













# SOUTH FAST ASIAN

2025 LASER RUN BHIATHLE TRIATHLE

Yogyakarta, 10-16 Mei 2025













## WELCONIE TO ALL ASEAN FAMILY MODERN PENTATKLON















Yogyakarta, 10-16 Mei 2025





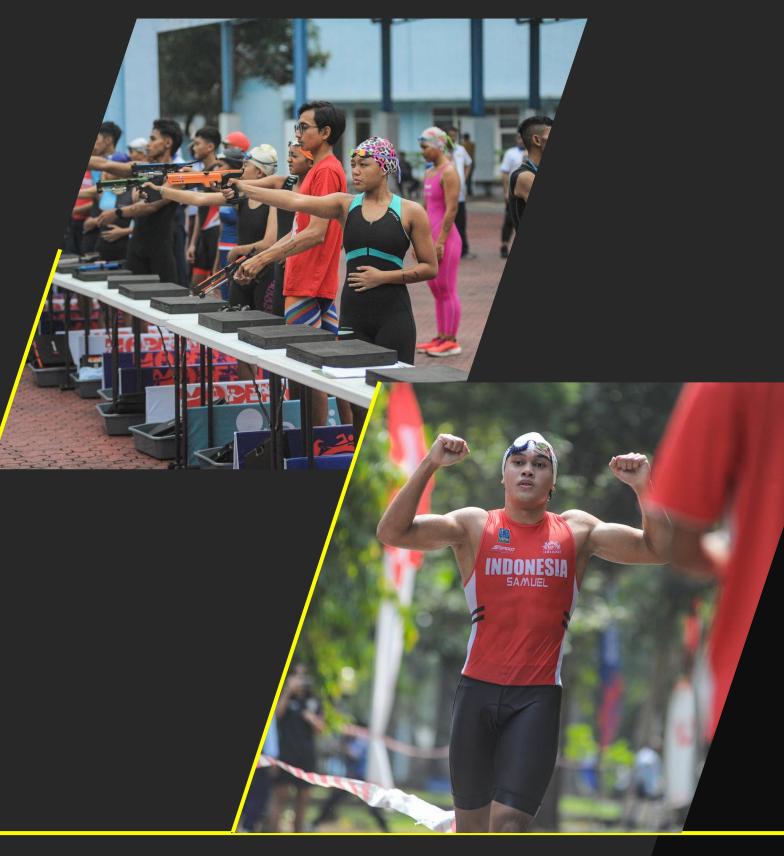
**Technical Delegate Drs. Glenn Clifton Apfel** 

**Laser Run Director Mohammad Rijadi** 

Biathle Director Dr. Abdul Kholik, M. Pd

Triathle Director
Dr. Abdul Kholik, M. Pd

## Athletes



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Moman's 30

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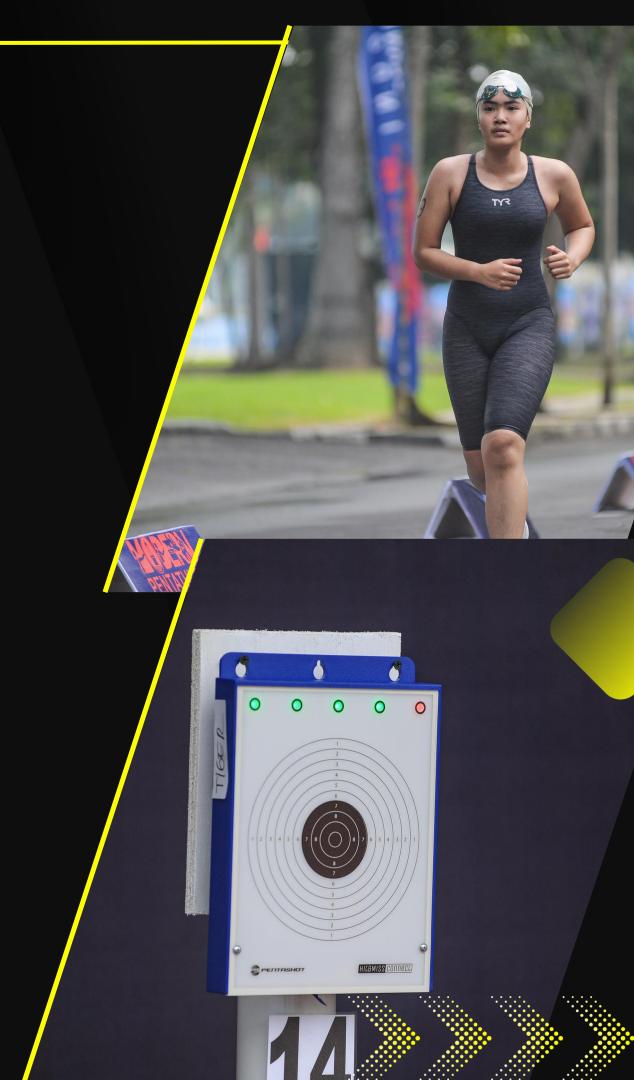


