



POWER  MAN®
MALAYSIA **2024**
by **JNECDO**

7 - 9 JUNE 2024 | DATARAN PUTRAJAYA

WORLD'S
BIGGEST
DUATHLON



WELCOME MESSAGE



JEFFREY ROSS

POWERMAN MALAYSIA RACE DIRECTOR

I'd like to welcome you to POWERMAN Malaysia 2024 by JAECOO. My team and I are excited to be back once again at Dataran Putrajaya for this spectacular event, where we'll see competitors from ages 6-78 taking on the challenge of the biggest Run-Bike-Run duathlon in the world!

This year's event witnesses the significant addition of a new Presenting Partner, JAECOO, and I'm sure you'll be impressed with the luxury SUV cars that they'll be showcasing throughout the event.

2024 marks the 19th edition of the event and we're proud to be hosting competitors from over 32 different countries. Over 1000 participants will be taking on the challenge of the longer Classic distance, 2500 will be attacking the Short distance, and a record-breaking number of POWERKIDS will be racing on Saturday. The stage is set for a massive event!

Please be safe, hydrate well, and don't forget to enjoy the experience, even when the going gets tough.

I wish you a wonderful race experience.



JOHN RAADSCHELDERS

PRESIDENT OF INTERNATIONAL POWERMAN ASSOCIATION (IPA)

I'm excited to be back in Malaysia once again for the largest event in the International Powerman Association World Series calendar.

It's inspiring to see the largest POWERKIDS field this year, with 425 children between the ages of 6 and 15. These are the athletes of the future and let's cheer them loudly on Saturday.

Being a POWERMAN finisher is something to be very proud of, so please enjoy the race and soak in the camaraderie of your fellow competitors, especially on that final run segments when the legs are tired!

See you on the race course.



EMILY LEK

JAECOO MALAYSIA VICE PRESIDENT

The JAECOO brand embodies the traits of today's fearless, trailblazing, and ambitious individuals. We are thrilled to amplify this same spirit through our collaboration with POWERMAN Malaysia for the world's biggest run-bike duathlon. Just as every athlete here is fuelled by a desire to stand out in the most challenging conditions, similarly JAECOO stands out with its distinct design and performance for fans with active lifestyles who love the outdoors.

In fact, you'll catch a glimpse of JAECOO as we play the racecourse with you to ensure your safety and provide athlete support where necessary. Standing together with POWERMAN Malaysia as presenting partner, we're bringing the duathlon community a race experience like no other.

The energy and excitement of the POWERMAN duathlon community is incredible. We wish all participating athletes the very best of luck. Have a great race, keep those spirits high and do your best! We'll see you at the finish line.

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EVENT SCHEDULE

*Schedule is subject to change.

FRIDAY, 7 JUNE 2024

CATEGORY	TIME	ACTIVITY	VENUE
ALL	14:00 - 18:00	Race Pack Collection Day 1 Race Expo Day 1	Cempaka Sari Auditorium

SATURDAY, 8 JUNE 2024

POWERKIDS	06:00 - 07:00	Compulsory Bike Check In POWERKIDS	Dataran Putrajaya
	07:15	Flag Off: POWERKIDS Age 6-8	
	08:00	Flag Off: POWERKIDS Age 9-11	
	09:00	Flag Off: POWERKIDS Age 12-15	
	09:45	Prize Presentation	
POWERMAN	10:00 - 17:30	Race Pack Collection Day 2	Cempaka Sari Auditorium
	10:00 - 18:00	Race Expo Day 2	
	13:00 - 18:00	Compulsory Bike Check In POWERMAN Classic & Short	Dataran Putrajaya

SUNDAY, 9 JUNE 2024

POWERMAN	09:00 - 12:00	Race Expo Day 3	Cempaka Sari Auditorium
	05:00	Transition Area Opens: POWERMAN Classic & Short	Dataran Putrajaya
	06:00	Transition Area Closes: POWERMAN Classic & Short	
	06:15	Flag Off: Elite	
	06:20	Flag Off: POWERMAN Classic	
	06:45	Flag Off: POWERMAN Short	
	10:00	Prize Presentation	
	10:20	Bike Collection: POWERMAN Classic & Short	
	11:50	Official Race Cut-Off Time	

RACE PACK COLLECTION



WHERE

Cempaka Sari Auditorium

Kompleks Perbadanan Putrajaya 24,
Persiaran Perdana, Presint 3, 62675
Putrajaya (opposite the Palace of Justice)

WHEN

Friday, 7 June 14:00 - 18:00

Saturday, 8 June 10:00 - 17:30

All participants **MUST** collect their race packs during these designated hours.

