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**MALAYSIA**



**KUALA LUMPUR**

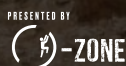


**28TH - 29TH OCTOBER 2023**



# **OFFICIAL RACE GUIDE**

**28-29 OCTOBER 2023**  
**GAMUDA COVE**  
**MALAYSIA**





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# 8 EASY STEPS FOR A GREAT SPARTAN RACE EXPERIENCE

## REGISTRATION CHECK IN COUNTERS OPEN AT 5:30 AM

Priority will be given to Elite and Age Group Racers until 6:45 AM.  
All racers must start according to their respective race time.

Open SPRINT registration will start from 9:00AM.

REGISTRATION IS ONLY ALLOWED **1.5 HOURS PRIOR** TO YOUR ASSIGNED START TIME. IF YOU SHOW UP EARLIER THAN 1.5 HOURS BEFORE YOUR HEAT TIME, YOU WILL NOT BE ALLOWED TO CHECK IN YET.

WE WILL BE USING ON-SCREEN WAIVERS AT REGISTRATION. THIS MEANS YOU WILL SIGN THE WAIVERS ELECTRONICALLY DURING RACE CHECK IN. YOU DO NOT NEED TO PRINT OR DOWNLOAD THE WAIVER PRE-RACE.

1. Brush up on the competition rules with the [Official Spartan Rulebook](#).

Elite and Age Group racers must check their results at the RESULTS TENT before the Award Ceremony. Any disputes and/or clarifications must be brought up to the race officials at least 30 minutes before the scheduled times for awards. Please refer to Page 9.

2. Proceed to the REGISTRATION area with the mandatory items. Refer to Page 8. We are using the dynamic chips system. This means you will not be assigned a bib number prior to race day.
3. Line up to check in at any of the Registration Lanes. At registration, you will receive:





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- Spartan Headband with Bib Number – Racers must wear their headbands on their heads during the race. Failure to wear it on your forehead may result in disqualification. This allows us to identify you for race refereeing as well as your race photos!
- Wristband with Start Time - Racers must run during their designated heat times. This wristband will get you into the start zone. Please keep it on at all times
- Timing Chip + YELLOW Wrist Band - Loop the strap through the timing chip and securely attach it to your wrist. **DO NOT LOSE YOUR TIMING CHIP. YOU MUST FINISH THE RACE WITH YOUR ASSIGNED TIMING CHIP.**
- For Elite and Age Group Racers, you will receive a **RED** headband – you **MUST** wear this during the race for our marshals to identify you. Failure to wear your headband will result in disqualification. Please refer to Page 12 for summary of some important rules.

**RED Headband: For Elite and Age Group Racers ONLY.**



4. Enter the Festival Area and open your race packet to find your timing chip, heat time wristband, and collectible Spartan Bib number headband. Follow instructions on the race pack to wear these.
5. Check out the Spartan Merchandise and Partner Tents.
6. Warm up and stretch out in the warm up zone. Introduce yourself to your fellow Spartans. They'll be your company on the journey to Spartan glory!
7. Make your way to the start line 10 minutes before your scheduled Heat Time and give your loudest "AROO" before taking on the challenging course ahead of you. Follow all course marking and directions given by staff and volunteers on course.
8. While on course, give it everything you have, stay honest, follow course marshals' directions, support your fellow Spartans, and mind your physical condition. Timing chip **MUST** always be worn on the course.



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## RACE VENUE, TRANSPORTATION, AND LOCATION MAP

The festival area is located at  
**The HIVE, Discovery Park,  
Gamuda Cove, Selangor, Malaysia.**

We recommend you to drive to the  
venue, or take a ride via an e-hailing  
services such as Grab.



### Getting to Gamuda Cove by Public Transport



#### By Bus

**Travel time:** Approximately 45 minutes from Kuala Lumpur City Centre (KLCC)

**Closest stop:** Gamuda Cove Bus Terminal

**Timings:** Buses run from 6 AM to 10 PM, every 30 minutes

**Description:** The bus is the cheapest way to get to Gamuda Cove. Take the RapidKL bus 780 from KLCC and get off at the Gamuda Cove Bus Terminal. The bus terminal is a short walk from the Gamuda Cove entrance.



