

PENANG CHINESE SWIMMING CLUB  
**TRIATHLON &  
AQUATHLON**  
**12 APRIL 2026**  
DIBUKA KEPADA AWAM



MENDAFTAR DI  
[TICKET2U.COM.MY/48322](https://TICKET2U.COM.MY/48322)  
ATAU SCAN QR CODE

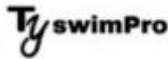


DIKUASAKAN OLEH:



PERSATUAN  
TRIATHLON  
NEGERI  
PULAU PINANG

SPONSOR:



# Event Day Program

5.00am: Registration open. Bike racks open

Transition area will be open and please find respective basket with BIB number.

During body marking, all participants need to collect their timing ankle tag. Timing ankle tag needs to be returned at the finish. Failure to return will be charged RM50.

For Triathlon participants, please pass your cycling transition bags duly tagged with your bib number to the designated transport vehicle.

5.30am: Welcome all participants and supporters. Swimming Pool will be opened for warm up session till 6.15am.

6.30am: Speech by YB Daniel Gooi and Flag off for All triathlon categories

6.55am: Speech By YB Syerleena Abdul Rashid and Flag off for all male and female open and veteran aquathlon categories

7.10am: Flag off for Teenage aquathlon

7.15am: Flag off for Junior Aquathlon

7.30am: Flag off for Fun Aquathlon

9.30am: Price giving ceremony

11.00am: Race ends



# Body Marking – Bib Number on Right Arm

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- Please ensure that body marking is done before the race starts
- Time Starts 5.30am
- Time Ends 7.00am
  
- Note: Arm needs to be dry before you can write.
- **Please also remember to collect your timing chip. Timing chip must be returned at the end of the race**



# Car Park, Lifeguard, Pool & Paramedic



## Car Park

CSC Car Park for drive through and drop off

Only drop off are allowed into CSC car park until 6.00am

Car Park for officials and members only



## Swimming Pool

Pool will be opened for warm up from 5.30am to 6.15am



## Lifeguard

Will be on standby from 6am onwards until end of event.

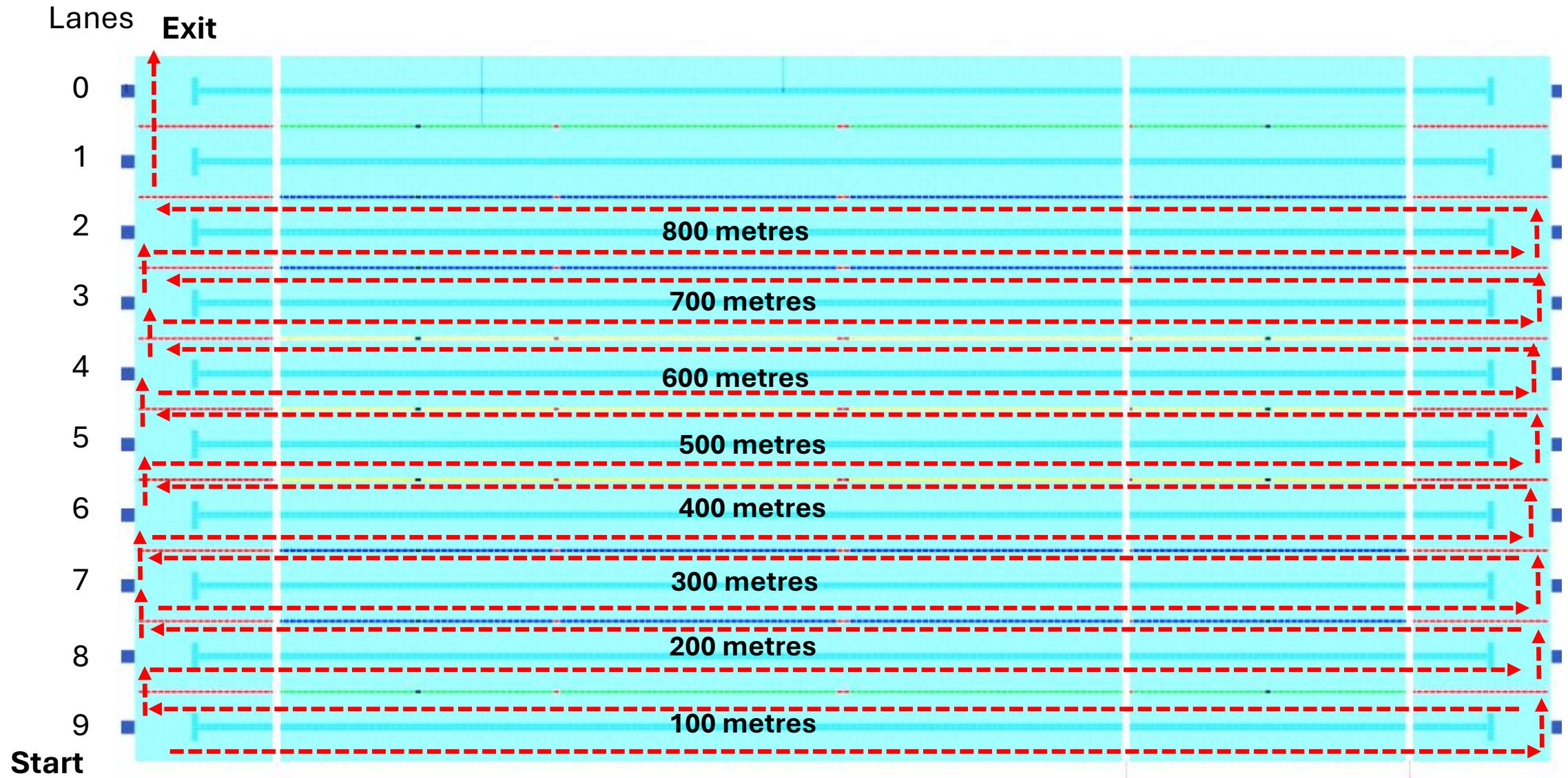


## First Aid Personnel

Will be on standby from 6am till end of event.

