

METASPRINT SERIES SINGAPORE



DUATHLON ATHLETE'S GUIDE

F1 Village
17 March 2024

A FUN way to be a TRIATHLETE

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GETTING TO THE RACE VENUE

The event venue is at the F1 Village (20 Republic Avenue, Singapore 038970)



By CAR

- Nearest parking available is at Millenia Walk, Raffles Blvd
- Remember to take into account time needed to walk to the venue from the carpark
- The Millenia Walk car park is 800m / 10 mins walk from the venue.



By PUBLIC BUSES

- Take NR2, NR5, NR7, NR8, 1N, 2N, 3N, 4N, 5N, 6N, 56, 75, 77, 97, 171, 195, 960 to Raffles Boulevard Bus Terminal.

Note:

- Check the bus schedule before considering this option.
- Only folding bikes are allowed on buses.



By TAXI

- Alight at bus stop on Raffles Avenue or Boulevard– walk 500m north of F1 pit to the venue
 - Nearest taxi stand is at The Flyer or Millenia Walk



By MRT

Nearest Station: Nicoll Highway MRT Station (Circle Line).

Note:

- Check the train schedule for first train departure timings before considering this option.
- Only folding bikes are allowed on the train.



By BICYCLE

- Use Ophir Road or the sidewalks (please stay off the race course)



ARRIVAL TIME!

You will be able to collect your race kit and enter transition **1 hour before your wave start time.**

ROAD CLOSURE NOTICE SUNDAY 17 MARCH 2024

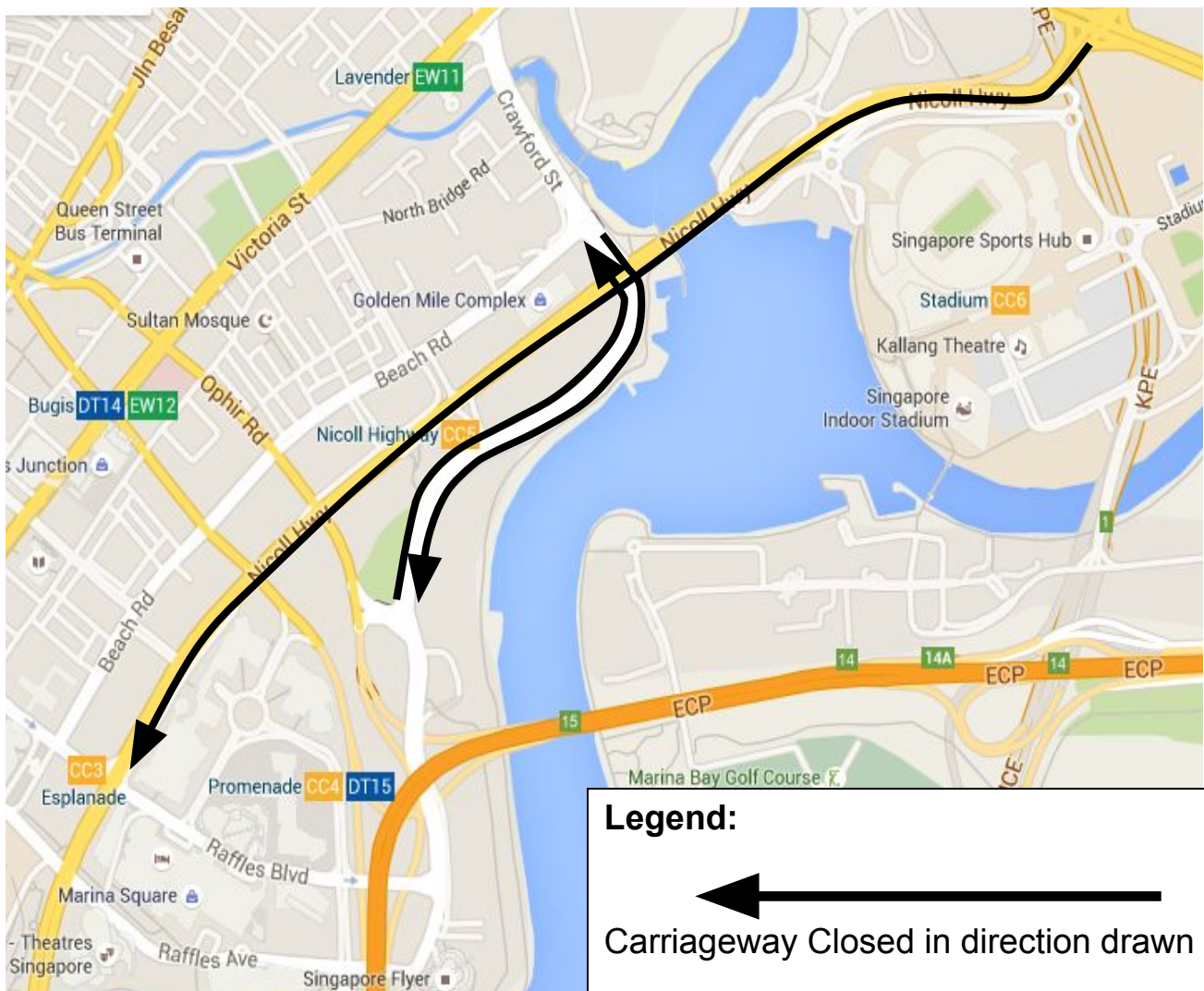
The following road closures will be in force for the MetaSprint Series Duathlon at the F1 Village:

