

Event Racebook

PDOWS

classic 2025

Organized by:



Sponsors



Event Organization & Technical Official Lead

EVENT ORGANIZATION

Swimon

Organizer

Amirizal Ishak*

Event Director

Julia Roselle*

Chief Secretariat

Ahmad Yassir*

Safety Officer

Technical Official Lead

Kl Tan*

Race Director

Mohd Afiq*

Chief Referee

Alvin Yeoh*

Timekeeper

Andrew Tan

Chief Turning Judge

Ms Rasinah*

Chief Finishing Judge

Mohd Fairuz

Chief Recorder

Syukri*

Course Officer

Julia Roselle*

Clerk Of The Course

** FINA Certified Officials*

Event Schedule

17.01.25 (FRIDAY)

1500-1800 Race pack collection

**You may collect on during race registration.*

18.01.25 (SATURDAY)

06:00 Registration/Body Marking

FLAG OFFS

08:00 100m (7yo)

08:10 250m - Wave 1

08:12 250m - Wave 2

08:20 500m - Wave 1

08:22 500m - Wave 2

08:24 500m - Wave 3

08:30 500m 13+ - Wave 1

08:33 500m 13+ - Wave 2

08:45 2000m - Elite

08:50 1000m - Wave 1

08:55 2000m - Wave 1

09:00 2000m - Wave 2

09:05 2000m - Wave 3

09:10 2000m - Wave 4

09:15 1000m - Wave 2

09:20 1000m - Wave 3

09:45 Award Ceremony 1
(500m|250m|100m)

10:45 Award Ceremony 2
(2000m|1000m)

12:00 Event Finish

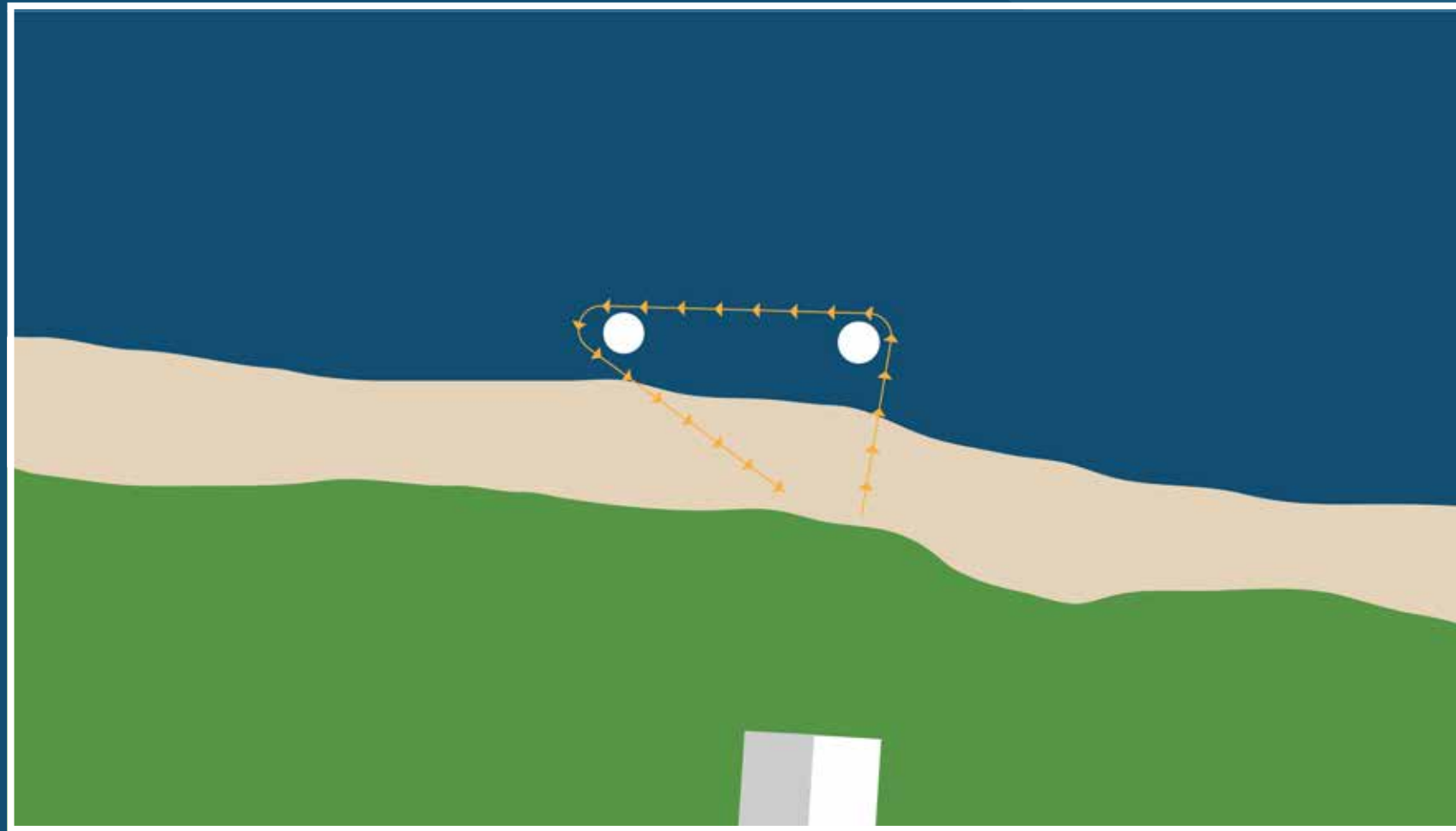
Race Information

Race Age-group Category for each gender: Defined by the swimmer's age as of December 31, 2025

