

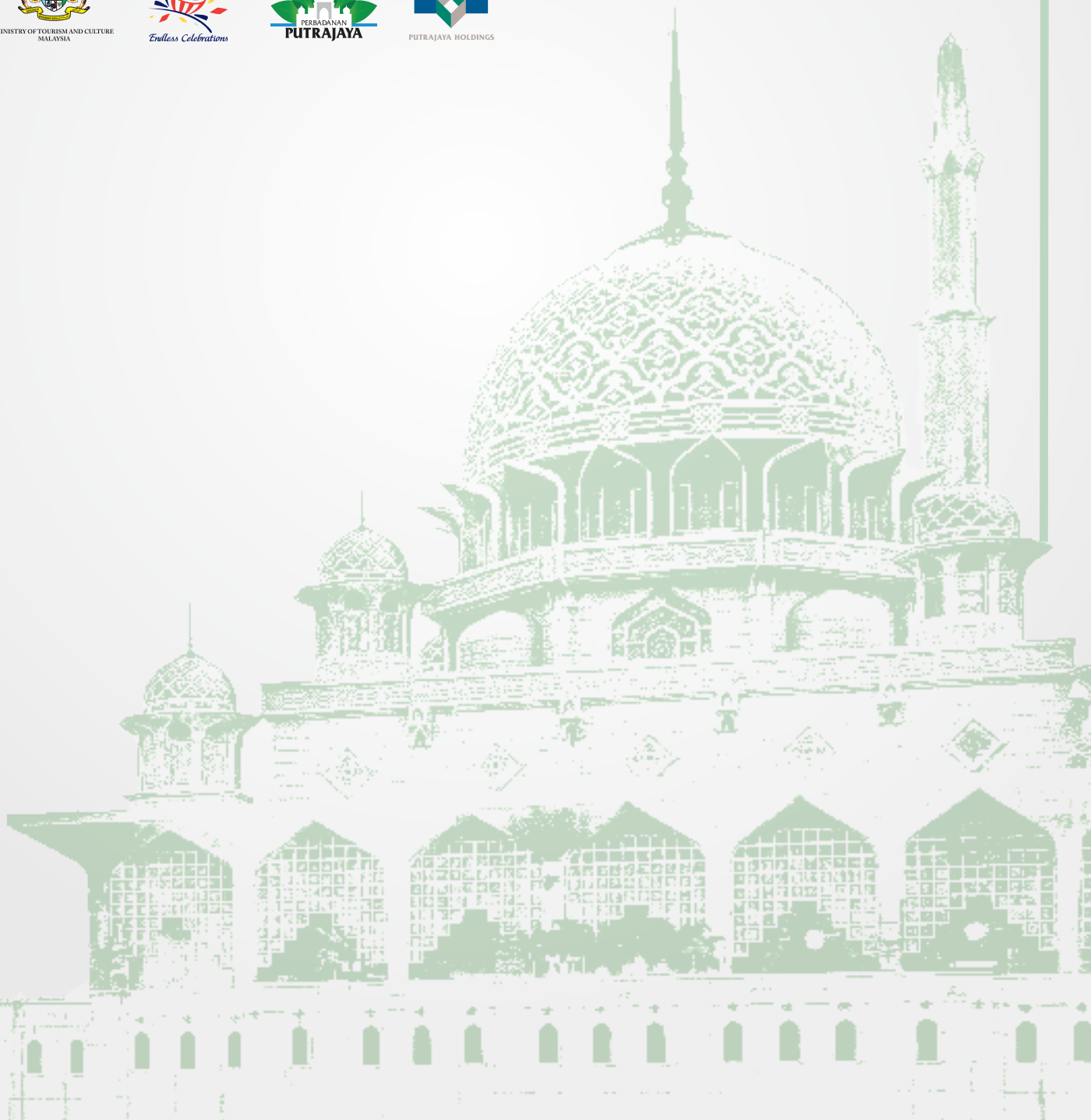
2015 PUTRAJAYA DUATHLON



ATHLETE INFORMATION GUIDE

5th April 2015, 7.30am, Putrajaya

supported by



ATHLETE INFORMATION GUIDE

■ Event Schedule

EVENT	DATE	TIME	VENUE
Race Pack Collection	3 April 2015	11am to 7pm	Auditorium Cempaka Sari, 1st level
Race Pack Collection	4 April 2015	9.30am to 7pm	Auditorium Cempaka Sari, 1st level
Bike Check-In	4 April 2015	9.30am to 5pm (Compulsory)	Transition, Floria, Jalan P4N, Putrajaya
Race START	5 April 2015	Flag off 7.30am	Jalan Tuanku Abdul Rahman, Putrajaya
Bike Check-Out	5 April 2015	10.30am onwards	Transition, Floria, Jalan P4N, Putrajaya

■ Athlete Entitlements

Each participant will be entitled the following:

- o Event Tshirt
- o Finisher Medal
- o E-certificate
- o Snacks at the recovery tent (upon completion)

Duathlon participants are not entitled for the luncheon (with the triathletes) on 5th April 2015. However, tickets could be purchased at the luncheon entrance.

Top 3 finishers for each Category (base on Gun time) will be awarded trophies.

Each participant will receive:

- o One wrist band (must be worn at all times)
- o One Race number
- o One Bike Seat Post sticker
- o 3 Helmet stickers
- o Timing chip (to be return upon completion)

All the race numbers must be displayed as per the requirements of each race leg.
 Unreturned timing chip will be charge a penalty of USD150 per timing chip

■ Rules and Regulations

TRANSITION AREA

- All changeover of equipment must be done within the stipulated transition area
Run 1- Transition 1 (T1) – Bike – Transition 2 (T2) - Run 2

(T1 and T2 are in the same area)

- All participants must have their helmet buckles fastened and helmets secured on the top of their heads, from the time they remove their bicycle from the rack, at the start of the bicycle leg until after they have finished and placed their bicycle on the rack at the end of the bicycle leg.
- Participants may only use their designated bike racks. Please adhere to all instructions, by race marshals pertaining to the transition area.