Event Name: MetaSprint Series Duathlon

Event Date: Sunday 17 March 2024

Timing: From 03:30 to 10:30*

**Nicoll Highway road closure till 10:00 only*



ROAD CLOSURE NOTICE
SUNDAY 17 MARCH 2024

	Event Venue - F1 Village
From West	AYE > MCE> Central Blvd > Sheares Avenue > Exit Rochor > Temasek Blvd > Temasek Avenue > Raffles Blvd
From East	ECP City > Exit Rochor > Temasek Blvd > Temasek Avenue > Raffles Blvd
From North	SLE > CTE City > Orchard Rd > Raffles Blvd
From South	CTE > MCE> Central Blvd > Sheares Avenue > Exit Rochor > Temasek Blvd > Temasek Avenue > Raffles Blvd

****There is no parking available on site. Nearest car park located at the Singapore Flyer***

Do kindly take note that there will be road closure for another event on the same day. Participants are strongly advise to follow the routes above.

Please refer to <https://carfreesunday2024.sg/> for the road closures

WHAT TO WEAR?

Run



- Triathlon, cycling or running kit
- Race bib number (on the front)
- Running shoes (no barefoot allowed)

Bike



- Triathlon, cycling or running kit
- Cycling helmet is compulsory
- Bike shoes or running shoes (no barefoot allowed)

Recommended	Optional
<ul style="list-style-type: none"> • Drink bottle (on the bike) • Running hat or visor • Sunglasses 	<ul style="list-style-type: none"> • Race belt (to pin your race bib on) • Socks • Small towel

WHERE TO BUY?