100M <i>Sea Angel</i>	250M <i>Sea Angel</i>	500M <i>Sea Angel</i>	500M 13+ <i>Sea Angel</i>	1000M <i>Sea Horse</i>	2000M <i>Sea Lion</i>
7 YO	8 YO	10 YO	13 - 19	13 - 19	Elite (open)
	9 YO	11 YO	20 - 39	20 - 29	13 - 15
		12 YO	40+	30 - 39	16 - 19
				40 - 49	20 - 24
				50 - 59	25 - 29
				60+	30 - 34
					35 - 39
					40 - 44
					45 - 49
					50 - 54
					55 - 59
					60 - 64
					65 - 69
					70+

Swim Course

100M (Sea Angel)



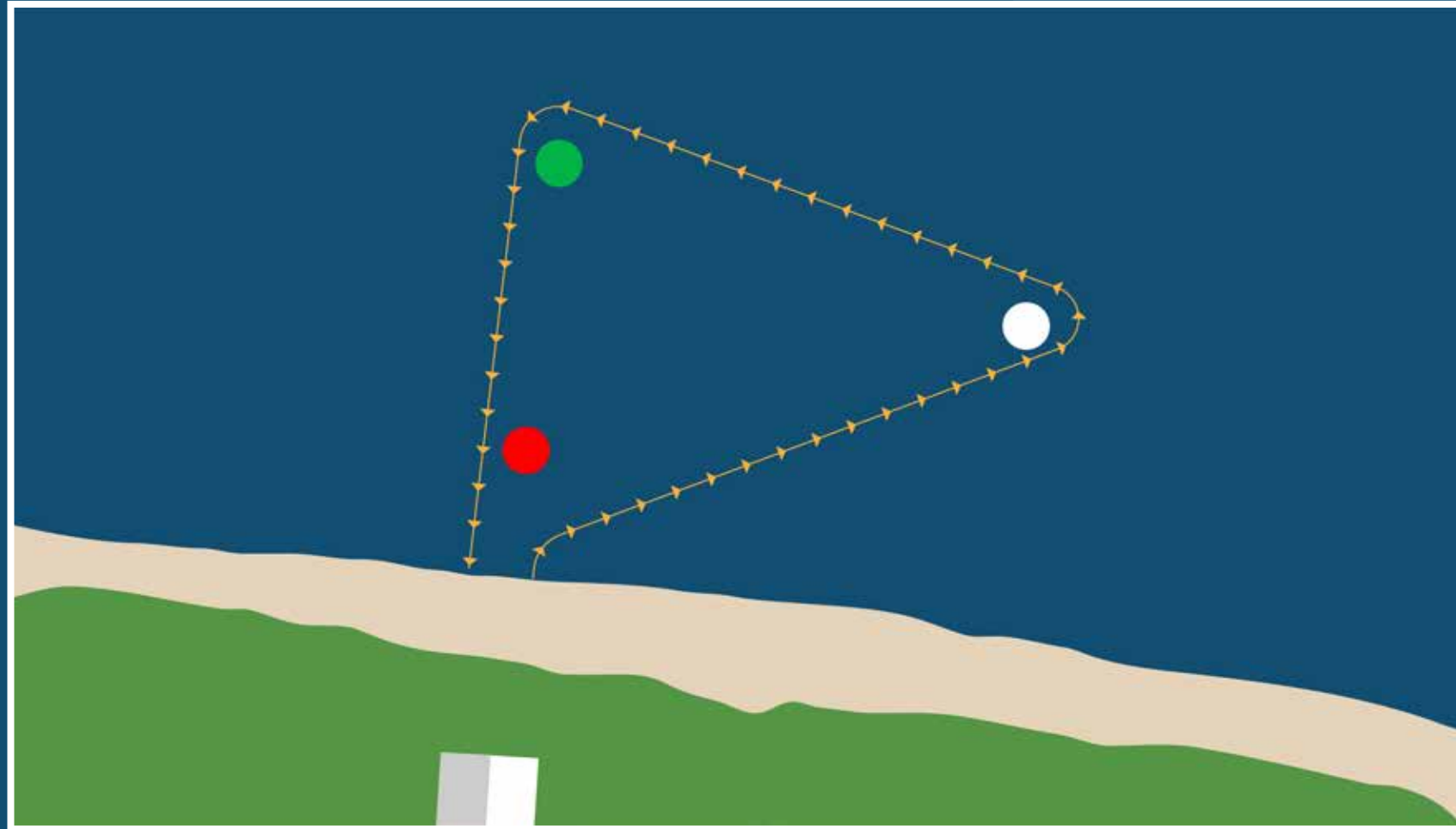
Beach start

CUT OFF TIME

100M Sea Angel - 5 min

Swim Course

250M (Sea Angel)



