

BULLETIN 1# - FEB 2025



NEGERI SEMBILAN
FOREST

ORIENTEERING
CUP 2025



SUPPORTED BY



WITH COOPERATION



TECHNICAL & SANCTION BODY



NEGERI SEMBILAN FOREST ORIENTEERING CUP

31 MAY - 1 JUN 2025

MORE INFO

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www.meoscmalaysia.com



BMAI SILVA

EVENT CENTER – PD FOREST, SUNGAI MENYALA, PORT DICKSON, NEGERI SEMBILAN

The screenshot displays a Google Maps navigation interface. The starting point is 'KLIA2 Arrival Ln, 43900 Sepang, Selangor' and the destination is 'PD Forest Sg Menyala, N8, 71000 Si Rusa'. Three routes are shown:

- via Route 5:** 59 min, 58.4 km. Fastest route, lighter traffic than usual. This route has tolls.
- via B48 and Route 5:** 1 hr 11 min, 61.6 km.
- via Route 1266:** 1 hr 8 min, 63.4 km.

The map shows the route starting from KLIA2 Arrival Lane, heading south through Sepang, then east through Seremban, and finally south towards PD Forest. Key locations marked include Dengkil, Sepang, Bandar Baru Enstek, Seremban, Seremban 2, Sendayan, Sungai Pelek, Pantai Sepang Putra, Bagan Lalang, Lukut, Si Rusa, and Bandar Baru Sunggala. The map also shows various roads like AH2, E2, E21, E29, N4, N5, N6, N7, N8, N9, N10, N17, N30, N31, N32, N38, N84, N86, N102, and N9.

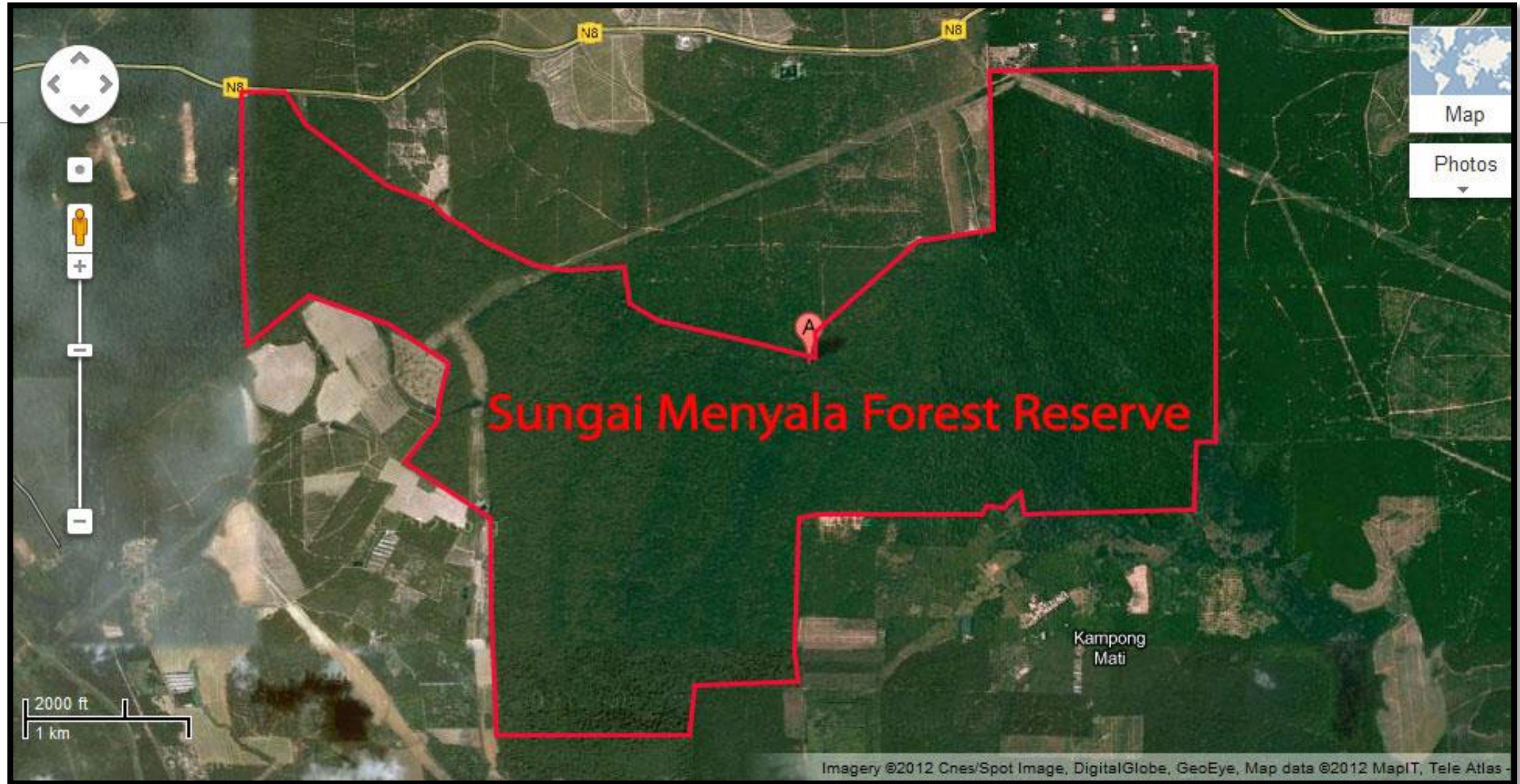
Additional features visible in the interface include:

