METASPRINT SERIES SINGAPORE

10th ANNIVERSARY

TRIATHLON ATHLETE’S GUIDE

23 APRIL 2017

TRIATHLON
Welcome to the Metasprint Series!

We are proud to be celebrating the 10th anniversary of the MetaSprint Series in 2017, and thank you for joining us as a first-timer or long-time supporter. Look out for some exciting festivities at the event to celebrate the occasion.

This series has always been designed with the beginner in mind: providing a welcoming atmosphere and easy entry into multisport for newbies, with lots of fun along the way! Competitive athletes have also enjoyed the high-energy race format, and we are fortunate to have watched some incredible battles fought out on the course. Over the years, participation by kids has increased dramatically, continuously delighting us with their energy.

We have witnessed many fine moments over the event’s ten-year history, and pioneered many initiatives across the region. From our first event in 2008 at Tanjong Beach with 400 participants, we are proud to have introduced over 40,000 people to the fantastic sport of triathlon (and counting!).

MetaSport have forged the way with new venue initiatives in Singapore. We were the first to bring multisport to venues like Upper Changi Beach Park, Seletar Reservoir on Mandai Road, Sengkang, the F1 track and Sentosa’s Siloso and Palawan beaches.

Over the years our events have grown in sophistication. We were the first in Singapore to have live results, a results printing service at race venues, our own merchandise lines and great entertainment at the events. Watch out for the digital results photo board this year! Last year we introduced the Equaliser: Champion of Champions, and excitedly watched as the close finishes between the top men and women. Will it be a man or a woman to cross the line first at the triathlon?

We look forward to continuing our growth, to welcoming more athletes into the sport to push their limits, achieve their goals and most importantly have fun.

Good luck!

Nathalie Marquet
Chief Executive Officer
MetaSport
The Triathlon venue is at East Coast Park (Carpark E2).

Park at one of the many car parks in the area:
- Carpark D1 - D5
- Carpark E1 - E3
- Marina Parade HDB estate carparks

Alight at East Coast Park Lagoon Food Centre (Carpark E2).

The nearest MRT station is BEDOK STATION, East West Line stop EW5. Note the most trains are running around 0600 to 0610am only.

Note: Bikes are not allowed in the train. Take the train only if you are using a folding bike or are renting one at the venue.

Be on time!

