

# METASPRINT SERIES SINGAPORE



## AQUATHLON PARTICIPANT'S GUIDE

Sentosa, Palawan Beach  
5 February 2023

A FUN way to be a TRIATHLETE



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## GETTING TO THE RACE VENUE

The event venue is at Palawan Beach, Sentosa, beside FOC and is a 200m walk from Beach Station.

### MSS23 Aquathlon



#### By CAR

Park at the Palawan Beach Car Park (60 lots - 50 metres from venue),  
Alternative car parks: Tanjong Beach Car Park (120 lots - 400 metres from venue) or the Beach Station Car Park (400 lots - 900 metres from venue)



#### By PUBLIC BUSES

- Take 65, 80, 93, 188, 855 to HarbourFront Bus Interchange OR
- Take 10, 30, 57, 61 97, 100, 131, 143, 145, 166 to 'Opp VivoCity' stop, then hop on the



#### By TAXI

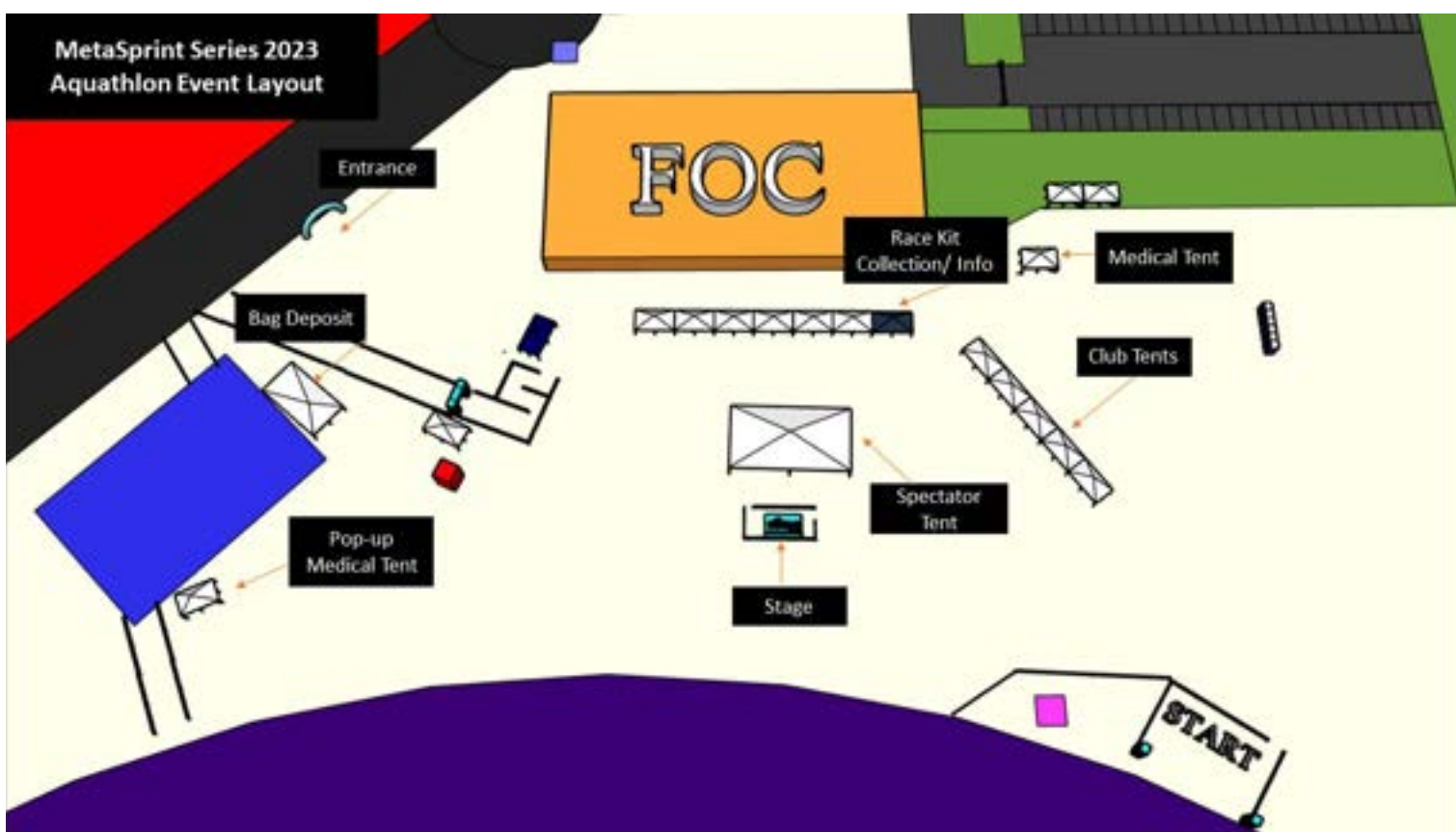
Alight at the Palawan Beach Taxi Stand, near FOC Beach Club