- Search along the route
- Gas stations
- EV charging stations
- Hotels
- Options menu
- View directions on your phone
- Copy link
- Explore nearby PD Forest Sg Menyala (Restaurants, Hotels, Gas stations, Parking Lots, More)

FRONT DESK REGISTRATION AND RACE PACK COLLECTION
PD FOREST, SUNGAI MENYALA, PORT DICKSON, NEGERI SEMBILAN
30 MAY 2025 | 10am – 7pm



EMBARGOE AREA Forest 9[®]



FAKTA MENARIK | INTERESTING FACT

Mempunyai keluasan 1,280 hektar
Has an area of 1,280 hectares

Merupakan Hutan Dipterokarp Pamah yang masih ada di persisiran pantai Semenanjung Malaysia.

Constitutes Lowland Dipterocarp Forest which still exists along the coast of Peninsular Malaysia.

Diklasifikasi sebagai hutan Keruing-Meranti Merah kerana didominasi oleh spesies Meranti Merah dan Keruing.

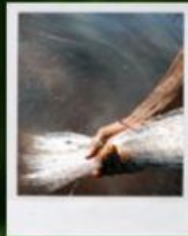
Classified as Keruing-Red Meranti forest because it is dominated by Red Meranti and Keruing species.

15% keluasan sebenar Hutan Simpan Sungai Menyala adalah Kawasan berpayau.
15% of the actual area constitutes a swampy area.

TAHUKAH ANDA ? | DID YOU KNOW?



Nama Sungai Menyala dikaitkan aktiviti menjala ikan di sungai yang dilakukan oleh orang asli suatu ketika dahulu yang mana dalam loghat Negeri Sembilan dipanggil sebagai "Menyala ikan". Masyarakat orang asli yang paling hampir dengan lokasi ini adalah Orang Asli Kampung Bukit Kepong dari suku Temuan.



The name Sungai Menyala is associated with fish netting activities carried out by indigenous people some-time ago which in Negeri Sembilan dialect is called 'Menyala ikan'. The indigenous people closest to this location are Orang Asli Kampung Bukit Kepong from the Temuan Tribe.

LOKASI | LOCATION

Melalui Lebuhraya Seremban-Port Dickson sehingga menemui simpang empat yang mempunyai lampu isyarat. Ambil kira dan pandu sejauh 3 km untuk sampai ke pintu masuk PD Forest @ Sungai Menyala.

