

**META SPRINT**  
*Series*  
SINGAPORE



# AQUATHLON

## ATHLETES' GUIDE

SENTOSA, PALAWAN BEACH  
8 FEBRUARY 2026



## WELCOME

### Welcome to **MetaSprint Series Aquathlon 2026**

This is **Race 1** of the MetaSprint Series — and the first step in your journey from **Aquathlon to Duathlon to Triathlon**.

#### **AQUATHLON** **1 Feb 2026**

Start the year with a swim-run. Beginner-friendly, the Aquathlon is the perfect way to dive into racing.

#### **DUATHLON** **15 Mar 2026**

Shift gears with a bike-run test. The Duathlon builds endurance, transition practice, and race experience.

#### **TRIATHLON** **29 Mar 2026**

The ultimate test! Swim, bike, and run your way to triumph in Singapore's signature season finale.

You are a TRIATHLETE!

We're kicking off the season with a bold new look, **XL distances across all races, updated age categories, a new official race photo service, and enhanced results data and performance insights** so you can track your progress every step of the way.

Whether this is your first multisport race or part of a bigger goal, the Aquathlon is where it all begins. Start strong, build momentum, and get ready for what's next.

**Your Race. Your Pace.**  
See you at the start line.

**MetaSport Team**



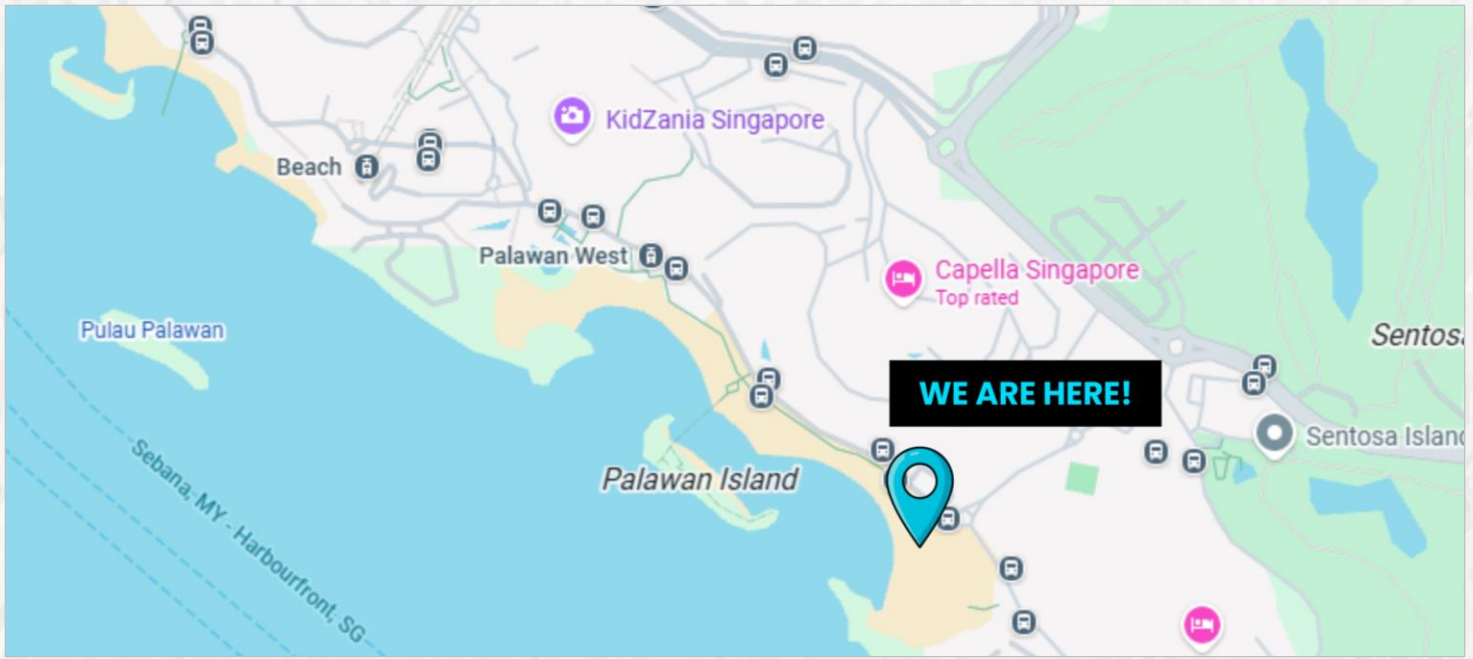


## TABLE OF CONTENTS

|           |   |           |  |
|-----------|---|-----------|--|
| <b>4</b>  | Venue & Getting There                   | <b>15</b> | Elite Wave                               |
| <b>5</b>  | Venue Map                               | <b>16</b> | Swim Course - XL                         |