- Participants must not adjust, obstruct, interfere or assist with another competitor's equipment in the transition area.
- You may run or walk within the transition area; we strongly recommend that you move swiftly without obstructing or endangering yourself or other participants, within the transition area.
- Cycling is **STRICTLY PROHIBITED** within the transition area.
- Nudity or indecent exposure is **STRICTLY PROHIBITED**.
- Non-participants will **NOT** be allowed into the transition area, once the race begins.
- All participants are required to check in their bikes into the Transition area (BIKE CHECK IN) on 4th April 2015 from 9.30am to 5.00pm. Bikes that are not checked in on 4th April will not be allowed to race.
- The transition area will only **OPEN** from 6.00am to 7.00am on race day morning for inspections and last minute adjustments
- Once the transition is closed, no participants are allowed into the area.
- The transition area will be open for **BIKE CHECKOUT** from 1.30pm to 6.00pm. **NO ENTRY BEFORE 1.30PM.**
- Entry into the transition area is only permitted for participants with the valid **WRIST BAND**.

RUN

- Run 1 (R1) will be a mass start from the back of the **RECOVERY TENT** area. Please do check the locations prior to race day.
- Participants may run or walk during the required run legs.
- Participants may not crawl. (Participants will be deemed to be injured and extracted from the racecourse)
- Participants are not allowed to run with a bare torso.



■ Rules and Regulations (cont'd)

- Participants must wear / display their race numbers on the front of their t-shirts or tops during running. Participants are encouraged to wear a race number belt.
- Support vehicles or pacers are strictly prohibited.
- Glass containers, headsets, headphones are strictly prohibited.
- The responsibility of keeping on the course rests with the competitor. Any competitor who appears to present a danger to themselves or others may be removed from the competition.