WHAT TO BRING

Digital Confirmation Slip

Photo IC or Passport

Please see 'BIKE CHECK IN' section below for more information on when you must check in your bike after you have collected your Race Pack.

IMPORTANT NOTE

If you cannot make it to Race Pack Collection, you may nominate someone to collect your Race Pack on your behalf. Please provide the collector with a copy of your photo IC/Passport and a signed authorisation form downloadable from www.powerman.my.

All check-in counters will be closed at 17:30 sharp on Saturday 8th June 2024 and participants will not be permitted to collect Race Packs after this time. **IF YOU MISS THIS DEADLINE, YOU WILL NOT BE ABLE TO RACE.**

Please do not bring your bike or any large luggage to Race Pack Collection.

Strictly no collection permitted on Race Day.

WHAT PARTICIPANTS RECEIVE



RACE T-SHIRT AND BAG

All participants will receive a Micro-dry T-shirt and Drawstring Bag (at Race Pack Collection). Participants who complete the Short and Classic categories will receive a Finisher's T-shirt and a Finisher's medal (after the race).



PARTICIPANT WRISTBAND

Your wristband identifies you as an Official POWERMAN Participant and must be worn at all times. It provides access to the transition zone and post-race recovery area.



RACE BIB WITH TIMING CHIP

Your Race Bib must be worn on the FRONT of your attire at all times. Each bib comes with 4 safety pins to attach it to your apparel.



BIKE SEAT POST STICKER WITH TIMING CHIP

Your Bike Seat Post Sticker contains a secondary timing chip and must be **FIXED UNDER THE SEAT** of your bike. Please do this prior to **Bike Check-In on Saturday 8 June 2024**.



HELMET STICKERS

You will receive 2 Stickers with your unique race number which must be fixed to the **FRONT** and **LEFT SIDE** of your helmet.

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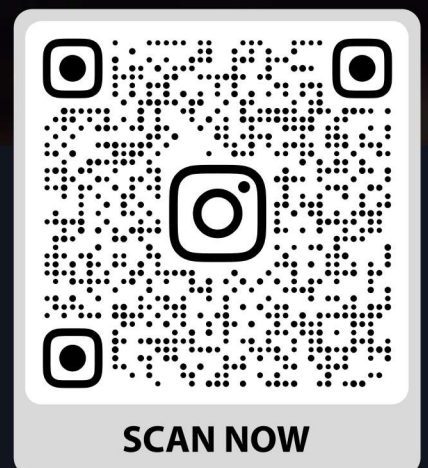


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EVENT INFORMATION

POWERMAN EXPO

The Expo is located on the Concourse Level of Auditorium Cempaka Sari, featuring a wide range of exciting offerings from industry partners.

You can also purchase official POWERMAN Malaysia merchandise, and collect any pre-ordered merchandise.

Friday 7th June : 14:00 - 18:00
Saturday 8th June : 10:00 - 18:00
Sunday 9th June : 09:00 - 12:00



TRAVEL

LOCATION

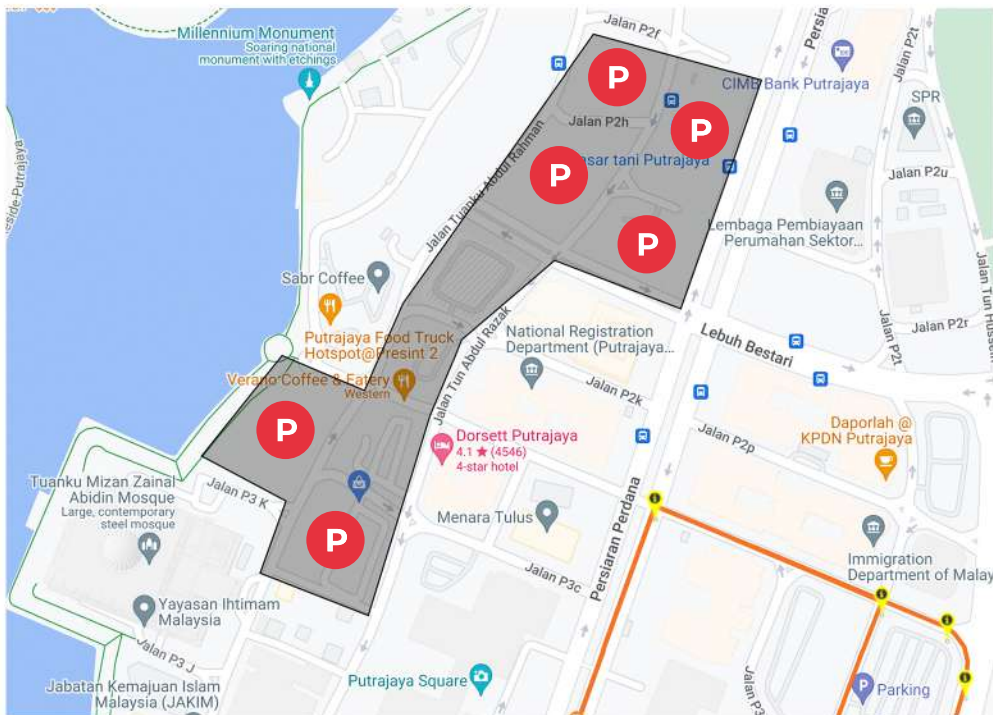
Putrajaya is located 30km from KL International Airport and 55km from KL City Centre.

