

METASPRINT SERIES SINGAPORE



AQUATHLON ATHLETE'S GUIDE

Sentosa, Palawan Beach
28 January 2024

A FUN way to be a TRIATHLETE

TABLE OF CONTENTS

3	Venue & Getting There	11	Swim Course
4-5	Getting Ready	12	Run Course
6	Timing Chip	13	Transition & Team Relay
7	Schedule	14	Post-Race
8	Categories & Distance	15	Medical Safety
9	Equalizer and Elite Wave	16	Our Sponsors
10	Club & School Challenge		



GETTING TO THE RACE VENUE

The event venue is at Palawan Beach, Sentosa, beside FOC Beach Club. It is a 900m walk from Beach Station.

MSS24 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 bus to Resorts World Sentosa



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 (compulsory if your swimsuit does not cover your chest)
- Race number bib (with an optional race belt)
- 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 and gear

Key Power Sports

With three stores in Singapore, and an online store, they have a large range of Triathlon brands such as Zoot, HUUB, SKINS, Aqua Sphere, Pearl Izumi, Zoggs, ORCA, Blue70, SKINS, Brooks, Newton, Oakley.

Arena

Arena offers an extensive range of practical yet sophisticated swimwear and accessories that caters to your swimming needs.

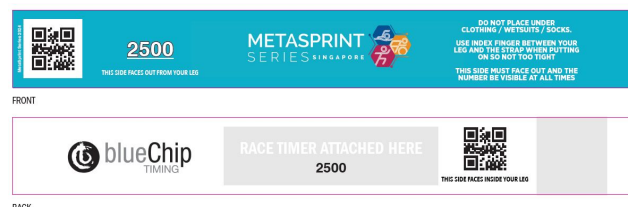
Nutrition

PURE Sports Nutrition

PURE electrolytes and energy gels are made with premium ingredients, gluten and preservative free with no artificial flavours or colours. Their stomach friendly formulations are easy to digest, not super sweet and taste great.

Please arrive at the venue **1 hour prior** to your wave start time to collect your race kit.
Have your **confirmation email ready** that shows your **bib number**.

WHAT'S IN YOUR RACE KIT?



Race Kit Contents

1. 1 x Zip Lock Bag
2. 1 x Race bib
3. 1 x Swim Cap
4. 1 x Wristband
5. 1 x Timing Chip (not included for Fun Kids)
6. 4 x Safety Pins
7. 1 x Parent tag*
(for Kids 8-9 years only)

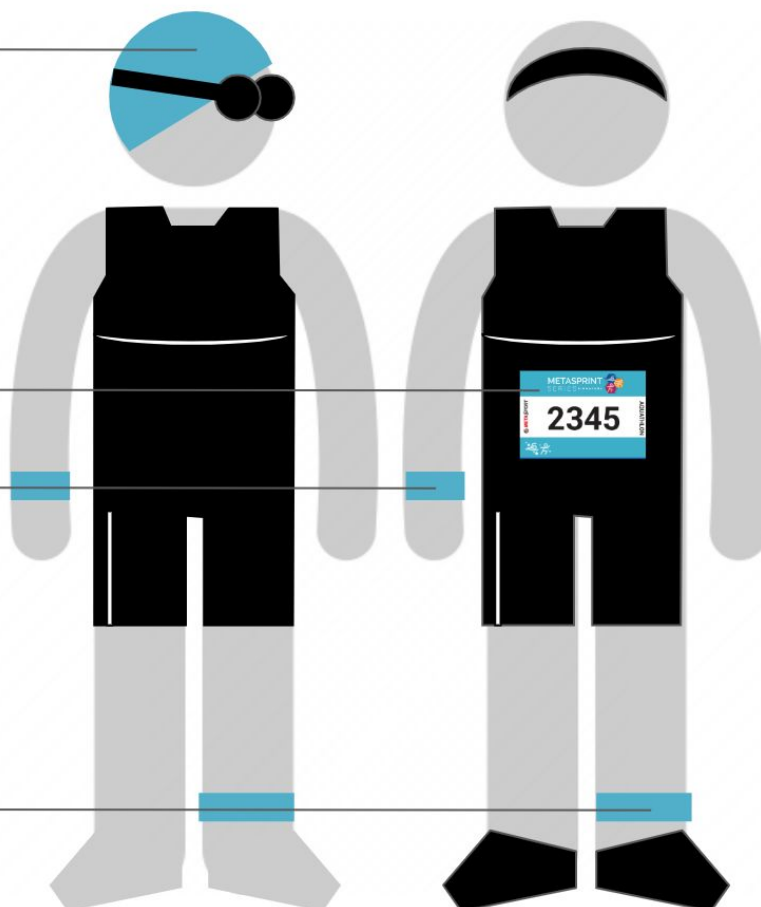
*Parents of 8 and 9-year-olds can utilise the 'parent' bracelet (included in the race kit) to enter the transition area and assist with set-up. However, it is essential that they vacate the transition area during the actual race.

