

BORNEO100

TRIATHLON 2026

ATHLETE INFORMATION GUIDE 2026

21ST
JUNE 2026

CATEGORY

- ***B100 TRIATHLON***
- ***OLYMPIC DISTANCE***
- ***SPRINT DISTANCE***
- ***STANDARD AQUATHLON***

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Foreword

HIS HONOURABLE DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH

Minister for Tourism, Creative Industry & Performing Arts Sarawak;
Minister for Youth, Sports & Entrepreneur Development Sarawak

It gives me great pleasure to welcome all participants, officials, and spectators to the Borneo 100 Triathlon in Sarawak.

Sarawak is the largest state in Malaysia which has a vast landscape inhabited by friendly locals coming from 34 different ethnicities. Sarawak is well known for its sustainable tourism and central to this vision is the important role of the tourism industry. While Sarawak continues to thrive, our mission is to showcase our rural gems, ensuring that the economic and social impacts of the tourism industry will reach every corner of the state.

Hosting the prestigious Borneo 100 Triathlon in Sematan, Lundu is a testament to this strategy. By bringing participating athletes, their supportive families and friends to the beautiful coastal Sematan in the district of Lundu, we will be hosting a race and showcasing the raw beauty, hospitality, and untapped potential of rural Sarawak to a global audience.

The Borneo 100 Triathlon sets a high benchmark for sporting excellence in the region. By having world-class timing systems and securing international sanctioning, the organizers have ensured that Sarawak can compete on the world stage of endurance sports. This level of professionalism builds confidence in our local sports ecosystem and attracts elite talent from across the globe, further cementing our reputation as one of the premier destinations for high-octane sports tourism.

To the athletes: as you push your limits against the backdrop of Sematan's stunning landscapes, I hope you take a moment to appreciate the unique spirit of Sarawak. Your perseverance is an inspiration, and your presence here contributes directly to the growth of our local communities.

I wish all participants a safe, challenging, and memorable race. May you achieve your personal bests here in the Land of the Hornbills.

Thank you.



Foreword

YB AZIZUL ANNUAR BIN ADENAN

MEMBER OF THE SARAWAK STATE LEGISLATIVE ASSEMBLY (ADUN N3 TANJONG DATU)

Salam Sejahtera, Salam Sarawak Maju Makmur, and a warm welcome to all athletes, officials, and sports enthusiasts to the inaugural Borneo 100 Triathlon 2026!

It is my absolute privilege and honor to welcome each and every one of you to the beautiful constituency of Tanjong Datu, specifically to the breathtaking coastal districts of Lundu and Sematan. We are thrilled to serve as the host destination for this prestigious multi-sport event, bringing together some of the finest endurance athletes from across the region and beyond.

Triathlon is a profound testament to human willpower, discipline, and endurance—qualities that resonate deeply with the spirit of our community. As you push your physical and mental boundaries through the swim, bike, and run legs, you will also be tracing a spectacular route through Sarawak's pristine coastlines, rolling hills, and vibrant local heritage.

Lundu and Sematan are renowned for their untouched natural landscapes, golden beaches, and warm hospitality. It is our hope that while you chase your personal bests on this challenging race course, you also take a moment to immerse yourselves in our local culture, sample our unique culinary delights, and experience the tranquil beauty that makes our home so special.

To the organizers,
Kelab Triathlon Kuching Selatan (KTKS), GRIT Event
Management, volunteers, and local authorities—thank you for
your tireless dedication in bringing this landmark event to
fruition, showcasing our region as a premier destination for
sports tourism in Sarawak.

Welcome all and the very best to everyone!

Thank you.



Welcome!

We are delighted to announce that Borneo 100 Triathlon will be held in the town of Sematan and the city of Kuching. We warmly welcome all participants from over 10 countries. This marks the revival of Triathlon sports in Sarawak. This year's race, although the first edition, but with the love and support from triathletes near and far, Borneo 100 Triathlon has hit a remarkable participation rate. This represents a significant step forward in the continued growth of Triathlon in the country.

The Swim course will be at Sematan Palm Beach Resort's beachfront, closest shore to where Green Turtle & Hawksbill Turtle Nests. The Bike Course will take you towards to edge of Borneo via the Pan Borneo Highway. The Run Course will bring you through the village road of Sematan, where the coastal heat and the passion for endurance race blends.

We hope every participants enjoy the view while achieving their personal best and share memorable moments with everyone involved, including our volunteers. We also invite you to indulge in our local culinary delights, from the seafoods of South China Sea, to Borneo's Dayak cuisine. Through this event, we encourage you to discover the diverse charm and potential of Sematan, even better making your way to Kuching city to embrace the different side of Malaysia.

We would like to express our deepest gratitude to everyone who has contributed to the organization of this event. We wish all participants the best of luck and the warmest welcome to all of you.

Kelab Triatlon Kuching Selatan worked diligently to ensure that athletes can fully showcase their results of their training. With the cooperation of the State Government, District Office, event staff, volunteers and local community, we have made preparations to ensure a safe and enjoyable race. We are confident that this event will meet your expectations. In closing, we would like to express our sincere gratitude and appreciation to all those who have contributed to the success of Borneo 100 Triathlon.

Awang Saifeluddin

President

Kelab Triatlon Kuching Selatan



Eric Tay

Race Director

Dear Athletes,

“Great things happen twice: Once in the mind, and a second time when they are brought to life.”

I can barely put into words the feeling of watching this passion project finally come to life. On race day, my deepest hope is that the goals you believed you could achieve in your mind become your reality on the course.

Triathlon has never been about who is most capable of covering the longest distance or conquering the toughest course. It is about becoming the person you never thought you could be.

It is not about seeking your limits, but discovering what lies beyond them.

Thank you for your immense patience with us. Juggling the organization of the Borneo 100 Triathlon as a part-time passion project alongside life, family, and our own training has been an extraordinary challenge. Yet, we pledge to never let the standard of this event fall below the bar.

As Triathletes, we have always dreamed of having a world-class race right on our doorstep—a platform to develop local talent while offering our brothers and sisters from neighboring states and countries an exciting new triathlon venue in Malaysia.