#### By MRT

HarbourFront Station (North-East Line)

## METASPRINT AQUATHLON VENUE MAP





## WHAT TO WEAR?



### SWIM

- Tri-suit or swimsuit
- Event swim cap
- Goggles



### RUN

- Tri-suit or swimsuit
- T-shirt or singlet (if wearing a swimsuit that doesn't cover your chest)
- Race number on a race belt (if you have one)
- Running shoes
- Socks (optional)
- Cap/visor & sunglasses (optional)

**Need more advice?** Our First-timer's guide can be found [here](#).

## WHERE TO BUY YOUR GEAR?

### Clothing

- **Key Power Sports** [keypowersports.sg](http://keypowersports.sg)

With two stores in Singapore, and an online store, they have a large range of SKINS, Brooks, Pearl Izumi, Newton, Zoot, Compressport, Profile Design triathlon and cycling apparel.



- **Arena** <https://www.arena.com.sg/>

[Arena](#) offers an extensive range of practical yet sophisticated swimwear and accessories that caters to your swimming needs.



### Nutrition

- **PURE Nutrition** <https://simplyactive.com.sg/>

A New Zealand brand that uses only natural ingredients with no added colours or preservatives, and it tastes great!



## STEPS TO GET READY FOR THE RACE

Watch the **Race Briefing Video!** Click play to ensure that you understand the race flow!



## WHAT'S IN YOUR RACE KIT?



Swim Cap to be worn throughout the swim



Pin Race bib on the front of your apparel on the run (Not on the swim)



Timing chip to strap around your LEFT ankle

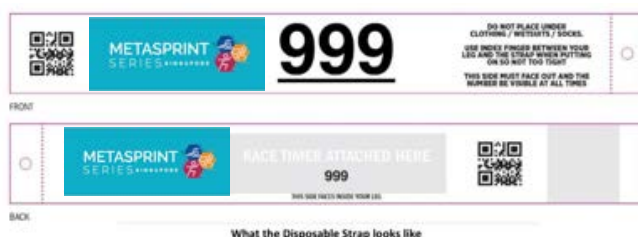


Wristband to wrap around your LEFT wrist



### Race Kit Contents

- 1 x Zip Lock Bag
- 1 x Race bib
- 1 x Swim Cap
- 1 x Wristband
- 1 x Timing Chip
- 4 x Safety Pins
- 1 x Bag Deposit tag
- 1 x Parent tag (for Kids 8-9 years only)



- Timing chip must be strapped around your **LEFT** ankle
- Parents of 8 and 9-year-olds may use the red 'parent' bracelet in the race kit to gain access to transition and help with transition setup. However, during the race they must leave transition.





What the Disposable Strap looks like

## Follow these instructions for optimal performance:

1. Ensure that you have been given the correct timing chip at registration
2. Practice putting the band around your **LEFT ankle** to get a feel for where you will apply the adhesive strip
3. The band needs to be 'comfortably loose' around your ankle so that the chip will have 'air' around it
4. Remove the adhesive backing from the back of the band in order to secure the strap onto itself
5. Run the strap around your finger when finally attaching the strap, then remove your finger. This is how you ensure the strap is not tight on your ankle
6. The Race Number should be facing outwards on your LEFT ankle as that is where the chip is located. The front of your ankle should show the logo
7. IT IS A SINGLE USE band. The Event may not have a replacement if you damage the band or chip. The chip SHOULD NOT be placed under the wetsuit or sock - it needs to always be seen to be read accurately