Apparel

- **Key Power Sports** keypowersports.sg

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

**Key
Power
Sports**

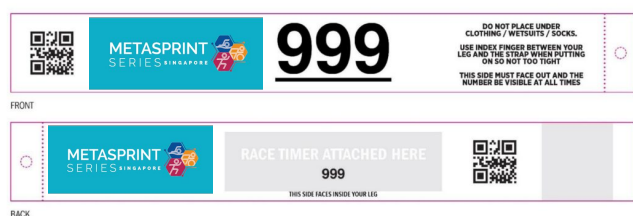
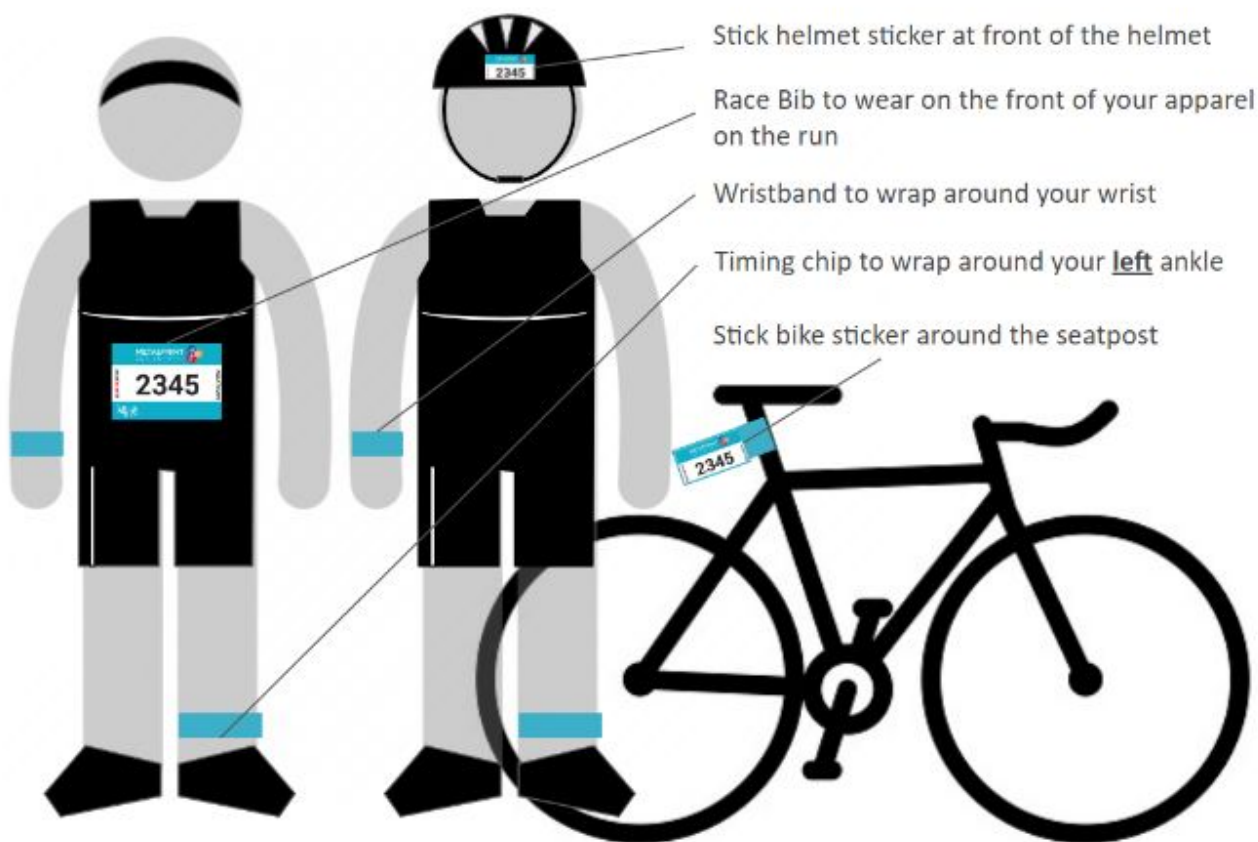
Nutrition

- **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! Check out their range of products in their online shop.

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WHAT'S IN YOUR RACE KIT?



What the Disposable Strap looks like



Race Kit Contents

- 1 x Zip Lock Bag
- 1 x Race bib
- 1 x Wristband
- 1 x Timing Chip (excluding Fun Kids)
- 4 x Safety Pins
- 1 x Bike Sticker
- 1 x Helmet Sticker
- 1 x Parent tag
(for Kids 8-9 years only)

