

EIS TRI RACE 2020



SWIM ▶ BIKE ▶ RUN

18th January 2020
8am - 12pm
Excelsior International School



Excelsior International School
No. 8, Jalan Purnama, Bandar Seri Alam, 81750 Johor Bahru, Johor, Malaysia

tri eis

tri eis



EXCELSIOR
INTERNATIONAL
A RAFFLES CAMPUS FOUNDATION SCHOOL



EIS TRI RACE 2020

INFORMATION PACKAGE

18th January 2020
0800hrs-1200hrs
Excelsior International School

Hosted by
Excelsior International School
In Collaboration with
TRI EIS
Supported by
Johor Triathlon Association



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1. EIS TRI RACE Information

The EIS TRI RACE 2020 will be on Saturday, 18th January 2020. The triathlon race will take place between 8am-12pm. The triathlon race is open to students aged 7-18 years only. The race is organised as a triathlon development race hosted by Excelsior International School in collaboration with TRI EIS and supported by Johor Triathlon Association. There is NO fee in participating in this race with the aim of encouraging participation of students in this sport, not only within EIS but also among the International and local school community and in aid of the development of the sport in the state of Johor.

Participants can compete as an individual or as part of a team relay representing a school. They can do the event by themselves, or participate as a relay team. The events will be completed in the order mentioned below, with the boys starting the first wave, followed by the girls, and then mixed relay teams which may be formed with mixed gender of the same age group within a school or team members representing different schools but within the same age group. We will be using a running clock for the EIS TRI RACE. This means that we will start the central clock with the first wave, and each wave afterward, will start with a 5 or 10-minute interval.

Date 18th January 2020
Venue Excelsior International School
Time 0800-1200 hrs

Catagories and Distances

Age	Swim (m)	Bike (m)	Run (m)
KIDS C (U8) 7-8 yo	25	600	200
KIDS B (U10) 9-10 yo	50	2100 (1 loop)	600 (1 lap)
KIDS A (U12) 11-12 yo	100	3300 (2 loop)	1000 (2 Lap)
YOUTH (U14) 13-14 yo	150	3300 (2 loop)	1000 (2 Lap)
JUNIOR B (U16) 15-16 yo	200	4500 (3 loop)	1400 (3 lap)
JUNIOR A (U18) 17-18 yo	300	4500 (3 loop)	1400 (3 lap)

All age groups above will have races for individuals (girls and boys) and relay teams (school team, same gender teams, mixed gender teams or mixed school teams).

Age Group is based on age as of 18 January 2020.

2. Registration Information

In order to participate in the, EIS TRI RACE 2020, the participant has to complete the registration via the link <https://eis.sor.my/> The registration deadline is Wednesday, January 8th 2020. There is NO fee to participate but there is a limit to the number of participants of 100. Registration first come first serve basis.

For relay team, please fill up the xcel form attached and send to heath.oliver@eis.edu.my

Any queries or problems for registration for relay teams kindly contact Mr Stephen Ngu +6019 7720762 of TRI EIS.

3. Race Day Preparation

Participants will have to collect their race pack on Friday, January 17th from 1:00- 4:00 pm, or on Saturday, January 18th, 6.30 to 7.30 am. The race pack can be collected from the EIS Visitors Lounge. During the time of 7-7.45am, participants are allowed to enter the transition area to set up their bike and equipment bag. The transition area closes at 7.45am on Saturday, January 18th.

4. Triathlon Preparation Sessions

TRI EIS conducts triathlon training sessions for EIS students every Mondays (Swim), Wednesdays (Run), Fridays (Bike) 7am to 7.45am during school term. Attendees for the training sessions will need sports attire, running shoes, swimming kit, and a bike and helmet. If an attendee does not have a bicycle, they can still attend the trainings. However, anyone that cycles during the training MUST wear a helmet. No helmet, no biking.

In addition, TRI EIS will conduct a course familiarisation and tri clinic for EIS students on Tuesday, 14th January 2020 (tentative, any changes will be informed accordingly).

Any further queries can be directed to Mr Derek Cheah +6012 7718222 of TRI EIS.

