

# Kenanga Introductory Triathlon Series (KITS) 2016



Race  
Information  
Booklet



Event organizer: [Live More Events](#)

Facebook page: <https://www.facebook.com/KenangIntroTriSeries/>

Contact email: [info@livemoreevents.com](mailto:info@livemoreevents.com)

Contact number: Dave Spence +60122155727 | Elsa Ng +60103940353

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Event title: [Epsom College Triathlon](#)

Venue: [Epsom College in Malaysia](#), Negeri Sembilan

Date: 4<sup>th</sup> December 2016, Sunday

Time: 7.00 a.m.

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## ***Event description***

The Kenanga Introductory Triathlon Series (a.k.a. The KIT Series) helps youngsters of all ages (even those that left school many years ago) to try out a multi-sports event in a safe and fun environment.

Aquathons, Duathlons & Triathlons are not just increasingly popular sports. They also embrace a healthy and active lifestyle that can help the whole family live more.

That's what they did for us and that's why we called ourselves Live More Events.

We look forward to welcoming you along to the remaining events for 2016 so that you can join in the fun and discover how these activities can help you to live more too.

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## Event Itinerary

Time	Event
<b>07:00</b>	<b>Registration Opens - Bib &amp; T-Shirt collection</b>
<b>07:00</b>	<b>Transition Opens</b>
08:05	Registration Closes
08:15	Transition Closes
<b>08:05</b>	<b>Race Briefing for U6, U8 &amp; U10 in Amphitheatre</b>
08:20	U6 Girls Wave 1
08:25	U6 Girls Wave 2
08:30	U6 Boys Wave 1
08:35	U6 Boys Wave 2
08:40	U8 Girls Wave 1
08:45	U8 Girls Wave 2
08:50	U8 Boys Wave 1
08:55	U8 Boys Wave 2
09:00	U8 Boys Wave 3
09:15	U10 Girls Wave 1
09:25	U10 Girls Wave 2
09:35	U10 Girls Wave 3
09:45	U10 Boys Wave 1
09:55	U10 Boys Wave 2
10:05	U10 Boys Wave 3
10:15	U10 Boys Wave 4
<b>10:30</b>	<b>Interlude – transition reopens for bike removal for U8 &amp; U10's</b>
<b>10:30</b>	<b>Race Briefing for U12 &amp; Above in Amphitheatre</b>
10:45	U12 Girls Wave 1
10:55	U12 Boys Wave 1
11:05	U12 Boys Wave 2
11:15	U15 Girls Wave 1
11:25	U15 Girls Wave 2
11:35	U15 Boys Wave 1
11:45	U15 Boys Wave 2
12:05	U15 Boys Wave 3
12:15	U18 Boys
12:25	U18 Girls & Open Ladies Novice & Experienced
12:35	Open Men Novice & Experienced
12:45	ITU Mixed Relay Race
<b>13:15</b>	<b>Awards Ceremony</b>
13:45	Wrap Up & Clean Up

## ***Notes on Itinerary***

- The times are approximate, where possible races will be combined or started early but will be dependent on the number of waves needed for each category.
  - Please note that with effectively 28 races to start, time and process in terms of on the day results as well as the impact on the series champion results we have a somewhat challenging schedule ahead of us.
  - As a result your assistance would be greatly appreciated by ensuring that your children are registered with the starter's assistant and her deputies at the start line "check in" area at least 15 minutes before the start of their race. This is located at the top of the steps from the middle road down to the swimming pool. So the safest and best place for athletes waiting to start will be on the road above the swimming pool.
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## **Race Venue**

This race will be hosted at Epsom College in Malaysia, Persiaran Kolej, 71760 Bandar Baru Enstek, Negeri Sembilan, Malaysia.