The Expo, Race Pack Collection, Start and Finish are all within the vicinity of the Palace of Justice on Dataran Putrajaya.

TRANSPORT & PARKING

This year, it is compulsory for all participants that are driving to the venue on Sunday 9th June to park at one of the many public car parks along Jalan Tuanku Abdul Rahman. There will be a manned crossing area by Dorsett Hotel, so please try to cross the road there. This is to mitigate disruption on the event routes.

Exact parking locations and road closure updates will be announced nearer to the event date via our social channels.





COMPULSORY BIKE CHECK-IN

All Classic and Short participants MUST check-in their bikes between 13:00 and 18:00 on Saturday 8th June at the Transition Area, located in front of the Palace of Justice. If you miss bike check-in on Saturday, you will NOT be allowed to participate in the race.

Please note:

- Bike racks are set up according to race number order.
- Transition Area access is restricted to participants with ID Wristbands and
- Bike Seat Post Stickers correctly installed.
- Bikes will be left overnight under the careful watch of the event's professional Security Team.
- Full bike covers are not allowed and will be removed if used.

MECHANICAL SUPPORT

All participants must ensure their bikes are in a roadworthy condition. An on-site mechanical support team will be located beside the Expo from **10:00 to 17:00 on Saturday 8th June**. Limited emergency repairs are available on race morning, subject to mechanic availability.

TECHNICAL BIKE AND HELMET CHECK

All bikes and helmets will be checked by technical officials before participants are allowed entry into the Transition Area. Items that will be checked include:

- End plugs on handlebars.
- Stripped cabling.
- Minimum of one water bottle cage.
- Condition of tyres.
- Condition of brakes.
- No alterations to the helmet (i.e. chinstrap, removal of outer/inner cover).
- No signs of prior damage to the helmet.

Bikes and helmets that do not comply with the regulations can be fixed at the participant's own cost and re-tested for compliance before the **Transition Area closes at 18:00**.



OFFICIAL RACE PHOTOGRAPHS

We are using a new system this year to make it easier for you to access your event photos.

Information on how to access the official event photographs will be issued after the race via our social media channels.

You can search for your photos either by entering your bib number, or via the Photo App's facial recognition software.

OFFICIAL POWERMAN MERCHANDISE

All pre-ordered merchandise items can be collected at the POWERMAN Official Merchandise Booth on 7th - 9th June 2024 at Auditorium Cempaka Sari, Putrajaya. Please bring your purchase receipt (digital or hard copy).

Don't worry if you did not pre-order; you can still buy the merchandise items throughout the 3-day Expo.

TRANSITION AREA OPENING TIMES

POWERKIDS	- 06:00 to 07:00 on Saturday 8th June
POWERMAN SHORT	- 05:00 to 06:00 on Sunday 9th June
POWERMAN CLASSIC	- 05:00 to 06:00 on Sunday 9th June

- Please ensure you arrive early and leave yourself plenty of time to prepare for the race.

TRANSITION AREA RULES

- All changeover of equipment must be done at your specified numbered location within the Transition Area.
- Helmets must be secured on the top of participant's heads with buckles fastened from the time bikes are removed from bike racks in the Transition Area at the start of the bike leg until after their bikes have been replaced at the end of the bike leg.
- Cycling is strictly prohibited within the Transition Area - please run or walk with your bike until you have left the Transition Area.
- Spectators and helpers are NOT allowed into the Transition Area at any time.

BAG STORAGE

There is NO bag storage at the event. You may however take a shoe-sized bag into the transition zone and store it at your allocated space. We recommend NOT to leave any valuables within the transition zone.



MEDICAL

Your safety is extremely important to us. All participants are responsible for ensuring they are physically capable of completing the race. If there is any pre-event concern or doubt, please seek medical advice from a doctor.