#### By Train

**Travel time:** Approximately 30 minutes from KLCC

**Closest station:** Kajang KTM Station

**Timings:** Trains run from 6 AM to 10 PM, every 15 minutes

**Description:** The train is a more comfortable option than the bus, but it is also more expensive. Take the KTM Komuter train from KLCC to the Kajang station. From the Kajang station, take a taxi or Grab to Gamuda Cove.



#### By Grab/Taxi

**Travel time:** Approximately 30 minutes from KLCC

**Description:** Grab and taxis are the most convenient way to get to Gamuda Cove, but they are also the most expensive. The fare from KLCC to Gamuda Cove will vary depending on the time of day and traffic conditions.

### Getting to Gamuda Cove by Car



#### Driving Route

- **From Kuala Lumpur City Centre (KLCC):** Take the Federal Highway (E3) north towards KLIA. Exit at Exit 607A and follow the signs for Gamuda Cove. The total driving time is approximately 50 minutes.
- **From Petaling Jaya:** Take the LDP east towards Shah Alam. Exit at Exit 32 and follow the signs for Gamuda Cove. The total driving time is approximately 45 minutes.
- **From Cyberjaya:** Take the SKVE west towards KLIA. Exit at Exit 607A and follow the signs for Gamuda Cove. The total driving time is approximately 30 minutes.



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## COVID-19 SAFETY MEASURES AND EXPECTATIONS

Spartans, our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone. Please review these guidelines carefully before your event.

### HIGH-RISK INDIVIDUALS

High risk individuals, or anyone living with high risk individuals, are encouraged not to attend the event. High-risk individuals may include:

- Anyone over 65 years of age;
- People who have chronic lung disease, moderate to severe asthma and/or severe heart disease;
- People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, or had prolonged use of corticosteroids; and smokers;
- People of any age with class III or severe obesity; or
- Anyone diagnosed with the following underlying conditions: diabetes, liver disease and persons with chronic kidney disease undergoing dialysis.

Always refer to the latest governing body guidelines when deciding if you should attend.

### PRE-RACE HEALTH MONITORING

Customers should monitor their health 14 days prior to race day, and be aware of any symptoms that could indicate they have been infected with the novel coronavirus. Any customer exhibiting the following symptoms in the 14 days prior to an event should not attend. This includes:

- Cough
- Shortness of Breath
- Labored Breathing
- Fever
- Chills
- Muscle Aches
- Sore Throat
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 14 days should not attend.



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## COVID-19 SAFETY MEASURES AND EXPECTATIONS

### FACE MASKS

Face masks are **NOT** required in the festival area.

Event attendees are not required to wear a face covering in the festival area. Competitors are not required to wear face coverings on the course.

### SPARTAN ETIQUETTE

Racers shall observe and obey the travel restrictions and quarantine requirements as set forth by Malaysia laws, which may change between the time you receive these Safety Guidelines and the day of the event.

Respect all volunteers, Spartan staff and other competitors, cheer on your fellow Spartans, throw away your trash in the bins provided, and have a great race.



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## REGISTRATION

### CHECK-IN AND REGISTRATION PROCESS

Check in at least 1.5 hours before your start time.

**\*Registration will close 15 minutes before the last scheduled heat.**

### STEP 1: PREPARE

Prepare and bring the following items on race day:



#### PHOTO ID

Bring any photo ID card for verification purposes



#### QR CODE

Print or screenshot your QR Code and Start Time.

### HOW TO CHECK YOUR START TIME:

OPTION 1: Go to your [Spartan Account](#) and log in. On the events tab, click the event you will be participating in. Click the "View Tickets" button that will appear, and then print or screenshot the ticket.

OPTION 2: Go to your Ticket Socket [My Account](#) Page and log in, look for the upcoming event you will be participating in and click "Order". Click the event number. Click the "Tickets" button and then print or screenshot the ticket.

Start Times will be available approximately 3 days before race day.

The start times you selected upon online registration are not guaranteed. Team Members will be grouped together within the preferred time that the majority of the team chose. Larger teams may be divided depending on the heat capacity.

### STEP 2: CLAIM

Check if the following items are in your race packet.



