



Asia  
Triathlon  
Cup



PERAK · MALAYSIA

NATIONAL  
AGE GROUP

*Tri Liga 2*

SILVERLAKES | IPOH



be your  
extraordinary

25 · 26 · 27  
NOV 2022  
IPOH  
MALAYSIA  
SILVERLAKES  
VILLAGE OUTLET



TRAFFIC-FREE  
ROUTE

CASH PRIZES OF  
**RM 65K**

## SPRINT DISTANCE

ASIA TRIATHLON CUP • ELITE OPEN (CLOSED)

- Sprint Distance Men & Women 750m swim | 20km bike | 5km run

## NATIONAL AGE GROUP TRILIGA 2

Registration Fee : RM120

- TriMini Boys & Girls (7-9yrs) 100m swim | 2km bike | 800m run
- TriKids Boys & Girls (10-12yrs) 100m swim | 5km bike | 1km run
- TriYouth Boys & Girls (13-15yrs) 400m swim | 10km bike | 2km run

Registration Fee : RM250

- TriSprint Junior (16-19yrs) 750m swim | 20km bike | 5km run
- TriSprint Adult (20-30yrs) 750m swim | 20km bike | 5km run
- TriSprint Senior (31-49yrs) 750m swim | 20km bike | 5km run
- TriSprint Master (50yrs & above) 750m swim | 20km bike | 5km run

## OLYMPIC DISTANCE

Registration Fee : RM250

- TriOD Adult (20-30yrs) 1.5km Swim | 40km Bike | 10km run
- TriOD Senior (31-49yrs) 1.5km Swim | 40km Bike | 10km run
- TriOD Master (50yrs & above) 1.5km Swim | 40km Bike | 10km run

REGISTRATION EXTENDED TO 1-7 NOV 2022  
7 DAYS MORE TO CLOSING



Organiser



Event Manager



Venue Sponsor



Official Photographer





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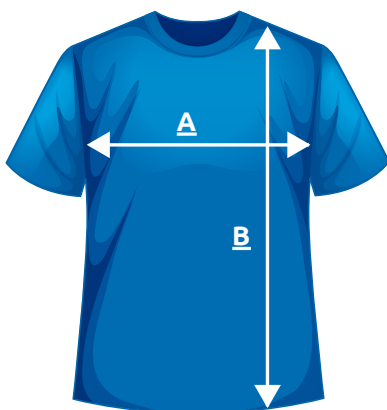
FINISHING MEDAL