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





Sunday, 17 March 2024

Start	Wave	Race	Category	Race No.
4:30	Event Open			
SPRINT DISTANCE - 3km Run, 18km Bike, 3km Run				
5:00	1	Sprint	"Fast" Wave	1-15
5:30	2.a	Sprint	Elite Women	16-40
5:38	2.b	Sprint	Elite Men	41-65
5:45	3	Sprint	Women 35-39	66-105
5:50	4	Sprint	Women 16-19, 20-24, 25-29, 30-34	106-157
5:55	5	Sprint	Women 45-49, 50-54, 55-59, 60-64, 70+	158-194
6:00	6	Sprint	Women 40-44	195-245
6:05	7	Sprint	Men 55-59	246-283
6:10	8	Sprint	Men 60-64, 70+	284-307
6:15	9	Sprint	Men 50-54	308-343
6:20	10	Sprint	Men 50-54 (2)	344-380
6:25	11	Sprint	Men 45-49	381-420
6:30	12	Sprint	Men 45-49 (2)	421-459
6:35	13	Sprint	Men 40-44	460-509
6:40	14	Sprint	Men 40-44 (2)	510-571
6:45	15	Sprint	Men 35-39	572-608
6:50	16	Sprint	Men 35-39 (2)	609-645
6:55	17	Sprint	Men 30-34	646-692
7:00	18	Sprint	Men 16-19, 20-24, 25-29	693-740
7:05	19	Sprint	Teams	741-798
YOUTH & DISCOVERY DISTANCE - 1.5km Run, 12km Bike, 1.5km Run				
7:35	20	Youth	Boys (14-15)	871-900
7:40	21	Youth	Boys (12-13)	831-870
7:45	22	Youth	Girls (12-13, 14-15)	901-930
7:50	23	Discovery	Men (16-39, 40+)	931-975
7:55	24	Discovery	Women (16-39, 40+)	976-1014
KIDS DISTANCE - 500m Run, 6km Bike, 500m Run				
8:20	25	Kids	Boys (10-11)	1015-1044
8:25	26	Kids	Boys (10-11) (2)	1045-1078
8:30	27	Kids	Girls (10-11)	1079-1119
8:35	28	Kids	Boys (8-9)	1120-1173
8:40	29	Kids	Girls (8-9)	1174-1198
FUN KIDS - 500m Scoot				
9:10	30	Kids	Boys & Girls (6-7)	1237-1274
9:15	31	Kids	Boys & Girls (4-5)	1199-1236
10:45	Event Closed			

RUN-BIKE-RUN

	Run		Bike		Run	
Race	Distance	Laps	Distance	Laps	Distance	Laps
Sprint*	3km	1	18km	3	3km	1
Sprint Relay	3km	1	18km	3	3km	1
Discovery	1.5km	1	12km	2	1.5km	1
Youth (12-15 yrs)	1.5km	1	12km	2	1.5km	1
Kids (8-11 yrs)	700m	1	6km	1	700m	1
Fun Kids (4-7 yrs)			500m	1		

