

METASPRINT
SERIES SINGAPORE



TRIATHLON ATHLETE'S GUIDE



East Coast Park
16 March 2025



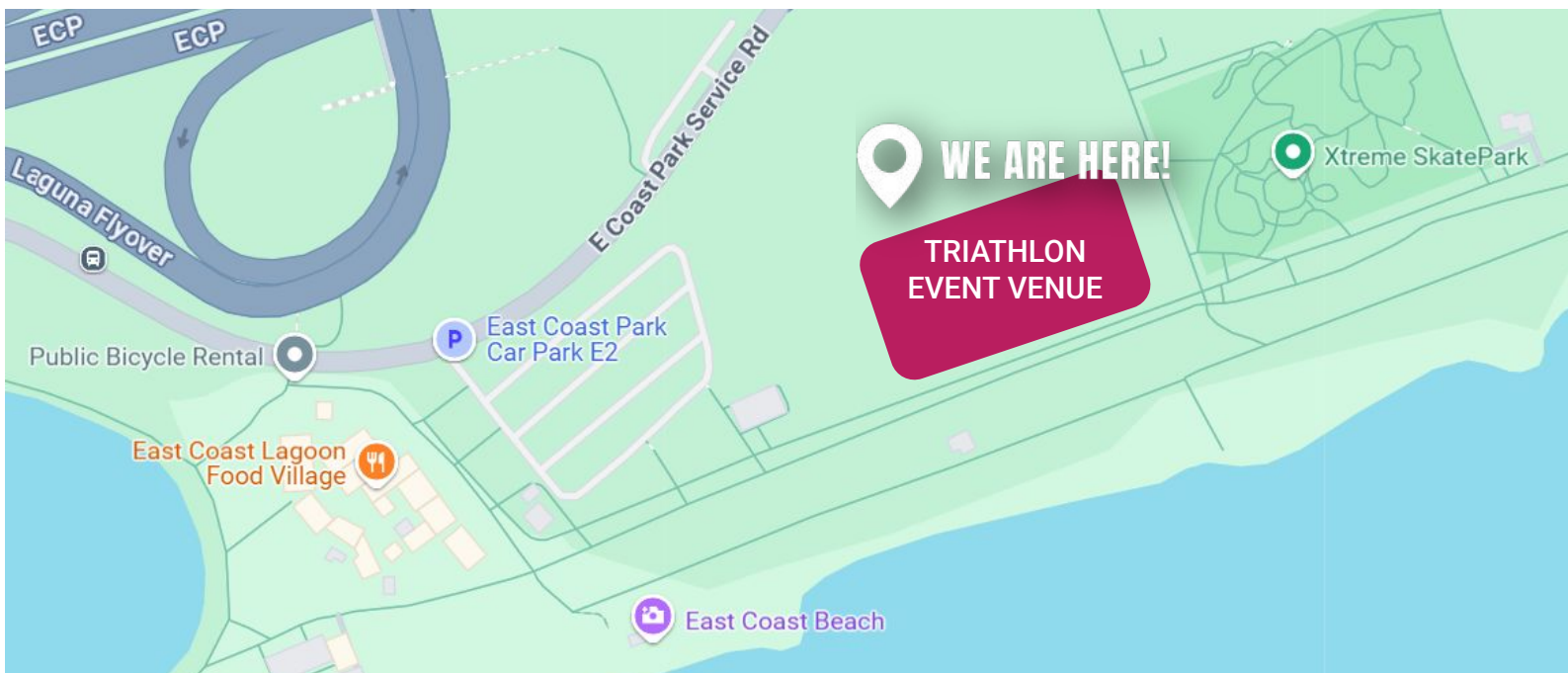
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VENUE & GETTING THERE

The event venue is at the [East Coast Park, Angsana Green](#)
You will be able to collect your race kit and enter transition
1 hour before your wave start time.



BY CAR

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



BY BUS

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 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



BY TAXI

Alight at East Coast Park Service Road (Carpark E2)



BY BIKE

Go green and cycle to the race, it's a great way to warm up your legs!

