THE BUTTERFLY EFFECT

KUALA LUMPUR ATHLETE INFO

14TH & 15 NOVEMBER 2026

November 14th & 15th | District 13, Ground floor, Bangunan Th, 5, Jalan Bersatu, 13/4, PJS 13, 46200 Petaling Jaya, Selangor, Malaysia

EVENT SCHEDULE

- **6:00am:** Athlete Check-In Opens
- **6:45am:** Athlete & Safety Briefing
- **7:30am:** First Heat Commences
- **2:15pm:** Presentation Day One
- **4:15am:** Presentation Day Two

ATHLETE SET UP

Limited indoor and outdoor car park space is available. Gazebos are recommended. We recommend bringing:

- Blankets and chairs to sit on
- Lunch and snacks for the day
- Water bottles and any personal recovery items

HEAT LISTS & SCHEDULE

The official heat list is now available. Please note that while every effort is made to keep the schedule unchanged, minor adjustments may occur leading into the event. We recommend checking the schedule again before travelling to the venue.

HEAT LIST SATURDAY **HEAT LIST SUNDAY**

WORKOUTS & MOVEMENT STANDARDS

All workouts and movement standards can be found by clicking the location tab below. Please familiarise yourself with the workout flow, weights and movement standards. There will be a short athlete briefing.

WORKOUTS & MOVEMENT STANDARDS

FOOD, RECOVERY & VENDORS

- WIP
- Muscle Lab
- Barebells
- Fitmokie
- One More Rep
- EasySorehigh Clothing
- Brew Lee Coffee
- Shake

MERCHANDISE

Limited Butterfly Effect merchandise will be available on the day.

Get in quick before it sells out!

VOLUNTEERS

Volunteers play a vital role in bringing the Butterfly Effect to life. It's a great way to support the Butterfly community.

Volunteer perks include:

- Athletes are welcome to volunteer and can judge between their heats
- Free Butterfly Effect volunteer T-shirt
- Lunch and snacks provided throughout the day
- Access to a dedicated Facebook volunteer community page with event updates and information

JOIN THE CREW