Via the Seremban-Port Dickson Expressway to find a cross-road with a traffic light. Turn left and take a 3 km drive to get to the entrance of this PD Forest @ Sungai Menyala.

30 km dari Bandar Seremban
30 km from Seremban town

12 km dari Bandar Port Dickson
12 km from Port Dickson town

70 km dari Kuala Lumpur
70 km from Kuala Lumpur

40 km dari KLIA
40 km from KLIA

Koordinat: 2.4946047, 101.8870857

WAKTU OPERASI | OPERATION TIME

56 Jam/ minggu
Hour/week


Isnin - Ahad

Monday - Sunday

8.00 PAGI - 6.00 PETANG /
8.00 A.M - 6.00 P.M.

 Jabatan Perhutanan Negeri
Negeri Sembilan Darul Khusus

 [jabatanperhutananns / pd_forest](https://www.instagram.com/jabatanperhutananns_pd_forest)

 forestry.ns.gov.my

PD Forest Sungai Menyala
N8, Jalan Sua Betong, Port Dickson
Negeri Sembilan Darul Khusus
Malaysia

Tel: 06-6463917
Fax: 06-6463886



Jabatan Perhutanan Negeri
Negeri Sembilan Darul Khusus



"Hanya menanti untuk diterokai"

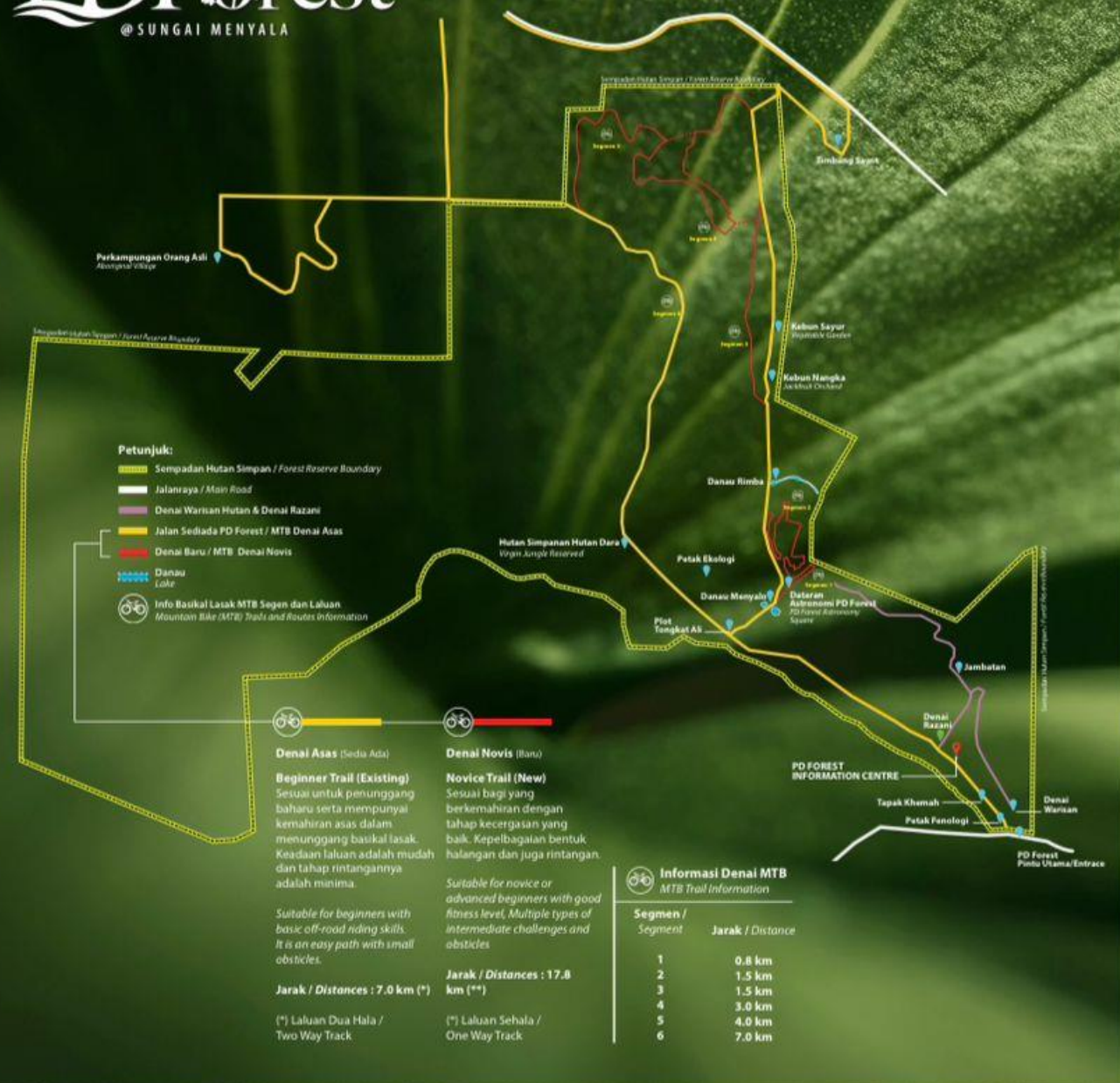
PD Forest

@ SUNGAI MENYALA



#PD4REST
#BACK2NATURE

The Hidden Gems of PD Forest @ SUNGAI MENYALA



• Denai Asas Untuk Aktiviti Berbasikal Beginner Trail



• Aktiviti cerapan di Dataran Astronomi Observation activities at the Astronomy Square