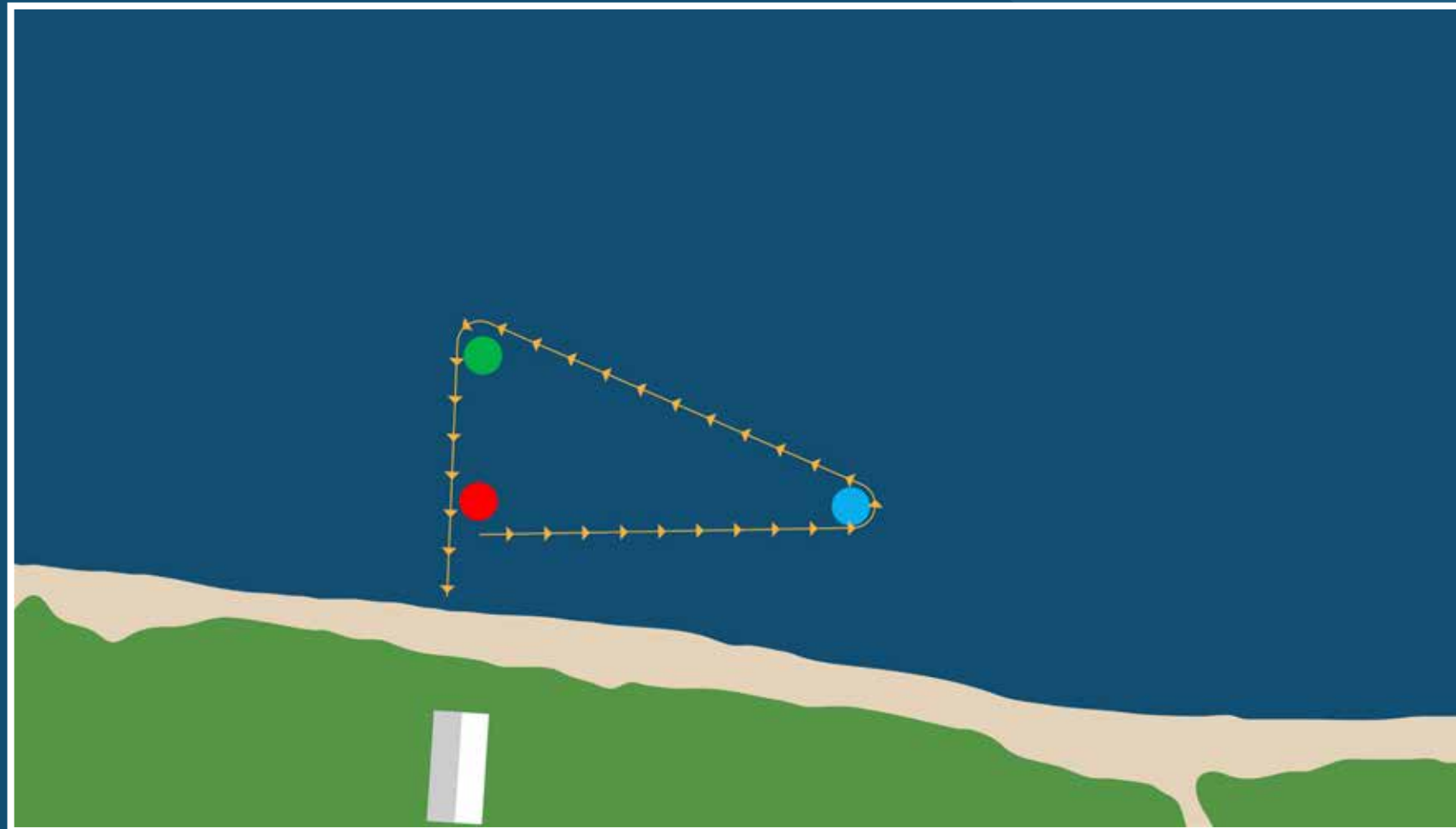
Beach start

CUT OFF TIME

250M Sea Angel - 12 min

Swim Course

500M (Sea Angel)