The success of the Borneo 100 Triathlon would not be possible without the love and support of everyone around us.

Can't wait to see you all at Borneo 100 Triathlon.



Melody Tan

Head Referee

Triathlon is an individual sport, and it is each participant's responsibility to fully understand the rules and avoid any violations. Athletes are obligated to accurately understand the course and the number of laps, and must participate in the race at their own discretion. We strive to ensure a safe and fair race for everyone.

Please read this Athlete Guide thoroughly before your race, understand the [Borneo 100 Triathlon Competition Rules](#) for your event.



Rules

Swim

- Please ensure you complete the accurate swim loop based on your race category :
 - Sprint Distance is 1 lap of 750m.
 - Aquathlon, Olympic, B100 Distance is 2 laps of 750m, total distance 1500m.
- Temperatures will range between 27-29 Degree Celsius, wetsuit is prohibited for the swim.
- It is a clockwise swim, always swim with buoys on your right shoulder.
- When exiting the water, be careful not to injure your feet on shells or other objects, always follow the guided route towards transition area.

Rules

Bike

- Front-mounted bike bottles must not exceed 2 litres in capacity, and rear bottles are limited to two bottles (1 litre per bottle). B100 Athletes must have a minimum of two water bottles on their bike and both front and rear brakes must be functional.
- Headphones, camera, mobile phones are prohibited.
- Unless instructed, always keep left while cycling.
- There is a 1KM no-passing zone stretching out from the bike start to Sematan – Telok Melano Highway. Overtaking is strictly prohibited in this narrow section.
- Drafting zone is 12m between yourself and the cyclist in front of you (roughly 6 bike lengths)
- If overtaking, only overtake from the right side. Complete your pass if overtaking, within 25 seconds. Overtaking is prohibited at U-turns! Slow down enough to be able to turn around the corner safely!
- Cycling or running in the wrong direction on the course is a dangerous act and you will be disqualified.
- If an emergency vehicle comes from behind or in front of you, please stop and wait for it to pass.
- Please look out for the Penalty tent before transition 2, if you see your number on the board, please stop to serve your penalty:
- BLUE card – 2 minute drafting or littering time penalty
- YELLOW card – 30 second blocking, overtaking on wrong side and other violation time penalty

Rules

Run

- We strongly recommend that you apply Sunscreen, wear a cap and stay hydrated.
- Running the run course barefoot is prohibited.
- Headphones, camera, mobile phones are prohibited.
- Penalties will be imposed for littering outside of designated areas near aid stations. The event is made possible by the understanding of local residents, so we kindly ask for your cooperation and understanding.
- At the finish line, there will be photo opportunities, so please ensure your race number is visible. Finishing accompanied by friends, family, spectators, or pets is prohibited.

Other athletes, volunteers, and event staff are essential to maintaining the safety and fairness of the event. **Please always treat them with respect, courtesy, and consideration.**

Wishing you a good and safe race. See you all in Borneo 100 Triathlon.

Schedule

20th June 2026 (Saturday)

Time	Events	Location
11:00	Race Pack Collection & Merch Hub Starts	SPBR Jambu & Pisang Hall
17:00	Race Briefing (Mandatory)	SPBR Durain Hall
18:00	Transition Tour	SPBR Carpark
18:30	Race Pack Collection, Merch Hub Ends	SPBR Hall

SPBR - Sematan Palm Beach Resort

Schedule

21st June 2026 (Sunday)

Time	Events	Location
06:00	Bike Check In & Transition Opens	SPBR Carpark
07:30	Bike Check in Ends & Transition Closes**	
07:45	Rolling start for B100, Olympic Distance athletes**	SPBR Beachfront
07:50	Rolling start for Aquathlon, Sprint Distance athletes**	SPBR Beachfront
08:05	Expected first swimmer exit	
08:55	Swim Cut Off for All Category**	
09:00	Estimated First Athlete Finish for Sprint Distance & Aquathlon	SPBR Lighthouse
10:00	Estimated First Athlete Finish for Olympic Distance	SPBR Lighthouse
11:00	Sprint & Aquathlon Finish (Cut-off time)**	
11:30	Prize Giving for Sprint Distance & Aquathlon**	SPBR Pool Deck
12:30	Estimated First Athlete Finish for B100	SPBR Lighthouse
13:30	B100 Bike & Olympic Distance Finish (Cut-off time)**	
14:00	Prize Giving for Olympic Distance**	SPBR Pool Deck
16:30	B100 Distance Finish (Cut-off time)**	
17:00	Prize Giving for B100**	SPBR Deck
17:30	Bike Check-Out from Transition Area Closes	SPBR Carpark
18:00	Event Ends**	

SPBR - Sematan Palm Beach Resort

Venue Map



Pre - Race

Information

- Please Refer to Schedule Page for race pack collection time.
- All items must be collected during the athlete check-in reception hours. If you fail to check in during the designated athlete check-in time, you will not be able to participate in the race. Race pack will not be shipped prior to the event.
- All race packs must be collected at Sematan Palm Beach Resort Ballroom by 6:30PM on 20 June 2026 (Saturday).
- Required items:
 - Photo ID (Malaysia IC or National ID or Passport)
 - Confirmation email with registration code.

Emergency Contact

- In the event of any emergency during race week, athletes should contact the following contact number:
 - +6011-60508100 (Event Hotline)
 - +6017-8906669 (Eric Tay, Race Director)
- Email : b100triathlon@gmail.com

Pre - Race

Check-in & Race Pack Pickup

- Race kit should be collected by registered participant at check-in, waivers must be signed with necessary details recorded if you're collecting on behalf.
- It is strictly prohibited for anyone else to participate under your name or for you to participate under someone else's name. If this is discovered, both parties will be disqualified from the event and prohibited from participating in future events organized under KTKS.

