

# 113 TRIATHLON 2KM.90KM.21KM DESARU MALAYSIA



113 TRIATHLON  
2KM.90KM.21KM

SPRINT  
750M.20KM.5KM

SUPER SPRINT  
300M.10KM.2KM

23RD JULY 2023

LOTUS DESARU BEACH RESORT , DESARU , MALAYSIA

[WWW.NEPTUNEX113.COM](http://WWW.NEPTUNEX113.COM)



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EVENTURE GLOBAL  
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Eventure Global 113 TRIATHLON  
2KM.90KM.21KM



# GENERAL INFORMATION

Event Title : **NX113 TRIATHLON DESARU 23**

Event Organizer : Hybrid Management

Race Director : Andy Foo

Contact Number : +60123919211

E-mail : [registration@neptunextreme.com](mailto:registration@neptunextreme.com)

Date : 23th July 2023

Time : 5.00am – 4.30pm

Venue : Lotus Desaru Beach Resort , Desaru, Johor , Malaysia

Registration Portal : [www.neptunex113.com](http://www.neptunex113.com)

# TENTATIVE SCHEDULE

ALL EVENTS WILL BE HELD ON 22-23rd JUL 2023 , SATURDAY AND SUNDAY

## PROGRAM

22nd JUL 2023

10.00AM - 6.00PM RACE PACK COLLECTION  
5.00PM RACE BRIEFING

23RD JULY 2023

5.00AM BIKE CHECK-IN  
07.00AM SUPER SPRINT FLAG OFF  
07.15AM NATIONAL TRIATHLON CHAMPIONSHIP FLAG OFF\*  
07.18AM SPRINT MALES FLAG OFF \*  
07.20AM SPRINT FEMALES FLAG OFF\*  
08.00AM 113 TRIATHLON INDIVIDUAL & RELAY FLAG OFF\*  
10.00AM PRIZE PRESENTATION FOR SUPER SPRINT & SPRINT\*  
2.30PM. PRIZE PRESENTATION FOR 113 TRIATHLON\*  
04.30PM EVENT OFFICIALLY ENDS ( CUT OFF TIME FOR 113 DISTANCE )

\* ROLLING START

DATES ARE FIXED, HOWEVER TIMING MAY VARY DEPENDING ON TIDE CONDITIONS

**NEPTUNE**X**113**

# RACE CATEGORIES

## INDIVIDUAL

### 113 TRIATHLON

2KM SWIM / 90KM BIKE / 21KM RUN

### SPRINT

750M SWIM / 20KM BIKE / 5KM RUN

### NATIONAL CHAMPIONSHIP ( SPRINT )

750M SWIM / 20KM BIKE / 5KM RUN

### SUPER SPRINT

300M SWIM / 10KM BIKE / 2KM RUN

## RELAY

### MIXED RELAY ( 113 TRIATHLON )

2KM SWIM / 90KM BIKE / 21KM RUN

\* to encourage participation, a team must consist of at least 1 female member



# AGE GROUP

113 TRIATHLON	113 TRIATHLON	SPRINT	SPRINT	SUPER SPRINT	SUPER SPRINT
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
18 - 29	18 - 34	16 - 29	16 - 34	12 - 13	12 - 13
30 - 39	35 - 49	30 - 39	35 - 49	14 - 15	14 - 15
40 - 49	50 & ABOVE	40 - 49	50 & ABOVE	16 - ABOVE	16 - ABOVE
50 & ABOVE		50 & ABOVE			

\* If there are less than 3 participants in any age group, the registered participant/s will automatically be pushed down to the younger age-grouping (at the end of the registration close date).