Medical assistance is available throughout the event and if attention is required, please seek the attention of Event Staff. Medical staff will be positioned at various points on Race Day, including:

- Bike Course (Roaming)
- Run Course (Roaming)
- Finish Line
- Recovery Area



LITTERING AREA

There will be a clearly marked Littering Area at each Aid Station to discard any unwanted items such as bottles. Discarding items on any other part of the course other than at the Littering Areas will result in a time penalty.

DRINKS STATIONS

Drinks Stations are located approximately 1.75km apart on the Run Course and 15km apart on the Bike Course. Items available include:

- Water (run and bike route)
- 100PLUS isotonic (run route)

TOILETS

Male and female toilets are located near the Start and Finish Line.

FINISH LINE AND RECOVERY AREA

You will be able to enjoy the following complimentary services:

- Finisher medal
- Drinks
- Food
- Recovery massage
- Finisher T-shirt collection

Once you have crossed the finish line, please move quickly through to allow other finishers access. The finish line area can get congested, so please be courteous to other finishers behind you.



COLLECTION OF BIKES

You must collect your bike from the Transition Area between 10:20 to 12:00 on Sunday 9th June. ID wristbands will be used as verification for bike collection so please ensure you are wearing yours. Then organiser will not be held responsible for the loss of any property nor for any bikes not collected after the closure of the Transition Area.

TIMING RULE - GUN TIME

- Podium ranking for all race categories (Kids, Elite, Short and Classic) is based upon gun time.
- All participants will receive an official result time (after the race) using chip (net) time.

RESULTS

Potential podium winners will receive 'potential winner' tags as they cross the finish line. Podium results will be announced once the timing provider has ratified the results. Please be patient, as there are multiple checkpoints on the course, and all need to be checked carefully.

Official results will be available as soon as possible after the event.

PRIZE MONEY & TROPHIES

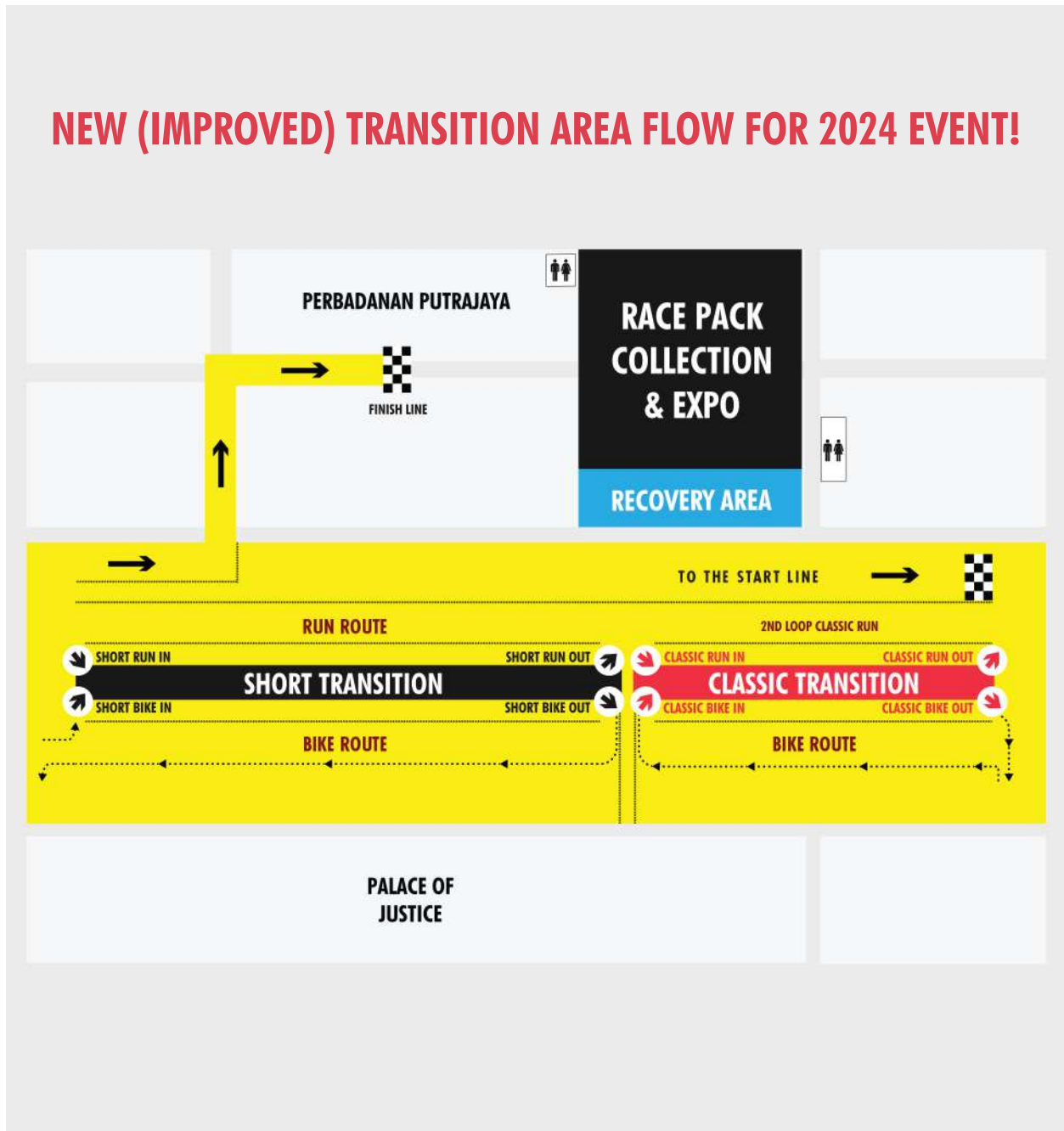
The top 6 Classic Elite male and female finishers will be presented with prize money at the outdoor Prize Giving Ceremony.