Start	Wave	Race	Category	Swim Cap
7:00	Event Open			
SPRINT DISTANCE (750m Swim - 5km Run)				
7:50	1.a	Sprint	Elite Women	Gold
7:54:17	1.b	Sprint	Elite Men	Silver
8:00	2	Sprint	Women 35-39	Pearl Pink
8:05	3	Sprint	Women 16-19, 20-24, 25-29, 30-34	Navy
8:10	4	Sprint	Women 50-54, 55-59, 60+	Neon Green
8:15	5	Sprint	Women 45-49	Neon Orange
8:20	6	Sprint	Women 40-44	Neon Yellow
8:25	7	Sprint	Men 55-59, 60+	Blue
8:30	8	Sprint	Men 50-54	Silver
8:35	9	Sprint	Men 45-49	Neon Orange
8:40	10	Sprint	Men 45-49 (2)	Neon Yellow
8:45	11	Sprint	Men 40-44	Neon Green
8:50	12	Sprint	Men 40-44 (2)	Neon Orange
8:55	13	Sprint	Men 35-39	Neon Yellow
9:00	14	Sprint	Men 35-39 (2)	Neon Green
9:05	15	Sprint	Men 30-34	Powder Blue
9:10	16	Sprint	Men 25-29	Neon Orange
9:15	17	Sprint	Men 16-19, 20-24	Navy
9:20	18	Sprint	Teams	Pearl Pink
YOUTH & DISCOVERY DISTANCE (250m Swim - 2.5km Run)				
9:45	19	Youth	Boys 14-15	Neon Green
9:50	20	Youth	Girls 12-13, 14-15	Neon Orange
9:55	21	Youth	Boys 12-13	Blue
10:00	22	Discovery	Men	Neon Yellow
10:05	23	Discovery	Women	Pearl Pink
KIDS DISTANCE (150m Swim - 1.5km Run)				
10:30	24	Kids	Boys 10-11	Neon Green
10:35	25	Kids	Girls 10-11	Neon Yellow
10:40	26	Kids	Boys 8-9	Silver
10:45	27	Kids	Girls 8-9	Gold
KIDS SPLASH & DASH (50m Wade - 500m Run)				
11:00	28	Kids	Boys & Girls 7-8 years old	
	29	Kids	Boys & Girls 4-6 years old	
10:00	Awards Ceremony - Sprint Women			
10:45	Awards Ceremony - Sprint Men & Relays			
11:00	Awards Ceremony - Youth & Discovery			
11:15	Awards Ceremony - Kids			
12:00	Event Closed			

## RACE CATEGORIES

SPRINT		DISCOVERY		YOUTH	
Men	Women	Men	Women	Boys	Girls
16 – 19	16 – 19	16 – 39	16 – 39	12 – 13	12 – 13
20 – 24	20 – 24	40+	40+	14 – 15	14 – 15
25 – 29	25 – 29				
30 – 34	30 – 34				
35 – 39	35 – 39				
40 – 44	40 – 44				
45 – 49	45 – 49				
50 – 54	50 – 54				
55 – 59	55 – 59				
60 – 64	60 – 64				
65 – 69	65 – 69				
70+	70+				
Sprint team relay (Men, Women, Mixed)					

KIDS		FUN KIDS	
Boys	Girls	Boys	Girls
8 – 9	8 – 9	4 – 6	4 – 6
10 – 11	10 – 11	7 – 8	7 – 8
Kids team relay (7–11 yrs)		*Non-competitive	

### CATEGORY RULES

- Relay teams consist of two members, each doing one discipline.
- Participants for Sprint Distance Individual and Sprint Distance Relay must be 16 years old and above\*
- Participants for the Discovery Distance must be 16 years old and above\*
- Participants for the Youth Distance must be 12 to 15 years old\*
- Participants for the Kids Distance must be 8 to 11 years old\*
- Participants for the Fun Kids Distance must be 4 to 8 years old\*

\*Age on 31 December 2023

## DISTANCE & LAPS

	Swim		Run	
Race	Distance	Laps	Distance	Laps
<b>SPRINT</b>	750m	1	5km	1
<b>DISCOVERY</b>	250m	1	2.5km	1
<b>YOUTH</b>	250m	1	2.5km	1
<b>KIDS</b>	150m	1	1.5km	1
<b>FUN KIDS</b>	GET WET!		500m	1



## CHAMPION OF CHAMPIONS - EQUALIZER

The men and women starting in the elite waves vie for the “Champion of Champions” title at 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 gets 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 is: **4 min 17 sec**



## WHO QUALIFIES FOR THE ELITE WAVE?

1. The Top 20 athletes from the Overall MetaSprint Series Championship 2022, MetaSprint Aquathlon 2022 and MetaSprint Triathlon 2022
2. Wild Card Entries\*

Athletes selected for the elite wave will start and compete in the first wave with athletes of similar ability regardless of age group, but will still be ranked in their respective age groups.