EVENT TEE



MEASUREMENT CHART



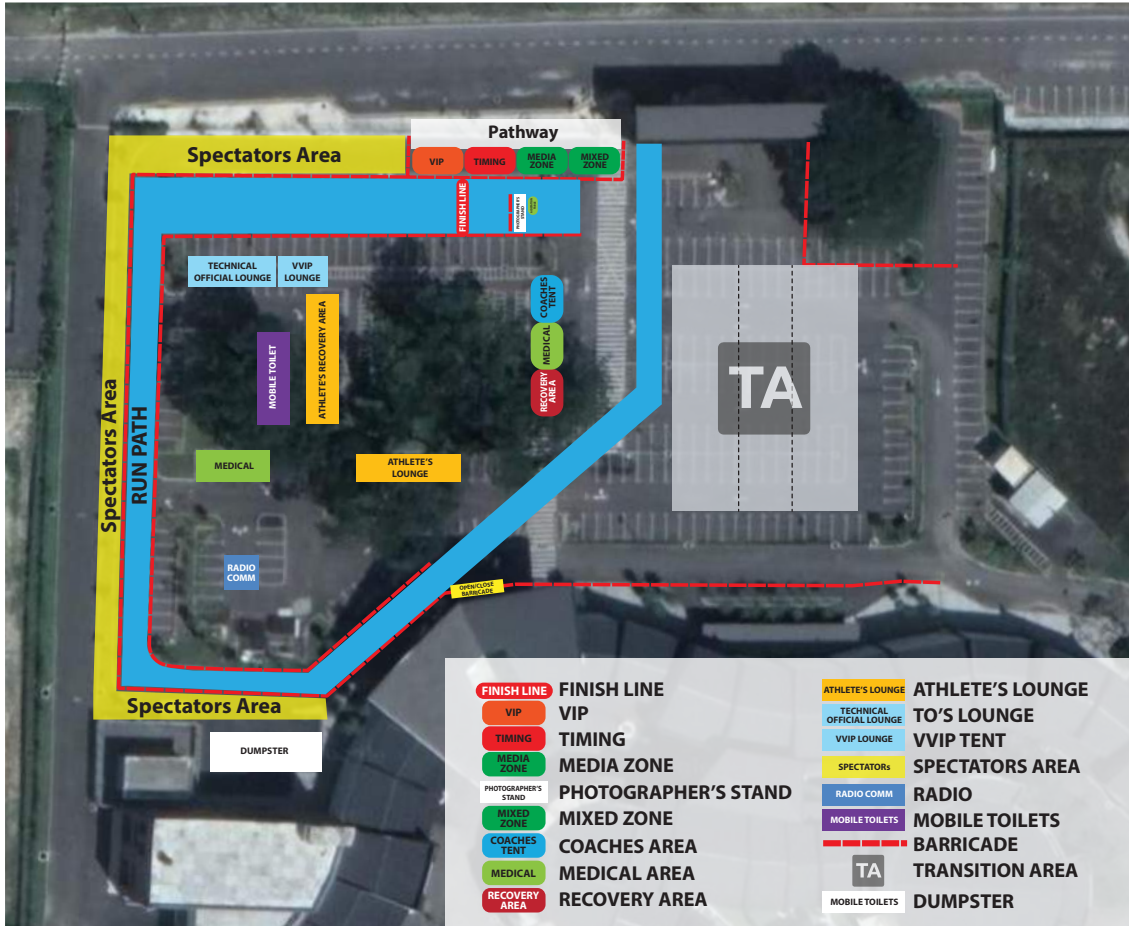
KID SIZE	SIZE	AGE	FULL CHEST
	S Kids	7-8	28"
M Kids	9-10	30"	
L Kids	11-12	32"	
XL Kids	13-14	34"	
XS Kids	15-16	36"	