#### Technical Meeting

- 1. Competition Day Rundown
- 2. FOP (Field of Play)
- 3. Medal Distribution
- 4. All Final Results
- 5. About Weather
- 6. Start List

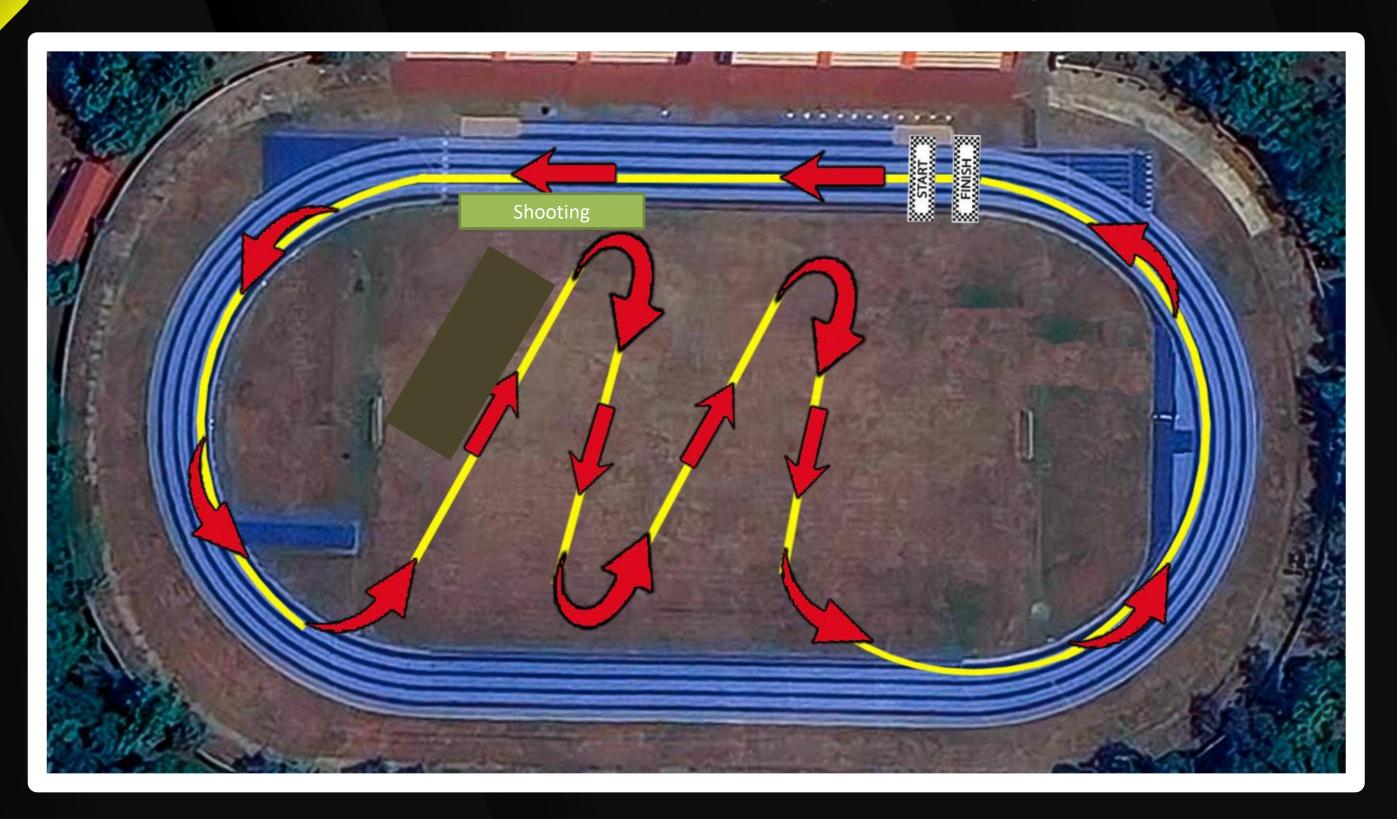
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Date	Schodu	Place				
Date	Schedu	Schedule*				
	07:00	Arrival of Delegations and Registration	Hotel			
10 May	10:00	Venue Orientation	FOP			
	10:00 Training Day 1					
	07:00	Training Day 2	FOP			
11 May			Hotels			
	08:00 Opening Ceremony		Airforce Academy			
	Laser Run Individual + Laser Run Mixed Relay finals					
		Senior Women's – Men's	FOP			
		U17 Women's – Men's	FOP			
12 May	09:00 Start 1 <sup>st</sup> Race	U19 Women's – Men's	FOP			
TE Way		Junior Women's – Men's	FOP			
		Mixed (14.30)	FOP			
	Awarding Ceremony					
	20:00	Technical Meeting for BT Mixed Relays & BT Individual finals	Hotels			
	Biathle Individual + Biathle Mixed Relay finals					
	08:00 Start 1 <sup>st</sup> Race	U17 Women's – Men's	FOP			
		U19 Women's – Men's	FOP			
		Junior Women's – Men's	FOP			
13 May		Senior Women's – Men's	FOP			
		Awarding Ceremony				
	20:00	Technical Meeting for Triathle Mixed Relay + Triathle Individual finals	Hotels			
	Triathle Individual + Triathle Mixed Relay finals					
		U17 Women's – Men's	FOP			
		U19 Women's – Men's	FOP			
<b>14 May</b>	08:00 Start 1 <sup>st</sup> Race	Junior Women's – Men's	FOP			
		Senior Women's – Men's	FOP			
		Mixed (14:30)				
		Awarding Ceremony				
	Closing Ceremony + Farewell Party					
15 May	09:00	Closing Ceremony	FOP			
15 May		Farewell Party	Prambanan			
16 May	Departure of Delegations					