5. Race Schedule

TIME	WAVE	EVENT
FRIDAY, 17th January 2020 1pm till 6pm		Race Pack Collection at Excelsior International School
SATURDAY, 18th January 2020		
7-8.00am		Set up
7.30am		Race Briefing
8.00am		Transition Area Closes
	RACE COMMENCES	
8.15am	1	KIDS C (U8) 7-8 yo Boys
8.20am	2	KIDS C (U8) 7-8 yo Girls
8.25am	3	KIDS C (U8) 7-8 yo Relay
8.30am	4	KIDS B (U10) 9-10 yo Boys
8.40am	5	KIDS B (U10) 9-10 yo Girls
8.50am	6	KIDS B (U10) 9-10 yo Relay
9.00am	7	KIDS A (U12) 11-12 yo Boys
9.10am	8	KIDS A (U12) 11-12 yo Girls
9.20am	9	KIDS A (U12) 11-12 yo Relay
9.30am	10	YOUTH (U14) 13-14 yo Boys
9.40am	11	YOUTH (U14) 13-14 yo Girls
9.50am	12	YOUTH (U14) 13-14 yo Relay
10.00am	13	JUNIOR B (U16) 15-16 yo Boys
10.10am	14	JUNIOR B (U16) 15-16 yo Girls
10.20am	15	JUNIOR B (U16) 15-16 yo Relay
10.30am	16	JUNIOR A (U18) 17-18 yo Boys
10.40am	17	JUNIOR A (U18) 17-18 yo Girls
10.50am	18	JUNIOR A (U18) 17-18 yo Relay

6. MAPS, RACE ROUTES

6.1 Venue Location

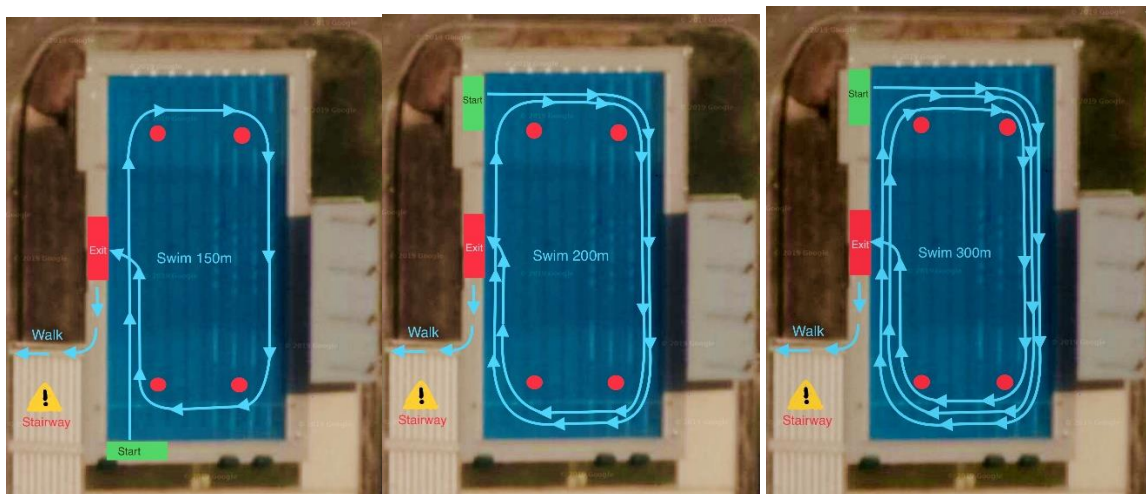
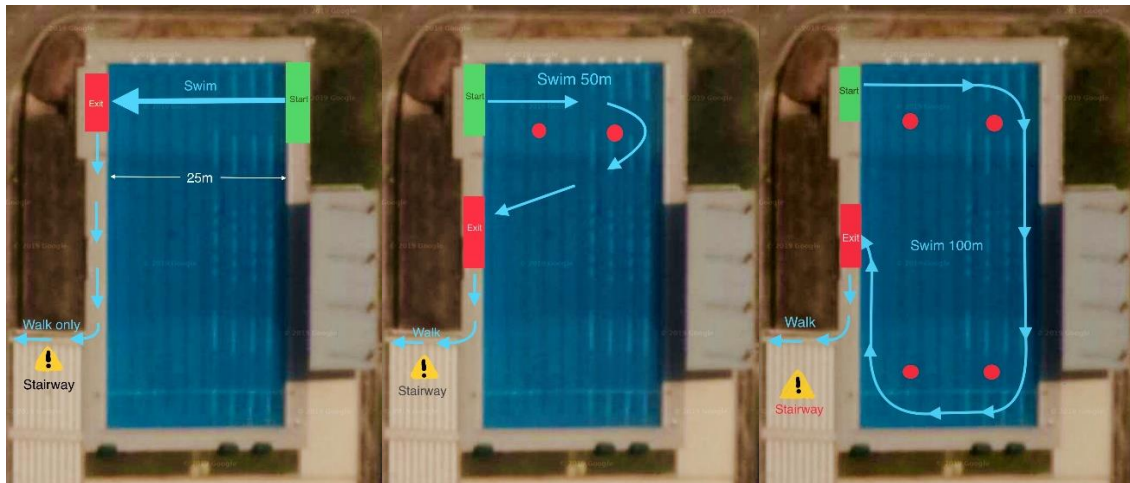
Excelsior International School is located at 8 Jalan Purnama, Bandar Sri Alam, 81750 Johor Bahru, Johor.



