

METASPRINT SERIES SINGAPORE



TRIATHLON ATHLETES' GUIDE

East Coast Park
5 May 2024

A FUN way to be a TRIATHLETE



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*Collect your race kit one hour prior to your wave start time.

6:30	Event Open		
Start	Wave	Race	Category
7:30	1	Sprint	Elite Women
7:36	2	Sprint	Elite Men
7:40	3	Sprint	Men 16-19, 20-24, 25-29
7:45	4	Sprint	Men 30-34
7:50	5	Sprint	Men 35-39 (1)
7:55	6	Sprint	Men 35-39 (2)
8:00	7	Sprint	Men 40-44 (1)
8:05	8	Sprint	Men 40-44 (2)
8:10	9	Sprint	Men 45-49 (1)
8:15	10	Sprint	Men 45-49 (2)
8:20	11	Sprint	Men 50-54
8:30	12	Sprint	Men 55-59, 60+
8:35	13	Sprint	Teams
8:40	14	Sprint	Women 16-19, 20-24, 25-29, 30-34
8:45	15	Sprint	Women 35-39
8:50	16	Sprint	Women 40-44
8:55	17	Sprint	Women 45-49, 50-54, 55-59, 60+
Start	Wave		Category
9:30	18	Youth	Boys 14-15
9:35	19	Youth	Girls 12-13, 14-15
9:40	20	Youth	Boys 12-13
9:45	21	Discovery	Men 16-39
9:50	22	Discovery	Men 40+
9:55	23	Discovery	Women
Start	Wave		Category
10:20	24	Kids	Boys 10-11
10:30	25	Kids	Girls 10-11
10:35	26	Kids	Boys 8-9
10:40	27	Kids	Girls 8-9
Start	Wave		Category
11:30	28	Fun Kids	Boys 6-7, Girls 6-7
11:35	29	Fun Kids	Boys 4-5, Girls 4-5
13:00	Event Closed		

SWIM-BIKE-RUN

Race	Swim		Bike		Run	
	Distance	Laps	Distance	Laps	Distance	Laps
Sprint	750m	2	18km	3	5km	2
Discovery	250m	1	12km	2	2.5km	1
Youth	250m	1	12km	2	2.5km	1
Kids	150m	1	6km	1	1.5km	1
Fun Kids			500m		200m	

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
Kids team relay (7–11 yrs)	

FUN KIDS	
Boys	Girls
4 – 6	4 – 6
7 - 8	7 - 8
*Non-competitive race: not timed	

CATEGORY RULES

- Relay teams may consist of two or three members
- Participants for Sprint Individual and Relay must be 16 years old and above*
- Participants for the Discovery must be 16 years old and above*
- Participants for the Youth must be 12 to 15 years old*
- Participants for the Kids must be 8 to 11 years old*
- Participants for the Fun Kids must be 4 to 8 years old*

*Age is as of 31 December 2024

PARTICIPANTS LIST

The TENTATIVE [Participants List](#) is now available on the event website. Please check your name, race category and wave number and [contact us](#) by **25 April** if you notice any mistake.

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 handicaps for the men in 2024 are:
Triathlon Equaliser – 6 min 36 sec



WHO QUALIFIES FOR THE ELITE WAVE?

Triathlon selection criteria:

- Overall Top 20 from MetaSprint Series Championship 2023, MetaSprint Series Triathlon 2023, MetaSprint Series Duathlon 2024, MetaSprint Aquathlon 2024
- Wild Card Entry*

Athletes selected for the elite wave will start and compete in the 1st wave, with athletes of similar ability regardless of age group. They will still be ranked in their respective age groups for awards.

***Note:**

If you believe you should be in the elite wave, please [email us](#) indicating your recent best race results (event name, distance, year, time and placing) before **25 April**. Only a limited number of wild card entries are available for the elite wave.

GETTING TO THE RACE VENUE

The event venue is [East Coast Park, Angsana Green](#)



BE ON TIME!

We recommend that you arrive at the venue **1 hour before race start time** to ensure ample time for pre-race preparation.