Pre - Race

Timing Chip

- Timing Chips will be distributed at the swim start on race day from 7:00AM - 7:30AM
- Please ensure that the number on the timing chip matches the number on your wristband.
- During the race, wear the timing chip on your left ankle. If you do not start the race, you are responsible for returning the chip to the organizers at the timing tent. Failure to do so will end up with a RM100 penalty. For safety reasons, it is essential that you always know your position on the course.
- If you lose your timing chip during the race, immediately notify the event staff at transition area or finishing line.
- If you lose your timing chip before the race even started, please notify the organizers for a replacement, however RM100 will be charged. If you find the lost chip after the race, please mail back to the organizers within 5 working days.
- After finishing the race, please return your timing chip to the staff in charge after crossing the finishing arch.
- In case you do not start (DNS) or withdraw from the race midway (DNF) please return the timing chip to the timing tent at the finishing line.
- If you fail to wear the Timing Chip on race day, fail to return the chip after the event, or fail to pay the replacement fee for a lost timing chip, you are be prohibited to participate in future events organized by KTKS.

Pre - Race

Bike Racking

- Bike racking will be on event day itself; transition area opens as early as 6AM on 21 June (Sunday).
- Before transition area entry:
 - Numbers must be attached to yourself, your helmet & bicycle.
 - Please wear your wristband & timing chip on your left ankle.
 - Make sure you wear your helmet and fasten it.

Racking the bike

- Locate your bike rack position with the number provided.
- Place the bike saddle on the bike rack with the frontwheel facing towards walk lane.

Pre-race Ride

- Please be aware that there will be no road closure for bike practice before event, riders should take full responsible of their own safety during bike practice at Sematan – Telok Melano highway.
- Riders must comply to all traffic regulations.

Pre - Race

Bike Check

- There will be no limitation towards wheel depth during Borneo 100 Triathlon.
- Technical officials will conduct a bike check during bike check-in.
- Athletes are responsible for ensuring that their bikes are in fully maintained condition.
- The following points will be checked:
 - Handlebar end plugs
 - Tire Pressure
 - At least one bottle cage (B100 category needs 2 bottle cage)
 - Proper functioning brakes
 - Compliance with Borneo 100 Triathlon Bike Rules.

Helmet Check

- On Race Day morning, between 6:00AM - 7:30AM, you may enter the transition area as you wish to check your bike, prepare hydration & nutrition, you must place your helmet in the basket provided.
- Athletes must undergo a helmet check during the bike check-in.
- Once check-in your bike, you may not remove your bike until the bike segment ends(cut-off), there will be Bike Technical officials on site to assist on your check out.

Pre - Race

Bike Mechanic Service

- On both days (20 & 21 June) at Sematan Palm Beach Resort, there will be Panic Mechanic on site for bike assist.
- Further details regarding paid services, please refer to social media posting under Panic Mechanic.

Race Briefing

- The race briefing is essential for both experienced athletes and first-time participants.
- The briefing will cover course features, rules, information on course closures by event, weather conditions, and any course challenges.
- The briefing will be conducted in English, but Q&A will be available in 3 languages : English, Chinese, Malay.
- Briefing will be conducted at Sematan Palm Beach Resort, Durian Hall on the 20 June, Saturday 5PM.

Pre - Race

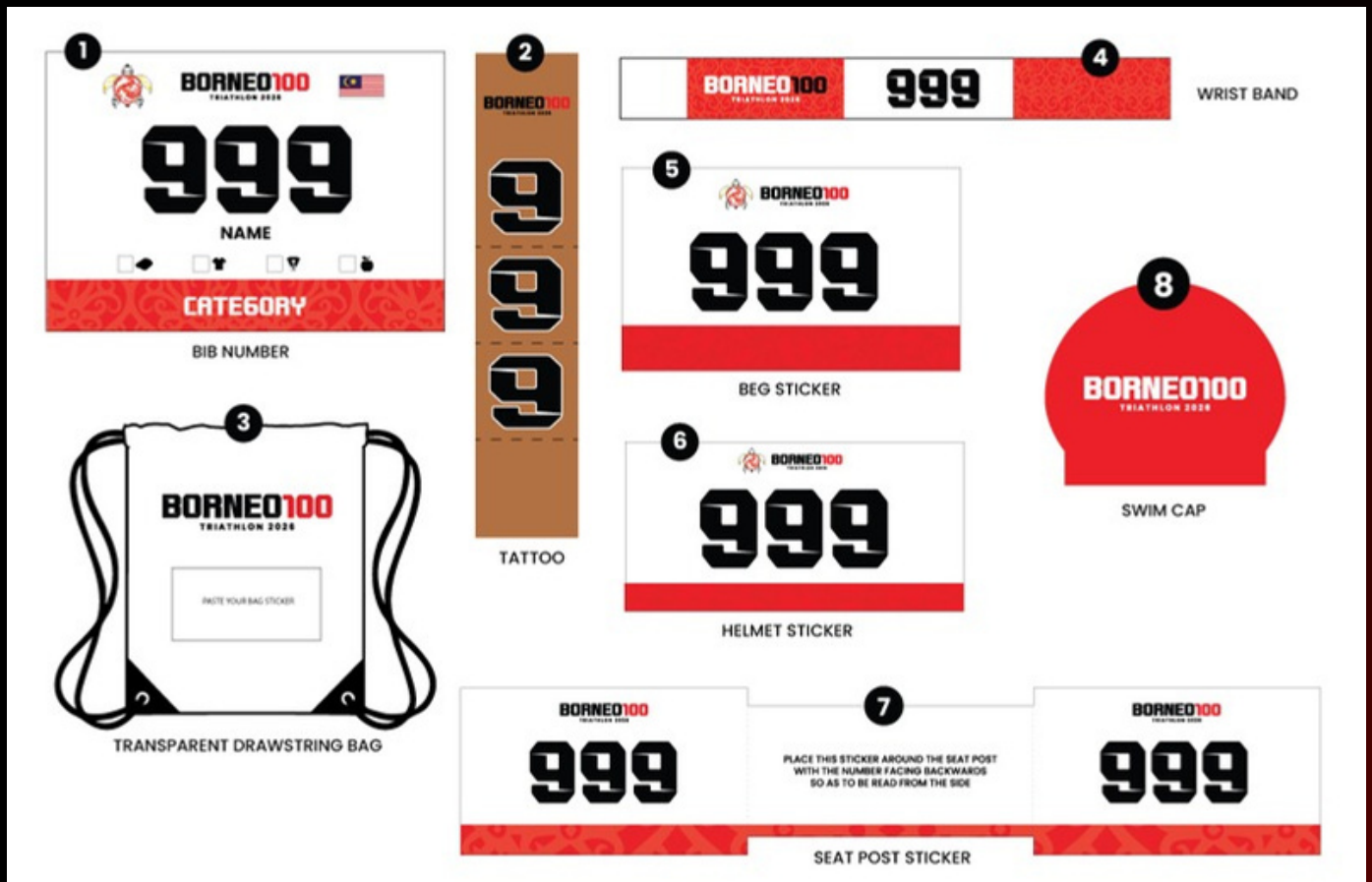
Swim Practice

- Swim practice is allowed without disrupting the swim course, and participant must be mindful that it will be at own risk.