ADULT SIZE	SIZE	A"	B"
	XS	18	36
S	19	38	
M	20	40	
L	21	42	
XL	22	44	
2XL	23	46	



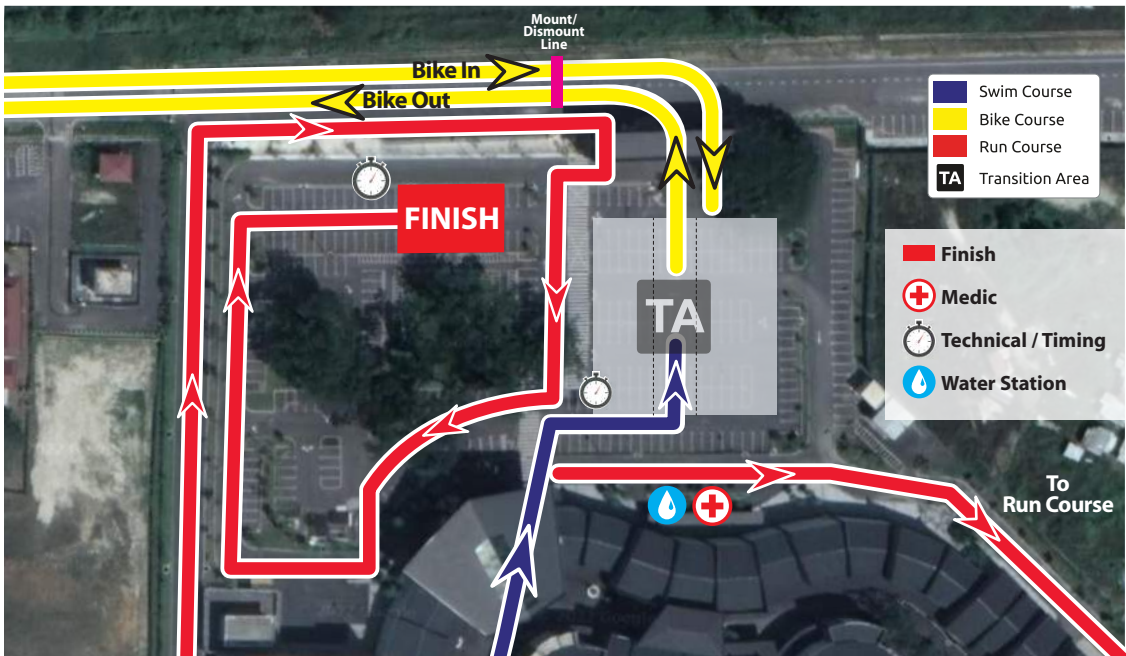
OVERALL

FINISHING MAP



OVERALL

TRANSITION MAP





# SPRINT & OLYMPIC DISTANCE RACE MAPS

## SWIM START

**750m**

TriSprint Junior (16 - 19)  
TriSprint Adult (20 - 30)  
TriSprint Senior (31 - 49)  
TriSprint Master (50 <)

**1.5km**  
750m x 2 loops

Tri OD Adult (20 - 30)  
Tri OD Senior (31 - 49)  
Tri OD Master (50 <)



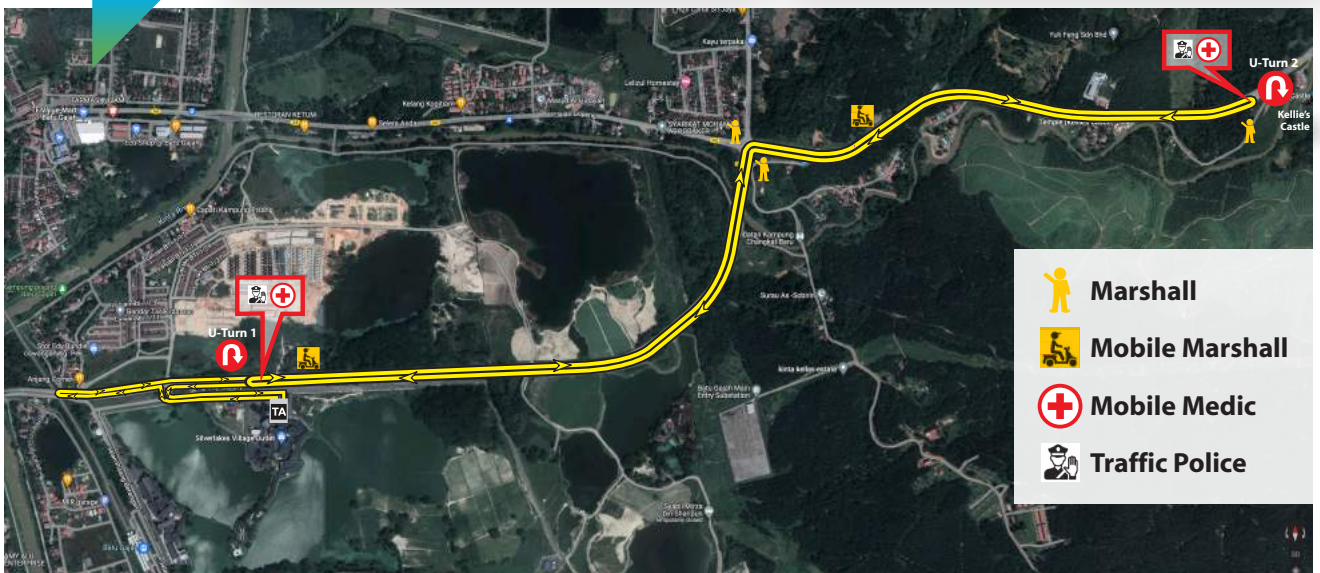
## BIKE ROUTE

**20km**  
10km x 2 loops

TriSprint Junior (16 - 19)  
TriSprint Adult (20 - 30)  
TriSprint Senior (31 - 49)  
TriSprint Master (50 <)

**40km**  
10km x 4 loops

Tri OD Adult (20 - 30)  
Tri OD Senior (31 - 49)  
Tri OD Master (50 <)



## RUN ROUTE

**5km**  
2.5km x 2 loops

TriSprint Junior (16 - 19)  
TriSprint Adult (20 - 30)  
TriSprint Senior (31 - 49)  
TriSprint Master (50 <)