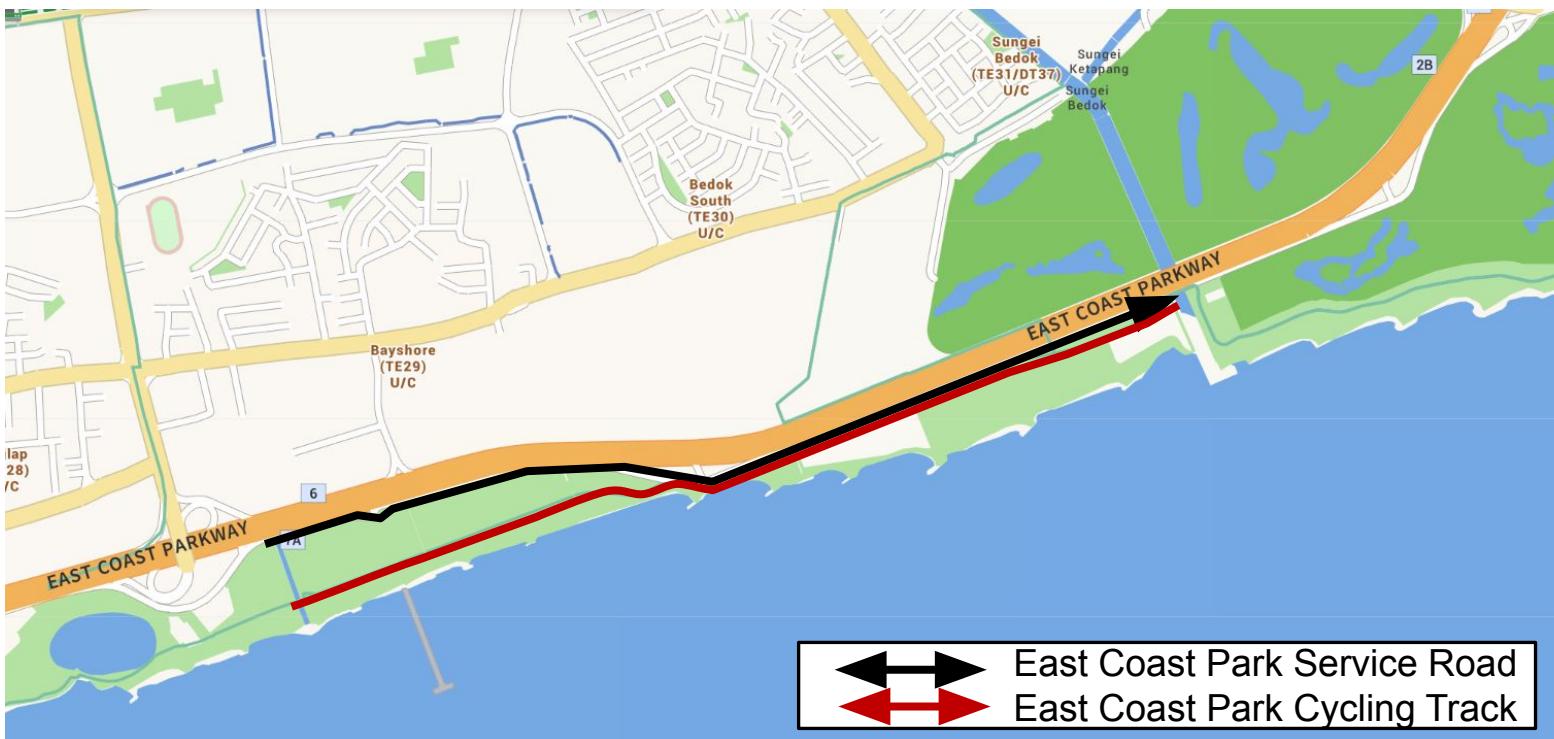
*Check the bus/train schedule for first departure timings before considering this option.
Only folding bikes are allowed on the bus/train.



ROAD CLOSURE

SUNDAY, 16 MARCH 2025
From 06:00 to 13:00

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



TRIATHLON VENUE MAP

East Coast Park, Angsana Green

RACE KIT COLLECTION

Sunday 16 March, 2025 at the race venue.

Have your **confirmation email** ready with your QR code.

Head to the **Race Kit Collection** tent at the venue no more than **1 hour before your wave start time** to collect your race kit.

The **swim start**, located on the **Castle Beach**, next to the East Coast Lagoon Food Village. It is approx. a **5-minute walk from the main venue**. Please plan accordingly, as the race will begin on time.

*Note that you are not permitted to drop your bike into transition the day before, only bring it on race day!



GETTING READY

WHAT TO WEAR?

Swim



- Tri-suit or swimsuit
- Event swim cap

Bike



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

Run



- 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 bib on) • Socks • Sunglasses

WHERE TO BUY YOUR GEAR?