By CAR

- Nearest parking available is at carpark **E2** or E3.
- Please note that car parks F2 and G will be closed until 1pm so cars parked there cannot be removed.



By PUBLIC BUSES

- The following transport lines have routes that pass near East Coast Angsana Green
12E, 155, 196, 31, 36, 401, 43, 48
- Do check the bus schedules before commuting to the venue by bus.



By TAXI

- Alight at East Coast Park Service Road (Carpark E2)



By MRT

Bedok MRT Station (East West Line)
Note:

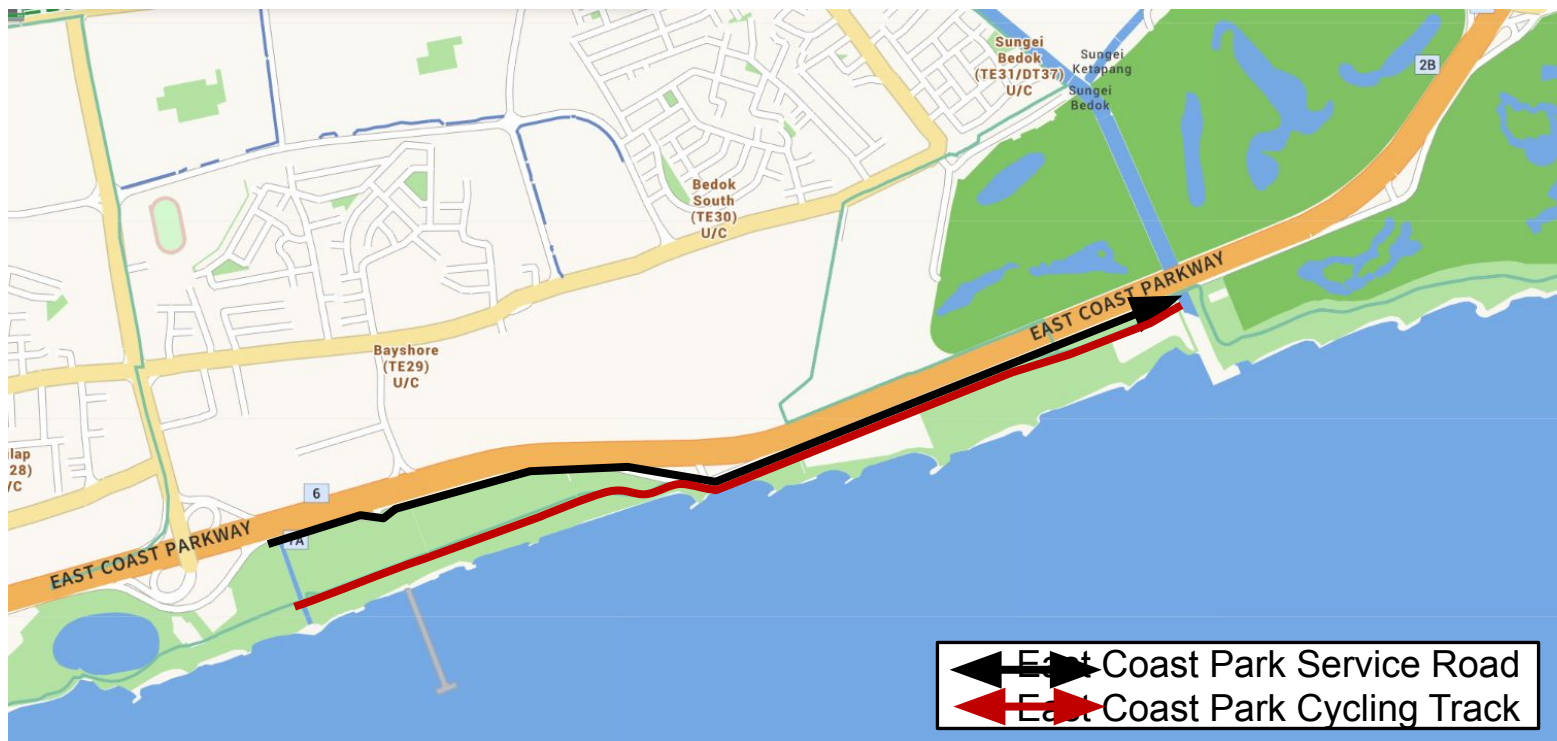
- EWL start operation at 05:47AM on Sunday.
- Bikes are not allowed on the train. Take the train only if you are using a folding bike or are renting a bike at the venue