#### HEADBAND (with bib no.)

**Red Headband** for Elite and Age Group Category

**Black Headband** for Open Category

Racers must wear the headband during the race. Failure to wear your headbands on your forehead may result in disqualification.



#### TIMING CHIP WITH YELLOW WRISTBAND

The timing chip must be worn on your wrist secured by the yellow wristband by looping and locking it. This will be the only way you will be timed for your event. This must be surrendered after crossing the finish line.



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## TRANSFERS OR DEFERRALS

Transferring your registration to another person or upgrading to another category or race is **not allowed** on race day and on sold out events.

If you missed your race or would like to transfer your registration to another person, please follow the link below for instructions. You will be charged a deferment / transfer fee of MYR 25, in addition to the ticket price difference. Your eligibility to apply for the next race will expire within 90 days from race day.

Click [HERE](#) for more details.

For more information, email [info@my.spartan.com](mailto:info@my.spartan.com).

## WALK-IN REGISTRATION

Online registration will be closed on 11:59PM Wednesday 24 October 2023.

Walk-in registration will be opened on Race Day, but for Sprint, Super & Beast - Open Categories ONLY.



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# EVENT SCHEDULE

## SATURDAY 28 OCTOBER 2023

| Time     | Distance                      | Heat                  |
|----------|-------------------------------|-----------------------|
| 7:00 AM  | Beast                         | Male Elite            |
| 7:15 AM  | Beast                         | Female Elite          |
| 7:30 AM  | Beast                         | Age Group 14-29       |
| 7:45 AM  | Beast                         | Age Group 30-39       |
| 8:00 AM  | Beast                         | Age Group 40-49       |
| 8:15 AM  | Beast                         | Age Group 50+         |
| 8:30 AM  | Beast                         | Open                  |
| 8:30 AM  | Kids                          | Competitive 12-14 2km |
| 8:45 AM  | Beast                         | Open                  |
| 8:45 AM  | Kids                          | Competitive 9-11 2KM  |
| 9:00 AM  | Beast                         | Open                  |
| 9:00 AM  | Kids                          | Open 9-14 1.6KM       |
| 9:15 AM  | Beast                         | Open                  |
| 9:15 AM  | Kids                          | Open 7-9 1.6KM        |
| 9:30 AM  | Beast                         | Open                  |
| 9:30 AM  | Kids                          | Open 4-6 1KM          |
| 9:45 AM  | Beast                         | Open                  |
| 10:00 AM | Beast                         | Open                  |
| 10:15 AM | Beast                         | Open                  |
| 11:00 AM | AWARD CEREMONY - Elite & Kids |                       |
| 10:45 AM | Sprint                        | Open                  |
| 11:00 AM | Sprint                        | Open                  |
| 11:15 AM | Sprint                        | Open                  |
| 11:30 AM | Sprint                        | Open                  |
| 11:45 AM | Sprint                        | Open                  |
| 12:00 PM | Sprint                        | Open                  |
| 2:00 PM  | AWARD CEREMONY - AG & others  |                       |

## SUNDAY 29 OCTOBER 2023

| Time     | Distance                      | Heat                  |
|----------|-------------------------------|-----------------------|
| 7:00 AM  | Super                         | Male Elite            |
| 7:15 AM  | Super                         | Female Elite          |
| 7:30 AM  | Super                         | Age Group 14-29       |
| 7:45 AM  | Super                         | Age Group 30-39       |
| 8:00 AM  | Super                         | Age Group 40-49       |
| 8:15 AM  | Super                         | Age Group 50+         |
| 8:30 AM  | Super                         | Open                  |
| 8:30 AM  | Kids                          | Competitive 12-14 2km |
| 8:45 AM  | Super                         | Open                  |
| 8:45 AM  | Kids                          | Competitive 9-11 2KM  |
| 9:00 AM  | Super                         | Open                  |
| 9:00 AM  | Kids                          | Open 9-14 1.6KM       |
| 9:15 AM  | Super                         | Open                  |
| 9:15 AM  | Kids                          | Open 7-9 1.6KM        |
| 9:30 AM  | Super                         | Open                  |
| 9:30 AM  | Kids                          | Open 4-6 1KM          |
| 9:45 AM  | Super                         | Open                  |
| 10:00 AM | Super                         | Open                  |
| 10:15 AM | Super                         | Open                  |
| 10:30 AM | Super                         | Open                  |
| 11:00 AM | AWARD CEREMONY - Elite & Kids |                       |
| 11:00 AM | Sprint                        | Open                  |
| 11:15 AM | Sprint                        | Open                  |
| 11:30 AM | Sprint                        | Open                  |
| 11:45 AM | Sprint                        | Open                  |
| 12:00 PM | Sprint                        | Open                  |
| 12:15 PM | Sprint                        | Open                  |
| 12:30 PM | Sprint                        | Open                  |
| 12:45 PM | Sprint                        | Open                  |
| 1:00 PM  | Sprint                        | Open                  |
| 2:00 PM  | AWARD CEREMONY - AG & others  |                       |