• Berjalan Malam Night Walk

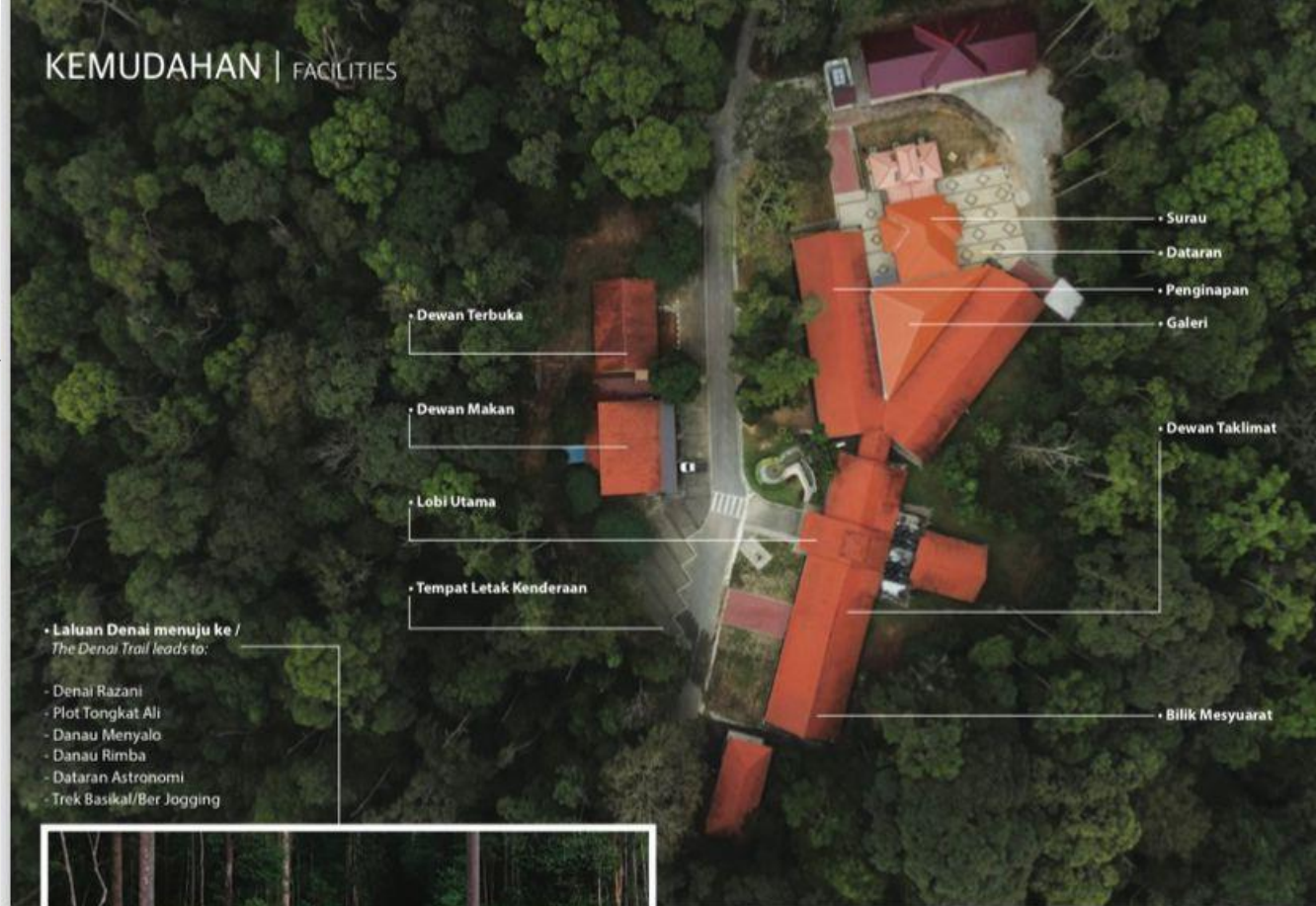


• Merentas Hutan Jungle Trekking



• Penyelidikan Research

KEMUDAHAN | FACILITIES



• Laluan Denai menuju ke /
The Denai Trail leads to:

- Denai Razani
- Plot Tongkat Ali
- Danau Menyala
- Danau Rimba
- Dataran Astronomi
- Trek Basikal/Ber Jogging



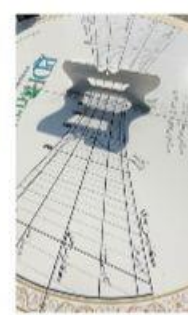
HUTAN SIMPAN SG. MENYALA (PD FOREST)

Lokasi PD Forest yang dikelilingi keindahan kawasan hutan simpanan kekal menyimpan 1001 keunikan sumber alam yang harus dirasai sendiri oleh pengunjung. PD Forest merupakan salah satu produk ekopelancongan utama di Port Dickson selain pelancongan pantai. PD Forest @ Sungai Menyala menawarkan kehijauan flora dan fauna di dalam kawasan

The location of PD Forest which is surrounded by the beauty of the permanent reserved forest holds 1001 unique experiences that visitors must personally experience. PD Forest is one of the main ecotourism products in Port Dickson, apart from beach tourism. PD Forest @ Sungai Menyala offers lush flora and fauna within the Lowland Dipterocarp Forest,

Hutan Dipterokarp Tanah Pamah yang satu-satunya kawasan hutan tanah pamah yang masih ada di negara ini dengan keluasan 1,280 hektar. PD Forest @ Sungai Menyala menawarkan aktiviti hutan seperti menerokai hutan, mencerap bintang, berbasikal, berjalan malam, berkhemah di samping menyediakan tempat untuk tujuan kursus, bengkel dan mesyuarat.

the only remaining lowland forest in the country, covering an area of 1,280 hectares. PD Forest @ Sungai Menyala provides forest-related activities such as forest exploration, stargazing, cycling, night walking, camping as well provides facilities for courses, workshops and meetings purpose.