ROAD CLOSURE NOTICE SUNDAY, 5 MAY 2024

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

Event Name:	MetaSprint Series Triathlon
Event Date:	Sunday, 5 May 2024
Timing:	From 0600hrs to 1200hrs
Event Hotline:	8434 7689



METASPRINT SERIES TRIATHLON VENUE MAP

EAST COAST PARK, ANGSANA GREEN





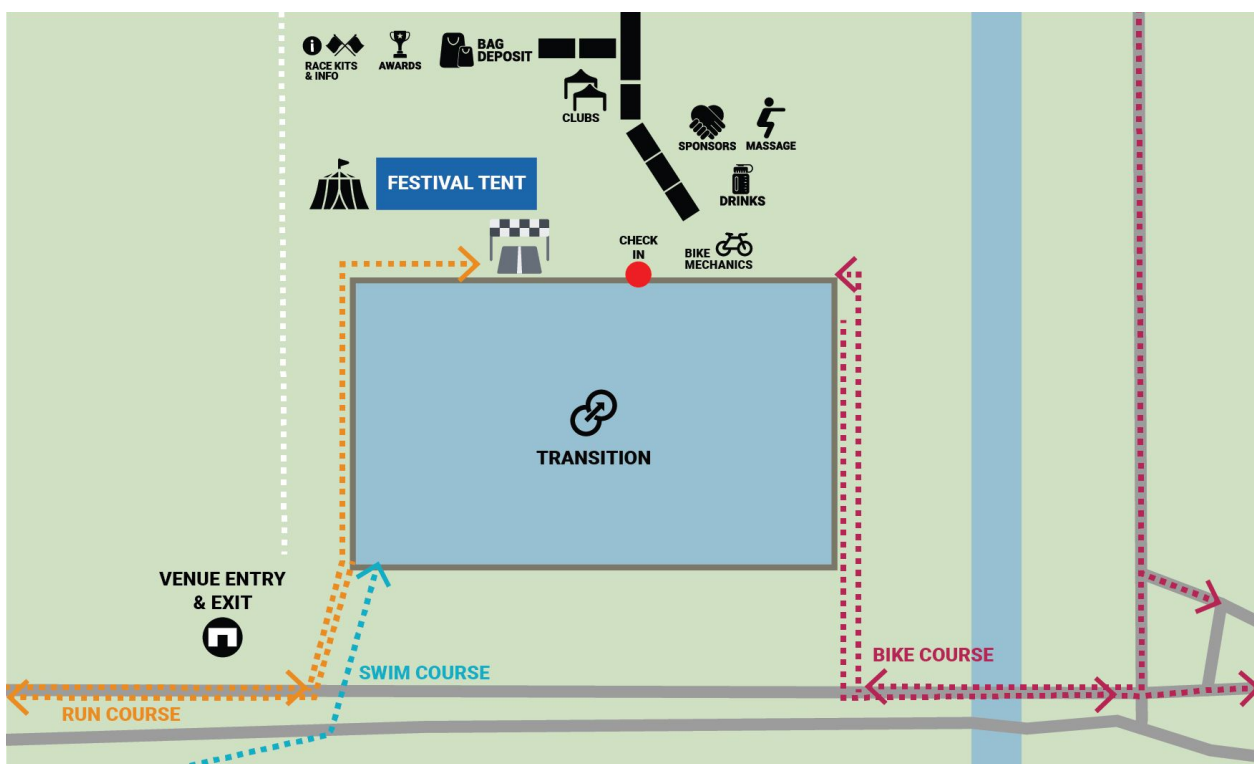
WHERE TO COLLECT?