# BIKE OUT





# BIKE IN





# RUN OUT



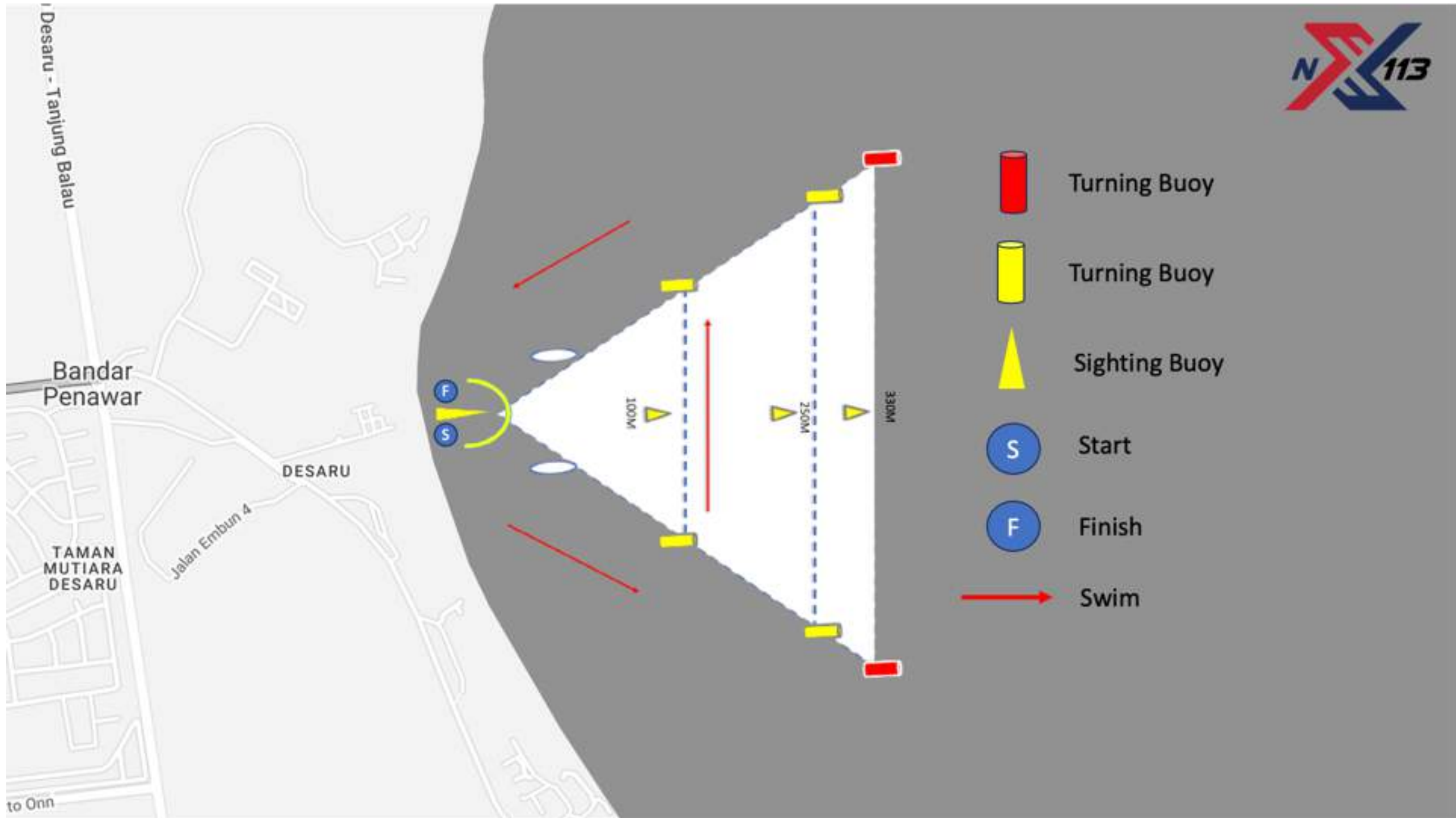


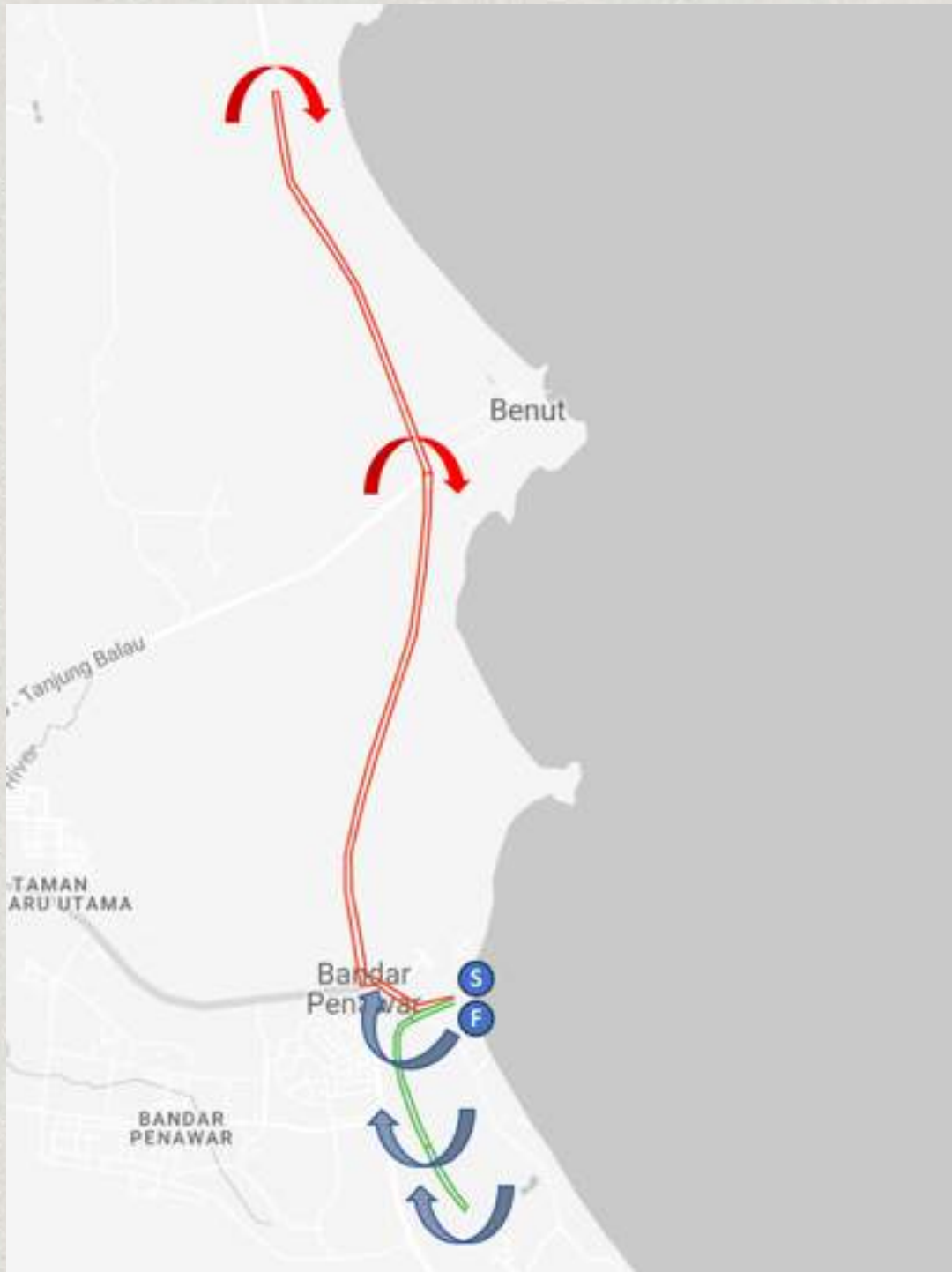
# RUN IN



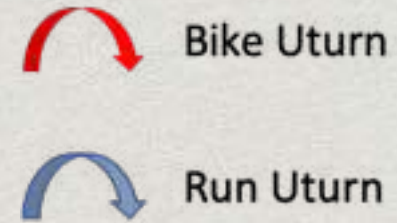


# SWIM course





	Run	Bike
113 Triathlon	3 loops	3 loops
Sprint	1 loop	2 loops
Super Sprint	1 loop	1 loops