CLOTHING AND GEAR

Key Power Sports

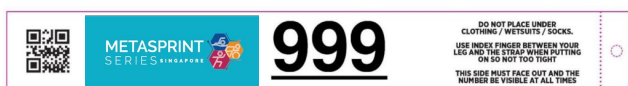
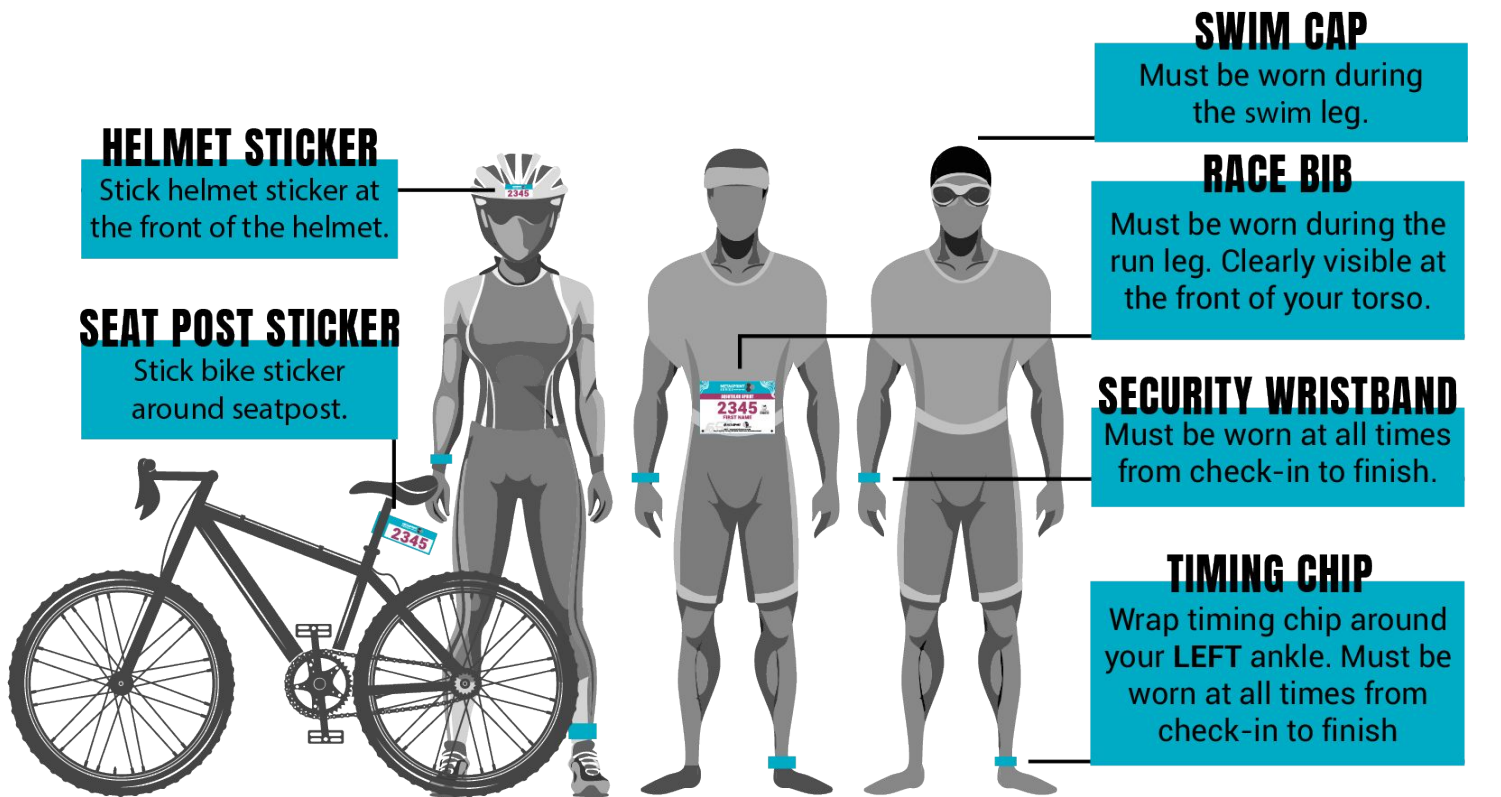
With four stores in Singapore, and an online store, they have a large range of Triathlon brands such as Zoot, Pressio, HUUB, SKINS, Aqua Sphere, Pearl Izumi, Zoggs, ORCA, Blueseventy, SKINS, Brooks, Asics, Oakley.

HYDRATION AND 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.

GETTING READY



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)

- 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.



TIMING CHIP INSTRUCTIONS



2500

THIS SIDE FACES OUT FROM YOUR LEG

METASPRINT
SERIES SINGAPORE



DO NOT PLACE UNDER
CLOTHING / WETSUITS / SOCKS.