Race Kit Collection will take place at the Race Venue:

East Coast Park, Angsana Green
Sunday 5 May 2024, 06:30 - 10:30

Please take note of the following important points:

- All athletes must collect your race kit and timing chip 1 hour prior to your wave start time.
- Have your confirmation email ready that shows your bib number.
- Goodies ordered will be available for collection from the 'Goodies Collection' tent AFTER you pick up your race kit.
- If you have opt-in for the 3-in-1 Finisher T-shirt, it will be passed to you during race kit collection.
- There will be strictly NO REDEMPTION of goodies on race day.



WHAT TO WEAR?



- Tri-suit or swimsuit
- Event swim cap



- Triathlon, cycling or running kit
- Cycling helmet
- Bike shoes or running shoes



- Triathlon, cycling or running kit
- Race number (on the front)
- Running shoes

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 number on) • Socks • Small towel

WHERE TO BUY?

Apparel

- [Key Power Sports](#)

With three stores around Singapore, they have a large range of Zoot, SKINS and Zoot triathlon clothing, Brooks running shoes and all sorts of goggles, nutrition and accessories.

**Key
Power
Sports**

Nutrition

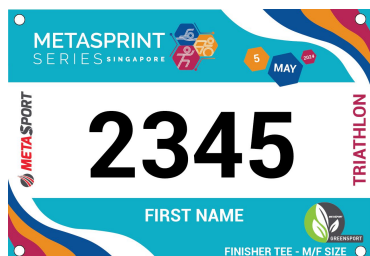
- [PURE Sports Nutrition](#)

The PURE Sports Nutrition range is proudly produced in New Zealand and has been designed with sports science in mind. The brand stands for high quality, natural products that work, containing no artificial ingredients or colours. The range includes high-quality products before, during and after your workouts.

PURE
SPORTS NUTRITION



WHAT'S IN YOUR RACE KIT?



Contents

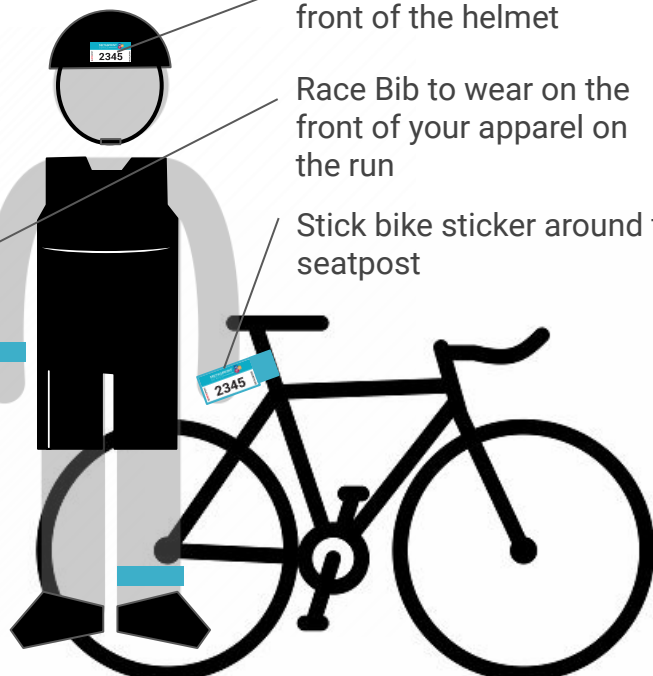
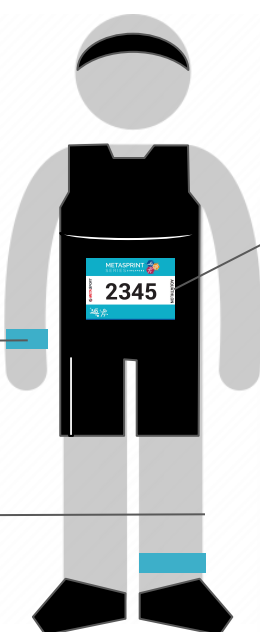
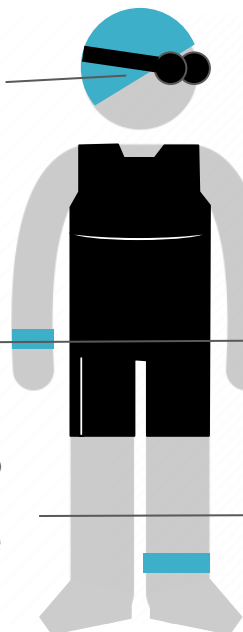
- 1 x Zip Lock Bag
- 4 x Safety Pins
- 1 x Race bib
- 1 x Helmet sticker
- 1 x Bike flag
- 1 x Wristband
- 1 x Swim cap
- 1 x Timing chip (not for Fun Kids)