Drawstring Bag

- You'll be given a drawstring bag and a bag sticker, you may use it as your race day transition bag, having it placed in your basket holding your belongings.
- Please note that there will be no baggage drop tent.
- Usage of the drawstring bag is optional.

Race Kit



Bib & Sticker Color

- Aquathlon - Blue
- Sprint - Yellow
- Olympic Individual/Relay - Red
- B100 - Black

Race Kit

Bib Number

- It must be worn on the front during the run and attached with a race belt (self-prepare) or safety pins. Do not fold or alter the bib number.

Body Tattoo

- Place the number tattoo on the left arm.
- To apply: Peel off the transparent film, press down firmly on the paper surface with a damp cloth or sponge, hold for 60 seconds, and then gently peel off the paper.
- Wearing tattoos is mandatory. In the unlikely event of a problem with a tattoo, please contact the event information staff.

Drawstring Bag

- Put in what you need for the race.
- They should be placed at the transition area for easy access, usage of the Bag Sticker & Drawstring bag is totally optional.

Race Kit

Wrist Band

- Secured at athlete check-in and to be worn at all times until the end of the presentation.
- Organizers will not allow athletes to enter the Athlete Restricted Area if they are not wearing their wristbands.
- No wristband = No admission

Bag Sticker

- Attach the sticker your drawstring bag if you plan to use it on event day at the transition area, usage of the Bag Sticker & Drawstring bag is totally optional.

Helmet Sticker

- Place the sticker on the front of your helmet. Attach it to your helmet when you check in for your bike.
- This piece is not applicable to Aquathlon Athlete.

Race Kit

Bike seat post sticker

- Place this sticker around the seat post with the number facing backwards to be read from the side.
- No Sticker No Bike Check in.
- This piece is not applicable to Aquathlon Athlete.

Swim cap

- During the swim, please be sure to wear the swim cap provided. If you wear another swim cap, please wear the provided swim cap on top. Swim caps are made of silicone. CAP COLOURS are as follows
 - RED – B100, Olympic Distance, Aquathlon.
 - YELLOW – Sprint Distance.

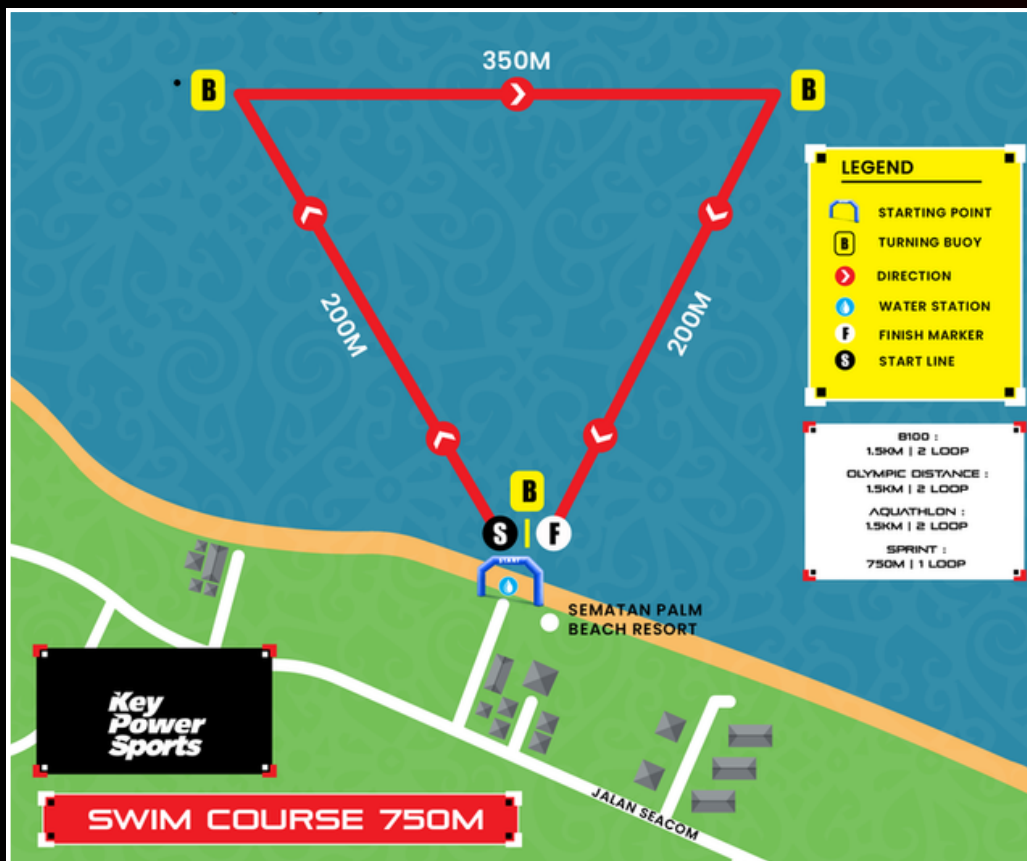


- Note: Timing chips will only be distributed at the swim start from 7:00AM - 7:30AM.

Swim

Course Map

The swim leg of the Borneo 100 Triathlon is presented to you by **Key Power Sports**.



The swim course features a 750M clockwise swim, off the shore of Sematan Palm Beach Resort.

- Sprint Distance 1 Lap.
- Aquathlon, Olympic Distance, B100 athletes 2 Laps.