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## **PRE-RACE DETAILS AND RULES**

### **SPARTAN OFFICIAL RULES**

**ALL RACERS MUST SURRENDER THEIR ASSIGNED TIMING CHIP WHEN THEY CROSS THE FINISH LINE. WITHOUT THIS YOU WILL NOT QUALIFY FOR A FINISHER MEDAL AND T-SHIRT!**

**Obstacles are separated into 2 categories, Mandatory Obstacles and Pass/Fail Obstacles.**

**The penalty for the failure of Mandatory Obstacles is disqualification from the event. At the Race Director's discretion, a time penalty can be substituted for a disqualification depending on the severity of the infraction.**

**The penalty for Pass/Fail Obstacles is:**

- a) Elite and Age Group Heat: 200 meter penalty loop**  
Loop distance may be modified due to terrain or the addition of a carry.
- b) Open Heat: 30 burpees for all race distances except stadion.**

**SUPPORT CREW, FAMILY MEMBERS, and SPECTATORS are not allowed to go or roam inside the race course. They are also not allowed to give food, water, or any kind of support anywhere on the race course. Only the race officials, course marshals, and official media are allowed to go inside the race course.**

**ALL APPEALS must be made to the Race Director/Officiating Team 30 minutes before the awarding ceremony.**

**The Race Director reserves the right to modify the course, rules, and regulations under any circumstance for the safety of runners.**

**Read and Download the [Official Spartan Rulebook](#) for Guidelines and Penalties for Spartan Race Obstacles.**

**The Race Director's decision is final and non-appealable.**



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## **COURSE CUTOFFS**

**ALL PARTICIPANTS MUST BE AT THE FINISH LINE ON OR BEFORE 4:00 PM.**

Any racer remaining on course by this time will be evacuated from the course and will be considered a DNF. You will not get a finishing time, medal, or shirt. The race will not count for your Trifecta, and you will not get a refund or a future race credit. Additional course cutoffs may be announced on Race Day and Spartan reserves the right to modify, change cutoffs and remove racers for health and safety issues, or unforeseen events.

## **TIMING**

You will receive a timing chip secured using a yellow plastic wristband to record your time and results. It must be fastened around the wrist.

## **UPON COMPLETION OF THE RACE AT THE FINISH LINE:**

Check in with the staff at the finish line and surrender your timing chip, you will then receive your Spartan Race Medal and Finisher Shirt.

Finisher Times will be posted at the Results Booth and will be on the Spartan Race Website as quickly as possible.

## **WATER STATION**

There will be 8 Water Stations for Beast ; 5 Water Stations for Super ; 2 Water Stations for Sprint

Racers are encouraged to bring their own hydration systems (cups, bottles, bladders, etc). Hydration systems should already be filled up prior to arrival at the race venue.

Water in cups will be provided at water stations, one cup per person.

You will not be allowed to refill.

## **DO NOT LITTER.**

You will be ALLOWED to refill your bottles and bladders at the water stations on course. There will be 2 hydration points on the course as well as a hydration point at the finish line.

We highly suggest following proper hydration steps in the week leading up to the event.

Coconut water will be provided by our Official Coconut Water Partner - COWA.

Isotonic drinks will be provided by our Official Isotonic Partner - BOOM+.

Energy gel will be provided on BEAST course by our Official Energy Gel Partner - DEVER.