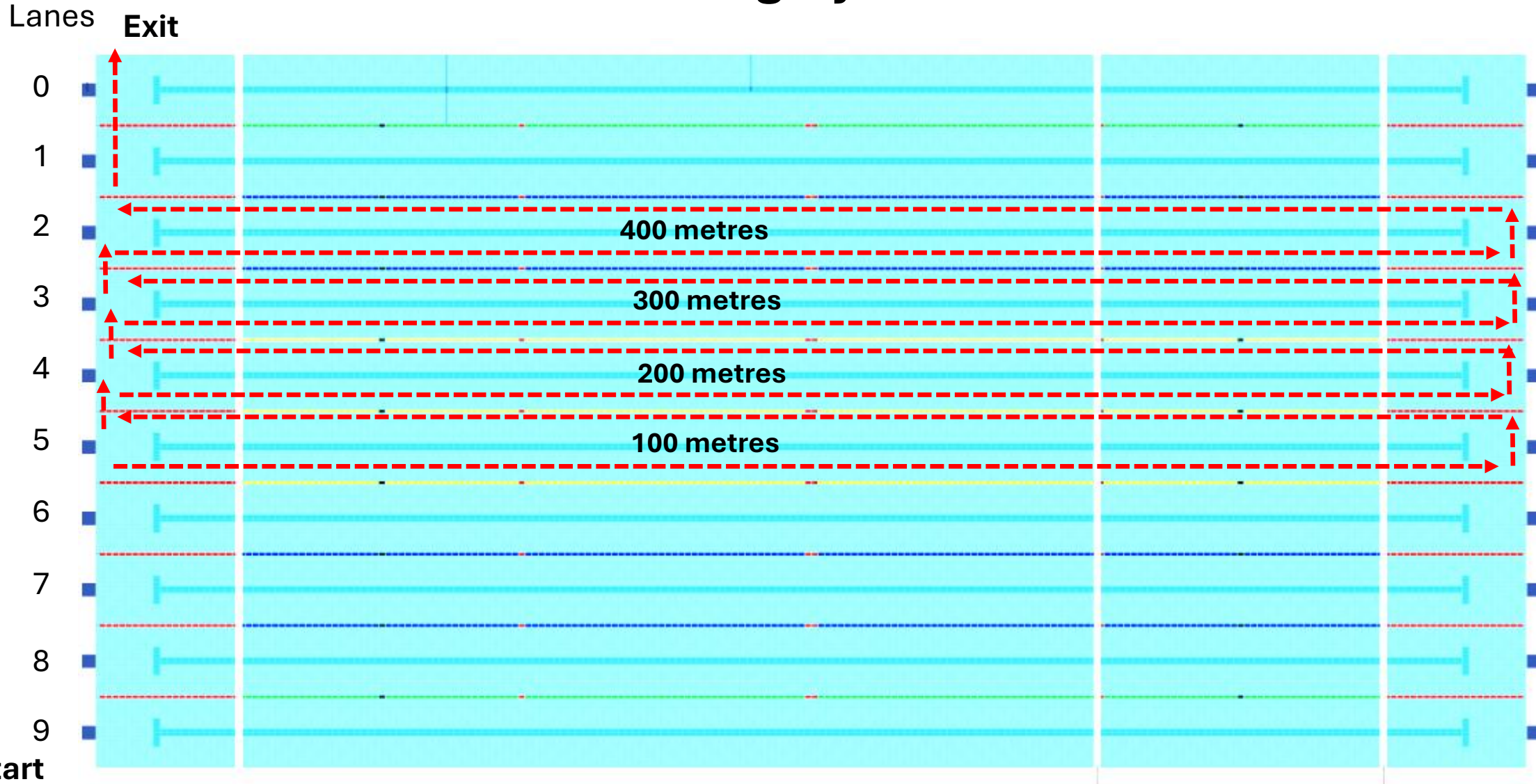
Ambulance is available if need arises

# Swim for Adult, Veteran and Teenager Category from lane 9 to lane 2 – 800m



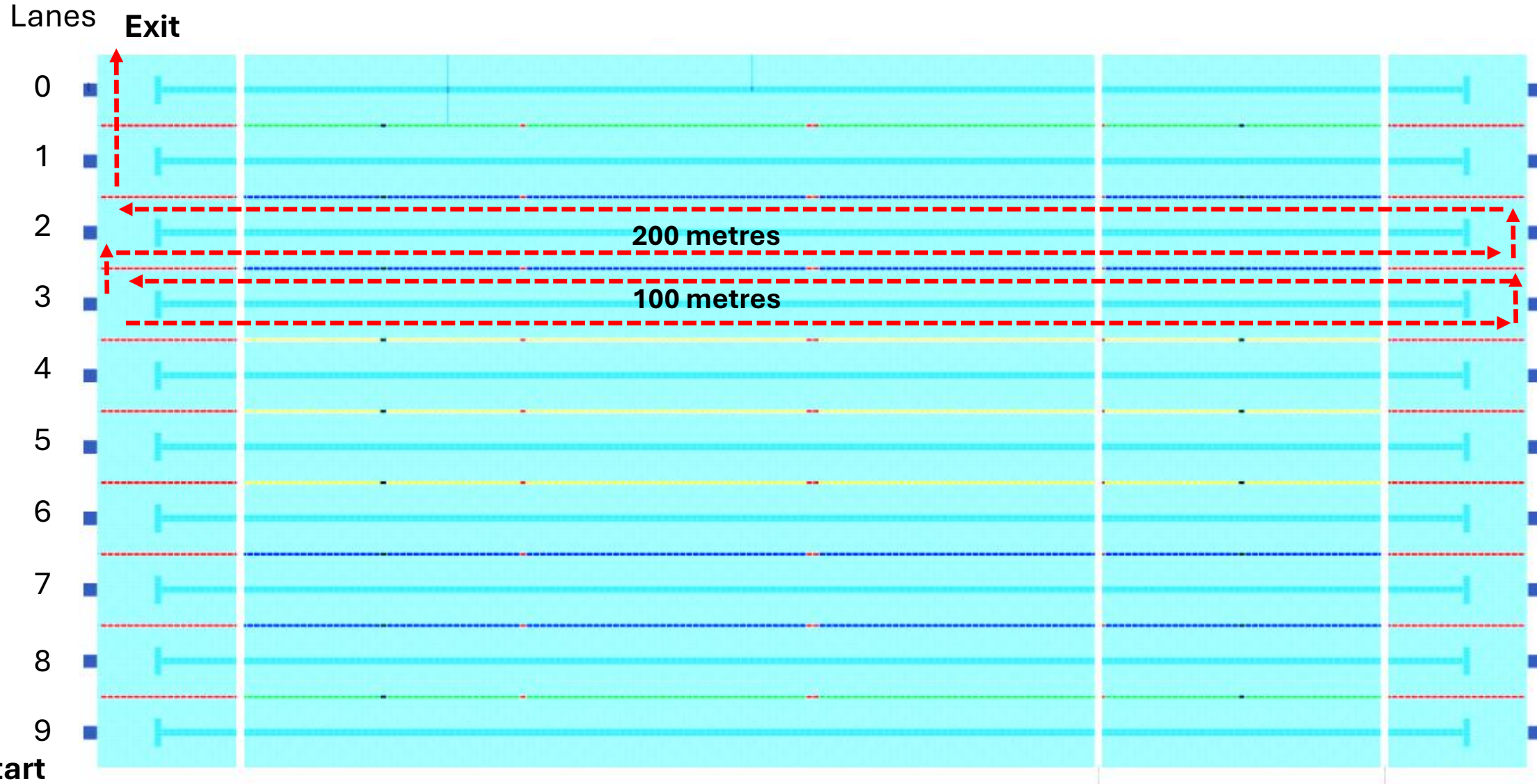
Picture is for illustration and guidance to swimmers on how the swim will be. There are 12 swimming lanes in Chinese Swimming Club.

# Swim for Junior Category from lane 5 to lane 2 – 400m



Picture is for illustration and guidance to swimmers on how the swim will be. There are 12 swimming lanes in Chinese Swimming Club.

# Swim for Fun Aquathlon Category from lane 3 to lane 2 – 200m



Picture is for illustration and guidance to swimmers on how the swim will be. There are 12 swimming lanes in Chinese Swimming Club.

# Transition Area - Swim



The Transition area will be beside the swimming pool as picture shown.



Each Participant will be given a basket base on your category and BIP number label on the basket.



There will be personnel to take care of the area but they are not responsible for any lost.



Please do not put any valuable in the basket.