Swim

Swim Safety

- Water safety personnel will be located on the water during the swim. They have relevant equipment and are there to supply you should you require.
- At any time should you require the assistance of water safety, wave towards them while holding your safety buoy and the safety personnel will come to your aid. Should at any point in time you decide to abandon the swim, remove your swim cap, hold onto your safety buoy and wave at our personnel, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed.
- Visual aid will be provided by kayaks, buoys, and boatsman if needed.

Swim

Buoy Compulsory Swim

- We prioritize the visibility and confidence of every athlete in the water, safety buoy is compulsory to race Borneo 100 Triathlon. Individuals who fail to compile will be restricted to race.

Swim Cut Off

- Swim Cut-off for all at 8:55AM

Swim Caps

- All swim Caps provided will be latex based. In the case you are allergic, please wear your preferred swim cap underneath before putting on our event swim cap.



Swim

Warm up Swim

- Warm up swim is only allowed 100M off shore at designated zone.

Glasses Drop/Collection

- A glasses drop & collection point will be available by the shore.
- Please ensure your glasses are put into plastic bag provided at the counter, with your number written on top. Glasses can be retrieved accordingly to your number after the swim.

Rolling Start

- At the official start time, the rolling start will begin with Athletes being released in 10 seconds interval across the start line and timing system.
- As you cross the start, your timing chip will activate, and your individual time will start.
 - The race start sequence will be as follows:
 - B100 > OD > Aquathlon > Sprint.
 - Athletes are required to queue up by the shore before swim starts.

Swim

Non Wetsuit Swim

- As the temperature of Sematan's sea is about 27 to 29 degree celsius at this time of the year, wetsuit is prohibited at the race.
- Athletes are required to wear either proper swim attire or Trisuit to begin the swim.

Swim Rules

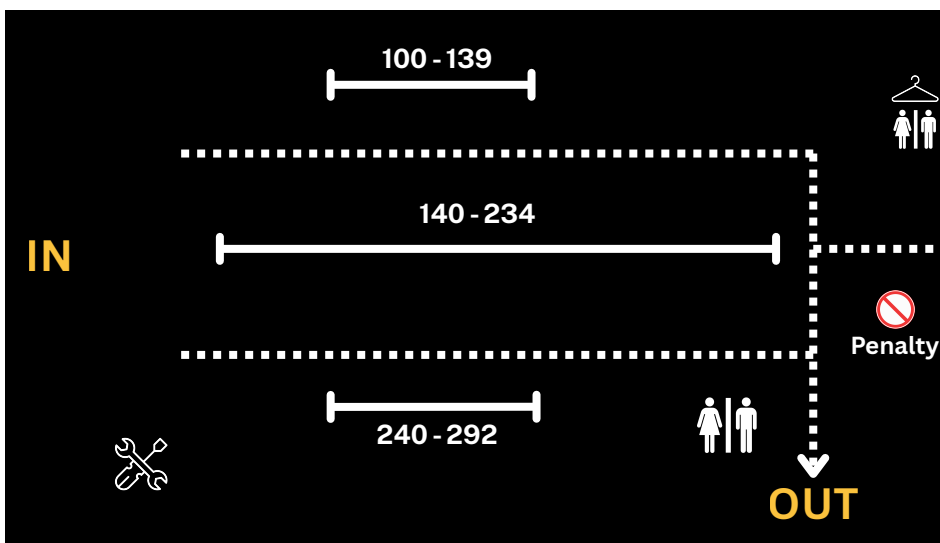
- The use of snorkels, fins, gloves, paddles or flotation device of any kind (besides compulsory safety buoy) is prohibited.
- Any assistance during the swim will result in disqualification if forward progress was made.
- Holding on Kayaks, Midway Buoy, Turning Buoy will result in disqualification.

Swim to Bike

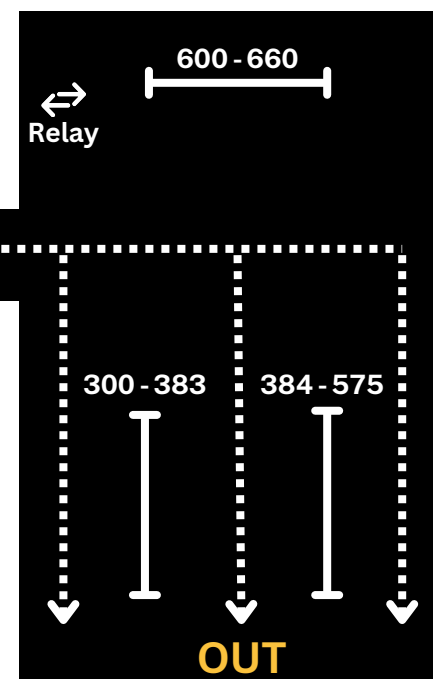
- After the swim, you will be directed through the timing chutes to the transition area. Public nudity is prohibited.
- We require you to be fully ready to race before getting on your bike. Personal nutrition is permitted. Athletes are permitted to have their shoe on the bike before getting on to mount line.

Transition

T1/T2 Course Map



Transition Area Plan in illustration



Transition

Race Day

- Transition area will be open on the morning of the race day, 21 June (SUN) 6AM – 730AM.
- Please rack your bike at the location where you are assigned to, you'll find numbers attached to the bike rack that is matching with your athlete number.
- All athletes must exit the transition area by 730AM and proceed to swim start.
- Please make any possible adjustment to the bike before the transition area closes.
- Please ensure that all items are securely attached to your bike and all belongings are kept properly inside of your basket. Placing any items on the ground next to your bike is prohibited.

Bike Pumps

- Bike pumps are available at the transition area on the morning itself; bike mechanic will be stationed at the transition area as well if you may need any assistance.

Transition

Swim-to-Bike Transition

- Fasten your helmet before removing your bike from rack.
- After completing the swim, move to the transition area.
- When changing, you are not allowed to be naked outside the changing tent.
- You may attach your bike shoes to the bike for faster transition.

Bike-to-Run Transition

- Rack your bike before removing the helmet.
- After dismounting your bike before the dismount line, hang your bike on your designated rack inside the transition area.
- Please be reminded to always keep your belongings in your basket.