In water start and
beach finish

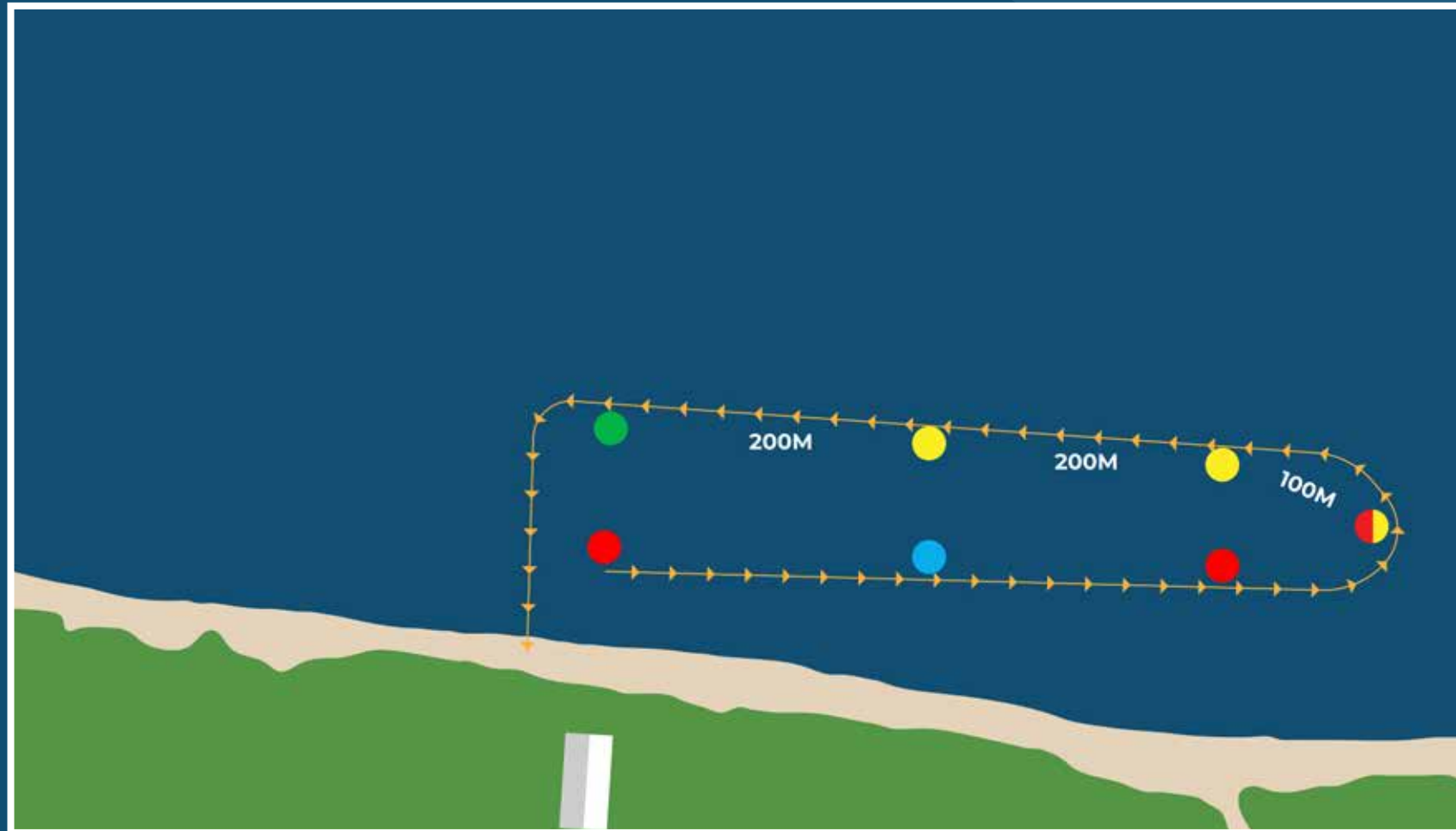
CUT OFF TIME

500M Sea Angel - 20 min





500M13+ 20 min

Swim Course

1000M (Sea Horse)



Legend

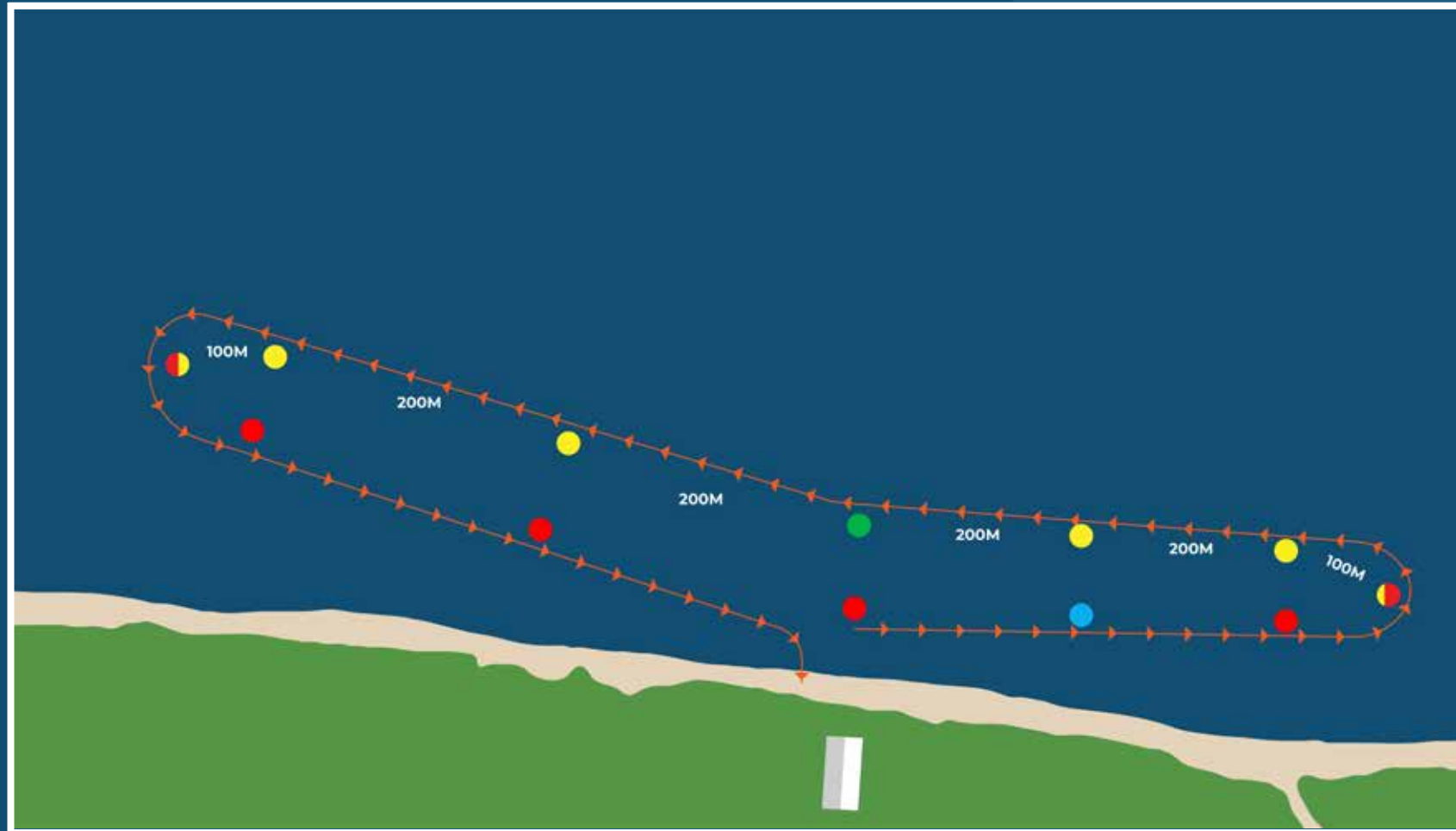
-  Swimming route anti clockwise one loop outside the buoys
-  Turning buoy
-  Middle buoy near beach
-  Middle buoy away from beach
- In water start and beach finish