| <b>6</b>  | Race Kit & Goodies Collection           | <b>17</b> | Swim Course                              |
| <b>7</b>  | Getting Ready                           | <b>18</b> | Run Course                               |
| <b>8</b>  | Timing Chip                             | <b>19</b> | Transition /<br>Kids Transition Briefing |
| <b>9</b>  | Event Schedule                          | <b>20</b> | Team Relay                               |
| <b>11</b> | Race Categories /<br>Prize Presentation | <b>21</b> | Post-Race                                |
| <b>12</b> | Distance & Laps /<br>Start Process      | <b>22</b> | Merchandise                              |
| <b>13</b> | Series Points                           | <b>23</b> | Medical Safety                           |
| <b>14</b> | Club & School Challenge                 | <b>24</b> | Our Sponsors                             |



## VENUE & GETTING THERE



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



**BY TAXI**

Alight at the Palawan Beach taxi stand, near FOC Beach Club.



**BY MRT**

HarbourFront Station  
(North-East Line)



**BY BIKE**

Dedicated bike racks are available onsite for your convenience.



**BY BUS**

Take bus 65, 80, 93, 188, 855 to HarbourFront Bus Interchange

Take bus 10, 30, 57, 61 97, 100, 131, 143, 145, 166 to 'Opp VivoCity' stop, then hop on the bus to Resorts World Sentosa.



**BY CAR**

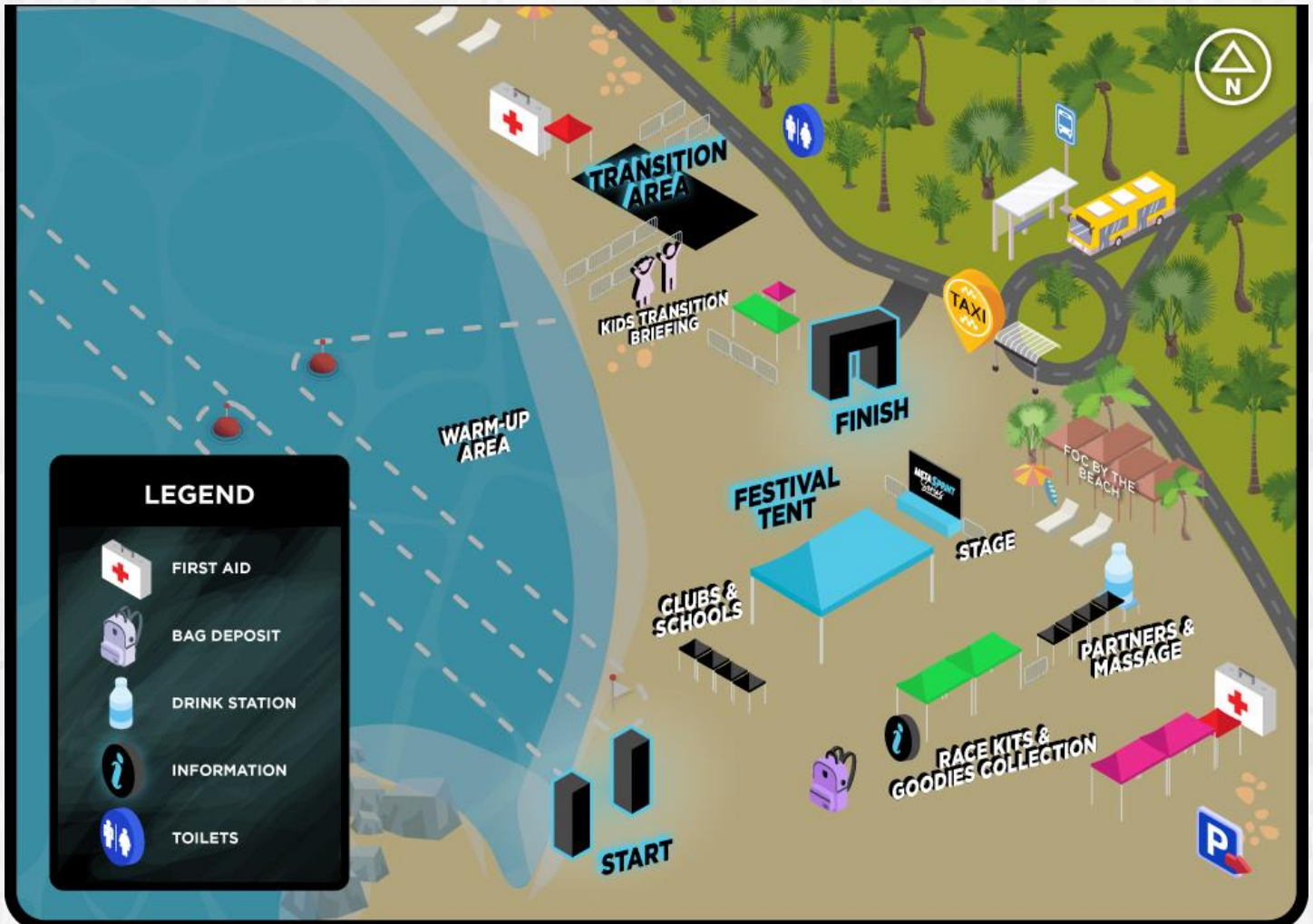
Park at the Palawan Beach Car Park  
(60 lots – 50 metres from venue).