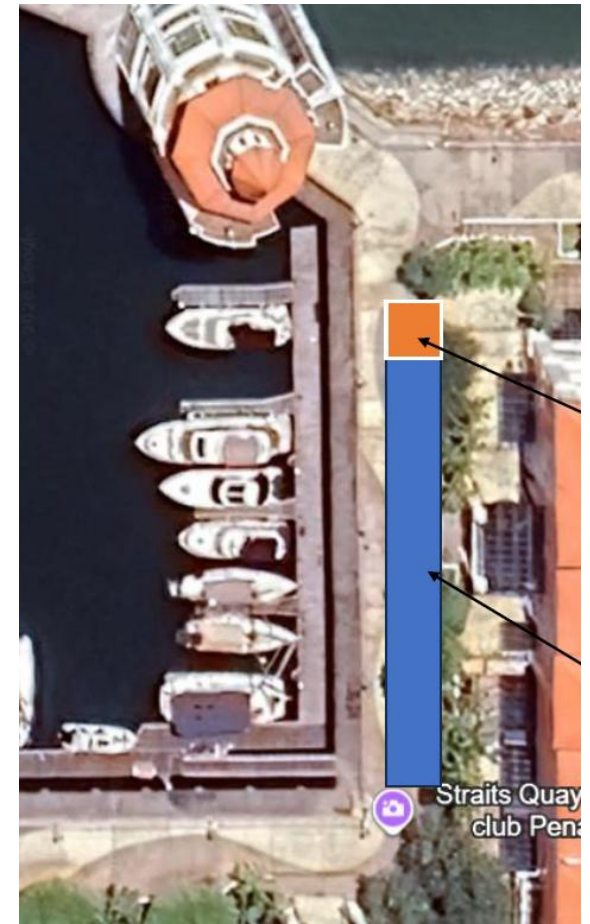
# Aquathlon Transition Area



# Triathlon Transition Area



**Bike Starts at Chinese Swimming Club**

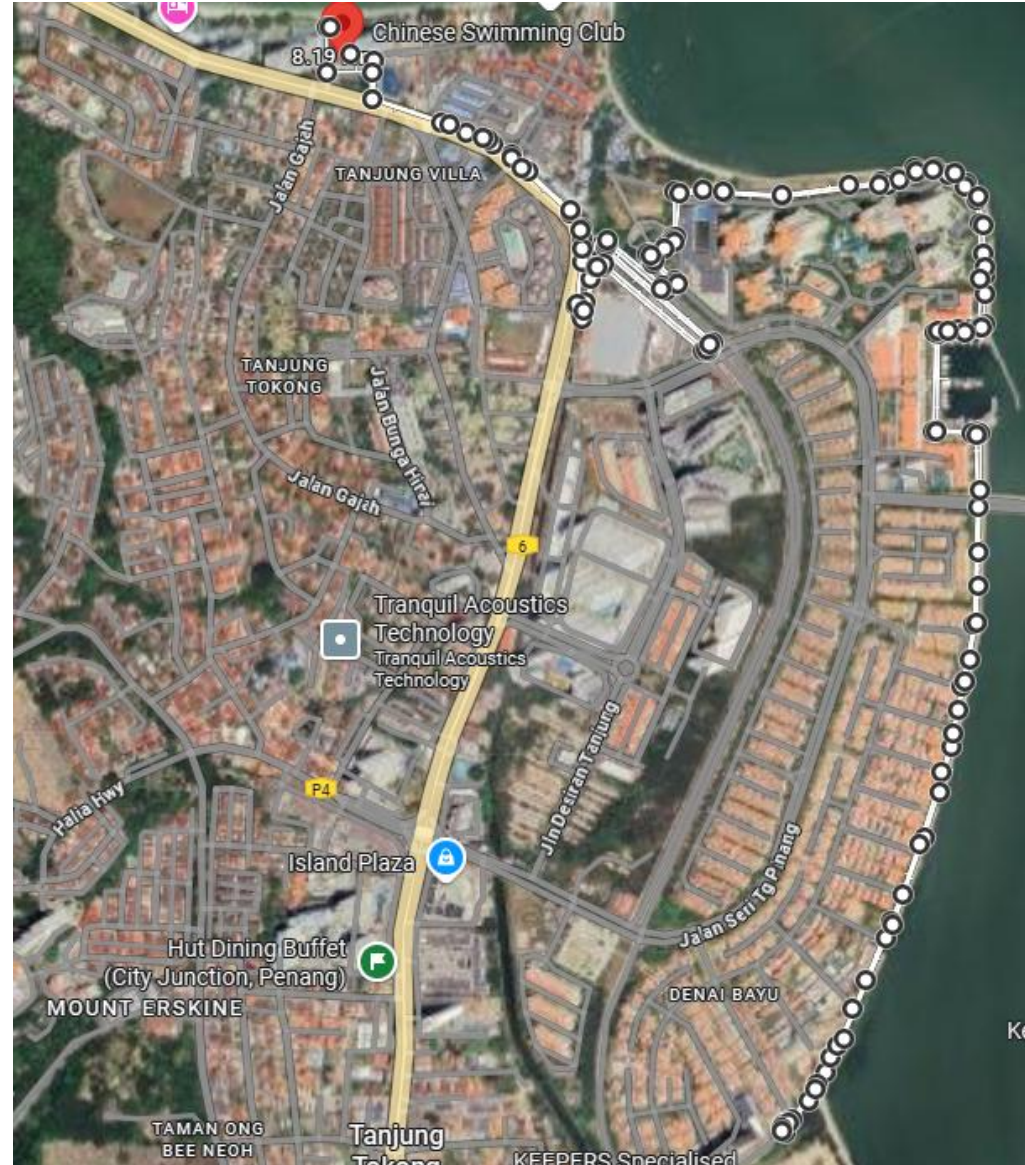


**Bike End at Straights Quay**

# Run Route for 8km for Aquathlon

Link below to view aquathlon route

[https://www.youtube.com/watch?v=oyuufGO\\_QqU](https://www.youtube.com/watch?v=oyuufGO_QqU)