CUT OFF TIME






1000M 40 min

Swim Course

2000M (Sea Lion)



Legend

-  Swimming route anti clockwise one loop outside the buoys
-  Turning buoy
-  Middle buoy near beach
-  Middle buoy away from beach
-  In water start and beach finish

CUT OFF TIME

2000M 1 hr 20 min

Rules & Regulations Open Water Swim Race

1. Swimmers must wear the given swimming cap.
2. Wetsuit is not permitted.
3. Wearing safety swimming float is compulsory.
4. No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Swimsuit, rash guard, compression wear, goggles, nose clip and earplugs may be used.
5. Swimmers shall be always on the right of marking buoys throughout the race (anti clockwise).
6. Swimmers who do not finish the course within the time limit shall be removed from the water, however the referee may allow a swimmers outside the time limit to complete the course but may not be eligible for any award.
7. All swimmers shall have their competition number clearly displayed on their arms. Additional marking on swim caps for swimmers wearing long sleeves.
8. Personal escort safety craft is not allowed
9. The pacing of a swimmer by another person entering the water is not permitted.
10. If in the opinion of a Referee, an action of a swimmer is deemed to be 'unsporting' the referee shall disqualify the swimmer concerned immediately.
11. Coaches or Clubs may protest results up to 30 minutes after the conclusion of the race. All results become official once the protest period has elapsed and the Head Referee has made a final ruling on all protests. A deposit of RM200 is required.