*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)





## VENUE MAP



### Notes:

1. Attach the Bag Tag from your race kit to your bag and drop it at the Bag Deposit tent before your race.



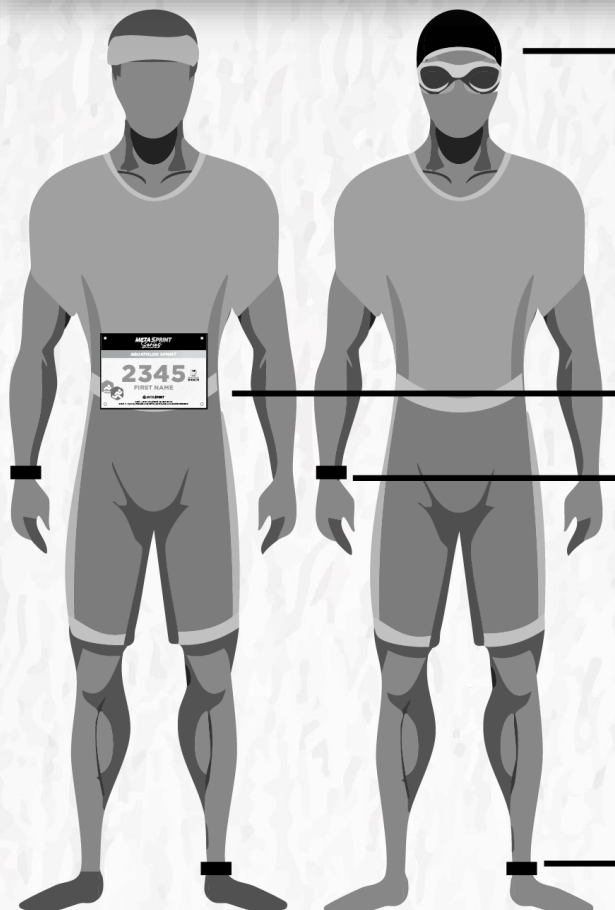
## RACE KIT & GOODIES COLLECTION

You will collect your race kit, and any ordered goodies at the venue on race day. Please arrive at the venue **1 hour prior** to your wave start time, and head to the "**Race Kit Collection**" tent.

Have your **confirmation email** ready that shows your **bib number** and **goodie items ordered**. Participants (except for kids) will be offered 1 piece of energy gel sponsored by PURE Sports Nutrition (while stock lasts).

### WHAT'S IN YOUR RACE KIT?

1. 1 x Race Bib
2. 1 x Zoot Swim Cap
3. 1 x Timing Chip (excluding Fun Kids)
4. 1 x Bag tag (excluding Kids, Youth)
5. 1 x Wristband



#### SWIM CAP

Must be worn during the swim leg.

#### RACE BIB

Must be worn during the run leg, clearly visible at the front of your torso.

#### RACE WRISTBAND

Must be worn at all times from check-in to finish.

#### TIMING CHIP

Wrap around your **LEFT** ankle. Must be worn at all times from check-in to finish.