Event swim cap to wear throughout the swim

Race Bib to wear on the front of your apparel on the run

Wristband to wrap around your wrist

Timing chip to wrap around your **left** ankle





FRONT



BACK

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	Race Number
SPRINT DISTANCE (750m Swim - 5km Run)					
7:50	1.a	Sprint	Elite Women	Gold	1-20
7:53:49	1.b	Sprint	Elite Men	Silver	21-39
8:00	2	Sprint	Women 30-34, 35-39	Pearl Pink	40-89
8:05	3	Sprint	Women 16-19, 20-24, 25-29	Navy	90-123
8:10	4	Sprint	Women 40-44	Neon Green	124-165
8:20	5	Sprint	Women 45-49, 50-54, 55-59, 60-64, 65-69, 70+	Neon Orange	166-222
8:25	6	Sprint	Men 55-59, 60-64, 65-69, 70+	Powder Blue	223-280
8:30	7	Sprint	Men 50-54	Neon Yellow	281-346
8:35	8	Sprint	Men 45-49	Blue	347-382
8:40	9	Sprint	Men 45-49 (2)	Gold	383-419
8:50	10	Sprint	Men 40-44	Silver	420-478
8:55	11	Sprint	Men 40-44 (2)	Pearl Pink	479-537
9:00	12	Sprint	Men 35-39	Navy	538-602
9:05	13	Sprint	Men 30-34, Men 25-29	Neon Green	603-653
9:15	14	Sprint	Men 16-19, 20-24	Neon Orange	654-699
9:20	15	Sprint	Teams	Powder Blue	700-761
YOUTH & DISCOVERY DISTANCE (250m Swim - 2.5km Run)					
9:50	16	Youth	Boys 14-15	Neon Yellow	770-797
9:55	17	Youth	Girls 12-13, 14-15	Blue	798-856
10:00	18	Youth	Boys 12-13	Gold	857-910
10:05	19	Discovery	Men 16-39	Silver	911-941
10:10	20	Discovery	Men 40+	Pearl Pink	942-985
10:15	21	Discovery	Women 16-39, 40+	Navy	986-1031
KIDS DISTANCE (150m Swim - 1.5km Run)					
10:30	22	Kids	Boys 10-11	Neon Green	1050-1099
10:35	23	Kids	Girls 10-11	Neon Orange	1100-1146
10:40	24	Kids	Boys 8-9	Powder Blue	1147-1186
10:45	25	Kids	Girls 8-9	Neon Yellow	1187-1212
KIDS SPLASH & DASH (50m Wade + 500m Run)					
11:00	26	Kids	Boys & Girls 7-8 years old	Blue	1213-1245
	27	Kids	Boys & Girls 4-6 years old	Gold	1246-1282
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	
Men	Women
16 – 19	16 – 19
20 – 24	20 – 24
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)	

DISCOVERY	
Men	Women
16 – 39	16 – 39
40+	40+

KIDS	
Boys	Girls
8 – 9	8 – 9
10 – 11	10 – 11

YOUTH	
Boys	Girls
12 – 13	12 – 13
14 – 15	14 – 15

FUN KIDS	
Boys	Girls
4 – 6	4 – 6
7 – 8	7 – 8
*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 2024

DISTANCE & LAPS

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

CHAMPION OF CHAMPIONS - EQUALIZER

Participants in the elite waves, both men and women, compete for the coveted "Champion of Champions" title in each of the MetaSprint Series races. Taking into account the fastest results from the past three years, the women's elite wave is given a head start over the men. The first individual, whether a man or a woman, to cross the finish line will be crowned the Champion of Champions and will be awarded a \$100 Arena voucher.