- Timing chip must be strapped around your **LEFT** ankle (Fun Kids will not receive a timing chip)
- Parents of 8 and 9-year-olds may use the orange 'parent' bracelet in the race kit to gain access to the transition area and help with transition setup. However, during the race they must leave transition.

Event swim cap to wear throughout the swim

Wristband to wrap around your wrist

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

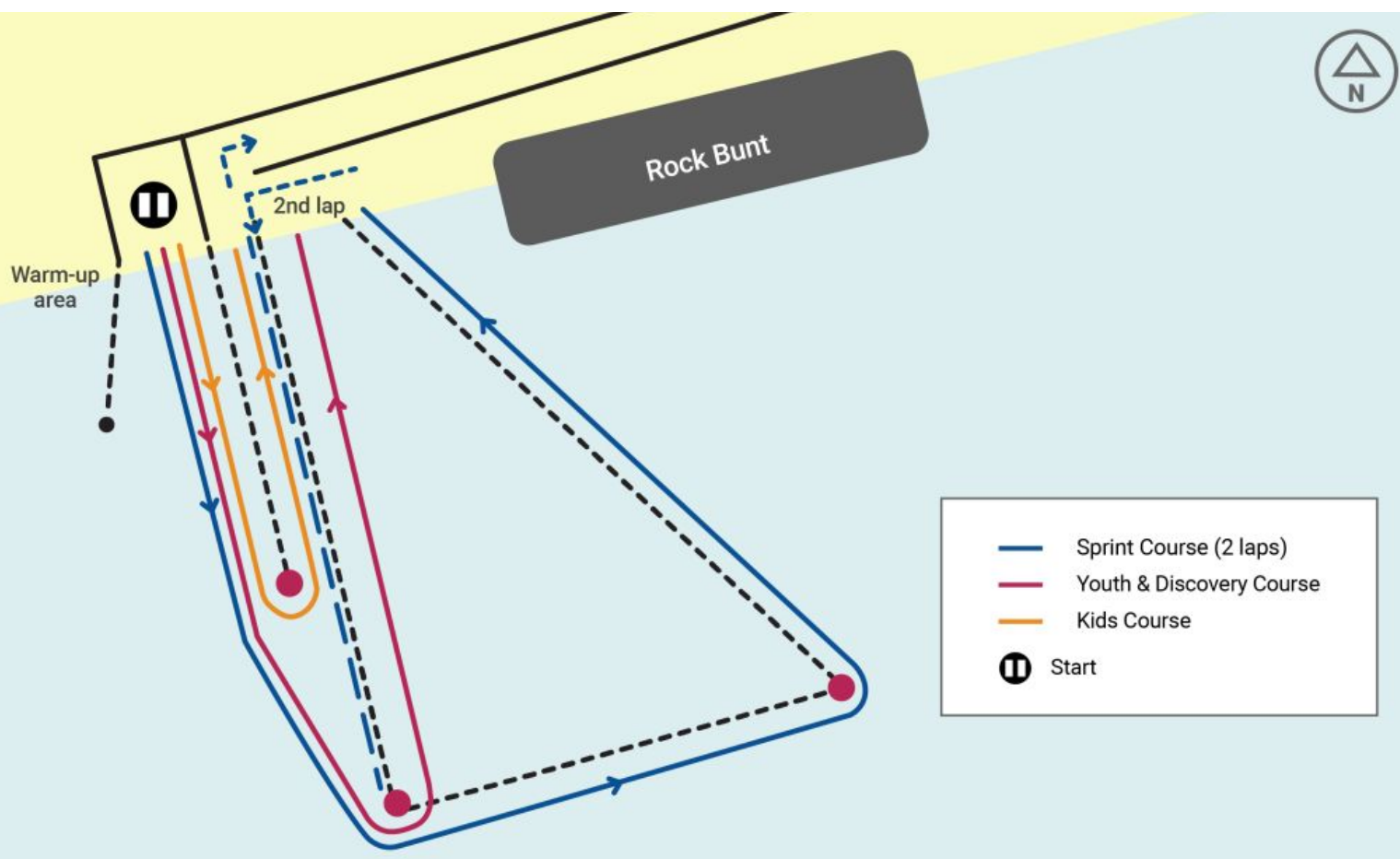


Stick helmet sticker at front of the helmet

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

Stick bike sticker around the seatpost

SWIM COURSE MAP



IMPORTANT SWIM RULES:

- All swimmers **must wear the swim cap** provided by the organiser.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are **not** allowed.
- Wetsuits are **not** allowed (speed suits are permitted).
- **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 the competition.

Report at the start area **10 minutes before your wave start** and ensure that you are checked-in as you enter the start area.