Advice: arrive at the venue 1 hour before race start.
# Event Schedule

**Sunday, 23 April 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Wave</th>
<th>Race</th>
<th>Category</th>
<th>Swim Cap</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7:00</strong></td>
<td></td>
<td>Event Open</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>8:00</strong></td>
<td>1</td>
<td>Sprint</td>
<td>Elite Women</td>
<td>Yellow</td>
</tr>
<tr>
<td>8:05:45 AM</td>
<td>2</td>
<td>Sprint</td>
<td>Elite Men</td>
<td>Blue</td>
</tr>
<tr>
<td>8:10</td>
<td>3</td>
<td>Sprint</td>
<td>Men (35-39)</td>
<td>Pink</td>
</tr>
<tr>
<td>8:20</td>
<td>4</td>
<td>Sprint</td>
<td>Men (35-39)</td>
<td>Green</td>
</tr>
<tr>
<td>8:30</td>
<td>5</td>
<td>Sprint</td>
<td>Men (50-54, 55-59, 60+)</td>
<td>Red</td>
</tr>
<tr>
<td>8:40</td>
<td>6</td>
<td>Sprint</td>
<td>Men (45-49)</td>
<td>Orange</td>
</tr>
<tr>
<td>8:50</td>
<td>7</td>
<td>Sprint</td>
<td>Men (45-49)</td>
<td>Green</td>
</tr>
<tr>
<td>9:00</td>
<td>8</td>
<td>Sprint</td>
<td>Men (40-44)</td>
<td>White</td>
</tr>
<tr>
<td>9:10</td>
<td>9</td>
<td>Sprint</td>
<td>Men (40-44)</td>
<td>Yellow</td>
</tr>
<tr>
<td>9:20</td>
<td>10</td>
<td>Sprint</td>
<td>Men (30-34)</td>
<td>Red</td>
</tr>
<tr>
<td>9:30</td>
<td>11</td>
<td>Sprint</td>
<td>Men (30-34)</td>
<td>Orange</td>
</tr>
<tr>
<td>9:40</td>
<td>12</td>
<td>Sprint</td>
<td>Men (25-29)</td>
<td>Yellow</td>
</tr>
<tr>
<td>9:50</td>
<td>13</td>
<td>Sprint</td>
<td>Men (16-19, 20-24), Teams, Mates Wave</td>
<td>White</td>
</tr>
<tr>
<td>10:00</td>
<td>14</td>
<td>Sprint</td>
<td>Women (16-19, 20-24, 25-29, 30-34)</td>
<td>Green</td>
</tr>
<tr>
<td>10:10</td>
<td>15</td>
<td>Sprint</td>
<td>Women (35-39, 40-44)</td>
<td>Pink</td>
</tr>
<tr>
<td>10:20</td>
<td>16</td>
<td>Sprint</td>
<td>Women (45-49, 50-54, 55-59)</td>
<td>White</td>
</tr>
<tr>
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<td>17</td>
<td>Sprint</td>
<td>SGX S.I.O.W Challenge</td>
<td>Green</td>
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<tr>
<td><strong>10:45</strong></td>
<td>18</td>
<td>Youth</td>
<td>Boys (12-13, 14-15)</td>
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</tr>
<tr>
<td>10:50</td>
<td>19</td>
<td>Youth</td>
<td>Girls (12-13, 14-15), Teams</td>
<td>Pink</td>
</tr>
<tr>
<td>10:55</td>
<td>20</td>
<td>Discovery</td>
<td>Men (40+)</td>
<td>Green</td>
</tr>
<tr>
<td>11:00</td>
<td>21</td>
<td>Discovery</td>
<td>Men (16-39)</td>
<td>Red</td>
</tr>
<tr>
<td>11:05</td>
<td>22</td>
<td>Discovery</td>
<td>Women (16-39, 40+)</td>
<td>Orange</td>
</tr>
<tr>
<td><strong>11:30</strong></td>
<td>23</td>
<td>Kids</td>
<td>Boys (10-11)</td>
<td>Red</td>
</tr>
<tr>
<td>11:34</td>
<td>24</td>
<td>Kids</td>
<td>Boys (10-11)</td>
<td>Orange</td>
</tr>
<tr>
<td>11:42</td>
<td>26</td>
<td>Kids</td>
<td>Boys (8-9)</td>
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</tr>
<tr>
<td>11:46</td>
<td>27</td>
<td>Kids</td>
<td>Girls (8-9), Teams</td>
<td>Blue</td>
</tr>
</tbody>
</table>

## Awards Ceremony & Other Activities

- **11:30** Awards Ceremony - Sprint Men
- **12:00** Awards Ceremony - Sprint Women
- **12:30** Awards Ceremony - Discovery & Youth
- **12:40** Awards Ceremony - Kids
- **13:15** Closing Festival Grounds
PARTICIPANT LIST

The participant list of the Triathlon is now available on the event website. (Race registration is closed) Please check your name, race category and start wave number and contact us if you notice any mistake.

RACE CATEGORIES

<table>
<thead>
<tr>
<th>SPRINT</th>
<th>DISCOVERY</th>
<th>YOUTH</th>
<th>KIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>men</td>
<td>women</td>
<td>men</td>
</tr>
<tr>
<td>25 - 29</td>
<td>25 - 29</td>
<td>25 - 29</td>
<td>Youth Team Relay</td>
</tr>
<tr>
<td>30 - 34</td>
<td>30 - 34</td>
<td>30 - 34</td>
<td></td>
</tr>
<tr>
<td>40 - 44</td>
<td>40 - 44</td>
<td>40 - 44</td>
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<tr>
<td>45 - 49</td>
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<td>50 - 54</td>
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<td>55 - 59</td>
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<td>55 - 59</td>
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<td>60+</td>
<td>60+</td>
<td>60+</td>
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<tr>
<td></td>
<td></td>
<td>Mates Team</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mate Wave</td>
<td></td>
</tr>
</tbody>
</table>