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+

Youth	
Boys	Girls
12 – 13	12 – 13
14 – 15	14 – 15

Kids	
Boys	Girls
8 – 9	8 – 9
10 – 11	10 – 11

Fun Kids	
Boys	Girls
4 – 8	4 – 8
*Non-competitive	

***Age on 31 December 2024**

Category rules

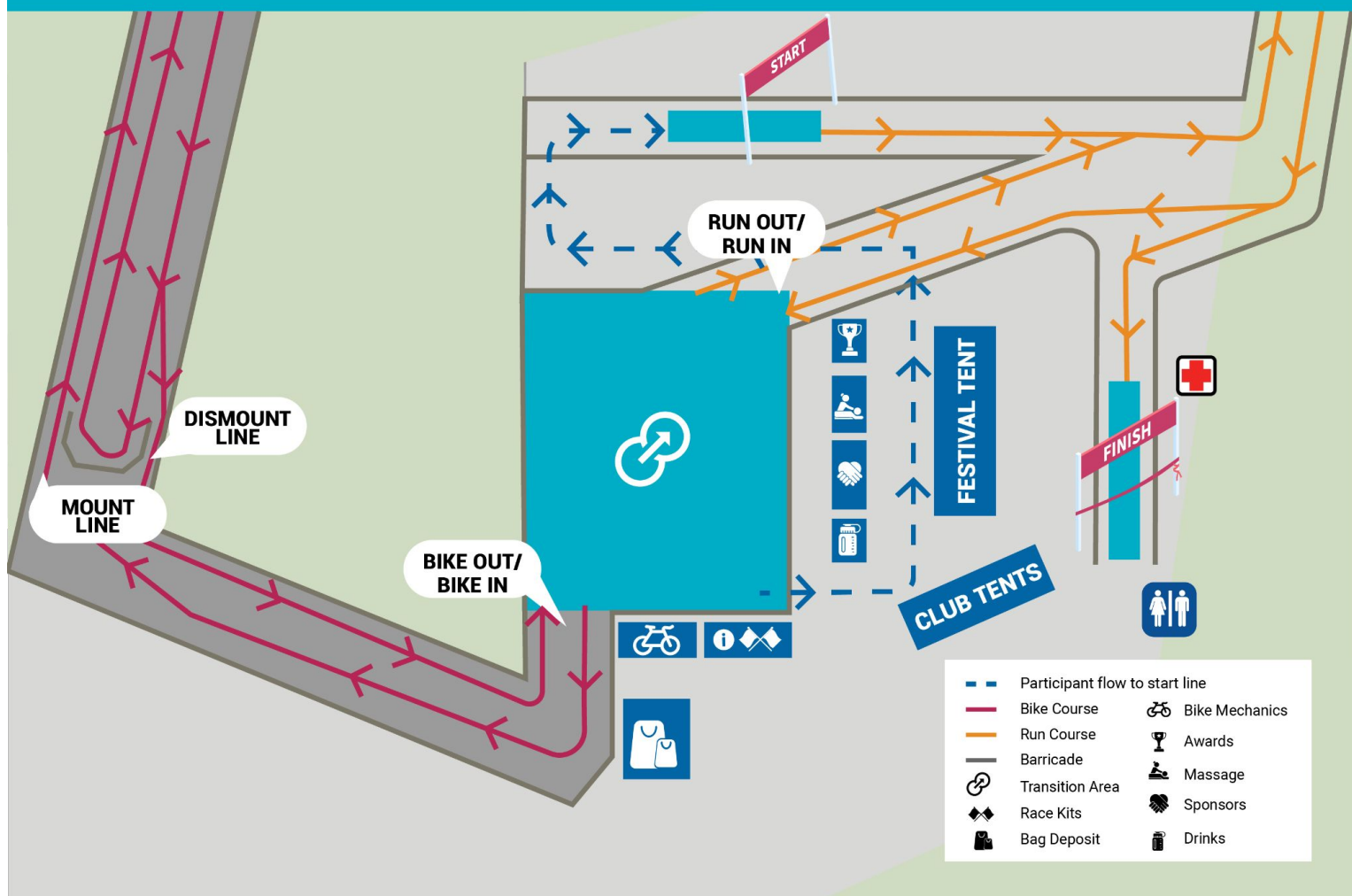
- Relay teams consist of two or three members, each doing one discipline
- Participants for Sprint Distance Individual and Sprint Distance Relay must be 16 years old and above*
- Participants for the Discovery Distance must be 16 years old and above*
- Participants for the Youth Distance must be 12 to 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*