USE INDEX FINGER BETWEEN YOUR
LEG AND THE STRAP WHEN PUTTING
ON SO NOT TOO TIGHT

THIS SIDE MUST FACE OUT AND THE
NUMBER BE VISIBLE AT ALL TIMES

FRONT



RACE TIMER ATTACHED HERE

2500



THIS SIDE FACES INSIDE YOUR LEG

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





RACE SCHEDULE

MetaSport is supporting the Singapore national team on their journey towards the South East Asian (SEA) Games 2025 that will be held in December in Thailand.

Their athletes will be using MetaSprint Series events as talent ID and selection races for SEA Games. Their men's and women's heats will be the first wave starts of the day – feel free to cheer them on as they race towards a ticket to Thailand.



The **swim start**, located on the beach, is about a **5-minute walk from the main venue**. Please plan accordingly, as the race will begin on time.

Start	Wave	Race	Category
6:50	TAS1	TAS	Men
6:55	TAS2	TAS	Women
7:00	1	XL60	Men 16-39
7:05	2	XL60	Men 40-49
7:10	3	XL60	Women & Men 50+
7:45		T100 Swim Trial	
SPRINT DISTANCE			
9:05	4	Sprint	Elite Women
9:13:12	5	Sprint	Elite Men
9:15	6	Sprint	Men 16-19, 20-24
9:20	7	Sprint	Men 25-29, 30-34
9:25	8	Sprint	Men 35-39
9:30	9	Sprint	Men 40-44
9:35	10	Sprint	Men 45-49
9:40	11	Sprint	Men 50-54
9:45	12	Sprint	Men 55-59, 60+
9:50	13	Sprint	Teams
9:55	14	Sprint	Women 16-19, 20-24, 25-29, 30-34
10:00	15	Sprint	Women 35-44
10:05	16	Sprint	Women 45-49, 50-54, 55-59, 60+

RACE SCHEDULE

YOUTH & DISCOVERY			
10:25	17	Youth	Boys 14-15
10:30	18	Youth	Girls 12-13, 14-15
10:35	19	Youth	Boys 12-13
10:40	20	Discovery	Men 16-39
10:45	21	Discovery	Men 40+
10:50	22	Discovery	Women
KIDS			
11:10	23	Kids	Boys 10-11
11:15	24	Kids	Girls 10-11
11:20	25	Kids	Boys 8-9
11:25	26	Kids	Girls 8-9
FUN KIDS			
12:05	27	Fun Kids	Boys 6-7, Girls 6-7
12:10	28	Fun Kids	Boys 4-5, Girls 4-5
AWARDS CEREMONY			
11:10	XL60		
11:40	Sprint Men 16-39		
12:10	Sprint Men 40+, Teams		
12:30	Sprint Women		
12:45	Youth & Discovery		
12:55	Kids		
13:00	Event Closed		

PRIZE PRESENTATION & PRIZES

Prize presentations for [winners](#) are making a comeback at this year!
Get ready to take the podium and share the glory.

CATEGORIES & AGES

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)	
Para-athletes	

XL60	
Men	Women
18 – 24	18 – 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+

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 – 5	4 – 5
6 – 7	6 – 7
= Non-competitive	

CATEGORY RULES

- Relay teams consist of two members, each doing one discipline.
- Participants must be:
 - 16 years old* and above for Sprint Distance (Individual and Relay) and Discovery Distance*
 - 18 years old* and above for XL60 Distance
 - 12 to 15 years old* for the Youth Distance
 - 8 to 11 years old* for the Kids Distance
 - 4 to 7 years old* for the Fun Kids Distance

*Age on 31 December 2025



CATEGORIES & DISTANCES

DISTANCE & LAPS

	Swim		Bike		Run	
Race	Distance	Laps	Distance	Laps	Distance	Laps
Sprint	750m	1	18km	3	5km	1
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	
XL60	1.5km	2	43.5km	5	15km	3



CLUB & SCHOOL CHALLENGE

CLUB CHALLENGE

Every club member (16 & above) can earn points, and the club with the highest total by the end of the series will be crowned the **2025 Club Champion**.