### Got what it takes?

Want to be in the elite wave? Please [email us](#) indicating your recent best race results (event name, distance, year, time and placing) before **Friday 20 January**. A limited number of wild card entries are available for the elite wave.

## CLUB CHALLENGE

Each participant scores points for their club as per the table below. The club with the highest points at the end of the series will be crowned the Club Champion.

### IMPORTANT:

Enter your Club name when you register for the race - or you can add it until **25 January**. Updates may only be requested by the participant in person, and not by a teammate.

Rank	Points
1	50
2	30
3	20
Finisher	10

## INTER-SCHOOL CHALLENGE

The Inter-School Challenge is a fun-packed competition for Primary and Secondary Schools. Singapore's best young athletes will challenge for the honour of their school being crowned the 2023 School Challenge Champion.

An overall series School Challenge Champion will be awarded at the conclusion of the MetaSprint Triathlon. Will it be your school who takes home the trophy?

Rank	Points
1	50
2	30
3	20
Finisher	10





## START PROCESS

**One athlete starts every 2 seconds** allowing an enjoyable swim because participants spread out immediately at the start of the race. The exception is the Elite Men's and Women's waves which have a mass start.



Report at the start area **10 minutes** before your wave start and ensure that you pass the timing mat as you enter the start area.



### IMPORTANT SWIM RULES:

- All swimmers must wear the swim caps provided by the organiser.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wetsuits are not allowed (speed suits are allowed).
- Swimmers in difficulty should signal for assistance.
- Once assistance is rendered, the competitor must retire from the competition.

## PRESSIO RUN COURSE MAP



- Keep left on the course at all times!
- Note that the roads are not closed from pedestrian traffic. Be considerate to pedestrians and other members of the public.
- PURE Electrolyte drink and water are available at the drink stations (every 2km), with UFC coconut water also available at the finish line.
- Alert a marshal if you see an athlete in difficulty.

### IMPORTANT RUN RULES:

- Runners must wear their race numbers, clearly visible at the front of their race apparel at all times.
- Support vehicles or pacers are not allowed (yes that includes parents!).
- Runners must run on designated paths for the entire route.
- No bare torso is allowed at any time.
- Wearing headphones is not allowed at any time.



## TRANSITION

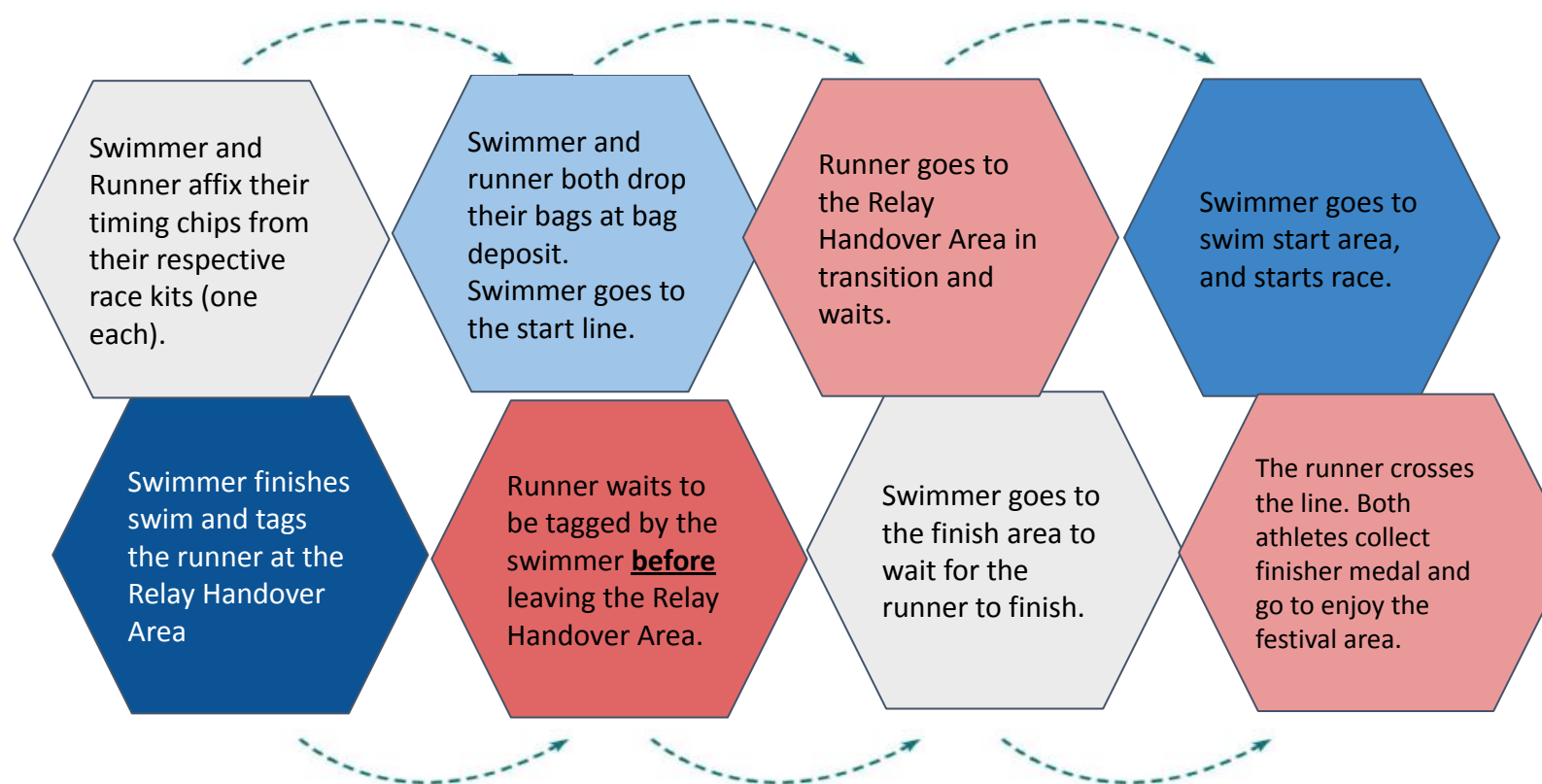
Only participants wearing their numbered security bracelet are allowed in transition.