# Field of Play Field For

## LASER RUN



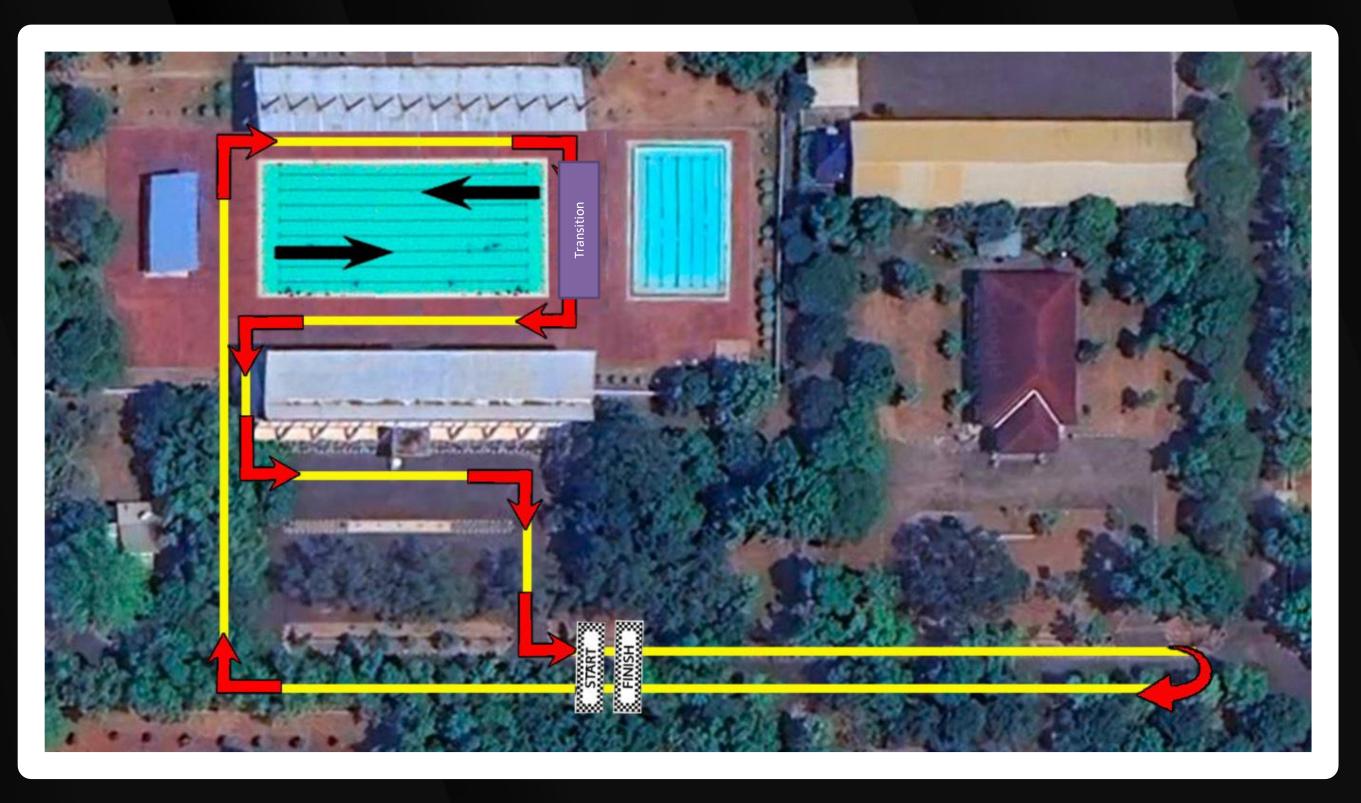
#### Course:

300m Tartan 300m Grass (3m width

Target:

**EcoaAim : 18+2** 

## BATHLE



Running Course: Asphalt

**Swimming: 8 Lanes, 50m Semi Indoor** 

## TRATHE



Running Course:

*Asphalt* 

Target:

Ecoaims : 8+2

Swimming:

*8 Lanes, 50m Semi Indoor* 

#### Medal Distribution



- Only One Nation Per Number of Event
- If 2 Nation in one Number, There will be 2+1.









### All Final Result



All Heat/Agenda are
 Finals (we use best
 time, no semifinals)





## Start List