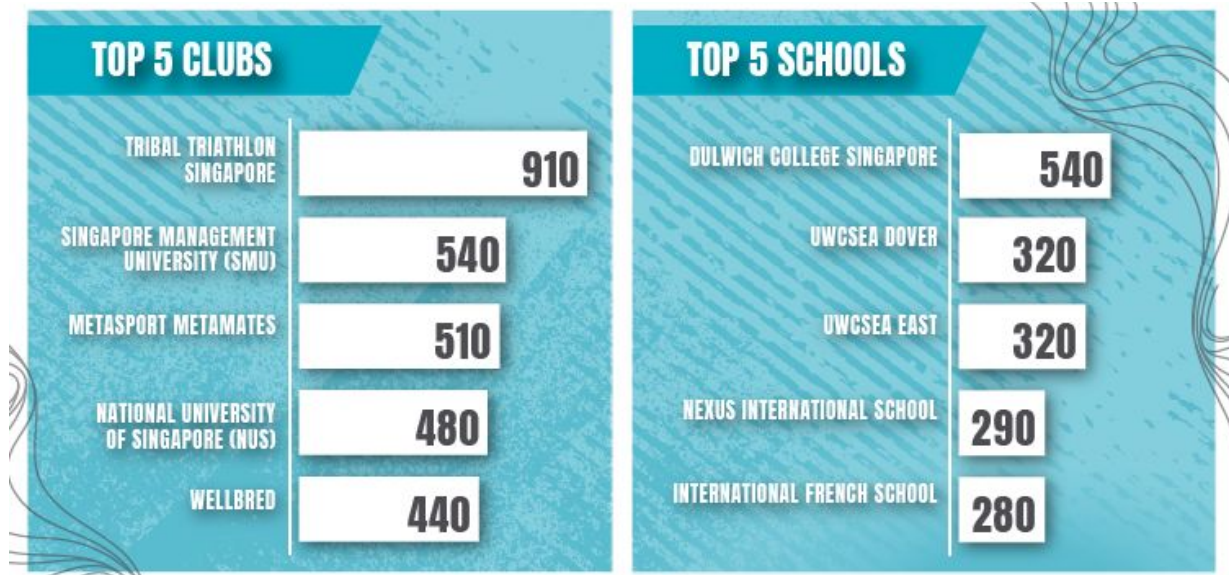
INTER-SCHOOL CHALLENGE

The Inter-School Challenge lets athletes (19 & under) compete to crown their school the **2025 School Challenge Champion**.

CURRENT LEADERBOARD

The **MetaSprint Series Triathlon** will wrap up with the crowning of the overall Club Champion and School Challenge Champion.

Here's where the standings sit—but with our point system rewarding both participation and race-day performance, there's still everything to play for!



IMPORTANT:

The deadline to submit your Club or School name is **6 March 2025**.

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.

Rank	Club/ School Points
1	50
2	30
3	20
Finisher	10

EQUALIZER & ELITE WAVE

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: **8 min 12 sec**

Please note that the **XL60 Triathlon** is not part of the Series ranking, as it is a standalone race designed for those seeking a longer-distance challenge.

WHO QUALIFIES FOR THE ELITE WAVE?