GPS Coordinate: 2.744785, 101.768574

Google Location:

<https://www.google.com/maps/place/Epsom+College+In+Malaysia/@2.7447951,101.7664365,17z/data=!3m1!4m5!3m4!1s0x31cdc1bbe97a8f67:0xae8e25c9d9ed6f83!8m2!3d2.7447951!4d101.7686252>

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## **Car Park - [MAPS](#)**

There will be **NO PARKING inside the College.**

There must be **NO PARKING on the roadside outside of the College** overlooking the Cricket and Rugby Fields.

All parking is to be done on the left hand carriageway of the road to the left hand side of the College or inside the newly opened Mercato Mall area as directed by the College's security guards who will be on duty directing traffic.

**(PLEASE DO NOT PARK ON THE RIGHTHAND CARRIAGEWAY NEAREST TO THE COLLEGE AS THIS IS ON THE RACE COURSE.)**

From here you can unload your bikes and enter the College from the side gate where you will need to make your way to the Registration area which will be located in the School Sports Hall where Transition will also be located this year.

Please refer the maps showing where you can park and how you can make your way to the registration area.

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## **Volunteering**

If any of you are willing to volunteer for part or entire of the event we greatly appreciate all help we receive.

Please let us know if you are willing to help as soon as possible by contacting us at [info@livemoreevents.com](mailto:info@livemoreevents.com) and we will revert back to you.

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## **Race distance**

<b>Category</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
Under 6	25m	-	300m
Under 8	50m	1km	500m
Under 10	100m	2km	1km
Under 12	150m	4km	1.5km
Under 15	200m	6km	2km
Under 18	300m	8km	3km
Open – Novice	300m	8km	3km
Open – Experienced	300m	8km	3km
Junior Mixed Relay Team	50m	1km	500m
Senior Mixed Relay Team	50m	1km	500m

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## **Racer's Responsibilities**

It is the athlete's responsibility to count the number of laps they have completed for all segments of the race for ALL age groups.

Number bibs must be pinned to the FRONT of the athlete's top, if a race belt is used then they must turn this to the front of their torso before the finish.

Failure to do so may result in exclusion from finish results.

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## **Registration - [MAPS](#)**

During registration you will collect your race bib number and event t-shirt.

Race bib number is to be pinned on the **front** of your shirt during the bike and run session.

You must return your race bib number to us at the registration counter when the race is finished.

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## Transition - [MAPS](#)

You will be required to setup your numbered transition area in the School Sports Hall before the start of the first race.

We will have volunteers in the transition area to help the younger children, if you think your child will need additional assistance then please notify our transition crew.

During the race you must **PUSH** your bicycle through transition. There will be a clearly marked line for mounting and dismounting the bicycle. Due to the gradient of the road immediately outside of the Sports Hall the mount/dismount line is approximately 100 metres from the transition.

Please ensure that you take the correct bike and not another participant. Please make sure your helmet is on and done up before you take your bike from the rack.

Bikes must **NOT** be racked side to side BUT **back to back** as per the pictures below.



## **Swim - [MAPS](#)**

You will be swimming lengths of the School's pool; this pool is 25meters long with 6 lanes which allows us to do a wave start for each age group (2 participants in one lane) according to their genders and swimming capability.

You will be advised which wave you are in before the event and be reminded of this when you register. It is your responsibility to be at the start e.g. at the Pool Area in good time for your age group and wave.

Proper swimming attire must be worn for the swim, a swim cap and goggles are recommended but optional.

U6 kids are permitted to use kickboards or floatation aids in the pool freely.

After the swim you will make your way to the transition area following the direction of the marshals.

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## **Bike - [MAPS](#)**

All competitors must wear appropriate **footwear**, a **helmet** and have their torso covered.

Your race number bib should be worn during your bike ride; it must be clearly visible and be on the front of the race shirt.

Due care must be taken on the course as there are some fast downhill sections.

Leaving transition participants will have to push their bike to the mounting line where they will be able to mount their bicycles. Competitors must return to transition through the BIKE IN gate and run around transition to return their bicycles.