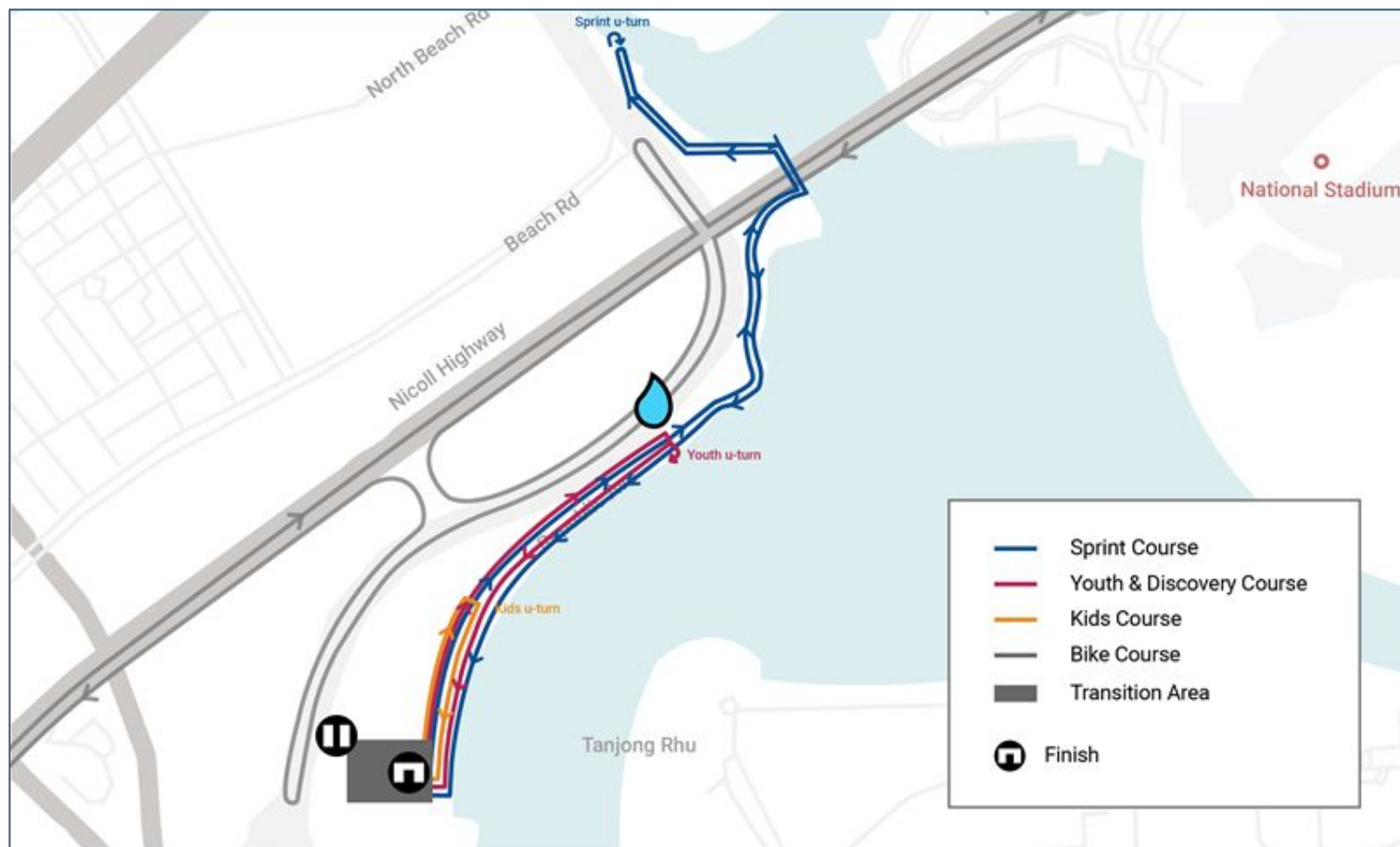
METASPRINT DUATHLON

VENUE MAP

F1 Village

DUATHLON VENUE 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.
- Pere Ocean Mineral Water and PURE Electrolyte drink are available at the drink stations on the run course.
- Alert a marshal if you see an athlete in difficulty.

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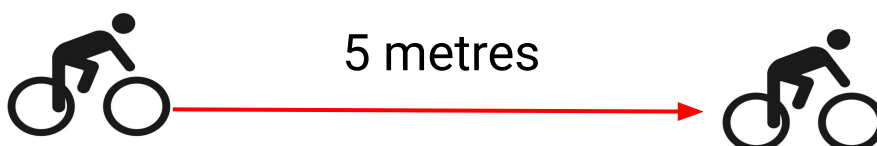
IMPORTANT RUN RULES:

- Runners must wear their race number, clearly visible at the front of their race apparel at all times.
- Outside support, bare torsos, barefoot running and wearing of headphones are not allowed.
- Runners must run on designated paths for the entire route.



IMPORTANT BIKE RULES:

- **Helmets must be secured on the cyclist's head** from the moment they remove their bicycle from the rack to start the cycle leg, until the moment they place it back at their allocated bicycle rack.
- Outside support, bare torsos and the wearing of headphones are not allowed.
- **Drafting is not allowed!**
- If caught, cyclists will receive a 'stop-and-go' penalty which means coming to a full stop with both feet on the ground before being allowed to continue.
- You are considered drafting when you are within 5 metres (= 3 bike lengths) 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, you must drop back immediately, out of the draft zone.



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!

The handicap for the men is: **8 min 33 sec**



WHO QUALIFIES FOR THE ELITE WAVE?