CATEGORY RULES

- Relay teams consist of 2-3 members.
- Participants for the Kids Distance must be 8 to 11 years old*
- Participants for a Kids Relay Team must be 7 to 11 years old*
- Participants for the Youth Distance must be 12 to 15 years old*
- Participants for the Discovery Distance, Sprint Distance Individual and Sprint Distance Relay must be 16 years old*

*Age on 31 December 2017

CHAMPION OF CHAMPIONS - EQUALIZER

Only one athlete will be able to call him/herself Champion of Champions for each of the MetaSprint Series races! Based on the fastest women’s and men’s results of the past three years, the women’s elite wave will get a head start on the men. The first man or woman across the finish line will be the Champion of Champions! The handicap for the men for this year will be as follows:

Aquathlon – 2:40, Duathlon – 8:53, Triathlon – 5:45

WHO Qualifies for the Elite Wave?

- MetaSprint Series: 2016 Top 20 Overall Aquathlon, Duathlon, Triathlon, Championship, 2017 Top 20 Aquathlon, Duathlon
- We have limited slots for Wild Card Entry. If you believe you should be in the elite wave, please email us with your best recent triathlon or duathlon result by 18 April (info: event name, distance, year, time and placing)

These athletes will be ranked in their respective age groups but will start and compete in the 1st wave with athletes of similar abilities regardless of age group.
STEMS READY TO RACE

- Arrive at least 1 hour before your race start time.
- Put on your Wristband, paste the bike flag on the seat post & timing chip on your left ankle.
- Set up your Transition. (Bike, helmet, drink bottle, running shoes ... etc)
- Pack all items you don’t need and drop your bag at the Bag Drop Service!
- Enjoy the Race. Remember to smile and have fun!
- Enter Start Pen 5min before your race start time.
- Go to start area, and warm up!
- Get Body Marked!

WHAT CAN BE FOUND IN YOUR TRIATHLON RACE KIT?

- Swim cap to be worn throughout the swim
- Race bib to wear on the front of your apparel on the run
- Race bib to wear on the rear of your apparel on the bike
- Timing chip to strap around your left ankle
- Sticker to wrap around your seat-post
- Sticker to paste on the front of your helmet
- Safety bracelet to wrap around your wrist

WHAT TO WEAR?

**Must wear – Swim**
- Tri suit or tri shorts, swimming trunks/suit
- Swim Cap
- Swim goggles

**Must wear – Bike**
- Helmet
- Tri suit or tri shorts + top, or
- Shorts + t-shirt / singlet
- Running shoes or bike shoes

**Must wear – Run**
- Tri suit or tri shorts + top, or
- Shorts + t-shirt / singlet
- Running shoes

**Recommended**
- Drink bottle on the bike
- Drink bottle in transition
- Running hat or visor

**Optional**
- Sunglasses
- Race belt (to pin your race number on)
- Socks
Report at the start area 5 minutes before your wave start and ensure that you pass the timing mat as you enter the start area.

**Important Swim Rules**
- Swimsuits must be worn.
- All swimmers must wear the swim caps provided by the Organisers.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wetsuits are not allowed (speed suits are allowed).
- Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
- Once assistance is rendered, the competitor must retire from competition.

**SWIM COURSE**

![Swim Course Diagram](image-url)
BIKE

The bike course is closed from traffic. However please observe the following riding etiquette to ensure you have a safe ride:

• Be considerate and respectful to your fellow cyclist
• Do not swerve or make sudden movements
• Stay left at all times, unless overtaking
• Never overtake someone on the inside (left side)
• Look over your shoulder before you move over
• Call “on your right!” to alert the cyclist ahead of you that you are trying to pass them

Wear your helmet securely fastened!
• Regrettably bike crashes do happen. Take responsibility for your own safety and make sure you have a proper bike helmet that fits your head snugly and wear it securely strapped during the bike phase.