## GETTING READY

### WHAT TO WEAR?

#### SWIM



- Tri-suit or swimsuit
- Event swim cap (provided)
- Goggles

#### RUN



- Tri-suit or swimsuit
- T-shirt or singlet (compulsory if your swimsuit does not cover your chest)
- Race 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 five stores in Singapore, and an online store, they have a large range of Triathlon brands such as Zoot, 2XU, Pressio, SKINS, Aqua Sphere, Pearl Izumi, Zoggs, ORCA, Speedo, 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.

## HOW TO WEAR YOUR TIMING CHIP



**4800**

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



RACE TIMER ATTACHED HERE  
**4800**



THIS SIDE FACES INSIDE YOUR LEG

### 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







## EVENT SCHEDULE

| Start  | Wave       | Race      | Category             | Swim Cap    |
|--|------------|-----------|----------------------|-------------|
| 12:00  | Event Open |           |                      |             |
| XL DISTANCE (1350m Swim – 10km Run)                |            |           |                      |             |
| 13:02 / 13:04                                      | 1          | XL        | Elite waves          | White       |
| 13:10  | 2          | XL        | Women                | Pearl Pink  |
| 13:15  | 3          | XL        | Men 18–29            | Green       |
| 13:20  | 4          | XL        | Men 30–39            | Neon Pink   |
| 13:30  | 5          | XL        | Men 40–49 (1)        | Powder Blue |
| 13:35  | 6          | XL        | Men 40–49 (2)        | Neon Orange |
| 13:40  | 7          | XL        | Men 50+              | Neon Yellow |
| SPRINT DISTANCE (750m Swim – 5km Run)              |            |           |                      |             |
| 13:55  | 8          | Sprint    | Elite waves          | Powder Blue |
| 14:00  | 9          | Sprint    | Women 16–19, 20–29   | Pearl Pink  |
| 14:05  | 10         | Sprint    | Women 30–39          | Green       |
| 14:10  | 11         | Sprint    | Women 40+            | Neon Pink   |
| 14:15  | 12         | Sprint    | Men 16–19, 20–29 (1) | Powder Blue |
| 14:20  | 13         | Sprint    | Men 20–29 (2)        | Neon Orange |
| 14:25  | 14         | Sprint    | Men 30–39            | Neon Yellow |
| 14:30  | 15         | Sprint    | Men 40–49 (1)        | White       |
| 14:35  | 16         | Sprint    | Men 40–49 (2)        | Pearl Pink  |
| 14:40  | 17         | Sprint    | Men 50–59            | Green       |
| 14:45  | 18         | Sprint    | Men 60+, Team Relay  | Neon Pink   |
| YOUTH & DISCOVERY DISTANCE (250m Swim – 2.5km Run) |            |           |                      |             |
| 15:00  | 19         | Youth     | Boys 14–15           | Powder Blue |
| 15:05  | 20         | Youth     | Girls 12–13, 14–15   | Neon Orange |
| 15:10  | 21         | Youth     | Boys 12–13           | Neon Yellow |
| 15:15  | 22         | Discovery | Men 16–39            | White       |
| 15:20  | 23         | Discovery | Men 40+              | Pearl Pink  |
| 15:25  | 24         | Discovery | Women 16–39, 40+     | Green       |



## EVENT SCHEDULE

| Start   | Wave | Race | Category                   | Swim Cap    |
|---|------|------|----------------------------|-------------|
| <b>KIDS TRANSITION BRIEFING</b>                     |      |      |                            |             |
| 15:10   |      |      | Kids Transition Briefing 1 |             |
| 15:25   |      |      | Kids Transition Briefing 2 |             |
| <b>KIDS DISTANCE (150m Swim – 1.5km Run)</b>        |      |      |                            |             |
| 15:45   | 25   | Kids | Boys 10-11                 | Neon Pink   |
| 15:50   | 26   | Kids | Girls 10-11                | Powder Blue |
| 15:55   | 27   | Kids | Boys 8-9                   | Neon Orange |
| 16:00   | 28   | Kids | Girls 8-9                  | Neon Yellow |
| <b>KIDS SPLASH &amp; DASH (50m Wade + 500m Run)</b> |      |      |                            |             |
| 16:10   | 29   | Kids | Boys & Girls 6-8 years old | White       |
| 16:12   | 30   | Kids | Boys & Girls 4-5 years old | Pearl Pink  |
| <b>AWARDS CEREMONY</b>                              |      |      |                            |             |
| 15:50   |      |      | XL                         |             |
| 16:15   |      |      | Sprint Women               |             |
| 16:30   |      |      | Men 16-29                  |             |
| 16:35   |      |      | Sprint Men 30+ & Relays    |             |
| 16:55   |      |      | Youth & Discovery          |             |
| 17:10   |      |      | Kids                       |             |
| 17:30   |      |      | Event Closed               |             |

## LIVE RESULTS

Preliminary results are available as soon as you cross the line.