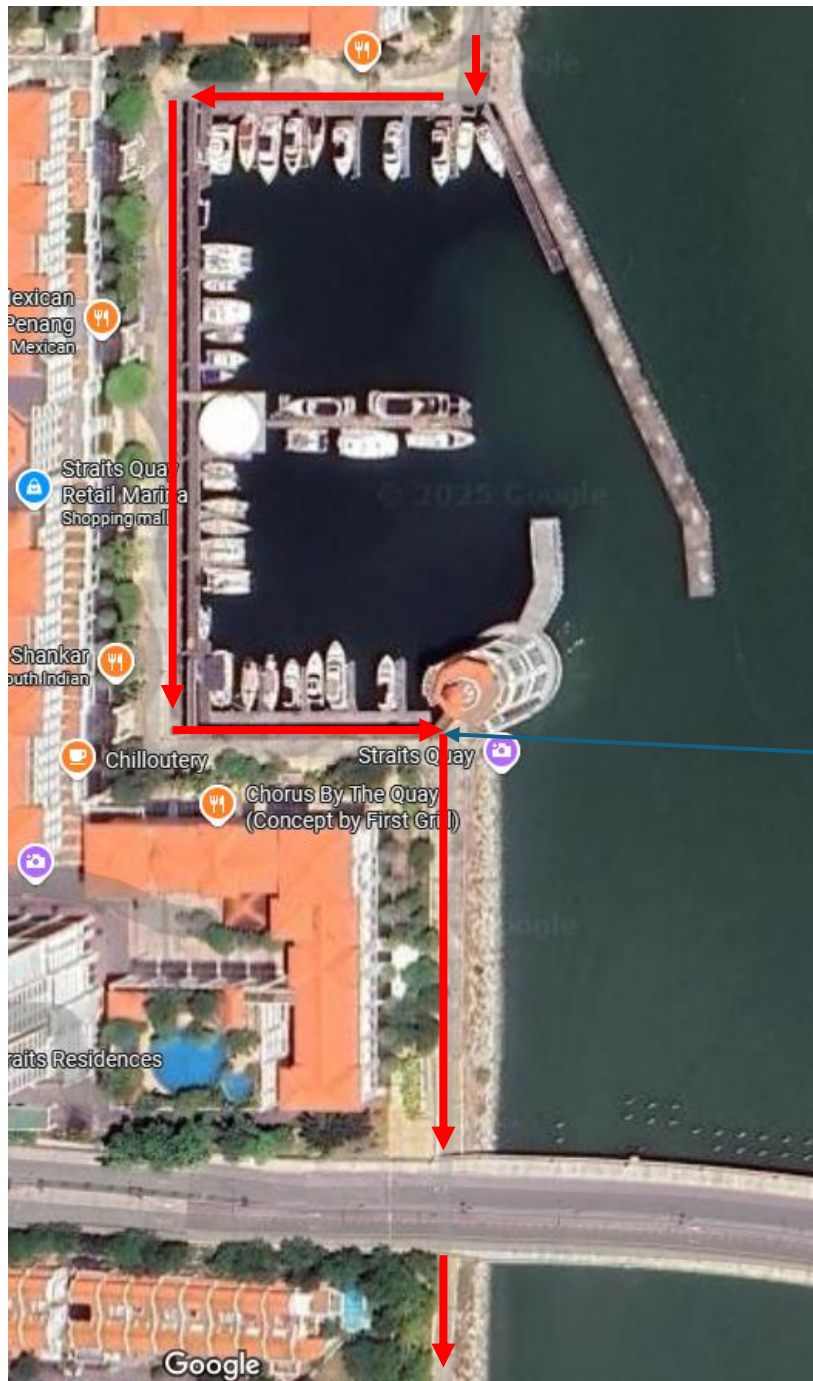












Water  
Sttion

**Note : Participants will run underneath the fly over.**

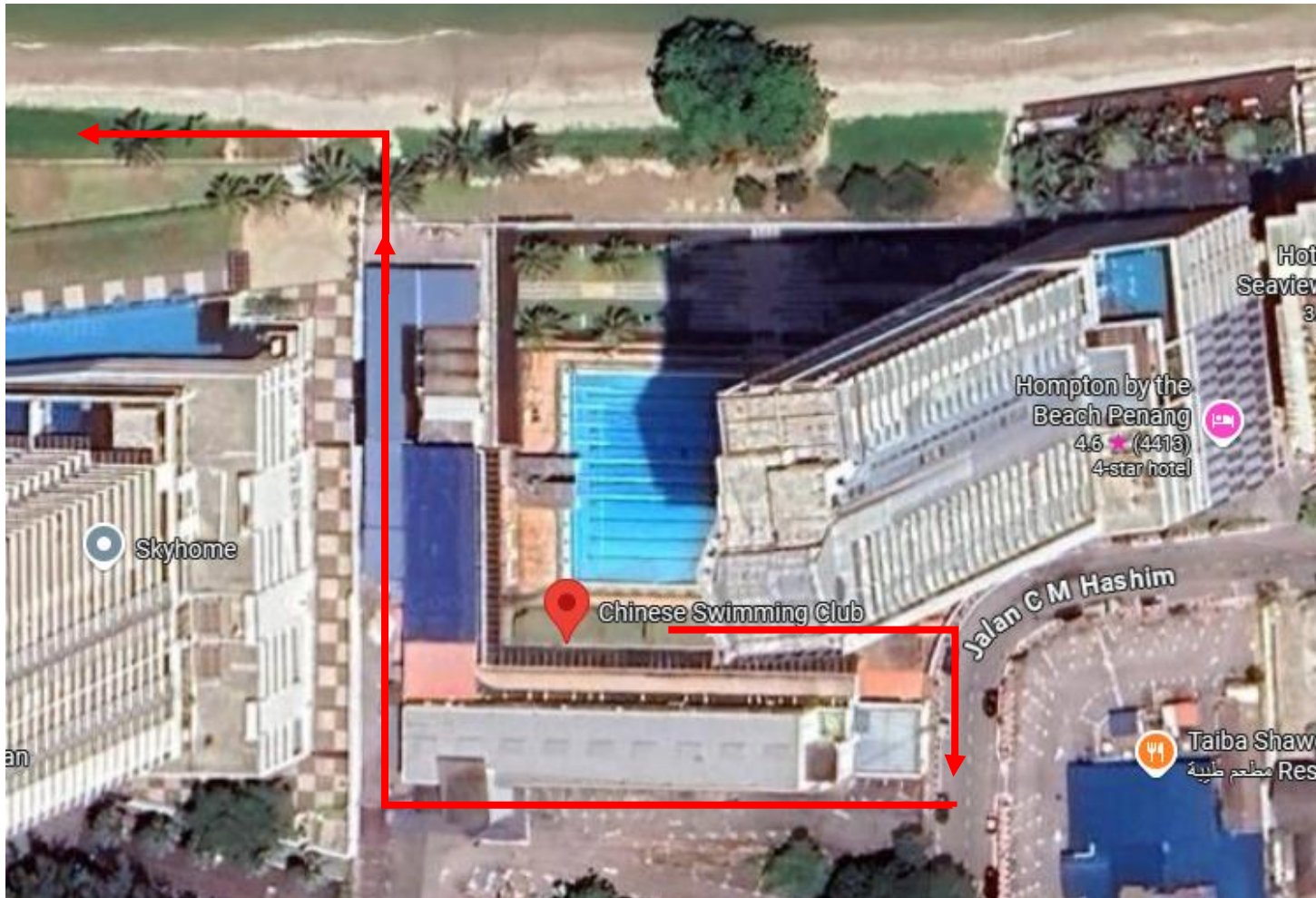


**Note 1: There will be timing checkpoint at the U-Turn.**

# 8km run route

- After swim 1 bottle of mineral water provided at the transition basket.
- Participants will run back using the same route after the U-Turn.
- There will be arrow sign and Crew to direct runners along the way.
- On the main road after run out from CSC:
  - Participants can choose to run on the pavement or on the main road. Please be careful if you choose to run on the main road.
  - RELA and Police will be taking care of the junction/traffic light area.
  - There will be car parking on the main road, please be careful.
- There will only be 1 water station, at the Straits Quay Promenade.

# Run Route for 1km & 2km



**Teenager Male (13 to 17 years)**  
**Teenager Female (13 to 17 years)**  
**Male Junior (6 to 12 years)**  
**Female Junior (6 to 12 years)**  
**Fun Aquathlon Male and Female**



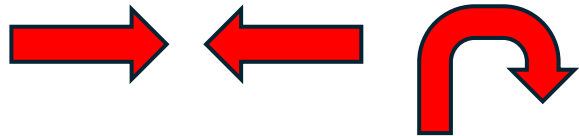
1km – Will run 1 loop and back to finish Line.  
2km – Will run 2 loop and back to finish line.

# 1km/2km run route

- After swim water will be provided in the transition basket.
- Participants will run along the beach at the back of CSC.
- There will be arrow sign and Crew to direct runners along the way.
- On the beach after run out from CSC:
  - 2km participants will need to do 2 loops at the beach.
  - Please collect wristband for 2km participants.
- Please collect wrist band at the 1km U-Turn. Failing to collect will be disqualified.
- Running shoes is compulsory for the run at the beach.