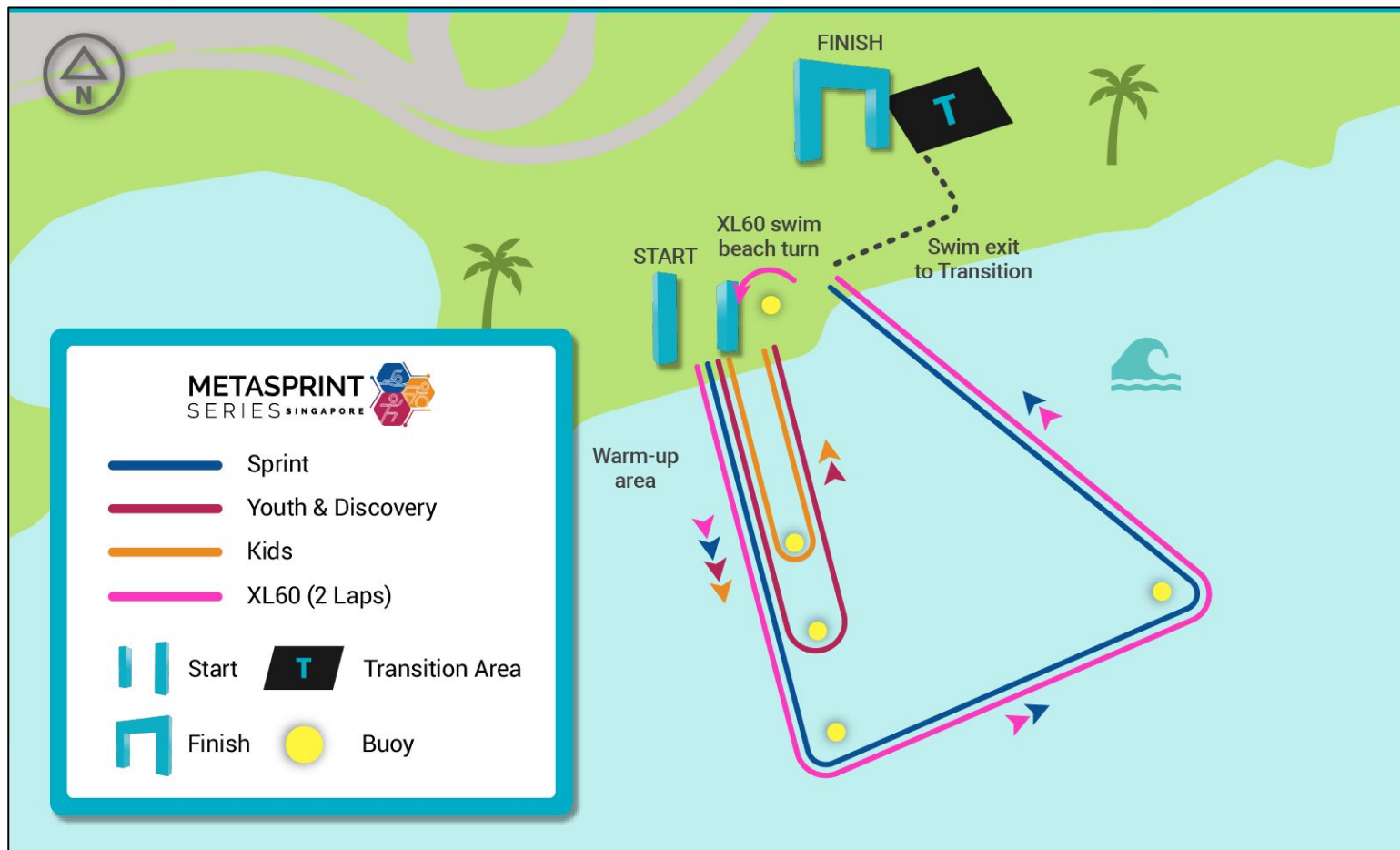
1. The Top 20 athletes from the Overall MetaSprint Series Championship 2024,, MetaSprint Duathlon 2024, MetaSprint Triathlon 2024, and top 30 from the MetaSprint Aquathlon 2025
2. Wild Card Entries*

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 **Thursday, 6 March 2025**. A limited number of wild card entries are available for the elite wave.