The handicap for the men is: **3 min 49 sec**



WHO QUALIFIES FOR THE ELITE WAVE?

1. The Top 20 athletes from the Overall MetaSprint Series Championship 2023, MetaSprint Aquathlon 2023 and MetaSprint Triathlon 2023
2. Wild Card Entries*

Participants selected for the elite wave will compete in the first wave alongside athletes of comparable skill, irrespective of age group. However, they will still be categorised and ranked within 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

Every club member aged 16 and above has the opportunity to earn points for their club, as outlined in the table below. The club that accumulates the highest points by the end of the series will be declared the **2024 Club Champion**.

Rank	Club Points
1	50
2	30
3	20
Finisher	10

INTER-SCHOOL CHALLENGE

The Inter-School Challenge offers an exciting competition for participants aged 19 or below. Singapore's most talented young athletes will compete to earn their school the title of the **2024 School Challenge Champion**.

Rank	School Points
1	50
2	30
3	20
Finisher	10

The MetaSprint Triathlon will culminate with the presentation of the overall series Club Champion and School Challenge Champion. Who will be taking home the ultimate trophy this year?

IMPORTANT:

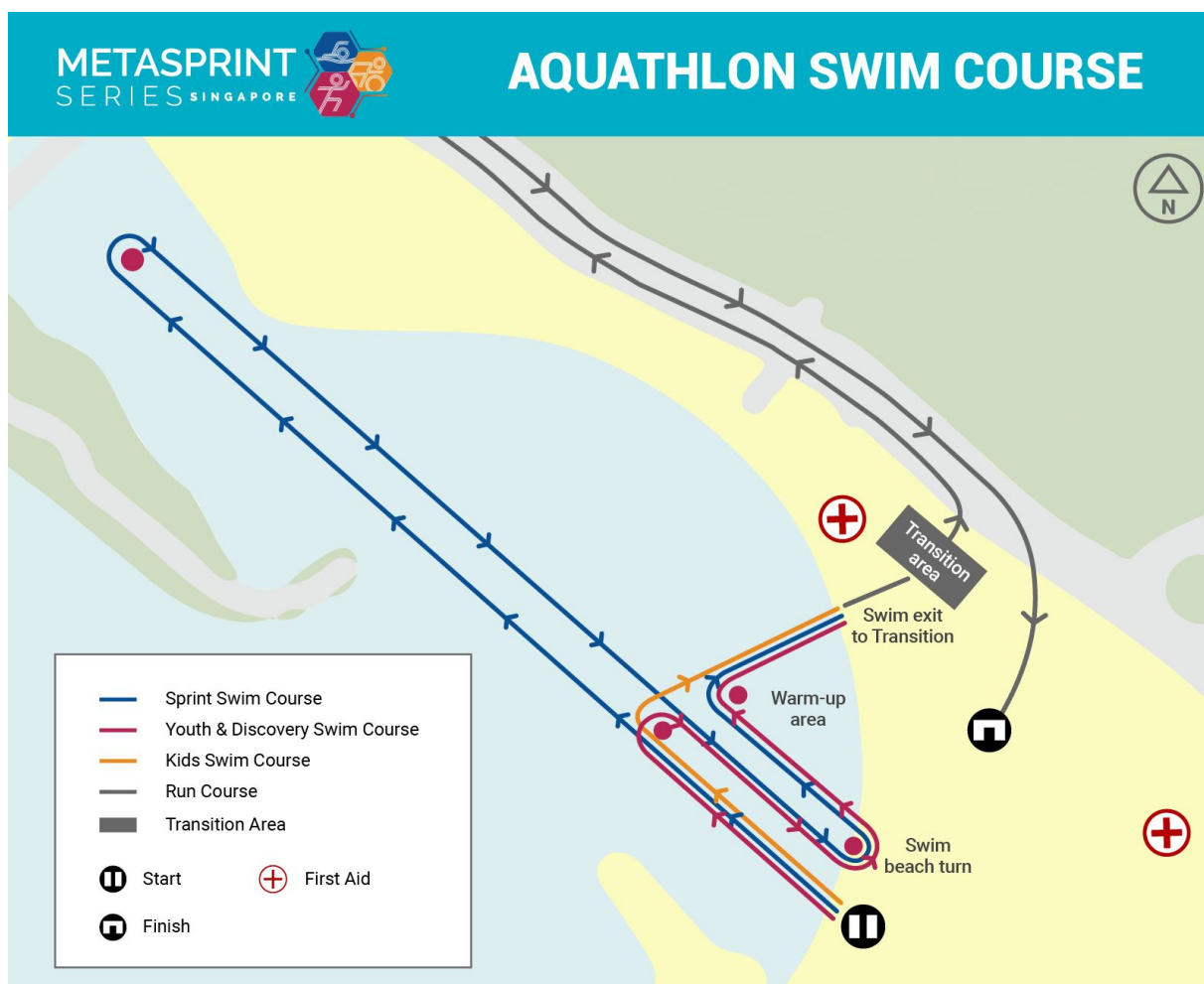
The deadline to submit your Club or School name is **21 January 2024**. No extensions will be granted, and no requests will be considered after this date.

