

COMPRES^SPORT[®]

TRIATHLON

INTERNATIONAL SCHOOLS SERIES 2015



AISM
AUSTRALIAN
INTERNATIONAL SCHOOL
MALAYSIA

***Australian International School Malaysia
Triathlon 2015***

1st November 2015

Information Pack

**L I > E
MORE
EVENTS**

Race Venue

This race will be hosted at Australian International School
Malaysia

**22, Jalan Anggerik, Mines Resort City, 43300 Seri
Kembangan, Selangor, Malaysia**

GPS Coordinate : 3.020382, 101.723340

There will be ample parking in the visitors car park and access road however vehicles **will not** be able to leave while the bike course is live. Please refrain from parking along the road adjacent to the school as this is used for our bike and run courses.

Event Schedule

Event	Time
Registration	6:30am – 7:45am
General Briefing	7:50am
Under 6 Boys	8:10am
Under 6 Girls	8:20am
Under 8 Boys	8:30am
Under 8 Girls	8:40am
Under 10 Boys	9:00am
Under 10 Girls	9:15am
Under 12 Boys	9:35am
Under 12 Girls	9:50am
Under 15 Boys	10:10am
Under 15 Girls	10:30am
Under 18 / Over 18 Mixed	10:50am

*These times are approximate, where possible races will be combined or started early.

Distances

Category	Swim	Bike	Run
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
U18/ Open	300m	6km	3km

Registration

All participants must sign-on by 7:45am at our registration desk. Participants who fail to register in time on the day of the event risk their slot being reallocated to our reserve list.

During registration you will receive your number bib, and will have your number written on to your arms.

Transition

You will be required to setup your numbered transition area before the start of the first race. Transition area will be located on the field and can be accessed via the fire access road.

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

During the race you must **PUSH** your bicycle through transition, there will be a clearly marked line for mounting and dismounting the bicycle.

Swim

We will be swimming **lengths** of the pool on-site, this pool is 25meters long with 8 lanes. Subject to maximum limits we will be doing a mass start for each age group, where limits are exceeded or the race director feels necessary we will do 2 waves per age group.

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

Under 6 category 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

All competitors must wear appropriate **Footwear**, a **Helmet** and have their **Torso Covered**. Your number bib should be worn during your bike ride.

Due care must be taken on the course as there are unavoidable **Speed Bumps** on the course.

Courses for 2015 are different from previous years due to the condition of the road surface.

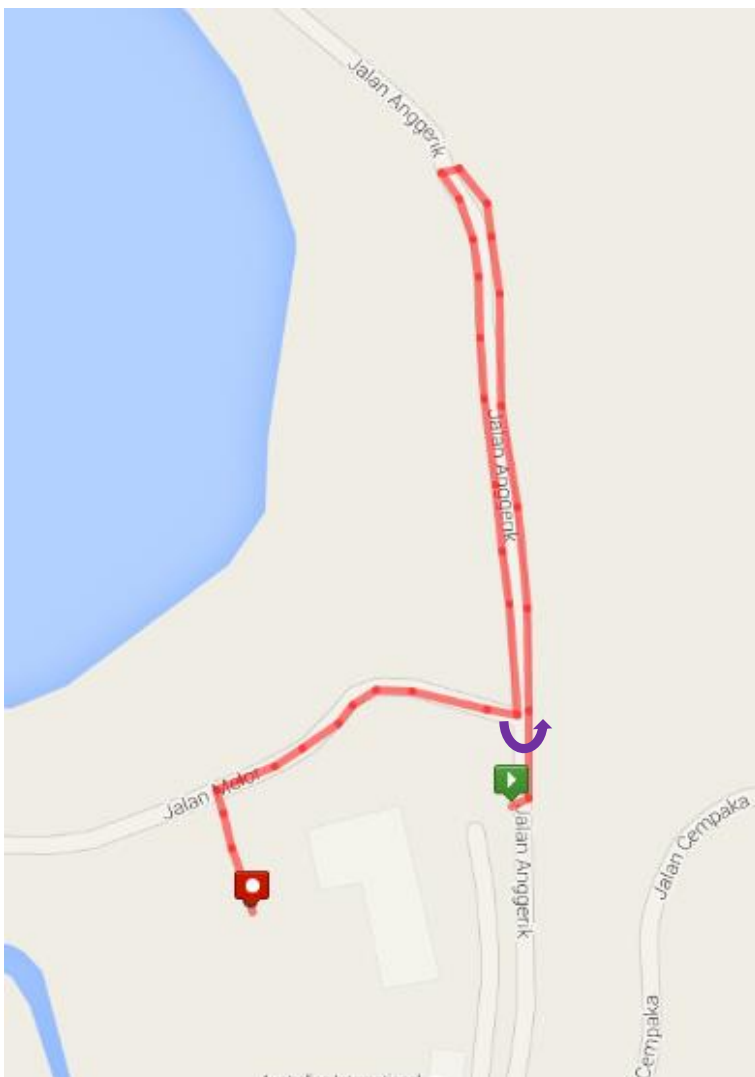
Competitors must return to transition through the **BIKE IN** gate and run around transition to return their bicycles.

It is crucial that all cyclists stick to the **LEFT** side of the road at all times as the roads will have 2-way traffic at all points.

Run

All competitors must wear appropriate **Footwear** and have their **Torso Covered**. Your number bib should also be worn during the run.

The run will comprise of 2 parts, a 450m loop on the road which will be run anti-clockwise and a separate shoot down towards the finish on the school field.



When exiting transition keep to the right side of the road. Run up to the u-turn where you will receive a band for each lap. When you reach the U-turn next to school (Marked by the purple arrow) you will be directed on to your subsequent next lap or turn right and run down to the gate which accesses the school field to go in to the finish shoot.

Under 6's will exit transition and turn left immediately down this

road to the field where they will finish.

Race Requirements

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.

Haze

Unfortunately we cannot be certain on the haze conditions as we head towards the event. While we are hoping it will clear; we the organiser, My LiveMore Sdn Bhd, has agreed with Australian International School on the following limits.

API Below 100 – Event Proceeds as normal

API Between 100-130 – Event will be shortened to an AQUATHLON (swim & run only) with shortened distances.

API Above 130 – Event to be cancelled.

A decision will be made at 7pm on Saturday 31st October, however we may be forced to cancel the event on the morning if the event if conditions deteriorate overnight. We will communicate this decision via e-mail to all participants.

We appreciate your understanding with this decision as it is not an easy one for all parties involved.

Finish

Parents are not permitted inside the finishing tent, this area is reserved for staff and athletes only.

Upon finishing you will receive a finisher's medal and a bottle of water.

You must return your number bib to us before exiting the finishing tent.

The prize giving ceremony will take place at the end of the last event. No results or times will be given out before this time.

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. We urge you to please remain out of the path of athletes particularly around transition and the bike course. There is sufficient space to observe from the sides around our transition, bike course and finish line.

If any of you are willing to volunteer for part of all of the event we greatly appreciate all help we receive. Please let us know if you are willing to help and we will let you know where we may need additional assistance.

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

Sponsors

My LiveMore Sdn Bhd would like to thank our sponsors and partners for their support for this event without whom we would be unable to continue.