Important Bike Rules
• Cyclists must wear their race bib, clearly visibly at the rear of their apparel at all times.
• Helmets must stay secured on the cyclist’s head until he/she has placed his/her bicycle at the allocated bicycle rack
• Wearing headphones is not allowed at all times
• Drafting is not allowed. If caught, cyclists will receive a Stop-and-Go penalty.
• You are considered drafting when you are within 5 metres of another participant’s rear wheel or riding next to someone within 2 metres. You are allowed 15 seconds in someone’s draft zone to overtake. Once overtaken, a participant must drop immediately back out of the draft zone.
• Riding side-by-side is called “blocking” and is an offence with corresponding penalty.
• Support vehicles and crews are not permitted.

Stop-and-Go penalty process:
1. Race number is called out by draft marshal
2. Yellow card is shown for a Stop-and-Go Penalty
3. Athlete is asked to move to the left and come to a complete stop
4. Once both feet are on the ground, athlete is allowed to continue
5. Athletes refusing to stop will be disqualified
Count your laps!
It is your responsibility to count your laps! We only check if you completed all.
- Sprint distance: 3 laps
- Discovery distance: 2 laps
- Youth distance: 2 laps
- Kids distance: 1 lap
(See the bike course map for route and turning points)

BIKE MECHANIC
Ensure that your bike is in good working condition. If you are not sure, visit our official bike mechanic Bike School Asia or email them at info@bikeschool.asia to book an appointment.
Bike School Asia will be at the race venue for any last minute mechanical issues and last minute purchases. Small repairs and tuning are provided free of charge.
Report at the start area 5 minutes before your wave start and ensure that you pass the timing mat as you enter the start area.

- Keep left on the course at all times!
- Note that the roads are not closed from pedestrian traffic. Be considerate to pedestrians/the public.
- Pere Ocean Mineral Water and PURE Electrolyte drinks are available at the drink stations on the run course and at the finish line.
- Alert a marshall if you see an athlete in difficulty

**IMPORTANT RUN RULES:**
- Runners must wear the timing chip on their left ankle at all times.
- Runners must wear their race bib, clearly visibly at the front of their apparel at all times
- Support vehicles or pacers are not allowed
- Runners must run on designated paths for the entire route.
- No bare torso is allowed at all times
- Wearing headphones is not allowed at all times
TRANSITION

Only participants wearing their race bracelet and bikes with a bike flag are allowed in transition.
1. Look for your allocated spot to set up their gear for the bike section.
2. Please be considerate and use only 60cm wide space for your race gear.
3. Clear all other belongings (bag drop service is available)
4. Remember which row your bike is in, it will help save some time to find your bike after the swim.

Parent of 8 & 9 children

Parents of 8 & 9 children will find an extra bracelet in the race kit that will give them access to transition before the Kids race to help their child set up transition. Due to space constraints we do not allow any parents in the transition are during their child’s race.

Important Transition Rules

• You must have your helmet strap fastened from the moment before taking your bike from the rack and till you place your bike back on the rack
• You are not allowed to ride in transition. Push your bike to the road and mount your bike after the yellow mount line. When finishing the bike course, get off your bike before the dismount line on the road and push your bike into transition.

RELAY PARTICIPANTS

FINISH AREA

• Smile for the cameras!
• Receive your well-earned finisher’s medal.
• Re-hydrate at the finish drink station.
• Check your preliminary race times at the live results booth.
• Relax at the event festival area.
OTHER INFORMATION

TIMING CHIP RETURN
Your timing chip will be collected after you cross the finish line.

If you Did Not Start or Did Not Finish the race, please return your chip at the Information Booth. Do not return your timing chip to random volunteers or officials. It will be considered not returned. Timing chips must be returned by 3 May 2017. If you miss the date, an automated fee of $40 for the chip or $10 for the strap will be charged to your nominated credit card.

LIVE RESULTS
On site: go to the Live Results tent
Online: go to the website result page

PHOTOS
Your FinisherPix race action photos are available on the FinisherPix website. Share your race photos on your Facebook timeline for FREE. Just sign up your bib number on their Facebook App. Your photos will be available 48 hours after the event.

INFORMATION
Questions? Go to the information counter or approach an official in a red MetaSport shirt.