Gun Start



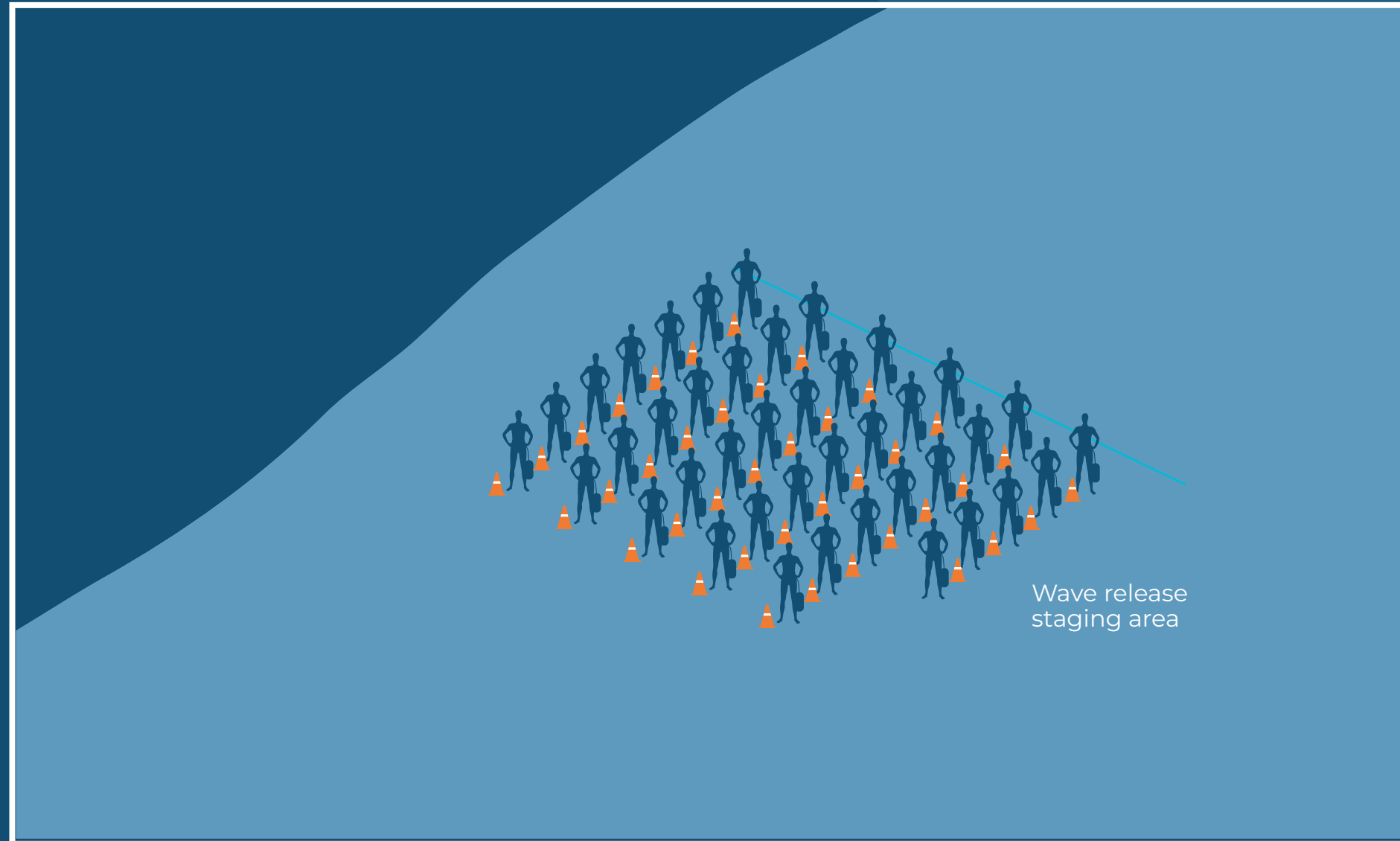
TIMING CHIP SYSTEM

Your timing is started and ended when you pass the FINISH Arch upon the flag off with air horn.

MAIN TIMING

Side and mat antenna of timing system for start and finish

Swim Flag-off



FLAG OFF PROCEDURES

Swimmers will be released by a series of waves;

The race is flagged off by a starter using a whistle/air-horn and a flag

It is very important that you are aware of your wave number and be in the correct wave group during the flag off.

Finishing Your Swim

500M | 1000M | 2KM



HOW TO FINISH YOUR SWIM

This on-land finish, a swimmer must run through finishing arch to end his or her race.

Swim Essentials



TIMING CHIP

All swimmers will be given a timing chip to be worn at any ankle.

Please return the chip upon finishing the race immediately to the crew.

Important Note

- Ensure the chip is facing outside and aligned with ankle ('see the image provided).
- Do not hide inside if you are wearing long pant.

SAFETY BUOY

Wearing safety buoy is compulsory. This is to comply with local authority requirement.