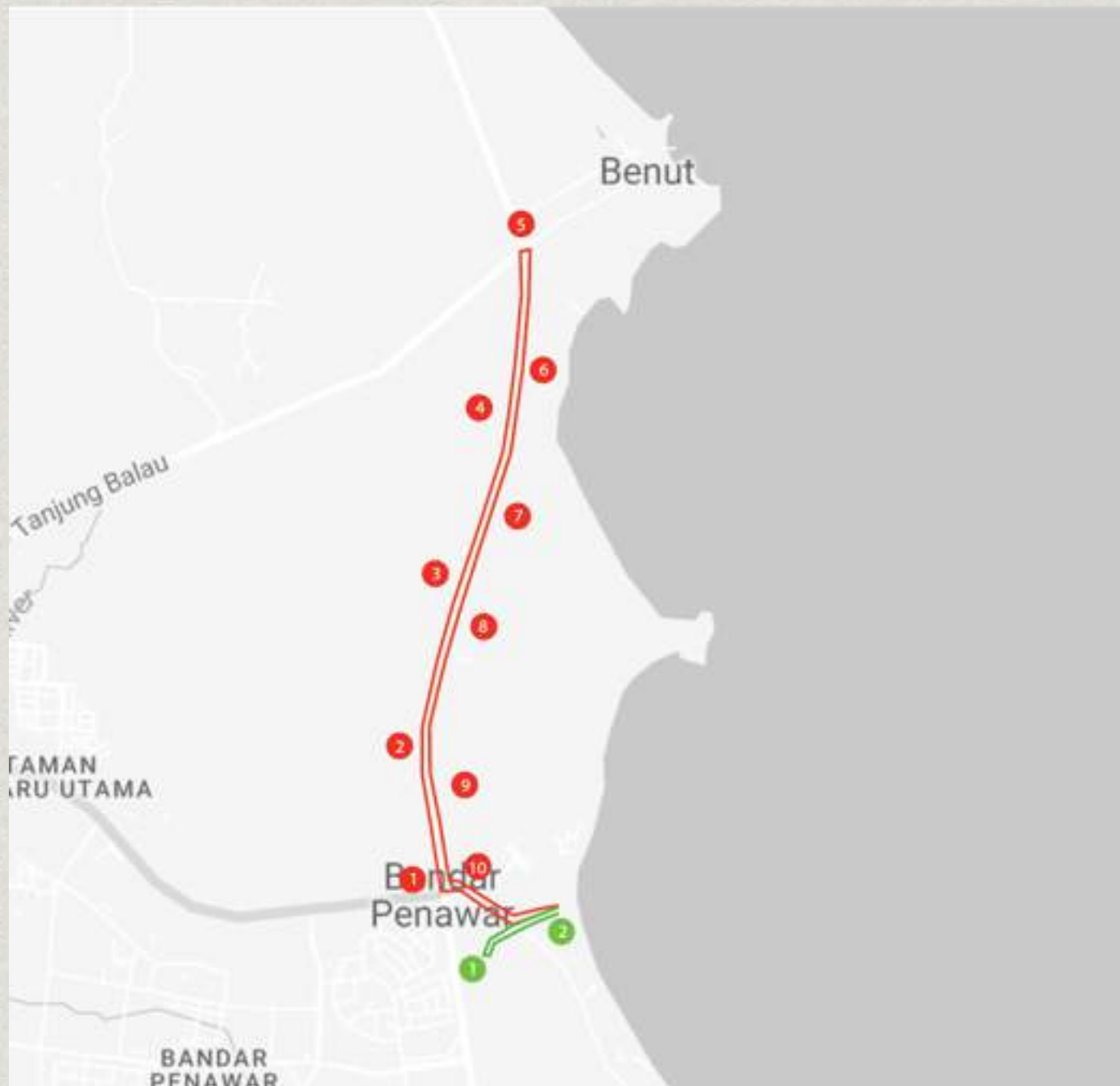
## SUPER SPRINT ( GREEN )