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## **EQUIPMENT AND CLOTHING**

Avoid cotton clothing as it holds water and will weigh you down. Lightweight race gear is recommended for this race.

Our Elites recommend: Performance gear (not cotton), Hydration Packs (for BEAST) Underwear, and Energy bars and Gels, Compression.

RACE IN WHAT YOU TRAIN IN - new shoes on race day are not recommended. Bring extra clothes, shoes, and towels. You may bring sunscreen and extra supply of water.

RACERS CANNOT WEAR FLIP FLOPS OR SANDALS WHILE OUT ON COURSE.

ALL PARTICIPANTS ARE ENCOURAGED TO BRING CLOTHES, SHOES, AND A PLASTIC BAG YOU ARE GOING TO GET WET, MUDDY, AND SANDY!

VISIT US AT OUR MERCHANDISE TENT BEFORE OR AFTER THE RACE.

## **FACILITIES**

### **TOILET**

Portable toilets are available near the festival area.  
Permanent toilets are also available at The HIVE Gamuda Cove.

### **BAG CHECK**

Bag check will be available at a limited capacity. As much as possible, do not bring any items of high value to the venue. Spartan Race will not be liable for any lost or stolen items.

### **MEDICAL**

A Medical tent will be stationed near the festival area and EMTs are equipped and ready to respond to any medical situation. Medical volunteers will also be stationed along the course.

### **FOOD & BEVERAGE**

Food and drinks will be available for sale at the venue.

### **CHANGE TENTS**

You can change in the Spartan tents before and after as you require.

### **SHOWERS**

Enjoy a cold water shower after your race and then come on into the Spartan Beach Club for a swim and to take part in the Spartan award ceremony.



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## **AWARDS**

Podium Finishers **MUST** wear their Spartan Sprint Finisher Shirt or Spartan PRO TEAM Shirt (if applicable) when they receive their awards on stage.

If a podium finisher is not present during the awarding, they will be allowed to claim their award from the Spartan Malaysia Office. Racers will have to shoulder the cost of the delivery fee if they will claim their award after race day.

### **TOP 3 ELITE MEN AND WOMEN**

First 3 Male and Female Finishers will be awarded as Elite Winners.

### **TOP 3 MALE AND FEMALE AGE GROUP**

14-17 | 18-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+

The Top 3 Male and Female under the Age Group Category will be awarded according to their Age Group.

**NOTE: AGE REFERENCE FOR THE AGE GROUP DIVISION CORRESPONDS TO EACH COMPETITOR'S AGE AT THE END OF THE CALENDAR YEAR.**



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## GENERAL INFORMATION

- NO POP-UP TENTS ARE ALLOWED IN THE FESTIVAL. TENT SPACE IS RESERVED FOR PARTNERS AND SPONSORS. MAKE SURE TO VISIT THEIR BOOTH SPACE FOR FUN GAMES AND ACTIVITIES AROUND THE FESTIVAL AREA!
- NO COOLERS OR GLASS BOTTLES ALLOWED ON PROPERTY. SECURITY STAFF WILL CHECK FOR THEM AS YOU ENTER.
- IF YOU WEAR A PORTABLE CAMERA, PLEASE MAKE SURE YOUR CONTACT INFORMATION (NAME & PHONE NUMBER) IS SOMEWHERE ON THE CAMERA. IF YOU LOSE THE CAMERA ON THE COURSE, THERE WILL BE NO WAY WE ARE ABLE TO IDENTIFY IT.
- ALL LOST & FOUND ITEMS MAY BE SURRENDERED TO AND CLAIMED AT THE INFORMATION COUNTER. YOU MUST HAVE AN ID TO CLAIM.
- ALL RACERS AND SPECTATORS ARE NOT ALLOWED TO VISIT THE SITE PRIOR TO RACE DAY. SPECTATORS WILL HAVE FREE ACCESS ON RACE DAY ONLY WITHIN THE FESTIVAL AREA.

**PLEASE DO NOT CALL VENUE WITH QUESTIONS!**

OUR OFFICIAL SPARTAN RACE MALAYSIA INSTAGRAM ACCOUNT, FACEBOOK PAGE, WEBSITE ([MY.SPARTAN.COM](http://MY.SPARTAN.COM)) AND CUSTOMER SERVICE EMAIL ([INFO@MY.SPARTAN.COM](mailto:INFO@MY.SPARTAN.COM)) IS YOUR BEST SOURCE FOR UP-TO-DATE INFORMATION. PLEASE CHECK BACK EARLY AND OFTEN.