SWIMMING CAP

Please use the given swimming cap

Signalling For Help



Wave your hand while holding your safety buoy anytime you need help



You may respond to lifeguard as per picture to tell you are okay

Safety Organization Chart

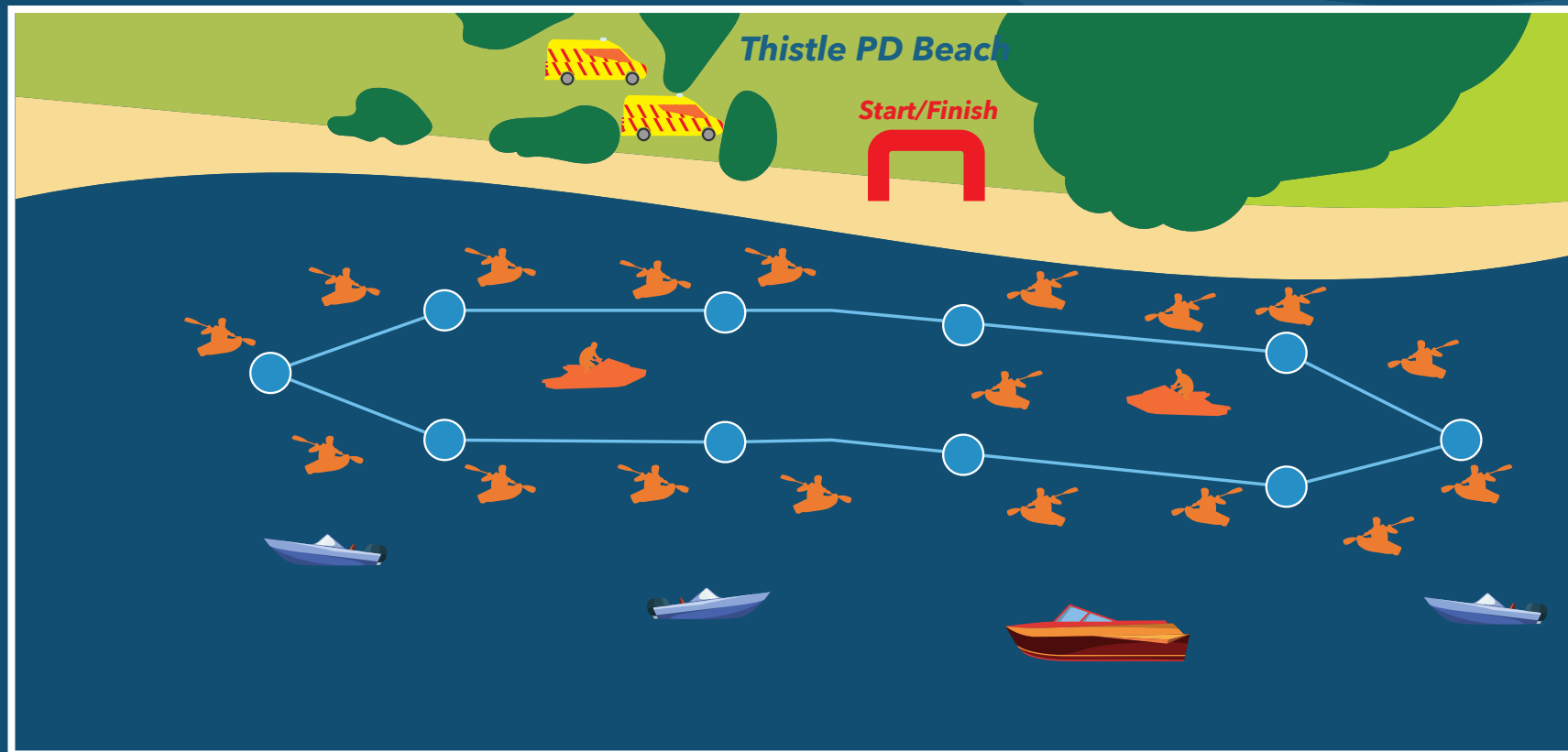
KL Tan
Race Director

Ahmad Yassir
Safety Officer

As-Salam Clinic
Medical Team

APM, PDRM, RELA
Uniform Agencies

Crafts Assignment/ Safety Support



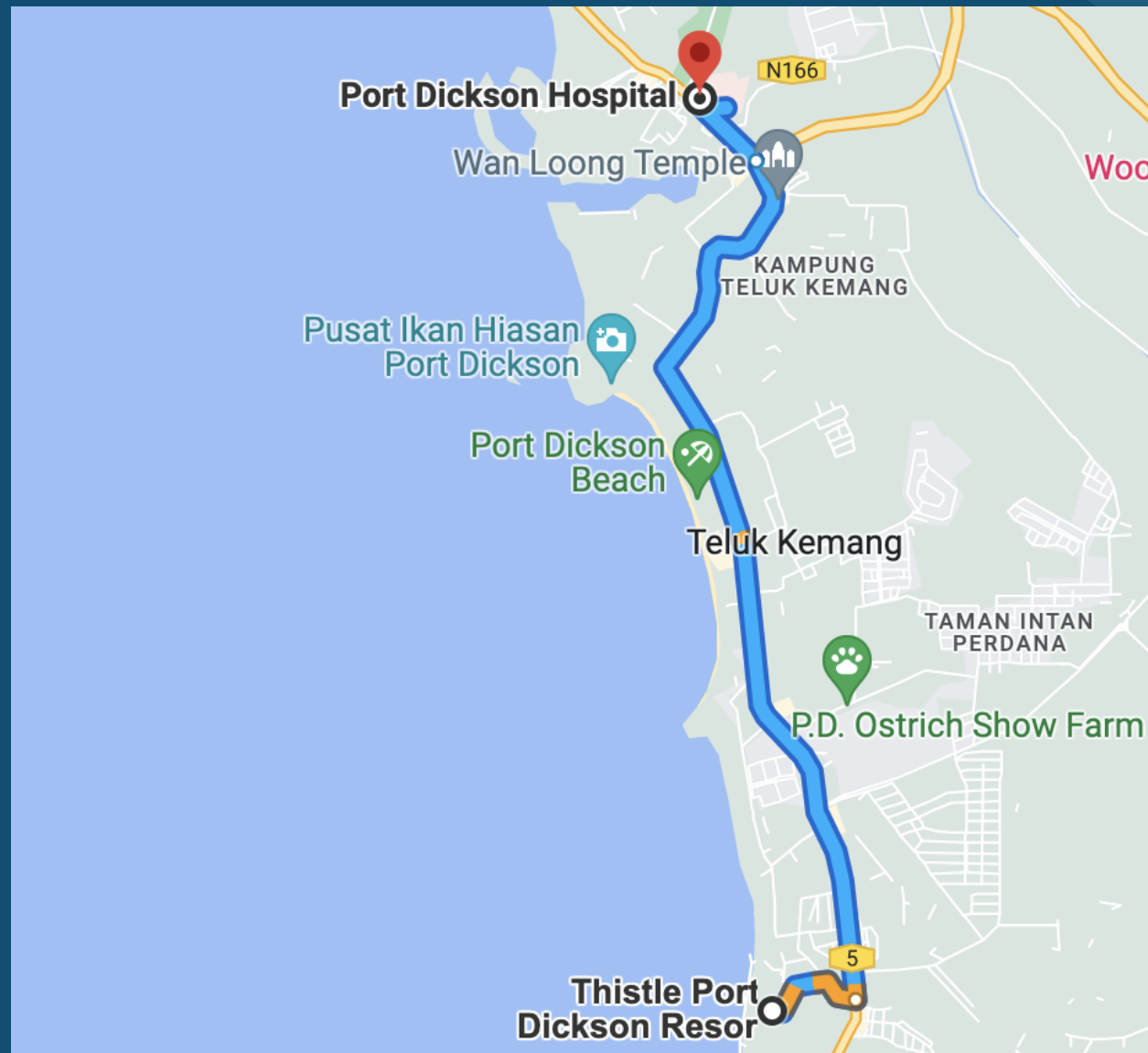
SAFETY ASSETS

Craft /Safety Support	Quantity
Kayak/SUP	30
Boat	5
Jet ski	3
Ambulance	3

ROLE OF ASSETS/CRAFT

Area	Task
Kayak/SUP	The first/immediate response for the swimmers. No contact with swimmers.
Jet ski	The first transfer for the swimmers who needs medical attention to the boat or direct to the beach. No contact with swimmers
Boat	For simple treatment on the boat or the main transfer to beach medical area.