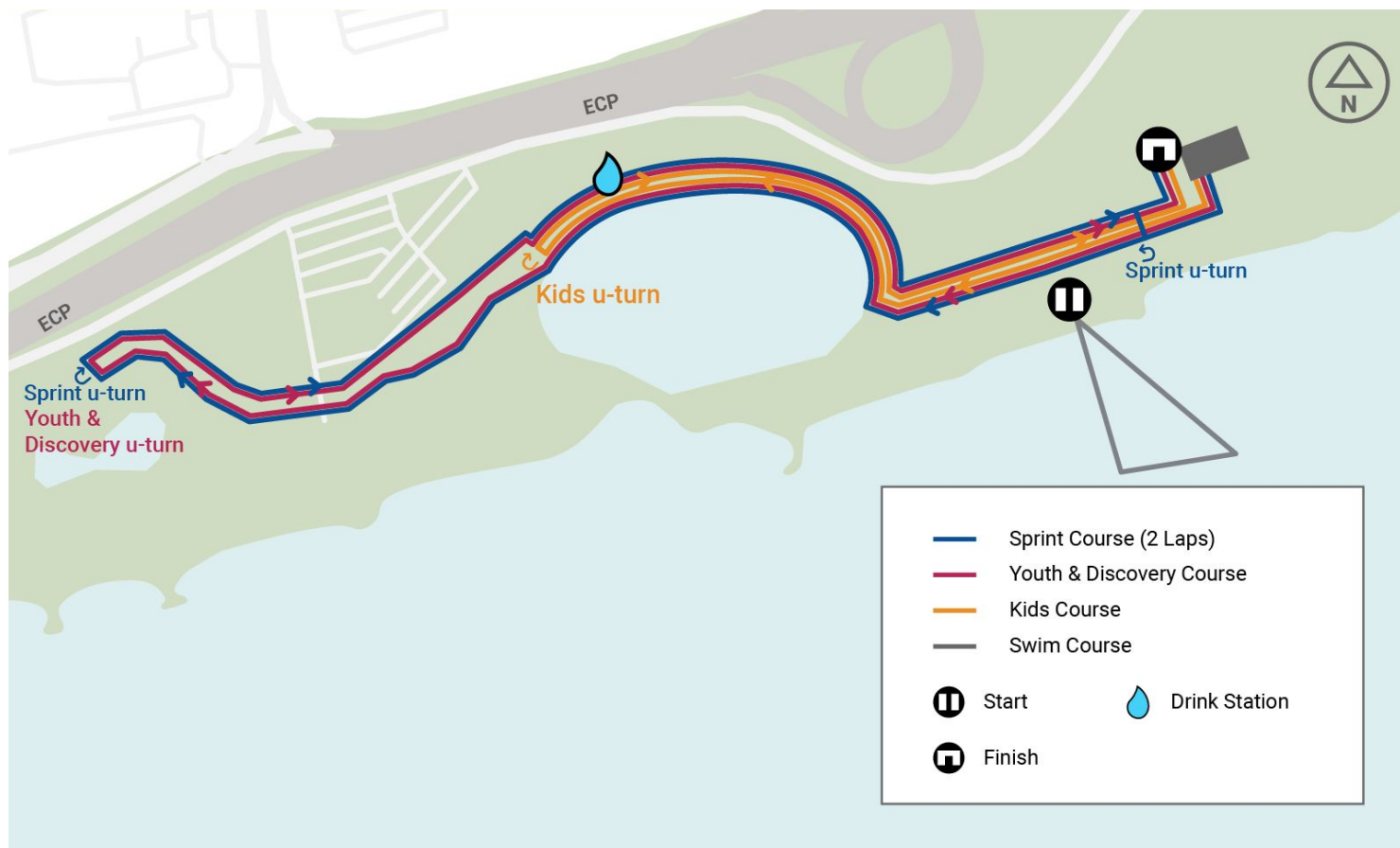
BIKE COURSE MAP



IMPORTANT BIKE RULES:

- **Note – bike course is not fully closed from the public!**
- **Cyclists must wear their race bib** visibly at the rear of their apparel at all times
- **Helmets must be secured on the cyclist's head** until he/she has placed their bicycle at the allocated bicycle rack
- Support vehicles and crew, and the wearing of headphones are not permitted at any time.
- **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 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.

RUN COURSE MAP



- Keep left on the course at all times!
- Note that the running paths 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 and 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.
- Runners must run on designated paths for the entire route.
- No bare torso is allowed at any time. Shoes must be worn.
- Wearing headphones is not allowed at any time.



FRONT



BACK

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 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. 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

Does your club have what it takes to beat all others? Sign up all your members now - 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 **28 April**. Updates may only be requested by the participant in person, and not by a teammate.

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 2024 School Challenge Champion.



The 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?



POINTS RANKING

Rank	Points
1	50
2	30
3	20
Finisher	10

Only participants wearing their race bracelet are allowed in transition.

1. Look for your allocated spot (race number)
2. Prepare the gear that you will need for your run
3. You can leave your gear bag in transition or bag deposit service is available.

Parents of 8 & 9 year old children

TRANSITION TOURS: 9:10AM & 9:50AM

Parents of 8 and 9 year-old children will find a yellow parent bracelet in the race kit that gives them access to the transition area before the Kids race to help their child set up transition. Due to space constraints we do not allow any parents in transition during their child's race.

HOW DOES A TEAM RELAY WORK?



TEAM RELAY KIT - WHO WEAR WHAT?