Bike Check-out (Post Race)

- You may check out your bike once you have completed your race, all participants must check out their bike before 530PM.
- When collecting your bike, please ensure all of your belongings are with you.
- Bike and belongings that are not collected by the specified time will not be the responsibility of the organizers.
- We will check your wristband number against all of the equipment number before checking athletes out from the transition area.

Bike

Course Map (B100)



Bike

Course Map (Olympic Distance)



Bike

Course Map (Sprint Distance)



Bike

Course Map

- Athletes who fail to cover the full bike course in time will be eliminated from the race and DNF. The bike course cut-off will be determined by the race management.

Bike Course Turn by Turn Direction:

- Turn Right and cross the road on Jalan Seacom.
- Turn Left into Jalan Seacom – Jalan Sematan link (500M away from Resort Exit)
- Upon Exiting Jalan Seacom – Jalan Sematan link, turn left onto Jalan Sematan – Telok Melano Roundabout. (1.5KM away from Resort Exit)
- At the Roundabout, take the second exit to make a U-Turn back to Jalan Sematan – Telok Melano highway.
- Sprint Distance athlete will take an early U-Turn at approximately KM11 of Jalan Sematan – Telok Melano highway to return to Sematan Palm Beach Resort.
- Olympic Distance athletes & B100 athlete both do their U-turn further up at KM22.
- Olympic Distance athletes will then finish their bike leg with only one loop of the 40K Bike Course. While B100 athletes will need to do 2 loops of the Bike Course by looping Jalan Sematan – Telok Melano highway twice.

Bike

Regulations

- Always cycle on the road shoulders, the road is not closed to traffic.
- Drafting for Sprint & Olympic Distance athletes is allowed.
- Drafting for B100 athletes is not allowed.
- Bicycles with aerobars, drafting is not allowed.
- Absolutely NO DRAFTING of any vehicle during the bike leg.
- B100 athletes must keep approximately a distance of 6 bicycles length from the rider in front of you.
- Overtaking must be done on the right side only and must be completed within 25 seconds.
- Overtaking at U-Turn is prohibited.
- After being overtaken, slower riders must move back a distance of 6 bicycles.
- Passing on the left side of another competitor will result in penalty. Always pass on the right side.
- Blocking another competitor during the bike course will result in penalty.
- For penalties on the bike course, you'll be told by the marshal upon arrival on the transition, please serve your penalty immediately at the penalty tent. Failure to do so will end with up with disqualification.

Bike

Bike to Run Transition

- After dismounting, rack your bike back to your designated spot. Head to the changing tent if you find it necessary.
- Head out onto the run course exactly the same exit where you head out with your bike.
- Run course will be on the left side upon exit.

Bike Mechanics

- There are mobile and stationary bike mechanics on the course, but they are limited and we strongly recommend that you be prepared with a flat tire kit to avoid delays.

SAG Vehicle

- We have a SAG Vehicle to pick up individuals that are not fit to continue the race or race cut off time is being activated.
- If you need a SAG Vehicle, please wave to any bike course official or ask for a volunteer at the nearest aid station. Please expect delays in transportation by collection vehicle, and do not move away from reported location after requesting for vehicle.

Safety

- For safety reasons, always check twice before conducting any overtaking or turning on the bike course. Riding the bike with the chest on the handle bar, chest on the top tube, chest on the saddle in any conditions are prohibited.

Bike

Course Rules

- Headphones, camera, mobile phones are prohibited during the run segment of the race.
- Every Bike must have functional brakes for both Front & Rear braking purposes.
- B100 Athletes are required to have two bottle racks on their bikes.
- The Bike should be propelled solely through a chainset, by the legs moving in a circular movement, without electric or other assistance.
- It is the responsibility of each Athletes to know and follow the prescribed cycling course.
- Cycling with a bare torso is prohibited. The front zip of the zipper can be undone to any length provided the zipper is connected at the bottom of the uniform at all times.
- The top part of the apparel should always cover the shoulders at all time.
- Athletes shall not dispose trash or any belongings on the course except for designated litter zone. Intention or careless act of littering will result in penalty or DQ.

Run

Course Map (B100)



Run

Course Map (Olympic Distance & Aquathlon)



Run

Course Map (Sprint Distance)



Run

Course Map

The Run Course will be on the left side of the resort exit after mount/dismount point.

The Run Course will be a 5KM Loop, From Resort Lobby to Sematan Town Graveyard and return. Continue the same loop until you reach your designated distance for your respective event.

Stay on one side of the road while running at all time, as this is a half road closure run course. You'll only see car coming on the right side, while running towards the aid station positioned 2.5KM away from Resort Lobby.

Sprint athletes does 1 Loop of the 5KM Run Course.

Olympic Distance & Aquathlon athletes does 2 Loops of the 5KM Run Course.

B100 athletes will need to do 3.5 Loops of the 5KM Run Course.

B100 athletes will need to collect a band for each loop, after collecting 3 bands while heading out for their 4th Loop, B100 athletes are require to make an early U-Turn half way through the run course collecting their 4th band before proceeding towards the finishing line, completing their 18.5KM Run.

Run

Aid Station

- Aid stations are approximately 2.5KM apart from each other.

Run Cut Off

- As the swim start for each category will be different, Cut-off time for each category is extended and rounded up. The outcome is as below:
 - Sprint 11:00AM
 - Aquathlon 11:00AM
 - Olympic Distance 13:00PM
 - B100 Category 16:30PM

Course Rules

- Athletes may run, walk, or crawl.
- It is the sole responsibility of each Athlete to know and follow the prescribed running course.
- No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time)
- Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race. The front zip of the zipper can be undone to any length provided the zipper is connected at the bottom of the uniform at all times.

Run

Course Rules

- Headphones, camera, mobile phones are prohibited during the run segment of the race.
- Athletes are not allowed to run barefoot on the run course.
- Athletes shall not dispose trash or any belongings on the course except for designated litter zone. Intention or careless act of littering will result in penalty or DQ.
- Athletes must wear their Borneo100 Triathlon issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course.
- Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear the bib number is prohibited.
- There will be no restriction of shoes for Borneo100 Triathlon, as long as the barefoot does not touch the ground.
- Athletes who fail to comply the above will end up penalty or DQ.