1. The Top 20 athletes from the Overall MetaSprint Series Championship 2023, MetaSprint Duathlon 2023, MetaSprint Triathlon 2023, and MetaSprint Aquathlon 2024
2. Wild Card Entries*

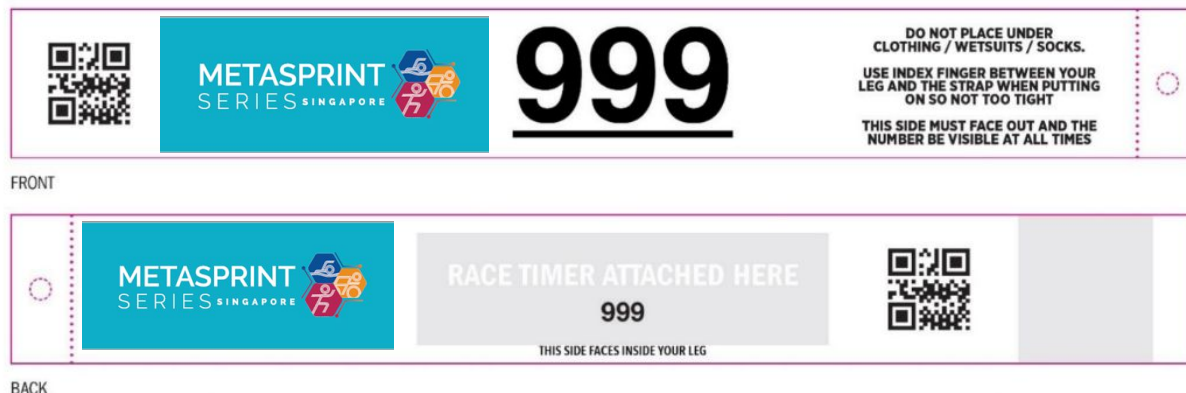
Athletes selected for the elite wave will start and compete in the first wave with athletes of similar ability regardless of age group, but will still be ranked in their respective age groups.

Got what it takes?

Think you got what it takes to be part of the elite wave?

[Email us](#) with details of your recent best race results (including event name, distance, year, timings, and placing) before Friday, 8 March 2024.

Limited wild card entries are available for the elite wave.



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



CYCLING ETIQUETTE

The bike course remains closed to traffic; nevertheless, we kindly urge you to adhere to the following riding etiquette to ensure a safe journey.

- 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. It must be securely fastened before removing your bike from the bike rack.



BIKE MECHANICS

Ensure that your bike is in good working condition. Our friendly team of bike mechanics from 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.

Or visit them before your race to service your bike so you can focus on your race on race day. They offer a full suite of services for all your cycling needs.



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**.

CLUB POINTS RANKING

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**.

SCHOOL POINTS RANKING

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 Overall Series School Challenge Champion. Who will be taking home the ultimate trophy this year?

IMPORTANT:

The deadline to submit your Club or School name is **10 March 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.