300m SWIM ( 1 Loop )  
 10KM BIKE ( 1 Loop )  
 2KM RUN ( 1 Loop )



## SUPER SPRINT

	Run →	Bike →
Super Sprint	1 loop	1 loop



-  Bike Uturn
-  Run Uturn
-  Distance
-  Start
-  Finish

## SPRINT CATEGORY ( PINK )






750m SWIM ( 1 Loop )  
 20KM BIKE ( 2 Loops )  
 5KM RUN ( 1 Loop )

XXL  
 EMERGENCY CONTACT:  
 ASHLEY  
 0123456789  
 N113  
 TRIATHLON  
 ASHLEY  
**10**  
 DESARU 2023  
 TOURISM MALAYSIA  
 SPRINT

## SPRINT

	Run	Bike
Sprint	1 loop	2 loops



-  Bike Uturn
-  Run Uturn
-  Distance
-  Start
-  Finish



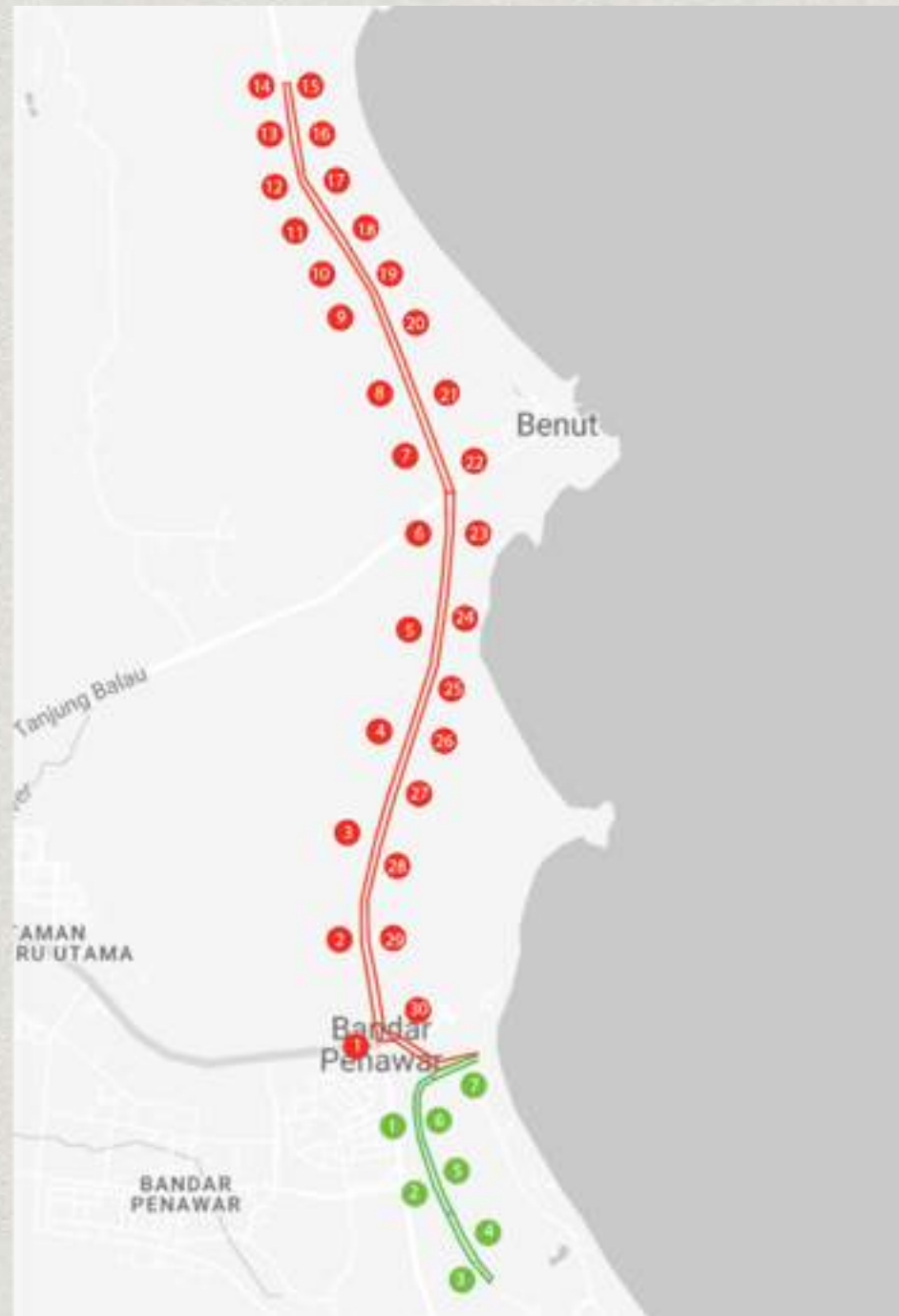
## 113 TRIATHLON CATEGORY (YELLOW)