Aid Station

Pre-swim

- Glasses Drop off table are available before the swim start arch, athletes will need to engage the desk themselves, putting their glasses in specific bags and number marking on top.
- Water will be served in paper cups before the swim start arch, please be reminded to always throw the paper cups into the designated bin.

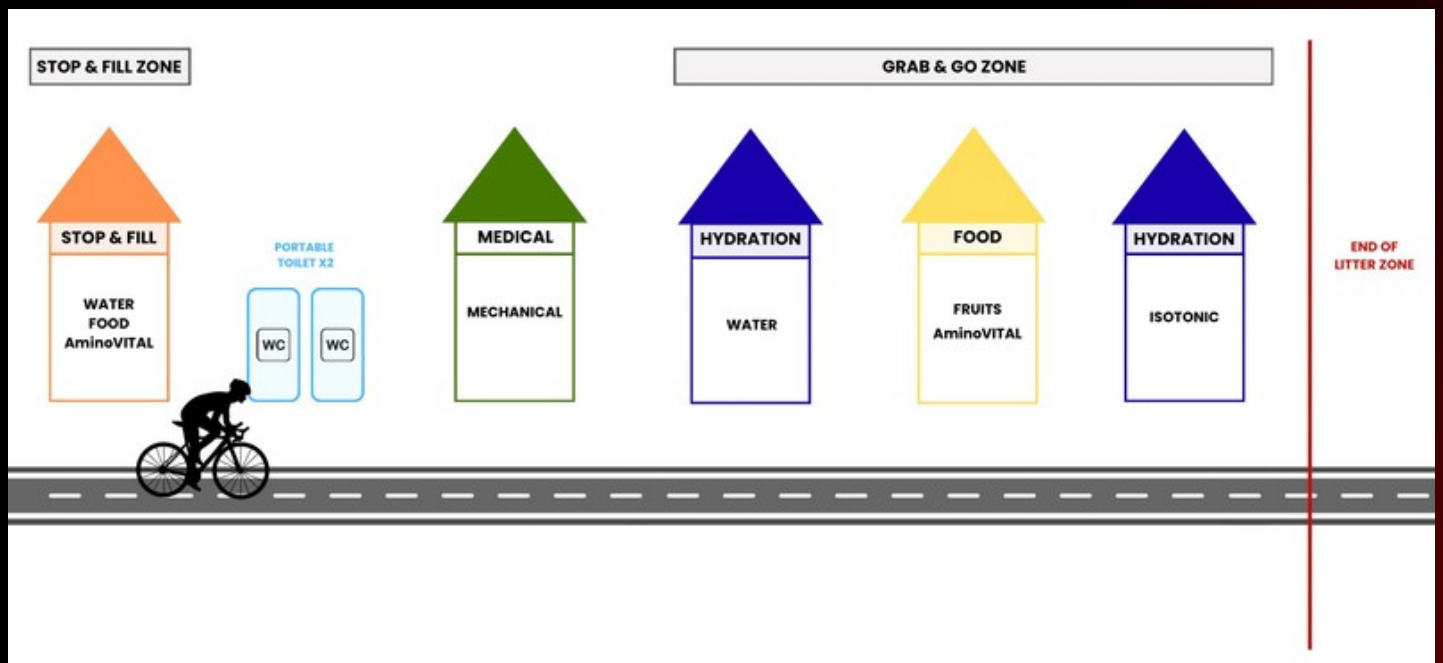
Aid Station

Bike

- Aid stations will be located on the left side of the course at KM24 & KM66.
- Water(in Cups & Bike Bottle), Isotonic, Food & aminoVITAL Red Shot will be offered at the bike aid station.
- Please be reminded that the bike aid station will be divided into two sections:
- Stop & Refill Zone – One stop station that provides everything mentioned above. For those who wants to park their bike and take their sweet time at the aid station.
- Grab & Go Zone – Everything at this station will be handheld by volunteers for athletes who want to perform a grab and ride off refill.
- Littering zone will be constructed not far from the aid station, please dispose your garbage within the littering zone. Those who fail to compile will end up with a penalty.
- Restrooms are available at the bike aid station.
- Self-help mechanic station will also be available at the bike aid station.
- Medic will be available at the bike aid station.