• Jam Matahari di Dataran Astronomi
Sundial at Astronomical Square



• Dewan Kuliah
Lecture Hall



• Bilik VIP
VIP Room



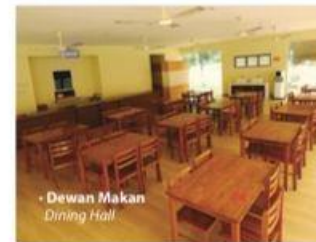
• Bilik Mesyuarat
Meeting Room



• Dorm



• Minuman Medang Sarsi panas
Hot Medang Sarsi



• Dewan Makan
Dining Hall

BAJU T ACARA & MEDAL



COMPETITION CLASS

CLASS	STATUS	SPRINT DISTANCE WORLD RANKING EVENT 15-20 MIN ESTIMATED WINNING TIME	MIDDLE DISTANCE NATIONAL RANKING EVENT 45-50 MIN ESTIMATED WINNING TIME
M21	ELITE	WRE	
W21	ELITE	WRE	
M35		WRE	
W35		WRE	
M21			NRE
W21			NRE
M35			NRE
W35			NRE

Entry & Payment

CATEGORY	CLASS	NATIONAL ATHLETES	INTERNATIONAL ATHLETES
 <p>SPRINT distance World Ranking Event</p>	<p>M21 / W21 M35 / W35</p>	<p>MYR 180.00</p>	<p>MYR 250.00</p>
 <p>MIDDLE distance National Ranking Event</p>	<p>M21 / W21 M35 / W35</p>	<p>MYR 80.00</p>	<p>MYR 80.00</p>
  <p>WRE + NRE</p>	<p>COMBO FEE</p>	<p>MYR 250.00</p>	<p>MYR 300.00</p>

Event Tentative

DATE	TIME	DETAILS	VENUE
30 MAY 2025	10am-7pm	Front Desk Registration Race Pack Collection (REPC)	PD Forest, Sungai Menyala, Port Dickson, Negeri Sembilan
	10am-5pm	Embargoed Area (training session)	
31 May 2025 Saturday	8.30am	Quarantine Area Closed	PD Forest
	09.00am	Sprint Distance [World Ranking Event]	
	12.30pm	Prize Giving Ceremony	
01 June 2025 Sunday	9.30am	No Quarantine Area	PD Forest
	09.00am	Middle Distance [National Ranking Event]	
	12.30pm	Closing ceremony & prizes giving	PD Forest

ATHLETES - RACE TENTATIVE

	18 NOVEMBER 2023	19 NOVEMBER 2023
RACE FORMAT	SPRINT DISTANCE (WRE)	MIDDLE DISTANCE (NRE)
EVENT CENTER OPEN	07:00am (local time)	07:00am (local time)
QUARANTINE AREA CLOSE	08:45am (local time)	08:45am (local time)
FIRST START LIST	09:00am (local time)	09:00am (local time)
PRIZE GIVING	12:30pm (local time) M21-E / W21-E M35 / W35	12:30pm (local time) M21 / W21 M35 / W35
EVENT CLOSE	03:00pm Changed from bulletin #1	03:00pm Changed from bulletin #2

SPRINT DISTANCE (31 MAY 2025 – WORLD RANKING EVENT)

CLASS	LENGTH	CLIMB	WINNING TIME	NUMBER OF CONTROL FLAGS	MAP SCALE
M21E	It will be released together with the START LIST	It will be released together with the START LIST	12-15 minutes	It will be released together with the START LIST	1:3000
W21E	It will be released together with the START LIST	It will be released together with the START LIST	12-15 Minutes	It will be released together with the START LIST	1:3000
M/W35	It will be released together with the START LIST	It will be released together with the START LIST	12-15 Minutes	It will be released together with the START LIST	1:3000

MIDDLE DISTANCE (01 JUNE 2025 – NATIONAL RANKING EVENT)

CLASS	LENGTH	CLIMB	WINNING TIME	NUMBER OF CONTROL FLAGS	MAP SCALE
M/W21	It will be released together with the START LIST	It will be released together with the START LIST	30-35 Minutes	It will be released together with the START LIST	1:5000
M/W35	It will be released together with the START LIST	It will be released together with the START LIST	30-35 Minutes	It will be released together with the START LIST	1:5000

Technical Information



Competition Rules

The NEGERI SEMBILAN FOREST ORIENTEERING CUP 2025 (WRE) refers to the IOF competition regulations for the 2023 V.1.21 (Foot Orienteering).