Parking is permitted within the school at designated areas and as directed by the traffic wardens. However, cars must enter before 7.30am and cannot leave till after the race is completed at 1145am (estimated).

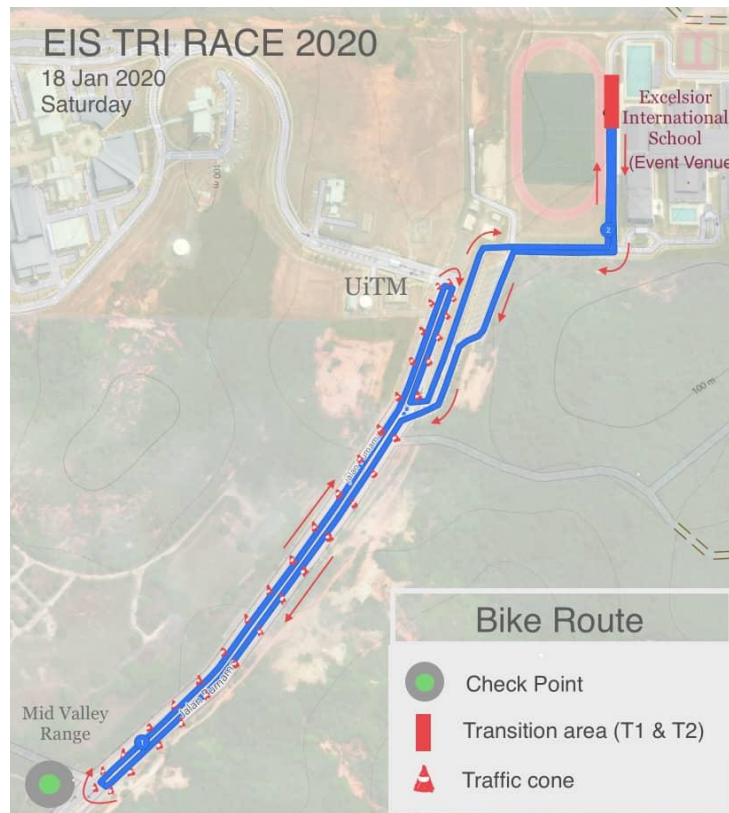
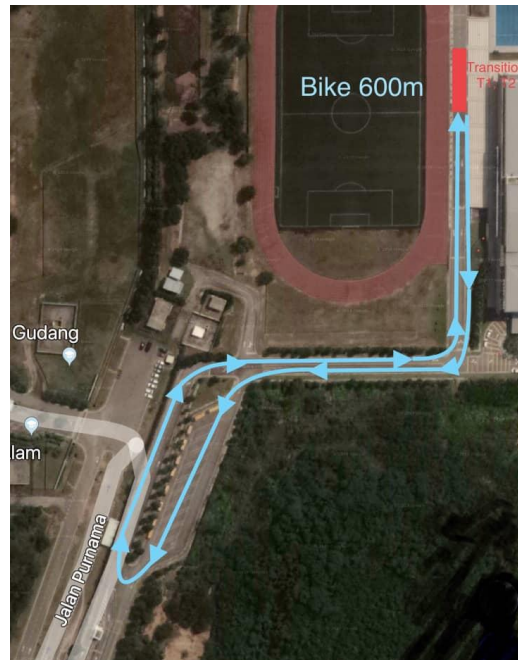
6.2 Swim Map

All categories of the swimming race will be held in the main swimming pool (Olympic Sized) in an open swim format. Markers/Buoys will be placed in the pool. This map will be updated with more information and details.



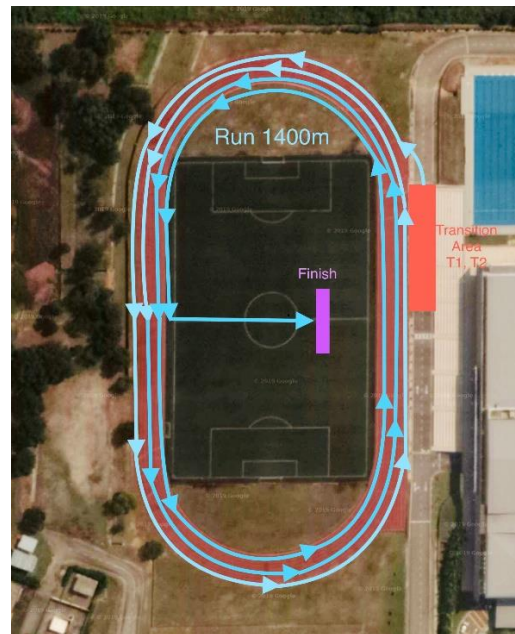
6.3 Bike Map

Cycling for KIDS C (U8) 7-8 yo will be held within the school compound/in campus. All other categories will cycle within and outside the school compound/off campus, as shown in the diagram below. The route will be lined with safety cones and marshalls will be stationed along the route. This map will be updated with more information and details.