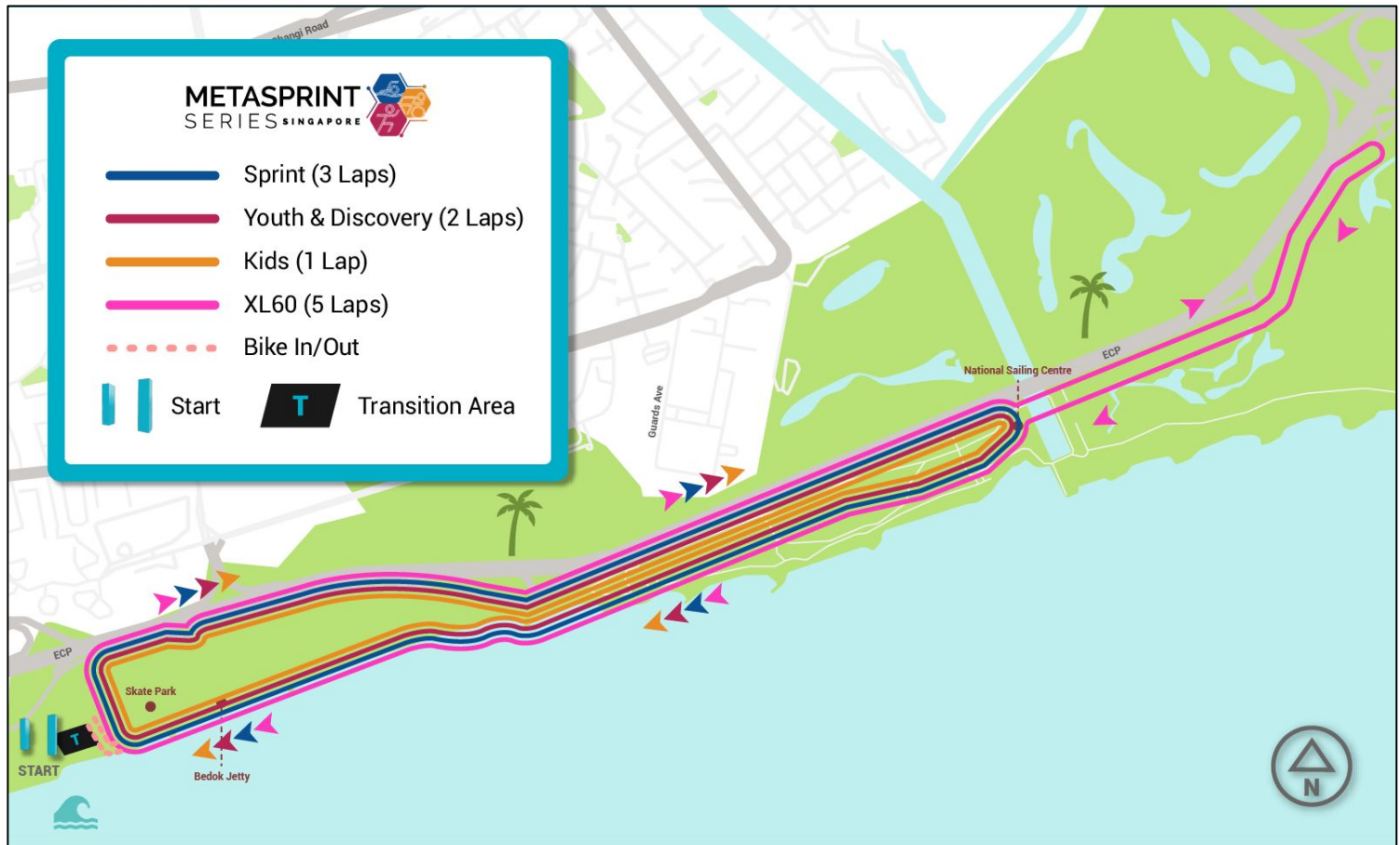
SWIM COURSE



IMPORTANT SWIM RULES:

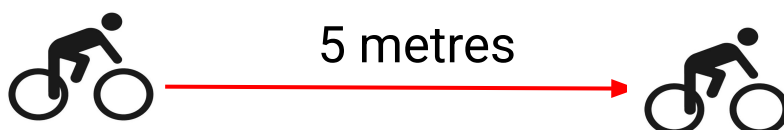
- All swimmers must wear the swim cap provided by the organiser.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wetsuits are not allowed (speed suits are permitted).
- Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
- 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