**10km**  
2.5km x 4 loops

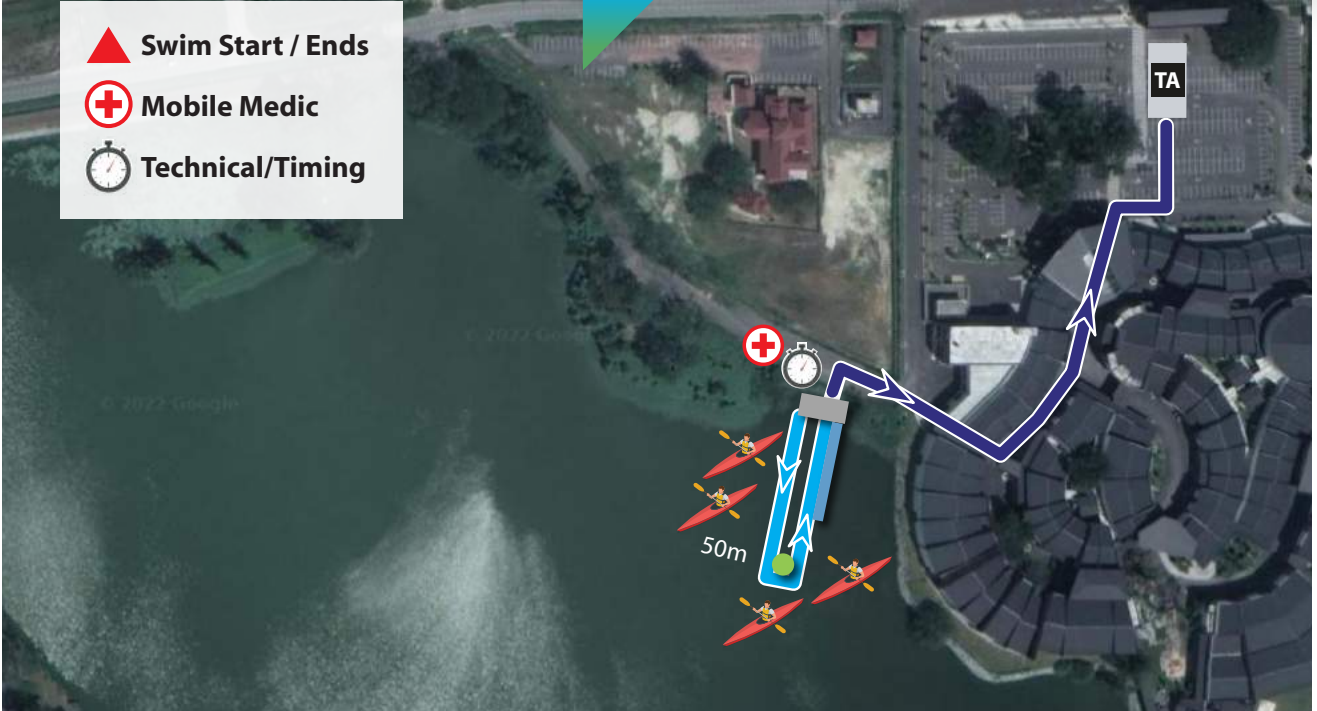
Tri OD Adult (20 - 30)  
Tri OD Senior (31 - 49)  
Tri OD Master (50 <)