Punching Devices

The NEGERI SEMBILAN FOREST ORIENTEERING CUP 2025 (WRE) will fully utilize the SPORTident punching system. The participation fee includes the rental of SI cards, but athletes are allowed to use their own SI cards if they have one.

Trophies & Medals (Award)

The organizer will only provide trophies to the top three winners in all categories and classes. However, to show appreciation for the athletes participating in the NEGERI SEMBILAN FOREST ORIENTEERING CUP 2025, all athletes will receive a finisher medal for the sprint distance event (world ranking event).

Fair Play

THE NEGERI SEMBILAN FOREST ORIENTEERING CUP 2025 upholds fair and sportsmanlike competition. Athletes are required to refer to <https://orienteering.sport/iof/fair-play/> as a reference for fair play guidelines.

Transportation

Transportation will be provided to athletes from official accommodation to the race location; however, athletes are also allowed to use Grab or rent a car for self-driving.

Visa

You can perform a web search with relevant keywords like "Malaysia visa requirements" to find the official websites and updated information. Always ensure you are using official government sources for the most reliable and accurate information, please check at

<https://malaysiavisa.imi.gov.my/evisa/evisa.jsp>

Athletes Insurance

The organizers do not provide accident insurance before, during, and after the championship; it is the responsibility of the athletes.

Environmental Information

The **"NEGERI SEMBILAN FOREST ORIENTEERING CUP 2025"** is organized in a highly esteemed botanical garden area in Putrajaya, surrounded by lush greenery, beautiful flower gardens, well-maintained landscapes, and pristine lakes. Athletes are strictly prohibited from plucking flowers, breaking tree branches, cutting down trees, harming animals, burning trash, or engaging in any activities that violate park regulations. If any athlete is identified committing such offenses, they will face immediate disqualification from the race.





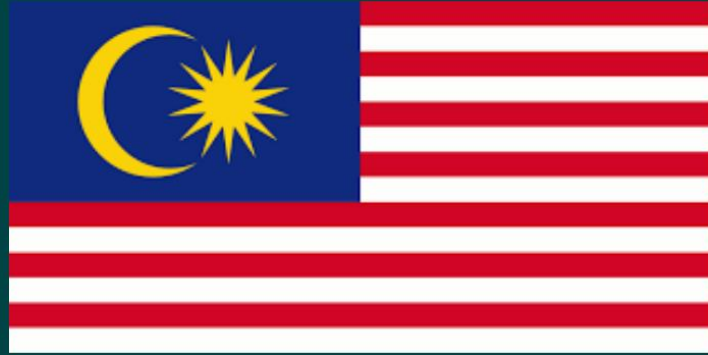
MALAYSIA ORIENTEERING SPORT ASSOCIATION

No 14, Jalan Indah 2, Taman Desa 34200 Parit Buntar, Perak, MALAYSIA

akademiorienteering@gmail.com

www.meoscmalaysia.com

EVENT ORGANIZER	MALAYSIA ORIENTEERING SPORT ASSOCIATION
EVENT ADVISER	SHAMSURI ABD LATIF
EVENT DIRECTOR	ASWADI ASLAH
EVENT ADMINISTRATION	MOHD AL HAFIS BIN MUSTAPA
RACE DIRECTOR	MOHAMAD NURSHAM BIN SHAMSUDDIN
MAPPER (SPRINT, MIDDLE DISTANCE & TRAINING MAP)	MOHD SYAHIR BIN SAMSUDIN MOHAMAD NURSHAM BIN SHAMSUDDIN MOHD FARIS ZAYANI BIN MAT JANI
COURSE SETTER (WRE)	MOHD NIZAL BIN ABD TALIP
COURSE SETTER (NRE)	MOHD SYAHIR BIN SHAMSUDDIN
HEAD OF JURY	EDHAM IBNI HAJAR
LOGISTIC DIRECTOR	ABD WAHAB BIN ADZMI



WELCOME TO **THE 7TH MALAYSIA** WORLD RANKING EVENT