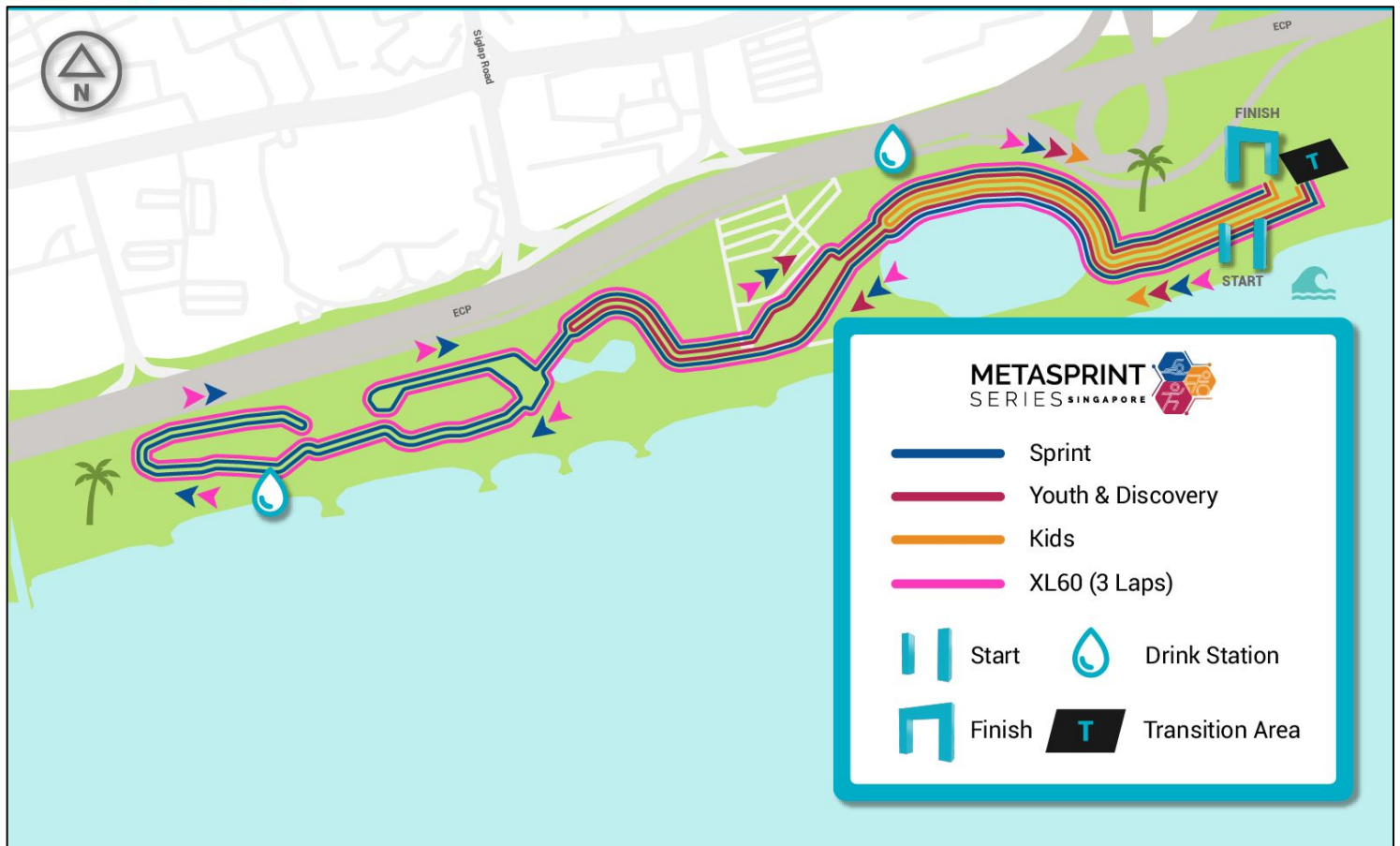


IMPORTANT BIKE RULES:

- The XL60 Triathlon distance has a strict cut-off for the bike course. Athletes must pass the 38km mark of the bike course by 9:20am (2 hours and 5 minutes into their race) to complete the full distance. Athletes that miss the cut-off can still finish the race, but will not be ranked in the results.
- 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!** You are considered drafting when you are within 5 metres of another participant's rear wheel or riding next to someone. You are allowed 15 seconds in someone's draft zone to overtake.
- 'Stop and go' penalties are handed out without prior warning. Cyclists must come to an immediate full stop, with both feet on the ground, before being allowed to continue.



RUN COURSE



- 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 on the run course.
- Alert a marshal if you see an athlete in difficulty.

PURE
SPORTS NUTRITION

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.



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.



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 race.
3. All other belongings should be taken to the bag deposit.

Parents of 8 & 9 year old children

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.

KIDS TRANSITION TOUR

Ease the nerves of parents and participants in the Kids Triathlon by joining the Kids transition tours at **10:30am** and **10:50am**.

Our Relationship Manager Raphael will give last minute tips to help your child have their best race.

Meeting point will be at the **transition area entrance**.



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

FUN KIDS INFORMATION

Our little champ's will have a blast in the Kids Scootathlon!
Starting at **bike mount**, they will first complete a 500m scoot before dropping their scooter at the dismount line, and beginning their 200m run. They will make their way under the finish arch (just like Mum and Dad), and claim their well deserved medal!



Notes:

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



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!

Reserve your bike via [Coastline Leisure](#). Note their office is not operating over race weekend but the shop is open on Sunday morning for participants to collect their bikes. If you need assistance, please call the shop at 6443 3489, they are open 24hrs.



Reserve Your
Bike Here

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

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





OTHER ACTIVITIES

BAG DEPOSIT

Use the bag deposit tag in your race kit to affix to your bag and drop it with our friendly bag deposit team in the venue before your race.

HYDRATE POST-RACE

Rehydrate with PURE electrolytes and UFC Refresh Coconut Water at the Finish Area.

PURE
SPORTS NUTRITION



POST-RACE MASSAGE

Enjoy a post-race sports massage at the STARBALM booth.



LIVE RESULTS

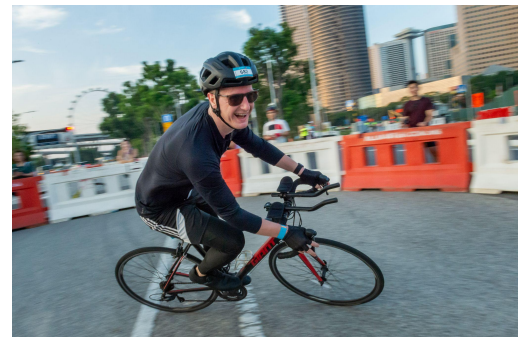
Preliminary results are available as soon as you cross the line – super cool!

Results

FINISHERPIX 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!
Triathlon Package \$29.99



MEDICAL SAFETY

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, lightheadedness
- 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?

OUR SPONSORS AND PARTNERS

EVENT ORGANISER



GREEN INITIATIVE



SANCTIONED BY



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