2KM SWIM ( 2 Loops )  
 90KM BIKE ( 3 Loops )  
 21KM RUN ( 3 Loops )



## 113 TRIATHLON DISTANCE

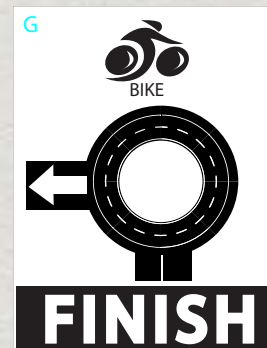
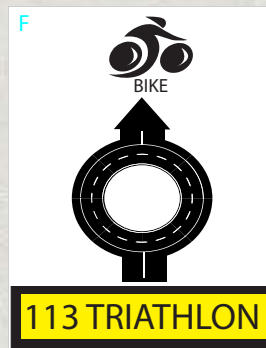
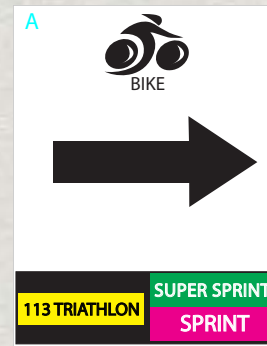
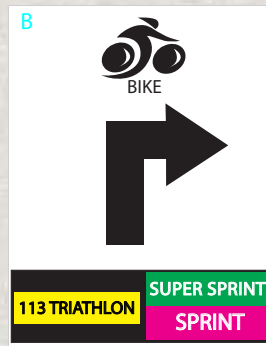
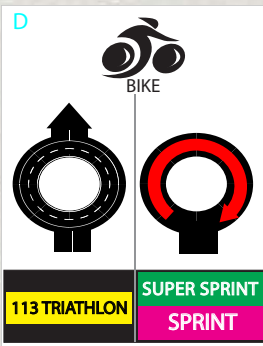
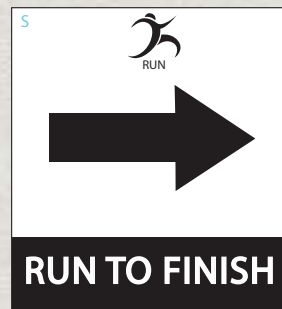
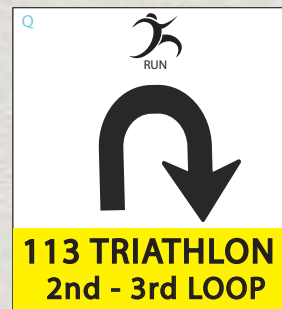
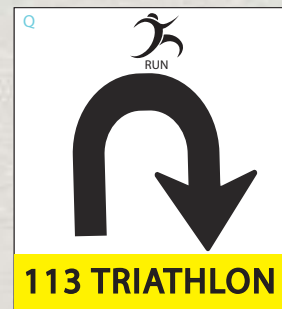
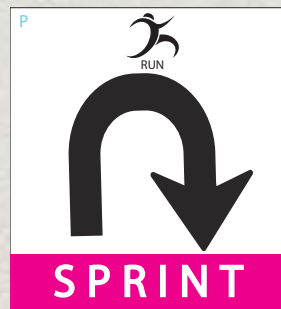
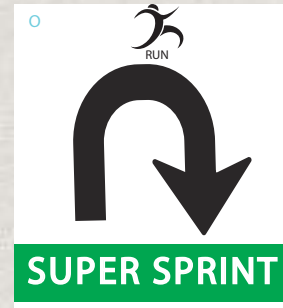
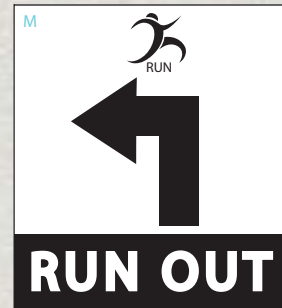
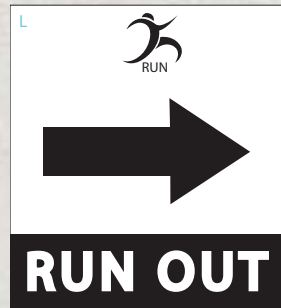
	Run	Bike
113 Triathlon	3 loops	3 loops