# Triathlon – Cycling Route and Transition

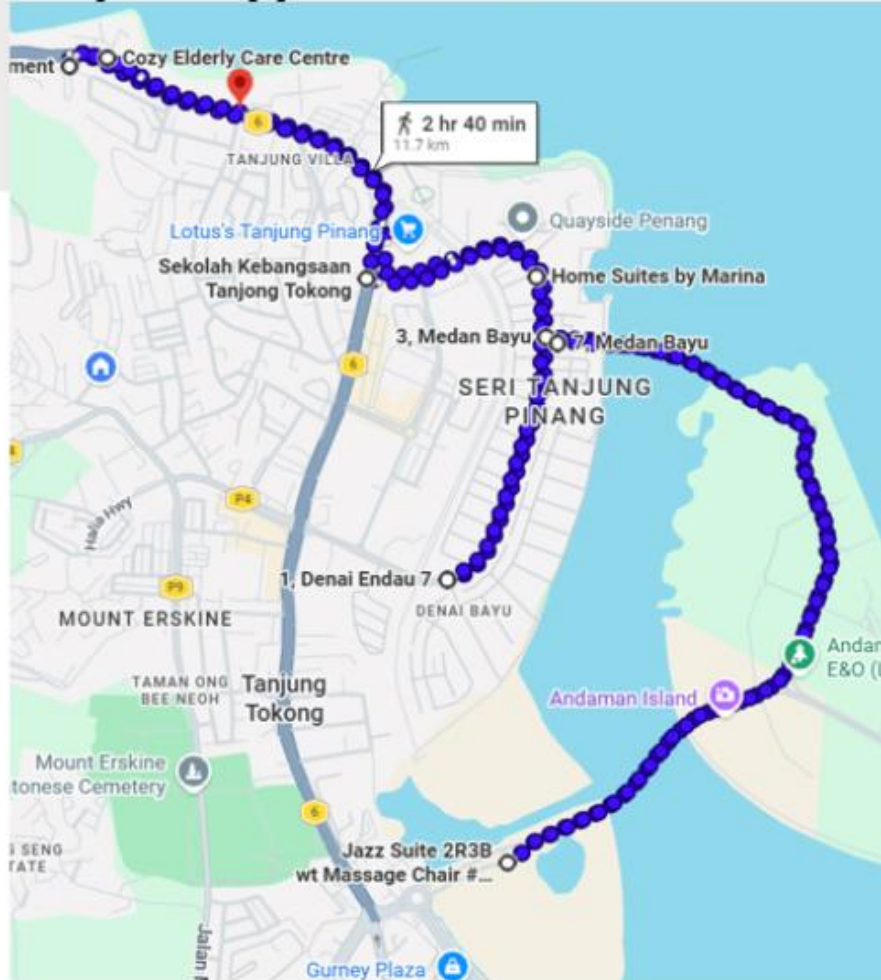
- Cycling will start from Chinese Swimming Club and end at Straights quay Promenade.
- There will be a 2 loops of cycle at Andaman.
- Please follow the sign below and there will be Rela and support crew along the way.



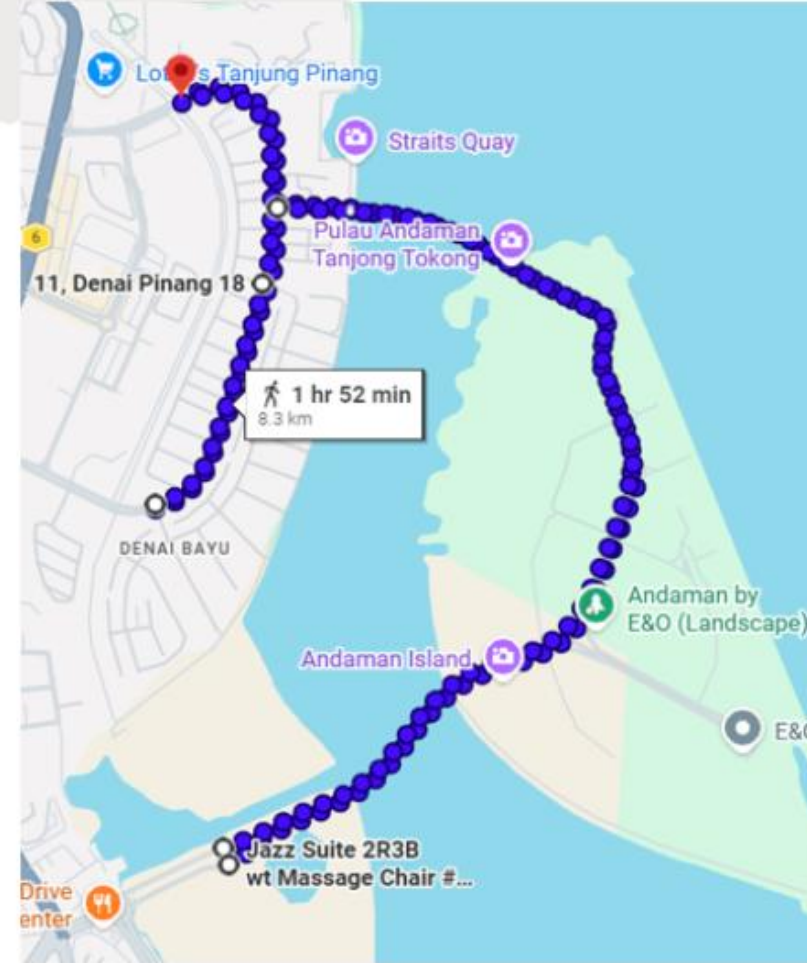
- The reason with different transition area are due to traffic and safety of the participants.
- Please pass your running gear bag with below cable tie marker written your bib number during check in. The running gear bag will be transport to the bike transition area and place in respective basket.