Swimmer

Swim cap
Race wristband
Timing chip

Cyclist

Race wristband
Bike flag
Helmet sticker
Second timing chip

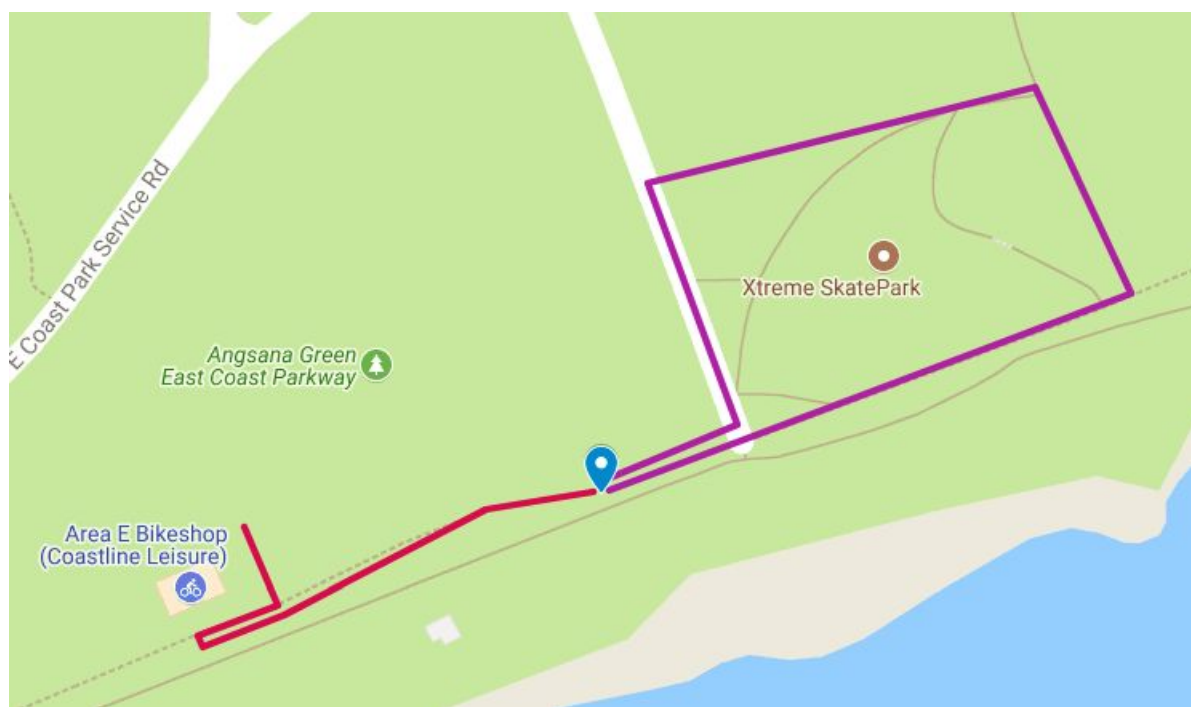
Runner

Number bib
Race wristband
Third timing chip

*Note: The three team members get each a timing chip with the same number

INFORMATION & MAP

Our little champ's will have a blast in the Kids Scootathlon! Starting at **bike mount**, they will first complete a 500m scoot, transit at dismount line for their 200m run and finally making their way to finish under the finish arch (just like Mum and Dad), and claim their well deserved medal!



Notes:

- **It is a non-competitive event! No times, no pressure - just fun!**
- Kids are required to wear a helmet and stick the helmet sticker (provided in race kit) on the front of the helmet
- Scooters used are required to have the scooter sticker (provided in race kit)
- Kids are required to wear number bib on the front of their top.
- A finisher medal will be presented at finish line.
- Parents/guardians are not permitted to follow/assist their children. There will be space to watch all the action.

BIKE RENTAL

If you don't own a bike, or you don't have a way to get your bike to the race, we have a solution for you!

[Coastline Leisure office](#) is not operating over the weekends. On Sunday morning if participants need assistance, please call the shop at 6443 3489, they are open 24hrs.

***Please remember to bring your helmet, it is necessary to wear a helmet to be able to race!**

[Book here now!](#)



VOLUNTEER WITH US

No event is a success without the support of a volunteer crew, and the MetaSprint Series is no exception.

If you can't take part in the upcoming Triathlon on Sunday 5th May, you can still join in the race day fun! The next best thing to do is to join us behind the scenes and assist the athletes on course.

If you're interested in being part of our volunteer event crew reach out [here](#) for more details.



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

Results are available as soon as you cross the line – super cool! Head to www.metasp rintseries.com

PHOTOS

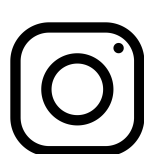
FINISHERPIX photographers will be at the race, snapping your action shot for a lifetime of memories. Your shots will be emailed straight to your inbox post-race!

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



JOIN THE COMMUNITY!

Follow us and share your experience!
Don't forget to use the official Hashtag
#metasp rintseries #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



OFFICIAL PARTNER



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OFFICIAL BIKE
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