-  Bike Uturn
-  Run Uturn
-  Distance
-  Start
-  Finish



# SIGNAGES





# TERMS & 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 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 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.



# RACE ENTRY

A RM 100 PAYMENT APPLIES FOR ANY LOSS OR DAMAGE TO THE TIMING CHIP OR BAND.

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 24HOURS AFTER PAYMENT IS MADE, PROVIDED A REASONABLE EXCUSE IS GIVEN. AFTER 24HOURS, THE ORGANISERS 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 S\$15 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

PARTICIPANTS MUST RETURN THE TIMING CHIP & BAND TO THE ORGANISERS IMMEDIATELY AFTER THE RACE. A RM 100 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 RACE BRIEFING PRIOR TO THE RACE TO FAMILIARISE THEMSELVES WITH THE VENUE, COURSE AND RULES OF THE EVENT. THE RACE BRIEFING WILL BE AVAILABLE ON THE EVENT WEBSITE 10 DAYS 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 SGD\$50 MUST ACCOMPANY THE APPROPRIATE PROTEST AND WILL BE REFUNDED IF THE PROTEST IS SUCCESSFUL.



# TRANSITION AREA

- ONLY PARTICIPANTS WITH VALID BIBS / TIMING CHIPS ARE PERMITTED INTO THIS AREA
- PARENTS OF KIDS (AGED 12 AND UNDER) PARTICIPANT MAY ENTER THIS AREA ONLY BEFORE THEIR RACE (113 MINI) BEGINS
- NO PERSON/S (UNLESS PARTICIPANTS) ARE PERMITTED ENTRY INTO TRANSITION AREA DURING RACE DURATION
- PARTICIPANTS WHO WISHES TO COLLECT THEIR BELONGING MAY DO SO AFTER THE RACE IS OVER, UNLESS PERMISSION IS GRANTED BY THE ORGANIZER
- PARTICIPANTS ARE ENCOURAGED NOT TO KEEP THEIR PERSONAL BELONGINGS/VALUABLES IN THIS AREA; PLEASE USE THE BAGGAGE DEPOSIT COUNTER (IF AVAILABLE)
- ALTHOUGH THE ORGANIZER WILL TAKE ALL THE NECESSARY PRECAUTIONS AND SAFETY MEASURE TO ENSURE PARTICIPANTS ENJOY A SMOOTH TRANSITION, 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



# SWIMMING

- SWIMSUITS MUST BE WORN.
- 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. FOR SAFETY REASONS, SWIM BUOYS ARE COMPULSORY
- WET SUITS ARE NOT ALLOWED.
- 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.
- 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.



# 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.



# MALASIA NATIONAL CHAMPIONSHIP

- Swim buoy is not allowed for Malaysia National Championship category.
- TT bike & Aero bar are not allowed for Malaysia National Championship category



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