# Cycling Route - Triathlon



12km ride



8km x 1 more loops

[Click to view video](#)

<https://www.youtube.com/watch?v=qlQaxh16A30>



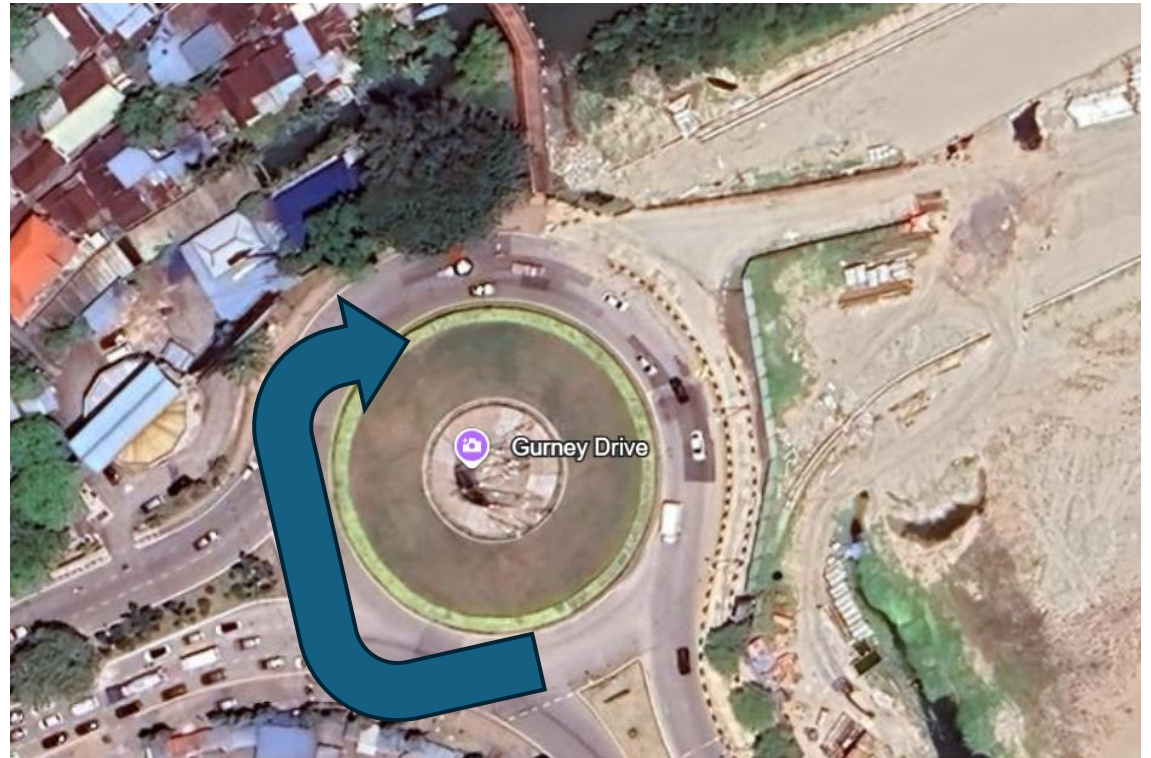
Start



Turn left into Straits Quay



Take second left into Andaman Island and continue until gurney drive. When return turn left



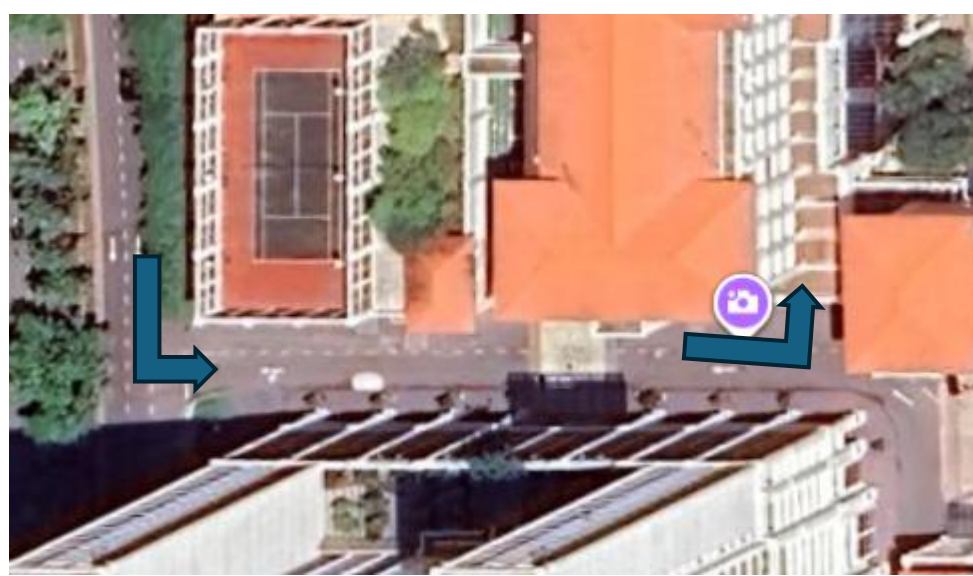
U turn at Gurney Drive roundabout. Please take note of checkpoint