The top 3 male and female finishers in each age category will be presented with a trophy and prize pack at the outdoor Prize Giving Ceremony.

TRANSITION AREA MAP

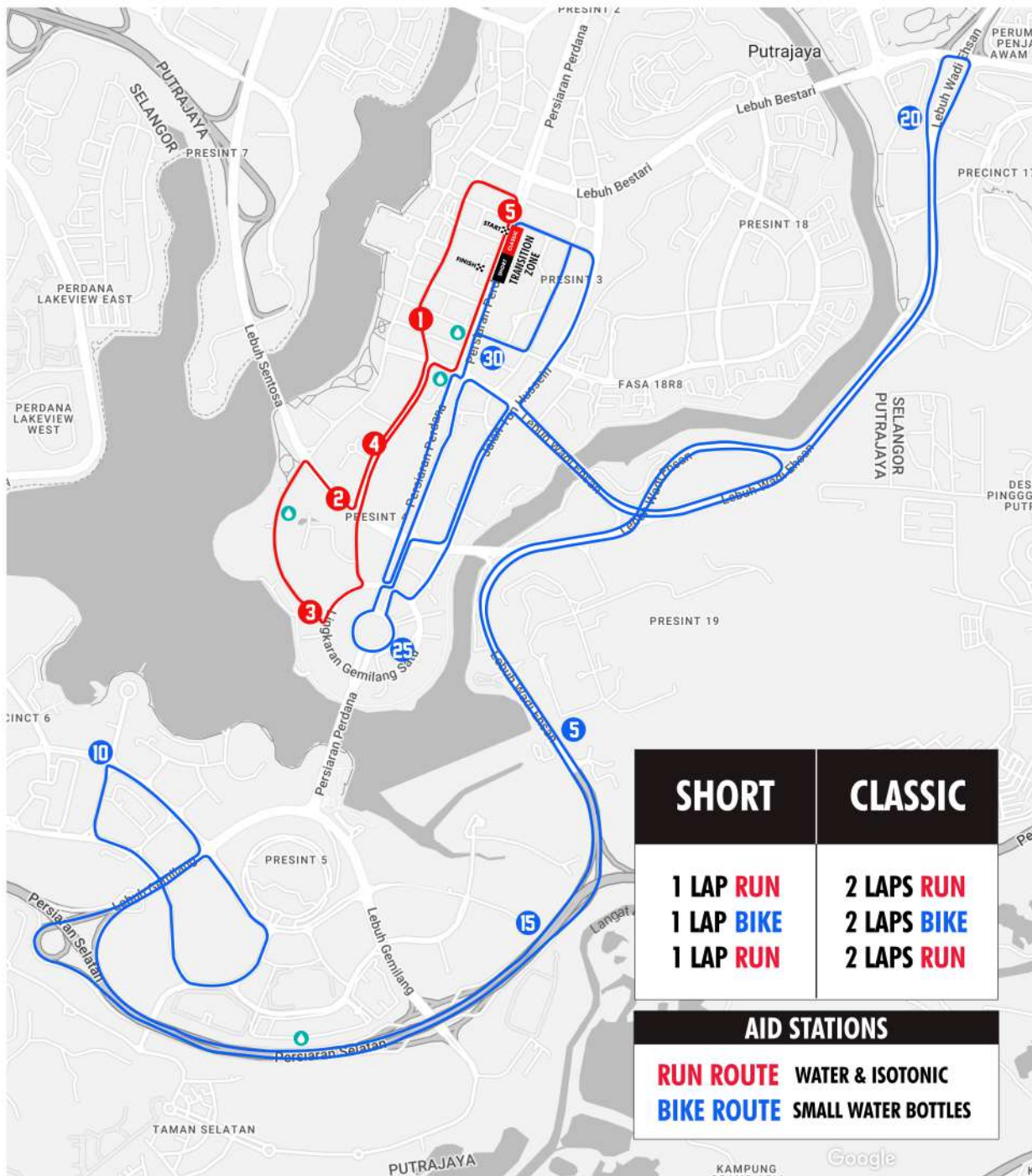
DATARAN PUTRAJAYA

NEW (IMPROVED) TRANSITION AREA FLOW FOR 2024 EVENT!