1. Look for your allocated spot (bib number)
2. Prepare the gear that you will need for your run
3. Clear all other belongings (bag deposit service is available)

### Parents of 8 & 9 year old children

Parents of 8 and 9 year-old children will find an extra bracelet in the race kit that gives them access to transition before the Kids race to help their child set up transition. We do not allow any parents in transition during their child's race.

## HOW DOES A TEAM RELAY WORK?



## HYDRATE

Rehydrate with PURE electrolytes and UFC Refresh coconut water at the finish area.



## PRIZES

### Trophies:

- The Top-3 winners overall (Male and Female)
- The Top-3 winners of each age category (Individual)
- The first place winner for Relay teams

## LIVE RESULTS

Results are available as soon as you cross the line – super cool! Head to [www.metasprintseries.com](http://www.metasprintseries.com)

## PHOTOS

FINISHERPIX photographers will be at the race, snapping your action shot for a lifetime of memories. Your shots will be emailed straight to your inbox post-race!

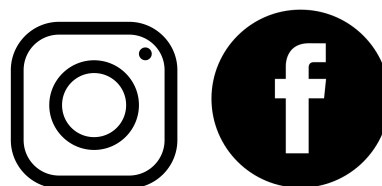
[Pre-purchase](#) your photo package and save!

**Aquathlon Package \$29.99, 3-in-1 Package \$69.99**



## JOIN THE COMMUNITY!

Follow us and share your experience!  
Don't forget to use the official Hashtag  
**#metasprintseries #funwaytotri** on your posts!



## CONTACT US

Email: [sprintseries@metasport.com](mailto: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:

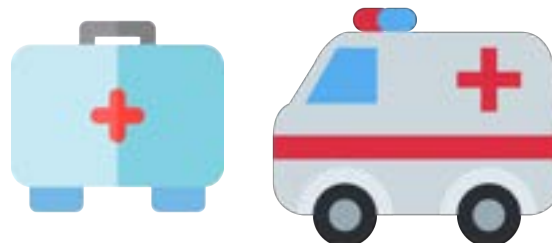
- you have had a fever with muscle aches in the week before the event.
- you have had a viral infection (such as the flu), food poisoning or diarrhoea within the last 7-10 days before the event, and have not fully recovered.

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?

## EVENT ORGANISER



GREEN INITIATIVE



SANCTIONED BY



IN SUPPORT OF  
SPORT PROMOTION



PARTNER IN SPORT



OFFICIAL PARTNER



OFFICIAL EVENT T-SHIRT PARTNER



OFFICIAL PARTNER



OFFICIAL PARTNER



OFFICIAL PARTNER



OFFICIAL CHARITY PARTNER



OFFICIAL PARTNER



OFFICIAL  
VENUE PARTNER



OFFICIAL PARTNER



OFFICIAL RUNNING  
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