

Marlborough College Triathlon 2017: Race Information Booklet

Event organizer: [Live More Events](#)

Facebook page: [Live More Kids Triathlon Series](#)

Contact email: info@livemoreevents.com

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

Event title: [Marlborough College Triathlon](#)

Venue: Marlborough College Malaysia, Johor

Date: 5th March 2017, Sunday

Time: 7.00 a.m. – 1.00 p.m.

Event description

The Live More Kids Triathlon 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. Aquathlons, Duathlons & Triathlons are not just increasingly popular sports, they 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 as many of our exciting events and venues as you can make it to in 2017 so that you can join in the fun and discover how these activities can help you to live more too.

Race distance

Category	Swim	Bike	Run
Under 6	25m	-	300m
Under 8	50m	1km	500m
Under 10	100m	2km	1km
Under 12	150m	4.4km	1.5km
Under 15	200m	6.6km	2km
Under 18	300m	8.8km	3km
Open	300m	8.8km	3km

▶▶ PARTICIPANTS LIST & WAVE START ◀◀

Race Kit Collection & Racer Check-In

4th March (Sat): 3.00pm-7.00pm

5th March (Sun): 7.00am-7.45am

Event Itinerary

Time	Event
07:00	Registration Opens
07:00	Transition Opens
07:45	Registration Closes
07:45	Race Briefing for U6, U8, U10 & U12 at the poolside
08:00	U6 Girls & U6 Boys
08:05	U8 Girls, U8 Girls Relay & U8 Mixed Relay
08:10	U8 Boys & U8 Boys Relay
08:15	U10 Girls, U10 Girls Relay & U10 Mixed Relay
08:20	U10 Boys, U10 Boys Relay & U10 Mixed Relay
08:25	U12 Girls, U12 Girls Relay & U12 Mixed Relay
08:40	U12 Boys & U12 Boys Relay
08:50	Interval & Junior Prize Presentations
08:50	Race Briefing for U15, U18 & Open at the poolside
09:10	U15 Boys Relay
09:20	U15 Girls & U15 Girls Relay
09:30	U15 Boys Wave 1
09:40	U15 Boys Wave 2
09:50	U18 Girls & Open Female
10:05	U18 Girls Relay
10:20	U18 Boys Wave 1
10:35	U18 Boys Wave 2
10:50	Open Female Relay & Open Mixed Relay
11:05	U18 Boys Relay, Open Male Relay & Open Mixed Relay
11:20	Open Male Wave 1
11:35	Open Male Wave 2
12:30	Senior Prize Presentations
13:00	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.
 - 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.
-

Race Venue

This race will be hosted at Marlborough College Malaysia, Jalan Marlborough, Iskandar Puteri, 79200 Malaysia, Johor, Malaysia (1.441570, 103.651209)

Google Location:

<https://www.google.com/maps/dir//marlborough+college+malaysia/@1.4428269,103.5808614,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x31da0c89b70b4075:0x1dbec6644de840f7!2m2!1d103.650902!2d1.442828>

Car Park - [MAPS](#)

Parking Areas: Participants and parents may park inside the School's car parking area. If this becomes full there is also space for overflow parking to be organised outside the College grounds.

“No Go” Zones: These areas will be designated as such as part of the race course markings and will be marshalled/monitored to ensure adherence to individual privacy and security by the Boarders, the College's internal security personnel and other volunteers as deemed appropriate.

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.

Timing chip must be strapped on the athlete's **LEFT ANKLE**. Failure to do so may result in exclusion from finish results.

If racing in a team, the runner must have the bib on the front of your shirt.

These chips are very valuable so you must return the timing chip to our timing crew upon finishing your race. Failure to do so or lost of the chip will result in a payment of 100 USD.

Registration

During registration you will collect your timing chip and event t-shirt. You will also have your race number marked on your body if you are an individual racer, or be issued with a race number bib (for the runner) if you are racing in a team.

Transition - [MAPS](#)

You will be required to setup in your age categorized transition area 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.

At all time you must **PUSH** your bicycle through transition. There will be a clearly marked line for mounting and dismounting the bicycle.

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

When changing to take your bike or put on your running shoes you must ensure all of your other equipments including your bike helmet is in the **basket provided** and not anywhere else.

Finally please do not mark your basket and bike rack with items like balloons or stickers to help you identify where they are.

Swim - [MAPS](#)

You will be swimming lengths of the School's pool; this pool is 50 meters long with 8 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 must refer your wave start & start time in this information booklet before the event. 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 will swim a width and 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.

Bike - [MAPS](#)

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

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.

Anyone that is seen going on the **left hand side of the traffic cones** in order to overtake will be **disqualified**. There will be marshals with video recorders along this section of route as well as police officers to ensure no one does that as the road on the left of the cones is open to traffic.

Run - [MAPS](#)

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

U10, U12, U18 & 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.

Finish - [MAPS](#)

Upon finishing you will receive a finisher's medal.

You must return the timing chip 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 publish the provisional results of the Top Ten finishers before the award ceremony and announce the Top Three at the ceremony. The full results will be posted online within the first week after the race.

If you disagree with this provisional placing you can lodge an appeal with the Race Director. This **MUST** be done before the award ceremony.

Parents/Spectators

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 transition area unless you are a parent of an Under 6. All other parents/spectators can view their children outside of the transition area.

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

Other Notes

1. For U6 category, the kids will be entitled to podium prizes if any floating devices and/or training wheels are used in the race. For U8 and above, the kids will **NOT** be entitled to podium prizes if any floating devices and/or training wheels are used in the race.

2. 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.

3. 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 timing chip so that they can be accounted for.

Pre-Race Training Session

Date: 4th March 2017, Saturday

Time: 4.00pm

Venue: Marlborough College Malaysia, Johor

Presenter: Duncan Ogilvie & David Spence

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 Duncan & Dave 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.

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

Brought to you by

**LIVE
MORE
EVENTS**

**LIVE MORE KIDS
TRIATHLON SERIES**

Apparel Partner



Registration & Timing Partner



Venue Partner





MARLBOROUGH COLLEGE MALAYSIA

**Congratulations on taking the
1st step into the multi-sport world!
We're offering a special 5% discount
(code: LME5) for your next journey
with 113 Series! What are you waiting for?
*113 Family welcomes you!***

Exclusive
113 After Party
(Date, Time & Venue TBC)

113 TRIATHLON
2KM, 50KM, 2 1/2HM

Malaysia - Desaru

WWW.113TRIATHLON.COM

13th
May

7am - 4pm

triathlon
sprint
mini

EvenTure
SINGAPORE AIRLINES
MARLBOROUGH COLLEGE
HONGKONG AIRWAYS
fitbit
Lifeline ID
TOSHIBA

Visit <http://www.113triathlon.com/> for more information.