► [Race Results](#)





## RACE CATEGORIES

| XL      |         |
|---------|---------|
| Men     | Women   |
| 18 – 29 | 18 – 29 |
| 30 – 39 | 30 – 39 |
| 40 – 49 | 40 – 49 |
| 50 – 59 | 50 – 59 |
| 60 – 69 | 60 – 69 |
| 70 – 79 | 70 – 79 |
| 80+     | 80+     |

| Sprint                                   |         |
|--|---------|
| Men                                      | Women   |
| 16 – 19                                  | 16 – 19 |
| 20 – 29                                  | 20 – 29 |
| 30 – 39                                  | 30 – 39 |
| 40 – 49                                  | 40 – 49 |
| 50 – 59                                  | 50 – 59 |
| 60 – 69                                  | 60 – 69 |
| 70 – 79                                  | 70 – 79 |
| 80+                                      | 80+     |
| Sprint team relay<br>(Men, Women, Mixed) |         |
| Para-athletes                            |         |

| 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   |

### Notes:

1. The age brackets represent the participant's age on 31 December 2026.
2. Relay teams consist of two members, each doing one discipline.

## PRIZE PRESENTATION

Top-3 placers for each category (except Fun Kids) receive a trophy. The prize presentations take place post-race at the venue – see the event schedule.

The Series trophies are awarded at the Triathlon, the final race of the series.

➤ [MetaSprint Series Points & Ranking](#)



## DISTANCE & LAPS

| RACE             | Swim     |      | Run      |      |
|------------------|----------|------|----------|------|
|                  | Distance | Laps | Distance | Laps |
| <b>XL</b>        | 1350m    | 2    | 10km     | 2    |
| <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    |

## START PROCESS

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.

Participants will begin the race at **2-second intervals**, allowing swimmers to spread out quickly and enjoy a more comfortable start.

The only exception is the Elite Men's and Women's waves, which will start together in a mass start.







## SERIES POINTS

Each race distance — Kids, Youth, Discovery, Sprint, and XL — lets you **earn points across all three events**: [Aquathlon](#), [Duathlon](#), and [Triathlon](#).

These points add up for the overall Series ranking in your category. The Series isn't just for the fastest, it's a fun challenge. See who among your peers or family can rack up the most points.

And don't count anyone out yet: the [Triathlon](#) is what it all comes down to!

### How does it work?

- Participants earn points for every race completed.
- The final Championship ranking is based on your earned Triathlon points plus your best points total from the Aquathlon or Duathlon.
- Points are calculated by comparing your time to that of your category winner (category winners time / your time \* 100).

### Example:

|                         | Your Time  | Winner's Time | Your Points |
|-------------------------|------------|---------------|-------------|
| <b>Aquathlon Result</b> | 50mins     | 40mins        | 80.0        |
| <b>Duathlon Result</b>  | 1hr 20mins | 1hr           | 75.0        |
| <b>Triathlon Result</b> | 1hr 45mins | 1hr 15mins    | 71.4        |

### Your Series Points Total:

Best Result (Aquathlon OR Duathlon) + Result Triathlon  
 80 Points (Aquathlon) + 71.4 Points (Triathlon) = 151.4 Points



## CLUB & SCHOOL CHALLENGE

### CLUB CHALLENGE

Every club member aged 16 and above can earn points for their club, as outlined in the table below. A club ranking will be published after each race and again at the end of the Series.

| Place in your race category | Points earned for your club |
|-----------------------------|-----------------------------|
| 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 talented young athletes can earn points for their school as outlined in the table below.

| Place in your race category | Points earned for your school |
|-----------------------------|-------------------------------|
| 1                           | 50                            |
| 2                           | 30                            |
| 3                           | 20                            |
| Finisher                    | 10                            |

The club and school with the highest overall ranking at the end of the Series will be crowned respectively **2026 Club Champion** and **2026 School Champion** and take home the ultimate Series Trophy.

### **IMPORTANT:**

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







## ELITE WAVES

The Sprint and XL distance races have Elite Waves for 20 male and (separately) 20 female athletes who are potential overall podium placers.