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## **Run - [MAPS](#)**

All competitors must wear appropriate footwear and have their torso covered. Your race number should also be worn during the run on the front otherwise they will risk not having their time recorded at the finishing line.

U10, U15, 18 & Open Category participants will receive a band on certain section of the road; we will have a marshal splitting runners at the final corner according to the number of bands they are wearing. The finish line will be at the Finish Arch.

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## **Finish - [MAPS](#)**

Upon finishing you will receive a finisher's medal.

You must return your race bib number to us at the finishing line when the race is finished.

The prize giving ceremony will take place at the end of the last event.

We will not publish results until after the awards ceremony but if you would like a provisional indication of the position these can be given although we stress that this is only provisional.

If you disagree with this provisional placing you can lodge an appeal with the Race Director.

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## **Parents / Spectators - [MAPS](#)**

We appreciate that many of you will want to watch and take photos of your children. We ask that you are considerate in doing so and do not obstruct any athletes during their race.

There will be an area specifically for spectators in the swimming pool area. Please remain out of the path of athletes particularly as they make their way to transition and out on the bike & run course.

You will not be allowed into the Sports Hall where transition is unless you are a parent of an Under 6. All other parents/spectators can view their child in Transition from the Sports Hall's viewing gallery.

There are lots of viewing Galleries outside overlooking the College's playing field. However, in order to access these you will need to cross the pathways used by athletes to access Transition. There will be crossing points for this and we ask you to stick to these please and look out for athletes and give them right of way.

The emphasis on this event is participation and enjoyment, so please do encourage and support all athletes from the first to the last.

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## **Other Notes**

1. The usages of training wheels are permitted for all age categories.
  2. For U6 category, the kids will be entitled to podium prizes if any training wheels are used in the race.  
For U8 and above, the kids will NOT be entitled to podium prizes if any training wheels are used in the race.
  3. Where possible we will have Marshals on the bike and run courses but it is **NOT** their responsibility to direct participants around the course. They will try to help if asked obviously but their role is primarily for athlete safety and health. Participants **MUST NOT** therefore rely upon the Marshal for directions and **MUST** take responsibility themselves, irrespective of age, to know and understand the race course route and to fully complete it by following the race course markings and the briefing instructions given at the start of their race. If they are uncertain of any aspect of the race course it's their responsibility to ask for clarification in the briefing before the start of their race from the Official giving the briefing.
  4. We encourage all participants to #TriHard and part of this concept is to cross the finish line irrespective of the time that it takes. In this regard, there is **no cut off time**. As, whilst there is and should be an element of friendly competition amongst participants, there is a much greater emphasis put on completing the event rather than competing. If for any reason though a participant is unable to get to the finishing line and has to withdraw during the race they or their parent/guardian must report this to the Head of Timing at the Finishing Area and return the bib which has their race number on it so that they can be accounted for.
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## **Pre-Race Training Session by [Kids of Steel Triathlon](#) & [Ride School](#)**

Date: 3<sup>rd</sup> December 2016, Saturday

Time: 4.30pm

Venue: Epsom College in Malaysia, Negeri Sembilan

This is an essential session to come along to if your children are new to the sport as it will not only help them to familiarise themselves with the course but most importantly the 4th discipline of dealing with the process of transition from swim to bike aka T1 and bike to run aka T2.

It is also a great session for those that are experienced as well though as Sue & Jessen are very experienced triathletes and give valuable insights and tips that participants can get to the opportunity to practice properly which isn't always feasible or practical at home. This can help ensure that are as confident about where to go and what to do and then be the best they can be on race day.

The cost will be **MYR 35** and in order to book your child's slot please should contact Jessen (+60122252924) or Sue (+60125156020) directly.

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Live More Events would like to thank our sponsors and partners for their support for this event and the others in the Series.

### ***Title Sponsor***

# Kenanga

### ***Apparel Partner***



### ***Venue Partner***