POWERMAN 2024 ROUTE

CLASSIC & SHORT

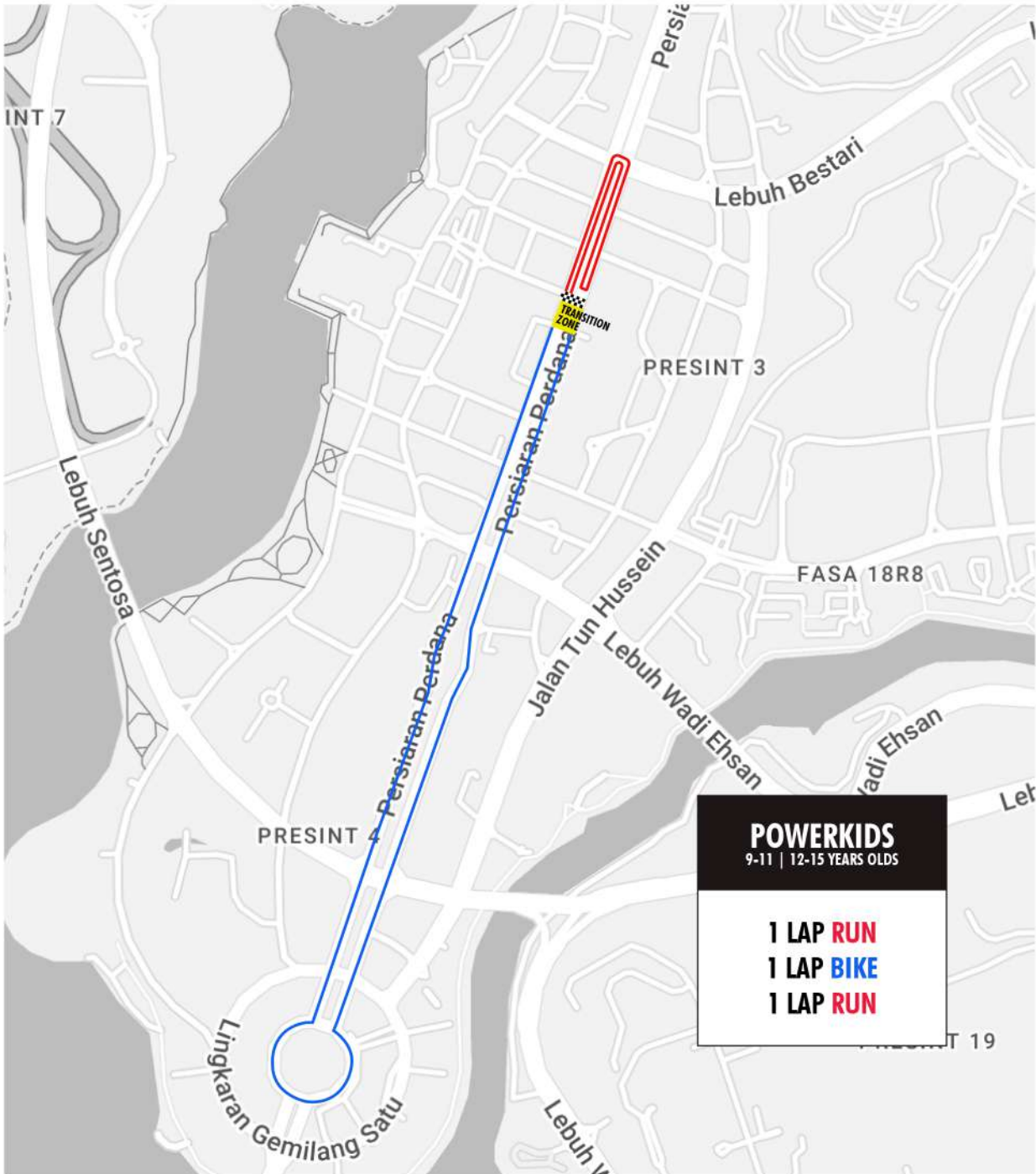


Race Date : 9 June 2024

Elite Flag Off Time : 06:00 | Classic Flag Off Time : 06:20 | Short Flag Off Time : 06:45