DRINK PLENTY OF WATER BEFORE THE RACE AND COME PREPARED! SEE YOU AT THE RACE.

AROO! AROO! AROO!



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## REGISTRATION CHECK IN COUNTERS OPEN AT 7:00 AM

REGISTRATION IS ONLY ALLOWED 1.5 HOURS PRIOR TO YOUR HEAT START TIME. IF YOU SHOW UP EARLIER THAN 1.5 HOURS BEFORE YOUR HEAT TIME, YOU WILL NOT BE ALLOWED TO CHECK IN YET.

WE WILL BE USING ON-SCREEN WAIVERS AT REGISTRATION. THIS MEANS YOU WILL SIGN THE WAIVERS ELECTRONICALLY DURING RACE CHECK-IN. YOU WILL NOT NEED TO PRINT OR DOWNLOAD THE WAIVER PRE-RACE.

\*Registration will close 15 minutes before the scheduled start.

### STEP 1: PREPARE

Prepare and bring the following items on race day:



#### PARENT'S / GUARDIAN'S PHOTO ID

Bring any photo ID card  
for verification purposes



#### QR CODE

Print or screenshot your QR Code  
and Start Time.

### HOW TO CHECK YOUR START TIME:

**OPTION 1:** Go to your [Spartan Account](#) and log in. On the events tab, click the event you will be participating in. Click the "View Tickets" button that will appear, and then print or screenshot the ticket.

**OPTION 2:** Go to your Ticket Socket page on [My Account](#) & log in, look for the upcoming event you will be participating in and click "Order". Click the event number. Click the "Tickets" button and then print or screenshot the ticket.

Start Times will be available approximately 3 days before race day.

The start times you selected upon online registration are not guaranteed. Team Members will be grouped together within the preferred time that the majority of the team chose. Larger teams may be divided depending on the heat capacity.

### REMINDERS

- > Age Groups 4-6 can be accompanied by one guardian/parent on course.
- > Children with special needs may be accompanied by one guardian/parent on course.
- > Parents/Guardians have to sign the waiver on behalf of the child.
- > Competitive heats cannot be accompanied by parents / guardians.



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## STEP 2: CLAIM

Check if the following items are in your race packet.



### HEADBAND (with bib no.)

Racers must wear the headband during the race for identification. Failure to wear your headbands on your forehead may result in disqualification.



### CATEGORY & START TIME BAND

The category and start time band should only be worn on your wrist, looped and secured. All Racers **MUST** run during the designated start time indicated on the start time band. This wristband will get you into the start corral. Please keep it on at all times

## RULES FOR COMPETITIVE HEATS

1. All competitive racers must wear the **ORANGE WRISTBAND** received at registration.
  2. Males will run first followed by females.
  3. Failed obstacles result in 15 burpees.
  4. Winners will be determined after all competitive heats are completed.
- Award Ceremony will be held at 11.30 AM at the Festival Area.

## TOP 3 COMPETITIVE BOYS AND GIRLS

**9-11 | 12-14**

THE FOLLOWING FINISHERS WILL BE DIVIDED ACCORDING TO THEIR AGE GROUP. THE TOP 3 FEMALE AND MALE FOR EACH AGE GROUP WILL BE AWARDED.

NOTE: AGE REFERENCE FOR THE COMPETITIVE DIVISION CORRESPONDS TO EACH COMPETITOR'S AGE AT THE END OF THE CALENDAR YEAR.

PODIUM FINISHERS MUST WEAR THEIR SPARTAN KIDS FINISHER SHIRT WHEN THEY RECEIVE THEIR AWARDS ON STAGE.



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**PRESENTS**

*the*  
**BEACH**  
*Club*

**FOR THE 1ST TIME  
IN SOUTH EAST ASIA**

**BRING YOUR  
BATHING SUIT & TOWEL**

***This is the first Spartan award  
ceremony that you will be able to  
watch while you are in a pool !***