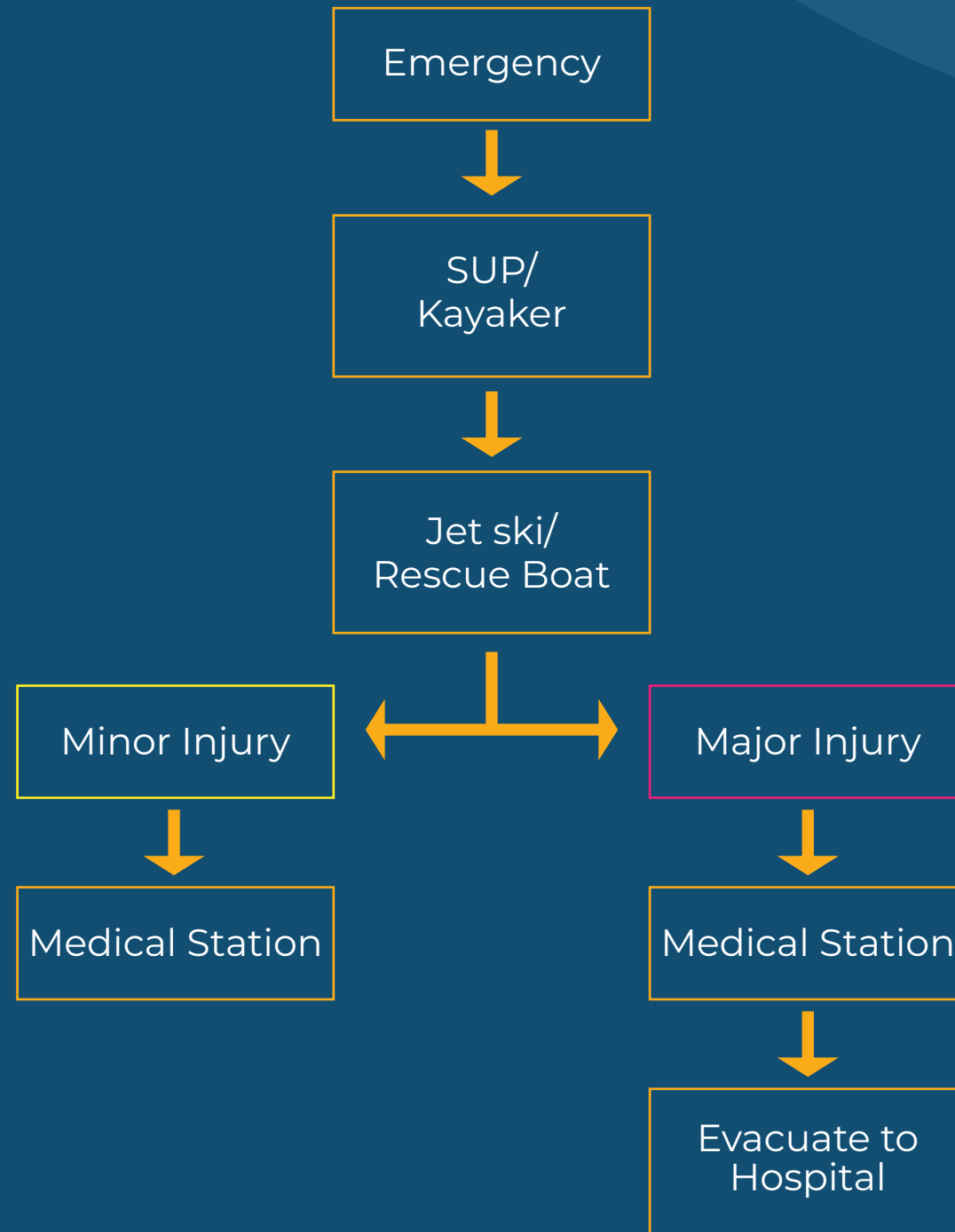
Crafts Assignment/ Safety Support



EVACUATION PLAN

Hospital Besar Port Dickson (about 11 minutes drive from the venue)
KM 11, Jalan Pantai, Bandar Baru Sunggala, 71050 Port Dickson,
Negeri Sembilan
Tel: 06-648 7333

Safety & Rescue Procedure



Setup at the Venue



NOTE:

1. Body marking to be done at registration area #6; to be numbered by Officials
2. Info desk to be located at registration area, labelled and managed by secretariats
3. Toilet/Shower are available at few points guided by our signages
4. To park, enter via Thistle resort main entrance and a security team will guide all vehicles to the parking area.

Merchandise



EVENT MERCHANDISE

Do check our merchandise items

Limited number of t-shirt (event & special edition), event towel, bucket hat,

T-shirt, towel and bucket hat bundle: RM40

Swimming buoy: RM70, rental RM20

Payment via QR Code

PDCOWS

classic 2025

Thank You

PDCOWS
classic 2025

thistle
PORT DICKSON RESORT

OGVAL
LET'S DIVE INTO
WATERPR

Licensed by:



Organizer



Sponsors