POWERKIDS 2024 ROUTE MAP

9-11 | 12-15 YEARS OLD



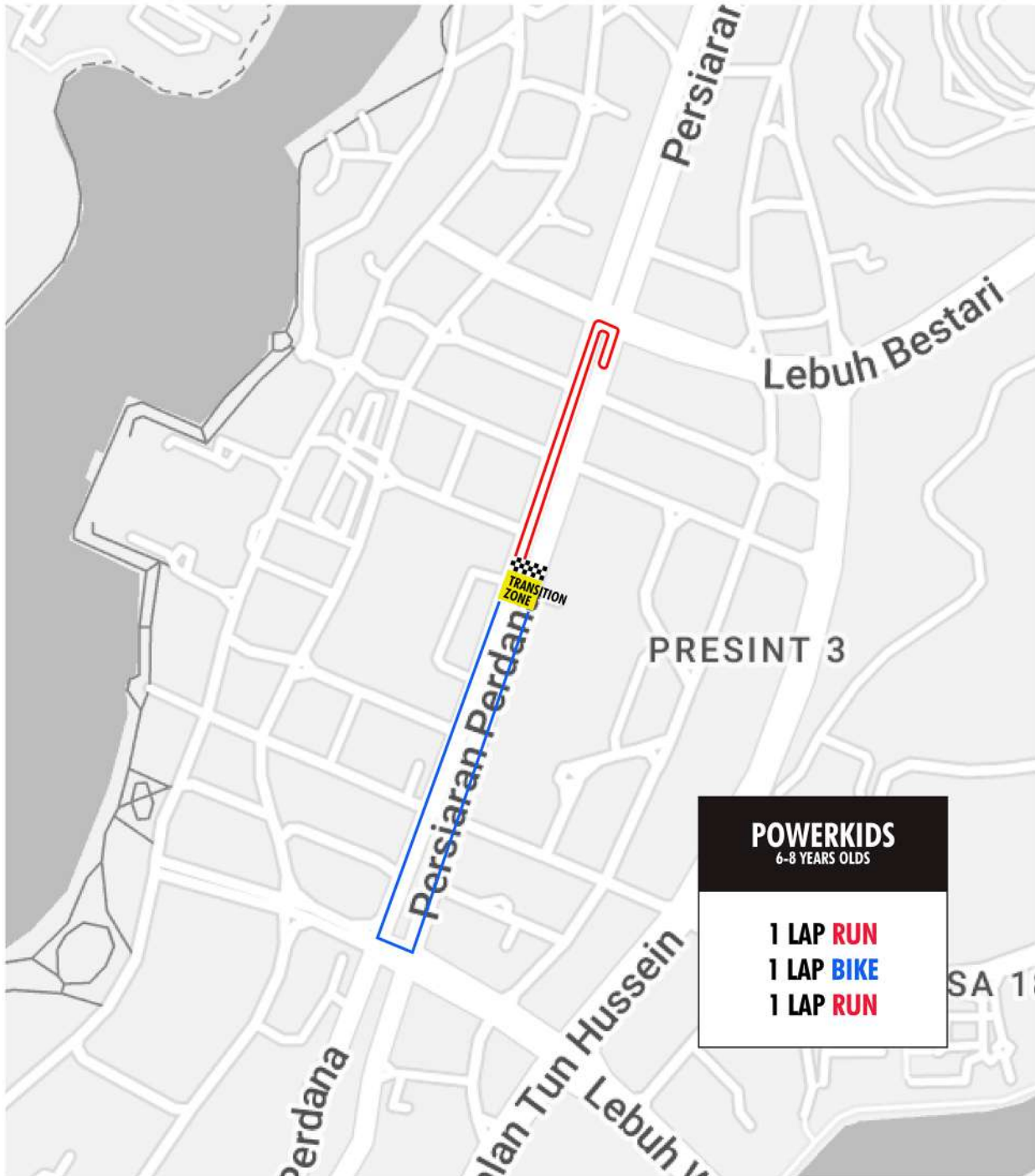
Race Date : 8 June 2024

Age 9 - 11 Flag Off Time 08:00 | Age 12 - 15 Flag Off Time 09:00

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POWERKIDS 2024 ROUTE MAP

6-8 YEARS OLD



Race Date : 8 June 2024

Age 6 - 8 Flag Off Time 07:15

POWERMAN MALAYSIA 2024 BY JAECCO

RACE RULES AND REGULATIONS

RACE RULES

For POWERMAN Malaysia's full Race Rules, please refer to www.powerman.my

- A participant found to be littering on the course other than at the Littering Areas situated at the Aid Stations will be served a time penalty.
- Drafting of another bike (within 12m of front bike for more than 25 seconds) is strictly prohibited and illegal in this event. A participant found drafting will be served a time penalty. Whilst there are roving marshalls on motorbikes, we ask for everybody's honesty in adhering to and self-policing the drafting rule.
- A participant found blocking or interfering with the forward progress of another athlete will be served a time penalty.
- Repeated infringements of the above rules will result in a participant being disqualified from the race.
- Individual support vehicles and support crews are strictly prohibited.
- Participants are required to wear their Race Bibs on the front of their attire and ensure that their bike seat post sticker is fastened on the bike and their 2 helmet stickers are fixed to the front and left side of their helmet.
- Participants may walk their bike if necessary but must not progress on the bike course without their bike.
- Shoes and helmets must be worn at all times while cycling.
- The use of mobile phones, cameras and headphones is not permitted.
- When cycling, keep to the left of the road whenever possible, always pass on the right and do not ride side by side.
- Medical personnel shall have the final authority to remove an athlete from the race if the athlete is physically incapable of continuing.

TIME PENALTIES

Athletes receiving a time penalty must serve it in a Penalty Box on the Race Course or in the Transition Area. Repeated infringements will result in disqualification from the race.

INFRINGEMENT	Penalty - Classic	Penalty - Short
Drafting	5 minutes	2 minutes
Blocking, Littering, Others	15 seconds	15 seconds

PERMITTED BIKE TYPES



**TRIATHLON &
TIME TRIAL**



**ROAD
BIKE**



**MOUNTAIN
BIKE**



All bikes need to have gears and brakes in good working order.
POWERKIDS can use any (non-motorised) bike type.

Aero bars ARE permitted to be used in the race.



COURSE SAFETY

For the safety of all participants, headphones are NOT allowed to be worn during the race and NO RECORDING is permitted whilst you are running or cycling.





COURSE CUT-OFF TIMES

Should a participant be unable to reach one of the below cut-off times, they will not be allowed to continue their race and will be classified as Did Not Finish (DNF).

