



DESARU
COAST
JOHOR, MALAYSIA

MULTI SPORT FESTIVAL

PRESENTED BY



IRONKIDS®

DESARU  COAST

ATHLETE INFORMATION GUIDE

17.05.2024

www.ironman.com/5150-desaru-coast

RACE KIT COLLECTION

17 MAY 2024 (FRIDAY)
2.00PM - 4.00PM

WHAT TO DO TODAY?

Collect your IRONKIDS Desaru Coast race kit

WHERE TO COLLECT?

IRONKIDS Desaru Coast Athlete Check-In
at Desaru Coast Conference Centre

RACE DAY

17 MAY 2024 (FRIDAY)
5.00PM

WHERE TO MEET FOR RACE?

Swim Start Line
(The Westin Desaru Coast Beachfront)

HELLO IRONKIDS! **Congratulations!**
By being here on event week, you are already a
CHAMPION!

YOU ARE AN IRONKID!

Here is some information you will need to know. Please do read carefully.



GOGGLES

Ensure that your goggles are in good condition. We will be providing you with an IRONKIDS swim cap.



HELMET

For safety reasons, everyone must have a cycling helmet with a strap. The helmet must be the right size (not too big or too small).



BICYCLE

We accept all types of bicycles (with 2 wheels). Training wheels or motorised bikes are not allowed. We will be providing you with a bike race number sticker.



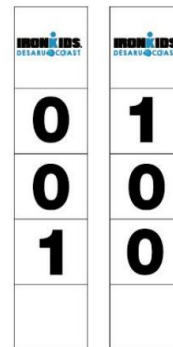
SHOES

For the run, remember to bring your favourite running shoes! Roller shoes, Heelys or Street Gliders are not allowed in the race.

**Any questions on your gear? Ask our friendly
IRONKIDS crew on site**

IRONKIDS champions will receive a dri-fit shirt, race number & tattoo, race belt, wristband and swim cap.

YOU WILL RECEIVE



WRISTBAND

This wristband must be worn throughout the race. There will be 2 wristbands provided in the race kit. One for the parent and one for the child. Parents will have to show event staff the wristband to collect their child after the race.

SWIM CAP

The swim cap is important for the water safety team to see you. Please do wear it during the swim.

RACE NUMBER & TATTOO

The bib number is to be pinned to the race belt or the T-shirt. It has to be worn during the Run. The tattoo should be placed on your upper or lower right hand using a wet cloth or sponge.

BIKE & HELMET STICKERS

These are to be attached to the bike and helmet. Helmet stickers should be on the front of the helmet. Bike sticker should be on the seat post.

TIMING CHIP

This timing chip is to be worn around your left ankle. Please do not lose this timing chip and ensure you return it to the timing team after your race. There are no prizes for the age groups, **EVERYONE IS A CHAMPION !**

FINISHER MEDAL

Upon completion of the race, you will receive an IRONKIDS Desaru Coast medal.

COURSE MAP



SWIM 100M / BIKE 4KM / RUN 1.3KM

7 - 10 years old - 1 lap of the swim course - **YOU START FIRST**

(The event will start with the younger age group, 3 - 4 athletes will be released at a time)

Upon completion of the swim, you will cycle along the 4km bike course (7-10 years old - 1 lap of the bike course)

Lastly comes the 1.3km run course (7-10 years old - 1 lap of the run course)

*****If you are not confident in open water swim, you are allowed to bring a swim buoy tied to your waist*****

COURSE MAP



SWIM 200M / BIKE 8KM / RUN 1.9KM

11 - 15 years old - 2 laps of the swim course - **NEXT IS YOU**

(The event will start after the younger age group, 3 - 4 athletes will be released at a time)

Upon completion of the swim, you will cycle along the 8km bike course (11-15 years old - 2 laps of the bike course)

The 2nd lap turnaround will be at the roundabout. If you are in the 11 -15 years age group, you need to make a turn at the roundabout for the 2nd lap before heading back to Transition.

Lastly comes the 1.9km run course (11-15 years old - 2 laps of the run course) The 2nd lap turnaround is at the road junction before the finish line area. If you are in the 11 -15 years age group, you need to make a U-turn for the 2nd lap before heading to the finish line.

*****If you are not confident in open water swim, you are allowed to bring a swim buoy tied to your waist*****

OTHER IMPORTANT INFORMATION

- There will be an aid station available in Transition. This aid station will be serving water and electrolytes.
- If you do not feel well, please do not start the race. You are already a champion by being at the event.
- If you have any questions, feel free to approach any of our friendly IRONKIDS crew.
- Remember to enjoy your race and always SMILE !!!

IMPORTANT NOTES FOR PARENTS

- If your child is unwell, please do not let him / her race.
- Please clear the path for kids to race safely. Do not block their access.
- **Parents are not allowed in Transition while the race is ongoing.**
- Refrain from entering the swim area during race. This may be a hazard for other kids in the area.
- Please do not rush your children during the race. The idea is to have fun and to have an enjoyable race. NO PRESSURE.
- It is not about winning as there are no prizes. Every child is a champion by being here on race day.
- You can collect your child's race gear and belongings after the IRONKIDS Desaru Coast race has ended.
- Please wear the provided wristband when collecting your child after the race. **No wristband = No collection**