BIKE

- This is a NON DRAFTING EVENT (Please see ruling on drafting under the IRONMAN triathlon rules).
- Participants are not allowed to block others.
- Participants are not allowed to make forward progress without a bicycle.
- Participants may run or walk with their bike.
- Participants must obey all traffic laws (governed by the Traffic Police) unless otherwise directed by an official.
- A bare torso will not be permitted while cycling.
- Participants must ensure that their race numbers are clearly visible on the lower back of their T-shirts or tops during cycling.
- Participants are encouraged to wear a race number belt.
- Cycling helmets are compulsory during the entire bike course. These must be in accordance with updated UCI helmet requirements with CE or ANSI or SNELL certification.
- Any participants seen riding without a helmet will be disqualified. Note : Some time trial or aero helmets do not meet these requirements. Please see race secretariat for further clarification. Race Director's decision is final.
- Headphones, headsets and glass containers are strictly prohibited. Individual support vehicle and support crew is/are strictly prohibited.
- Aero bars and clip-ons may be used - all ends must be plugged.
- No wheel may contain mechanisms, which are capable of accelerating it (cannot be motorized).

CUT OFF

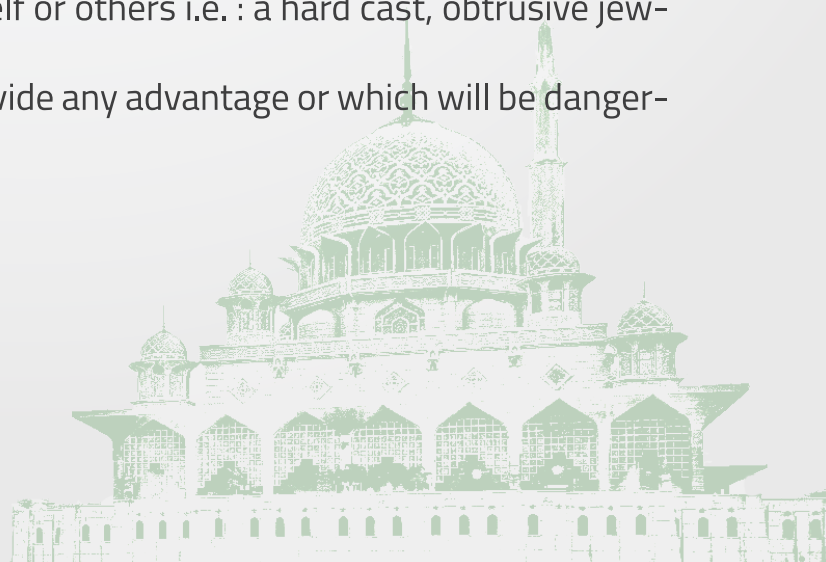
To ensure the safety of all duathletes and triathletes racing on race day, a cut off time for the bike segment of 2 hours and 50 mins (from the flag off time) will be imposed. Participants that do not complete the Run 1 and bike segment within 2 hours 50 mins (from the flag off time), he/she would not be allowed to continue with Run 2 and would be stopped by the officials in Transition.



■ Rules and Regulations (cont'd)

GENERAL DISQUALIFICATION

- Disqualification or a "DQ" is a penalty appropriate for a violation
- A disqualification will be signaled in the following manners a) Sounding of a whistle or horn or waving a flag b) Showing of a red card. c) Calling of the participants name and yelling STOP in English. d) The alphabets "DQ" will be initialed on the competitor's number and a red cross will be marked. e) This infringement will be subsequently reported back to race secretariat for the appropriate action to be taken. Committees' decision is final in determining removal / disqualification
- Reasons for disqualification A competitor may be immediately disqualified without warning for the following
 - Consumption of alcohol, or other drugs 24 hours before the race.
 - Consumption of performance enhancing stimulants.
 - Refusing to follow rules and/ or instructions of race officials
 - Failing to follow the prescribed course.
 - Using abusive language or behavior untoward / unbecoming towards any official, competitor or unsportsmanlike behaviour.
 - Blocking, charging, obstructing, or interfering with the forward progress of another competitor.
 - Unfair contact. The fact that contact occurs between participants does not constitute a violation. When several participants are moving in a limited area, contact may occur. This incidental contact between participants in equally favorable positions is not a violation.
 - Accepting assistance or seen to be accepting assistance either purpose fully or by default from any person or situation that arises other than a race official not limited to accepting assistance from a race official which constitutes an unfair advantage.
 - Refusing to follow the instructions of a race official.
 - Departing the course for unforeseen reasons or reasons of safety but failing to re-enter at the point of departure.
 - Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and discarded items must be placed safely off the course.
 - Wearing items deemed a hazard to self or others i.e. : a hard cast, obtrusive jewelry, headsets, headphones
 - Using unauthorized equipment to provide any advantage or which will be dangerous to others