# TRI MINI RACE MAPS

**SWIM START** | **100m** | Tri Mini 7 - 9



**BIKE ROUTE** | **2km** | Tri Mini 7 - 9  
Route x 3 loops



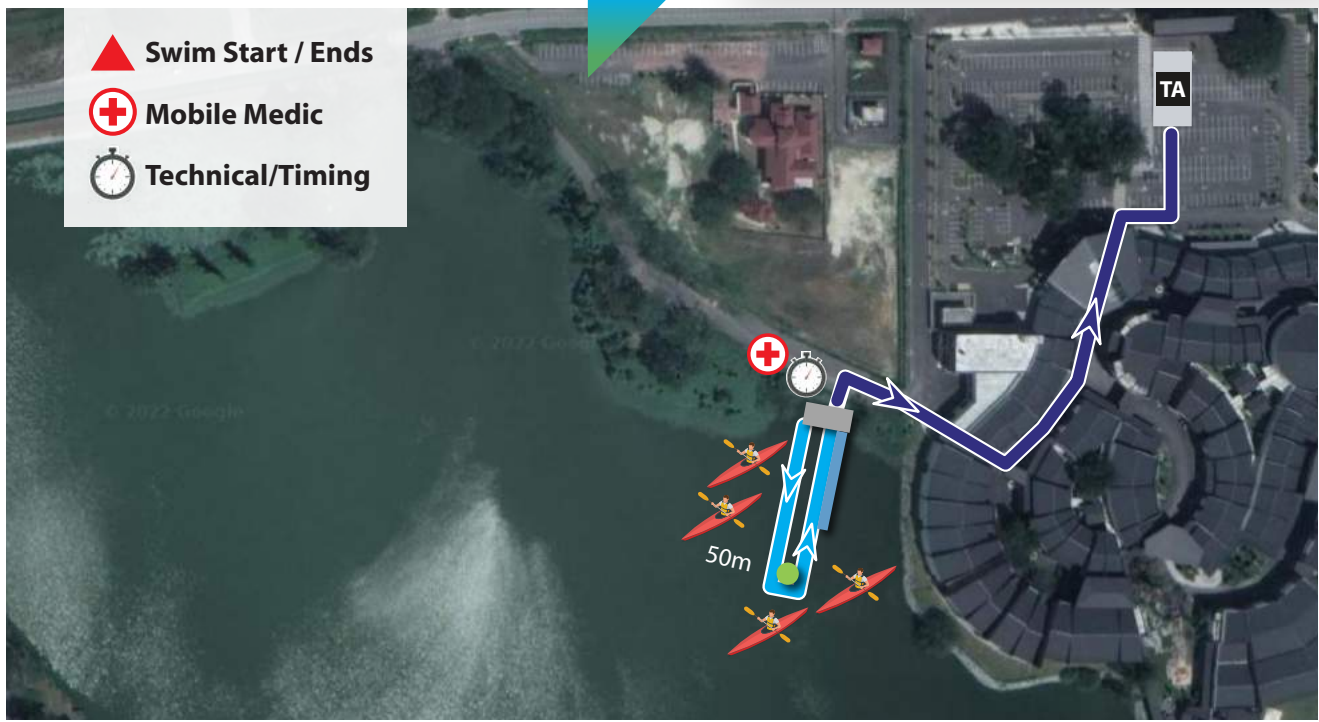
**RUN ROUTE** | **800m** | Tri Mini 7 - 9





# TRI KIDS RACE MAPS

## SWIM START 100m Tri Kids 10 - 12



- ▲ Swim Start / Ends
- ⊕ Mobile Medic
- 🕒 Technical/Timing

## BIKE ROUTE 5km Tri Kids 10 - 12

Route x 2 loops



- 👤 Marshall
- 🏍️ Mobile Marshall
- ⊕ Mobile Medic
- 👮 Traffic Police

ROUTE: Travel 1.3km – U turn (1.3km), U turn at 100m Mark (1.2km), U turn at 1.3km (1.2m) then Finishing Line (1.3km). In Total 5km. (1.3 + 1.2 + 1.2 + 1.3 = 5km)

## RUN ROUTE 1km Tri Kids 10 - 12



- 👤 Marshall
- ⊕ Mobile Medic
- 🕒 Technical / Timing
- 💧 Water Station

1st Loop  
Run to Finish



# TRI YOUTH RACE MAPS

**SWIM START** **400m** TriYouth 13 - 15



**BIKE ROUTE** **10km** TriYouth 13 - 15  
Route x 4 loops



ROUTE: Travel 1.3km - U turn (1.3km), U turn at 100m Mark (1.25m), U turn at 1.3km (1.25m) \* 3 loops then Finishing Line (1.3km). In Total 5km. (1.3 + [(1.25 + 1.25) \* 3] + 1.3 = 10km)

**RUN ROUTE** **2km** TriYouth 13 - 15