Aid Station

Layout of the Bike Aid Station



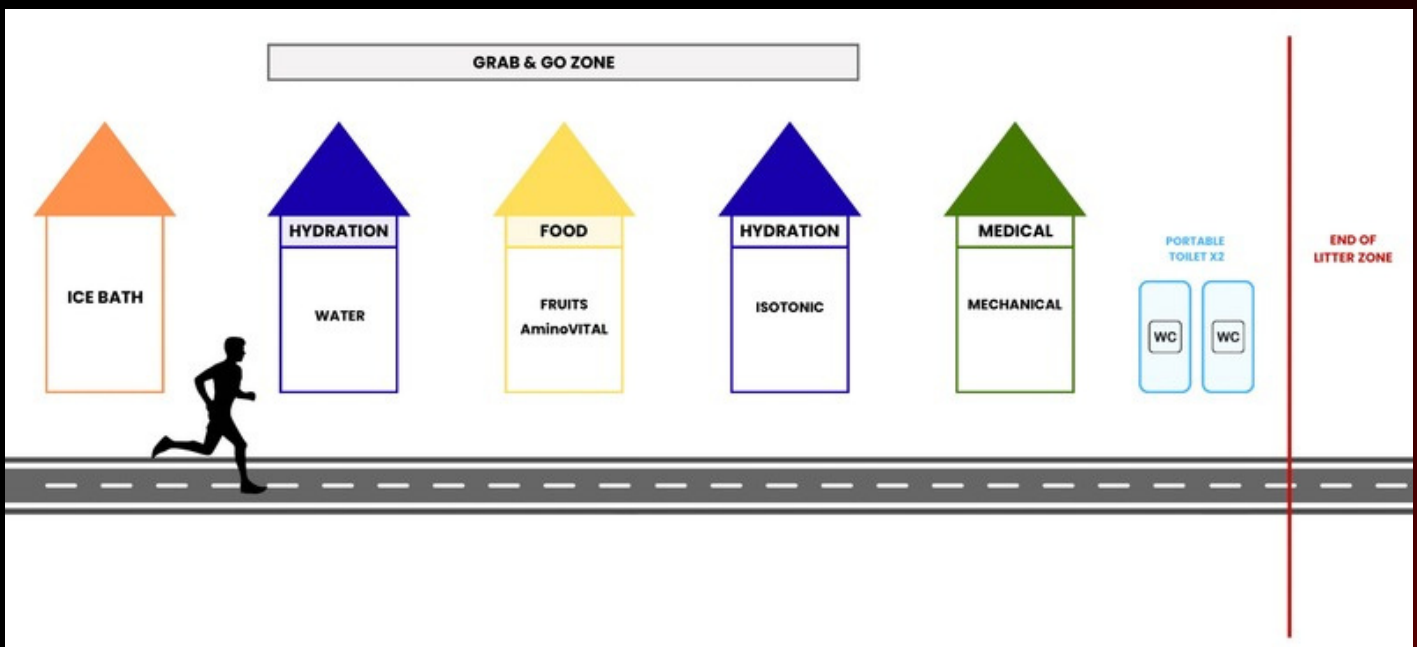
Aid Station

Run

- Aid stations will be located at every 2.5KM.
- Water(in Cups/Bottle), Isotonic, Food & aminoVITAL Red Shot will be offered at the run aid station.
- Slow down sufficiently when entering the aid station.
 - If you need to stop, only stop after checking behind you.
 - If you do not require anything from the aid station, please run on the other side of the road to avoid congestion.
 - Please be courteous and call out what you need at the aid station, the volunteers will respond and direct you.
- Littering zone will be constructed not far from the aid station, please dispose your garbage within the littering zone. Those who fail to compile will end up with a penalty.
- Restrooms are available at the run aid station.
- Medic will be available at the run aid station.
- Cooling station will be available at every run aid station.

Aid Station

Layout of the Run Aid Station



Race Day Info

Cutoff Time

Cutoff times for the swim, bike and run are all based on an individual's swim start time. The cutoff times below represent absolute cutoff locations and times based on the predicted last starter of the swim.

Swim:

- The swim course will be closed at 8:55AM
- Each athlete must complete the swim before 8:55AM
- Athletes who took longer than the designated duration to finish the swim course or who did not finish the swim course will end up with their timing chip removed by the technical officers and a DNF will be given.

Race Day Info

Cutoff Time

Bike:

- Bike Course cut off defers by each category, athletes have to make it to mount/dismount point before the designated cut off:
 - Sprint 9:55AM
 - Olympic Distance 11:30AM
 - B100 1:30PM base on time of the day (Base on 7:45AM Swim Start)
- Athletes who did not make it to the Mount/Dismount Point by the designated time will be sweep off the bike course, timing chip removed and sent directly back to Transition Area, classified as DNF.

Race Day Info

Cutoff Time

Run:

- Run Course cut off defers by each category, athletes have to make it to the finishing line before the designated cut off:
 - Sprint 11AM
 - Olympic Distance 1:30PM
 - B100 4:30PM base on time of the day (Base on 7:45AM Swim Start).
 - Standard Aquathlon athletes will be at 11AM. (Base on 7:45AM Swim Start)
- Organizers reserve the right to pull athletes off the course who exceed the set course cut-off time.

Contingency Plan

- If or when the contingency plan needs to be activated, you will be notified by the Race Director to follow the instructions of Officials.
- This will be communicated by the Race Director via Borneo100 Triathlon Whatsapp Community and Social Media Platform.

Race Day Info

Race Day Services

Medical

- A first aid provider will be engaged to provide first aid at all events operated by the race organizer.
- First aid stations will be located at each Aid stations. Athletes are responsible for all costs incurred due to medical accidents (ambulance transport, hospitalization, treatment by a specialist, etc.).
- Therefore, it is strongly recommended that all athletes take out appropriate travel or personal insurance to cover their participation in Borneo100 Triathlon.
- Athletes are responsible for understanding the terms and conditions of their insurance coverage.

Race Day Info

Race Day Services

Withdrawal & Return of timing chip

- If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Technical Officials located at the Starting Line and turn in your bib number and timing chip immediately.
- It is essential that race official know where athletes are on the course at all times.
- Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any event organized by KTKS in the future.

Roxy - SPBR Shuttle Service

- Shuttle service are available at Roxy Sematan Resort Lobby from 6AM onwards heading towards Sematan Palm Beach Resort, non-peak hours are upon phone call request.
- This service is open for Roxy Sematan Guest only.

Finish & Post Race

Finish Line Policy

- Friends and family, including children, are not allowed in the finish area.
- We ask that all athletes respect the finish line and not interfere with other athletes' finish lines.

Finish Photo

- Reel FX Studio will be Borneo100 Triathlon's official photographer & Videographer to capture valuable moments of our fellow athletes.
- Photo will be given out at no cost after event via Borneo100 Triathlon social media.

Finisher Shirt

- Finisher shirts will be distributed to all Olympic Distance Individual & B100 finishers after the race and can be picked up after the finishing line.

Recovery & Rest

- Once you pass through the finish arch, please follow the process:
 - Receive a finisher's medal from a volunteer.
 - Return timing chip
 - Receive entitlements (according to bib)
 - Medical support (if needed)
 - Refreshment & Lunch Buffet (Wrist Band needed)

Finish & Post Race

Post Race

Results

Unofficial Results are available via QR Code provided on site to scan & refer to, official results are only confirmed 10mins before Category Award.

Race Finish Timing & Results

An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

- Did not start (“DNS”) – Enters an Event but fails to start;
- Disqualified (“DSQ”) – Starts an Event and was disqualified;
- Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes;
- Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

Protest

Should there be any protest, it should be done 30mins before the designated category prize giving at the timing tent.

Organizers, MTA & Timer holds the final decision towards prize giving.

Prize Giving

Sprint Distance & Aquathlon - 11:30AM

Olympic Distance - 2:00PM

B100 - 5:00PM

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