You can only take part in one of the challenges. School **OR** Club Challenge but not both.



START PROCESS

Participants will begin the race at **2 second intervals**, creating a pleasant swimming experience as individuals quickly spread out from the start. The only exception is the Elite Men's and Women's waves, which commence with 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.
- Use of open water safety buoy is permitted, participants must start at the back of the wave
- Wetsuits are not allowed (speed suits is permitted).
- Swimmers in difficulty should signal for assistance.
- Once assistance is rendered, the competitor must retire from the competition.

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), and at the finish line. UFC Refresh Coconut Water is 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 the transition area.

1. Look for your allocated spot (corresponding to your bib number).
2. Prepare the gear that you will need for your run.
3. All other belongings has to be cleared (bag deposit service is available).

Parents of 8 & 9 year old children

Parents of 8 and 9-year-old participants have the option to utilise the 'parent' bracelet provided in the race kit to enter the transition area **before** the Kids race to help their child in the setup process. However, it's crucial to emphasise that parents are restricted from entering the transition area during the Kids race.

HOW DOES A TEAM RELAY WORK?

Swimmer and Runner affix their timing chips from their respective race kits (one each).

Swimmer and runner both drop their bags at bag deposit. Swimmer goes to the start line.

Runner goes to the Relay Handover Area in transition and waits.

Swimmer goes to swim start area, and starts race.

Swimmer finishes swim and tags the runner at the Relay Handover Area

Runner waits to be tagged by the swimmer **before** leaving the Relay Handover Area.

Swimmer goes to the finish area to wait for the runner to finish.

The runner crosses the line. Both athletes collect finisher medal and go to enjoy the festival area.

HYDRATE

Rehydrate with PURE electrolytes and UFC Refresh Coconut Water at the finish area.

PURE
SPORTS NUTRITION



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
- The first place winner for Club and School Challenge

LIVE RESULTS

Preliminary results are available as soon as you cross the line – super cool! Head to www.metasprintseries.com

PHOTOS

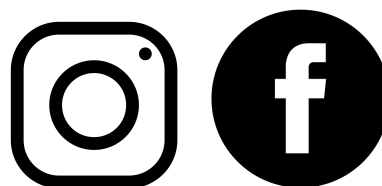
FINISHERPIX photographers will be at the race, snapping your action shot for a lifetime of memories. Your shots will be emailed straight to your inbox post-race!

[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



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



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