LOST & FOUND
Go to the information counter or contact us post event.

CONTACT US
MetaSport
10B Institution Hill Singapore 239665 Tel: 6464 5130
Email: sprintseries@metasport.com
MEDICAL EMERGENCIES
Alert the first marshal you can find, if you see an athlete in difficulty on the course. All our marshals and event staff have a medical emergency number with them.

MEDICAL SAFETY

Illness
Do NOT race if:
• If you have had a fever with muscle aches in the week before the event.
• you have had a viral infection (such as the flu), food poisoning or diarrhea within the last 7-10 days before the event, and have not fully recovered.

If you believe you have fully recovered and are fit enough to take part, please do start out cautiously, lower the intensity of your physical exertion, and stay well hydrated, as these illnesses may result in dehydration, salt imbalance, or disturbances to your heart function.

Heat Injuries
Exercise in Singapore’s high heat and humidity places you at risk of developing a heat injury that could potentially be fatal. The best way to avoid such injuries is to:
• ensure good physical conditioning prior to this race
• participate within your fitness limits
• hydrate properly before, during and after the race. This should be a combination of water and electrolytes

Symptoms
If you experience any of the following symptoms during the event, please reduce your physical effort. And if you do not feel better, stop and seek medical attention:
• Undue shortness of breath
• Dizziness, giddiness, light-headedness
• Chest pain
• Undue tiredness, nausea
• Disorientation, confusion

Medical conditions
If you have a medical condition, please check with your doctor first whether it is safe for you to take part in this kind of event.

Medication
You may leave medication such as auto-injectors and inhalers (related to your medical condition or allergies) with the medical team, so that it is on standby at the medical tent if needed. Place it in a Ziploc bag with your name & race number and give it to the medical team on race morning.

PAR-Q AND YOU
Please answer below PAR-Q questions and consult your doctor if you answer YES to any of them:
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?
PRIZES

METASPRINT SERIES CHAMPIONSHIP

How does it work?
- Every participant earns points for every race he or she finishes.
- Points calculation: time category winner / your time x 100
- The final Championship ranking is based on your Triathlon points total and your best points total from the Aquathlon and Duathlon.

<table>
<thead>
<tr>
<th>Event</th>
<th>Your Time</th>
<th>Winner’s Time</th>
<th>Your Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquathlon</td>
<td>50 mins</td>
<td>40 mins</td>
<td>80 points</td>
</tr>
<tr>
<td>Duathlon</td>
<td>1 hr 20 mins</td>
<td>1 hr</td>
<td>75 points</td>
</tr>
<tr>
<td>Triathlon</td>
<td>1 hr 40 mins</td>
<td>1 hr 10 mins</td>
<td>70 points</td>
</tr>
<tr>
<td><strong>MetaSprint Series Total</strong></td>
<td><strong>150 points</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SCHOOL & CLUB CHALLENGE

Each participant score points for their school and/or club as per the table. The school and club with the highest number of points at the end of the series will be crowned respectively as the School & Club Champion.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td>Finisher</td>
<td>10</td>
</tr>
</tbody>
</table>

IMPORTANT:

Make sure you enter your School and/or Club name when you register for a race. The name can be updated until race kit collection. Updates may only be requested by the participant in person, and not by a teammate.
ROAD CLOSURE ADVISORY

The following road closures will be in force for the Triathlon at East Coast Park:

<table>
<thead>
<tr>
<th>Road / Car Park</th>
<th>Road Closure</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Coast Park Service Road</td>
<td>Between Car Park F1 and National Sailing Centre**</td>
<td>Full Closure</td>
</tr>
<tr>
<td>F1, F2, G ***</td>
<td></td>
<td>Full Closure</td>
</tr>
</tbody>
</table>

Enquiries:
Contact us at 6838 0873 or email us at sprintseries@metasport.com
For more info about the event, check out the event website: www.metasprintseries.com

EVENT VENUE LAYOUT

![Event Venue Layout Map]
OUR SPONSORS
Thank you for celebrating our 10th year anniversary with us.

See you at the next MetaSport event!