5 APRIL 2015

RUN COURSE 5 KM - 1st LEG

LEGEND

- RUN - 1 Lap
- TRANSITION AREA
- START LINE
- AID STATION



Perdana
Leadership
Foundation

Masjid Tuanku
Mizan Zainal Abidin

Monumen
Alaf Baru

Istana Darul
Ehsan

Putra
Bridge

Putra
Square

Ministry of
Finance

Lebuh Bestari

Surau Wahbah
Al-Zuhaily

PRESINT 18

Jalan P18g

Jalan P18

Lebuhraya Wadi Ehsan H

Palace of
Justice

PRESINT 3

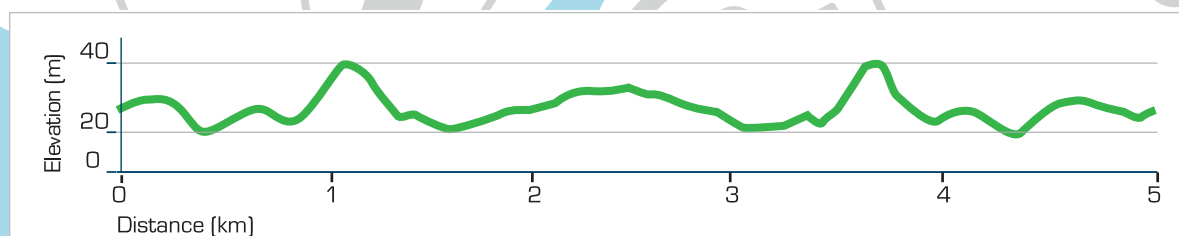
Jalan Pembangunan

Lebuh Setia

Jalan Perpaduan
Persiaran Perdana
Jalan Tun Hussein

PRESINT 4

COURSE PROFILE



Maritime Centre
Putrajaya



5 APRIL 2015

BIKE COURSE 45KM

LEGEND



BIKE - 1 Lap

T

TRANSITION AREA

F

FINISH LINE

AS

AID STATION

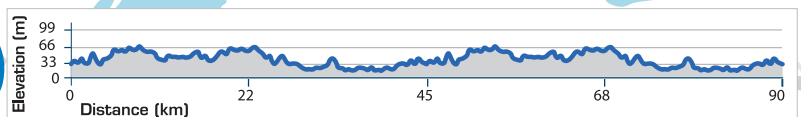
PB

PENALTY BOX

INSET



COURSE PROFILE





5 APRIL 2015

RUN COURSE 5 KM - 2nd LEG

LEGEND

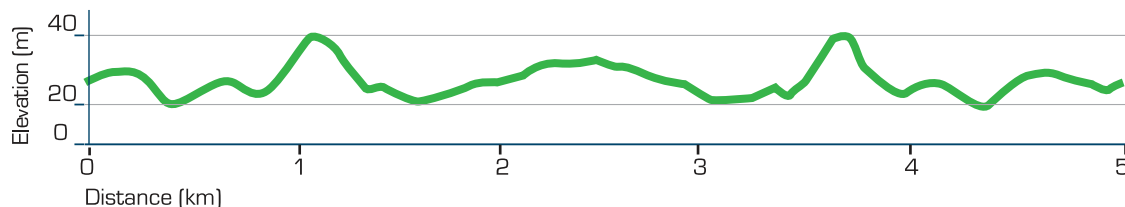
- RUN - 1 Lap
- TRANSITION AREA
- FINISH LINE
- AID STATION



Masjid Tuanku
Mizan Zainal Abidin

Perdana
Leadership
Foundation

COURSE PROFILE



Maritime Centre
Putrajaya