The cut off time for POWERMAN Short is 4.5 hours.

The cut off time for POWERMAN Classic is 5.5 hours.

CUT OFF POINTS - FINAL RUN SEGMENT

POWERMAN CLASSIC

You will only be allowed to start the final run loop if you reach before 11.00.

POWERMAN SHORT

You will only be allowed to start the final run loop if you reach before 10.15.

TRAFFIC NOTES

We implement traffic management across the entire Run and Bike Courses but there will be public vehicles sharing the roads with participants at certain points so please be vigilant at all times. Police, traffic controllers, course marshals and event crew will be on the Run and Bike Courses to assist.

SEVERE WEATHER

POWERMAN Malaysia is a rain or shine event. In the event that severe weather is imminent or occurs during the race, Race Officials will review the race status based on the following course of action:

- If the weather condition is considered less severe and is expected to improve within an acceptable time frame of 30 minutes, Race Officials may decide to allow athletes to continue the race.
- If the weather condition is considered severe and is not expected to improve within an acceptable time frame of 60 minutes, Race Officials may declare the event a run or bike only race or cancel the event.
- Please listen carefully to all announcements from Race Officials.
- Severe weather decisions made by the Race Director are final.



PARTICIPANTS CHECKLIST

PRE-EVENT CHECKLIST

- Bring a digital copy of your Confirmation Slip and photo IC / Passport to Race Pack Collection.
- Ensure your emergency contact is reachable on Race Day. Please write the contact details on the reverse side of your Race Bib.
- Familiarize yourself with the Race Day Schedule.
- Check on the weather forecast and bring the appropriate gear.

RACE DAY CHECKLIST

- Check transition opening times and don't be late.
- Wear ID wristband.
- Wear Race Bib with Timing Chip.
- Bike seat post sticker with timing chip secured.
- Helmet with helmet sticker secured on the front, right and left side.
- Bike shoes, safely clipped onto bike or by the side of bike.
- Bring tyre changing supplies.

POST-EVENT CHECKLIST

- Collect your bike from the transition zone (as per scheduled times).
- Search for your photos.
- Wear your Finisher T-shirt with pride!

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Main Partner

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*One serving of 100PLUS PRO High Protein contains 2g BCAA which helps muscle recovery.
(Ref: Branched-Chain Amino Acids [BCAAs]. [2023]. Sports Dietitians Australia.



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11. IOI City Mall
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14. Menara OCBC
15. Nu Sentral
16. Pantai Hospital
17. Subang Jaya Medical Centre (SJMC)
18. Sunway Medical Centre, Penang
19. Suria KLCC
20. The Curve
21. The Exchange 106 (TRX)
22. Wisma Shell (For Shell staffs only)
23. Wisma UOA Damansara II