6.4 Run Map

Running for all age categories will be done within the school at the track. Participants will do laps according to their age categories and complete the race at the finish line located at the centre of the track. Cones and marshals will be there to direct the participants. The map will be updated with more information and details.



7. Rules and Regulations General

- Participants should be aware that they are joining this event at their own risk and EIS shall not be liable for any bodily injuries, loss and/or damage to property while organizers will ensure precautionary measures are taken.
- EIS reserves the right to amend the race course without prior notice to participants.
- Should the inclement weather persist after delay, EIS reserves the right to change the race distance, race format or cancel the race without any refund of registration fees.
- Participants must sign that they have read and understood the safety regulations. This will take place during the Rack Pack Collection.
- Race entries are non-transferable.
- The race registration will only be confirmed when full online registration has been made.
- Entries after the registration closing date will not be entertained.
- All participants must collect their Race Pack by 7.45am on Saturday. Participants who fail to do so will not be allowed to race on Race Day.

Transition Area

- Only participants are permitted inside
- Parents of kids under the age of 12 may enter this area only before their race begins
- Only participants who are racing are permitted entry into Transition Area during the race
- Participants who wish to collect their belongings may do so during the race, but only if permission is granted by the organizer
- Relay team members are required to be waiting at the designated "Relay Waiting Area" only, to perform the exchange

Swimming

- Swimsuits must be worn.
- Swim goggles may be worn.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Kickboards are allowed and will be provided if the swimmer needs this for safety reasons.
- No one other than the participants and officials are permitted in the swimming area.
- Lifeguards will be on duty at all times and all participants must follow their directions.

Cycling

- Cyclists must wear their helmets
- Cyclists must ensure their race number is clearly visible at all times
- Cycling with a bare torso is not allowed.
- Cyclists will be required to perform their own repairs should it be necessary • The helmets must stay on the cyclist's head until he/she is in the transition area
- It is the cyclist's responsibility to ensure that their bicycles are in good working condition • Students are allowed to participate using a step-scooter instead of a bike.

Running

- Runners must ensure their race number is clearly visible at all times
- Running with a bare torso is not allowed.
- Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
- Barefoot running is not allowed.

8. Additional Information

Medals will be awarded to the top three participants of the individual/relay event per age group per gender. To keep the fee for the race to zero, and to be environmentally aware, no t-shirts, swim caps or other goodies will be given out. All biking participants must wear a helmet. No Helmet, no biking.

9. FOR NON-EIS STUDENTS ONLY:

IN CONSIDERATION of allowing the INDIVIDUAL participant (You) to compete or participate in any way in the above event and/or activities, for himself/herself, his/her personal representatives agree:

1. THE INDIVIDUAL HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to negligence of Releases (as identified above) or otherwise, while competing and/or participating in the Event. The undersigned recognize and understand that there are risks and dangers associated with participation in the Event that could cause severe bodily injury, disability and death. Further, the risks and dangers may be caused by the negligent failure to act of the Releases and others. All of the risks and dangers associated with participating in the Event are assumed notwithstanding.

2. THE INDIVIDUAL releases, waives, discharges and covenants not to sue the organizers/promoters, participants, associations, sanctioning organizations, (or any affiliates thereof), officials, car owners, drivers, sponsors, advertisers, owners, lessees and lessors of the premises, used to conduct the Event and their officers, agents, and employees (all for the purpose herein referred to as (Releases), from all liability to ourselves, the undersigned, our personal representatives, assigns, executors, for any and all claims, demands, losses or damages of the INDIVIDUAL on account of any injury, including, but not limited to the death or injury of the INDIVIDUAL or damage to property, all of which is caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise.

3. THE INDIVIDUAL HEREBY agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releases, INCLUDING NEGLIGENT RESCUE OPERATIONS and is intended to be as broad and inclusive as is permitted by Malaysian law in which the event is conducted.

4. THE INDIVIDUAL HEREBY agrees that in the event of a race cancellation due to conditions beyond the control of EIS the individual entry fee should be non-refundable.

5. Participants who missed the flag-off time of their category will not be allowed to participate and will automatically be disqualified from the race.

The team members and I have read, understood and accept the indemnity clause stated above. Check the box below.

☐ I have read, understood and accept the indemnity clause stated above.