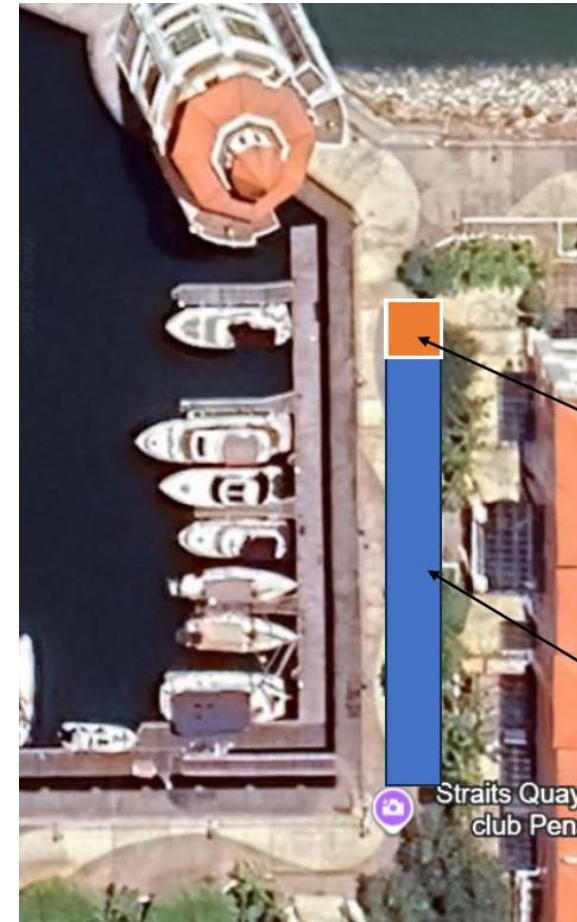
U turn at second traffic light after exiting Andaman Island



After 1.5km U turn in front of Lotus. Proceed another loop ato Andaman and back here to U turn again

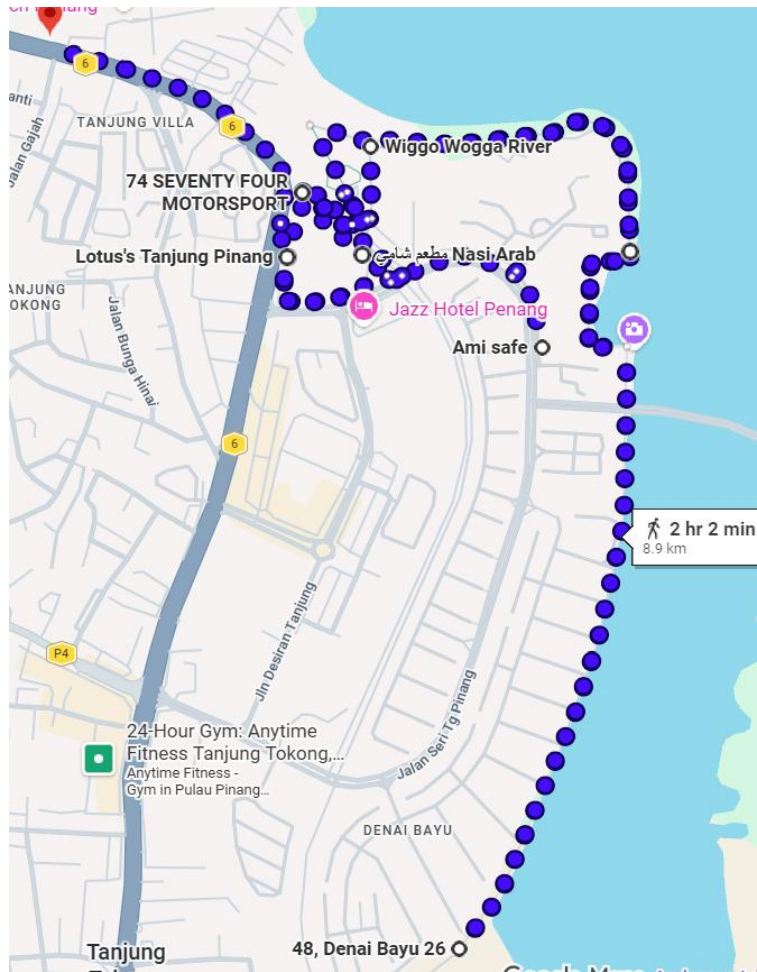


Turn left at the second turning of Straits Quay to transition(2<sup>nd</sup> 7-Eleven Shop)



Transition Area at the promenade of Straits Quay

# Run Route for 8km for Triathlon



Run back to Lotus and follow the same route as the aquathlon run back to Chinese Swimming Club

# Water Stations

## Water 1 – Out from Pool

- Water available at your transition basket

## Water 2 – Straits Quay Promenade

- Mineral water

## Water 3 – Finish Together with food

- Mineral Water and 100 plus

# Rules & Regulations

- Participants who have completed the Registration agreed to abide by the rules and regulations of the event.
- The Organizer reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only be confirmed when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the 11<sup>th</sup> of April 2026 from 10am to 5pm at Chinese Swimming Club Penang, 562 Jalan Tanjung Bungah, 11200 Penang. There will be a race briefing before the race starts at 6am. Please ensure you attend
- Participants can appoint a friend to collect their Race Packs if they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.

- A participant may be disqualified for the following reason(s):
  - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
  - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- All participants are required to display their race bibs clearly in the front of the race T shirts. For triathlon participants, bike post number must be displayed clearly
- The Organiser will not be responsible for any inaccuracy in participant's race timings
- Total Cut off time for triathlon is 3 hours and aquathlon 2.5 hours

### **Swimming**

- Swim caps are encouraged but not compulsory
- All swimmers are required to wear proper swimming attire during the entire swimming course.
- Fins, paddles, pool buoys, snorkels or any swimming aids are not allowed.
- Wetsuits are not allowed.
- Please follow the swim instructions as per listed

### **Cycling**

- Cycling Helmet is compulsory. Participants will be disqualified if found cycling without a helmet
- This is a self help event and no mechanics will be available to assist for any mechanical and bicycle problems.
- Electrically assisted bicycles are prohibited. If found participants will be disqualified.
- This event, drafting is not permitted.
- For safety please observe traffic rules during the cycling leg

## **Running**

- All runner must ensure that their race numbers are clearly visible in front of their running attires at all times.
- Bare torso is not allowed at all times.
- Support vehicles or pacers are not allowed.
- Please follow the instruction of race personnel during the run
- **Transition Area**
- A basket is provided by the Organizer to each participant to place their belongings tidily.
- Participants must not interfere with another participant's belongings.

## **Inclement Weather**

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserves the right to further delay or postpone the race without any refund of registration fees.

## **Medical Advisory**

- Aquathlon/Triathlon is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feel unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. Severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).