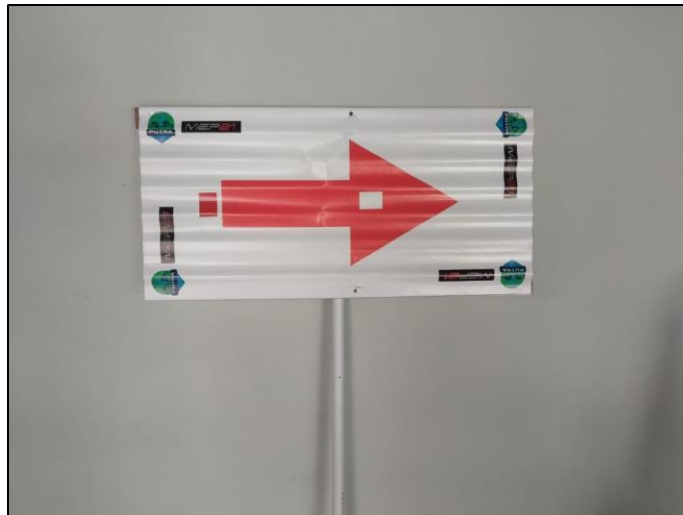


ELEVATION 5 KM

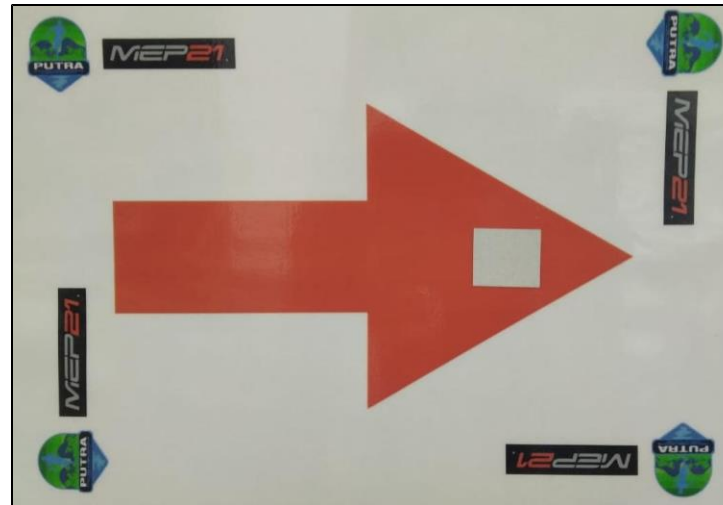


GPX LINK !! <https://www.google.com/maps/d/edit?mid=1B832LyOG8vs2hSnzoP6SoqlgjH9Tvgc&usp=sharing>

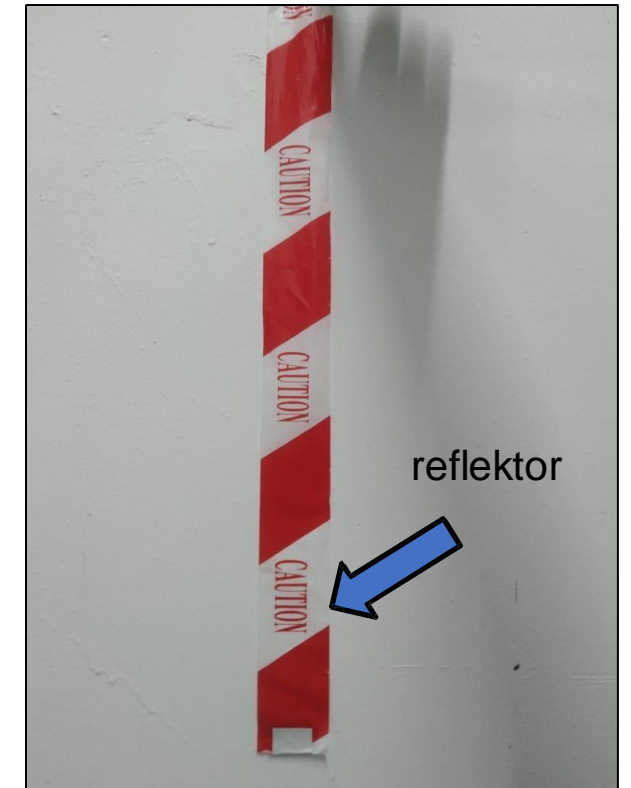
1. Signage 2x1 with pipe at route



2. The trail is marked with (arrow) red signage liminate A4 .



3. On some routes , there is caution tape with reflektor as a marker.



TEAM SWEEPER



TEAM SWEEPER USM ULTRA



Sweeper 60KM
Firuz Hamzah



Sweeper 35KM
Mr. Ben



Sweeper 35KM
Fawzy Yusof

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LADANG BUKIT TEBUAN

60 KM	CP 1 - CP 2 (12.5KM) CP 6 - FINISH (5 KM)
35 KM	CP 1 - CP 2 (9 KM) CP 4 - FINISH (7 KM)

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PERMATANG KERAT TELUNJUK

60 KM	CP 2 - CP 3 (6.5 KM)
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KAKI BUKIT ANGIN

60 KM	CP 3 - CP 4 (12 KM)
35 KM	CP 2 - CP 3 (5 KM)

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KAMPUNG TELUK SERA

60 KM	CP 4 - CP 5 (10 KM)
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BUKIT PANCHOR

60 KM	CP 5 - CP 6 (7 KM)
35 KM	CP 3 - CP 4 (7 KM)

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BANDAR BAHARU

11 KM	CP A - CP B (4 KM)
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BUNTING CHECKPOINT

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USM GATE 3

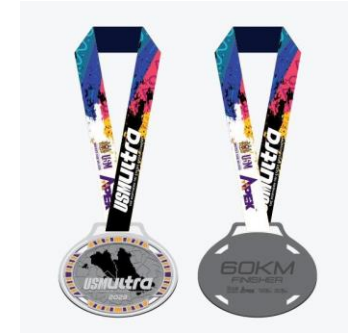
11 KM	CP B - FINISH (3 KM)
5 KM	CP A - FINISH (3 KM)

MEP21 **USM** **APEX** **TOURISM MALAYSIA** **State of MALAYSIA**
UNIVERSITI SAINS MALAYSIA
Kelas Rekreasi Unisains
Kampus Kejuruteraan
MUL **KBS** **SPIN** **mepintz**

ITEM	60KM	35KM	11KM	5KM
Event t-shirt	√	√	√	√
Finisher t-shirt	√	√	×	×
Finisher medal	√	√	√	√
Winner plaque (1 st - 10 th)	√	√	√	×
Winner cash reward (1 st - 3 rd)	√	√	√	×
Food and refreshment	√	√	√	√
Insurance	√	√	√	√
Bib number	√	√	√	√
Timing chip	√	√	√	×
E-certificate	√	√	√	√
Result	√	√	√	×
Goodies bag	√	√	√	√
Lucky draw	×	×	√	√



OFFICIALLY EVENT T-SHIRT



FINISHER MEDAL



35KM FINISHER T-SHIRT



60KM FINISHER T-SHIRT



TERIMA KASIH

USM **Ultra**

THE NORTHERN TRI STATES CROSS COUNTRY



Kelab Rekreasi Unisains
Kampus Kejuruteraan



meprintz