TRANSITION

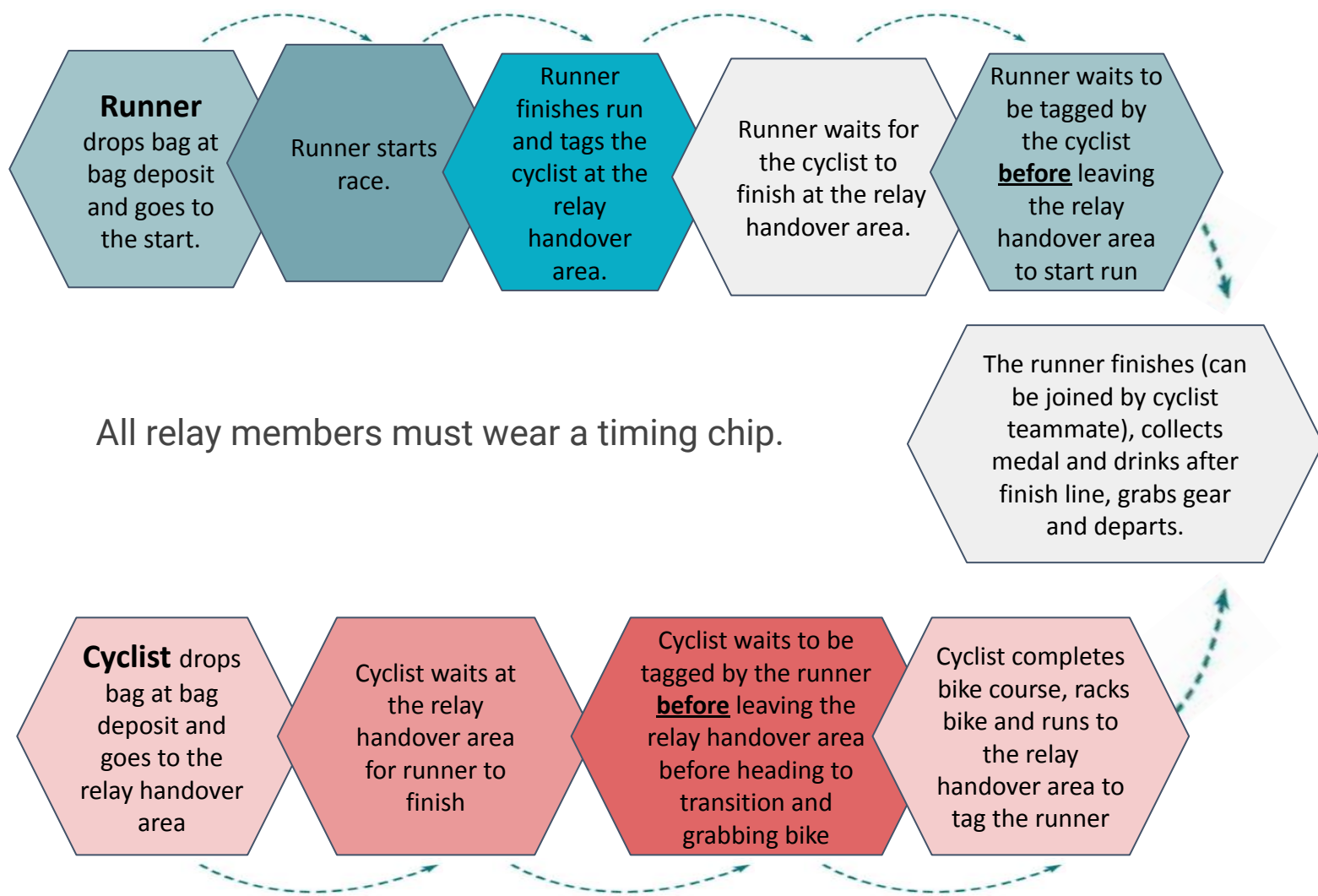
Only participants wearing their numbered security bracelet are allowed in transition.

1. Look for your allocated spot (corresponding to your bib number).
2. Prepare the gear that you will need for your bike leg.
3. A bag deposit service is available for your valuables.

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 not allowed to be in the transition area during the Kids race.

HOW DOES A TEAM RELAY WORK?



INFORMATION & MAP

Our young champions will begin between the starting pillars, complete one lap of the fun kids course, then finish under the finish arch (just like Mum and Dad!) to claim their well-deserved medal.



Notes:

1. Helmet is compulsory for this race. Place the helmet sticker (provided in your race kit) on the front of the helmet.
2. Place the sticker flag (provided in race kit) on the stem of your scooter/balanced bike. This must be clearly visible during the race.
3. Number bib has to be worn throughout the race and visible from the front at all times.
4. Parents/guardians are not allowed to accompanying or assist their children during the race. However, there will be ample space along the course for you to cheer them on!
5. A finisher medal will be presented at finish line.

BIKE RENTAL

Don't have a bike? Finding it too troublesome to bring your own bike to the race venue?
No problem, we have a solution for you!

You can conveniently rent a bike from our official bike rental partner, City Scoot! Their Esplanade outlet is approximately 1 km from the race venue and opens at 4am on race day.

Each bike rental includes a complimentary helmet and front/rear lights for a pre-sunrise pick up.

To ensure availability, it's advisable to reserve your bike early.



[Reserve your bike here](#)

VOLUNTEER WITH US

Every event relies on a dedicated volunteer team, and the MetaSprint Series is no different.

If you're unable to participate in the upcoming Duathlon on Sunday, 17 March, or Triathlon on Sunday, 5 May, you can still be part of the race day excitement! The next best option is to join us behind the scenes and support the athletes on the course.

If you're interested in joining our volunteer event crew, please leave your details [here](#).



HYDRATE

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

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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

Provisional 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!

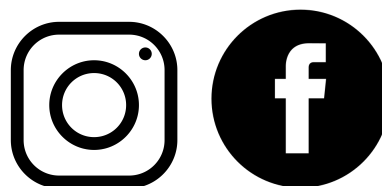
[Pre-purchase](#) your photo package and save!

Duathlon 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



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



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