### What's the benefit:

- First one on the course for your distance
- Gun start (instead of rolling start)
- Race head-to-head against the best

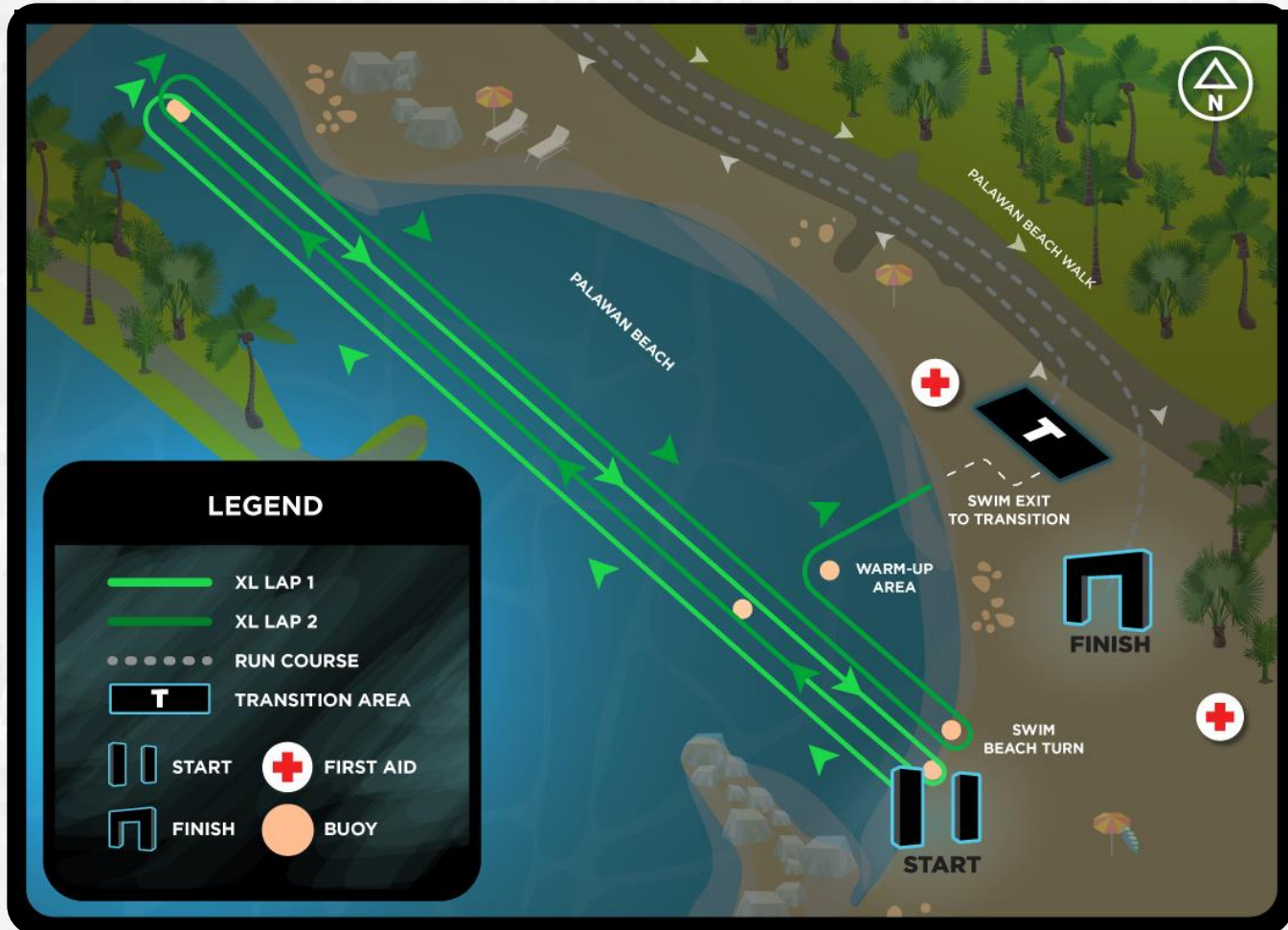


## WHO QUALIFIES FOR THE ELITE WAVE?

- The top-20 overall men and women from the MetaSprint Series 2025 XL and Sprint Aquathlon, Triathlon and Series automatically qualify for the elite wave in 2026.
- If you don't fall in any of the above categories, you may [apply for a wild card](#) with proof of a top-10 ranking in a race of similar distance and prestige.



## SWIM COURSE – XL



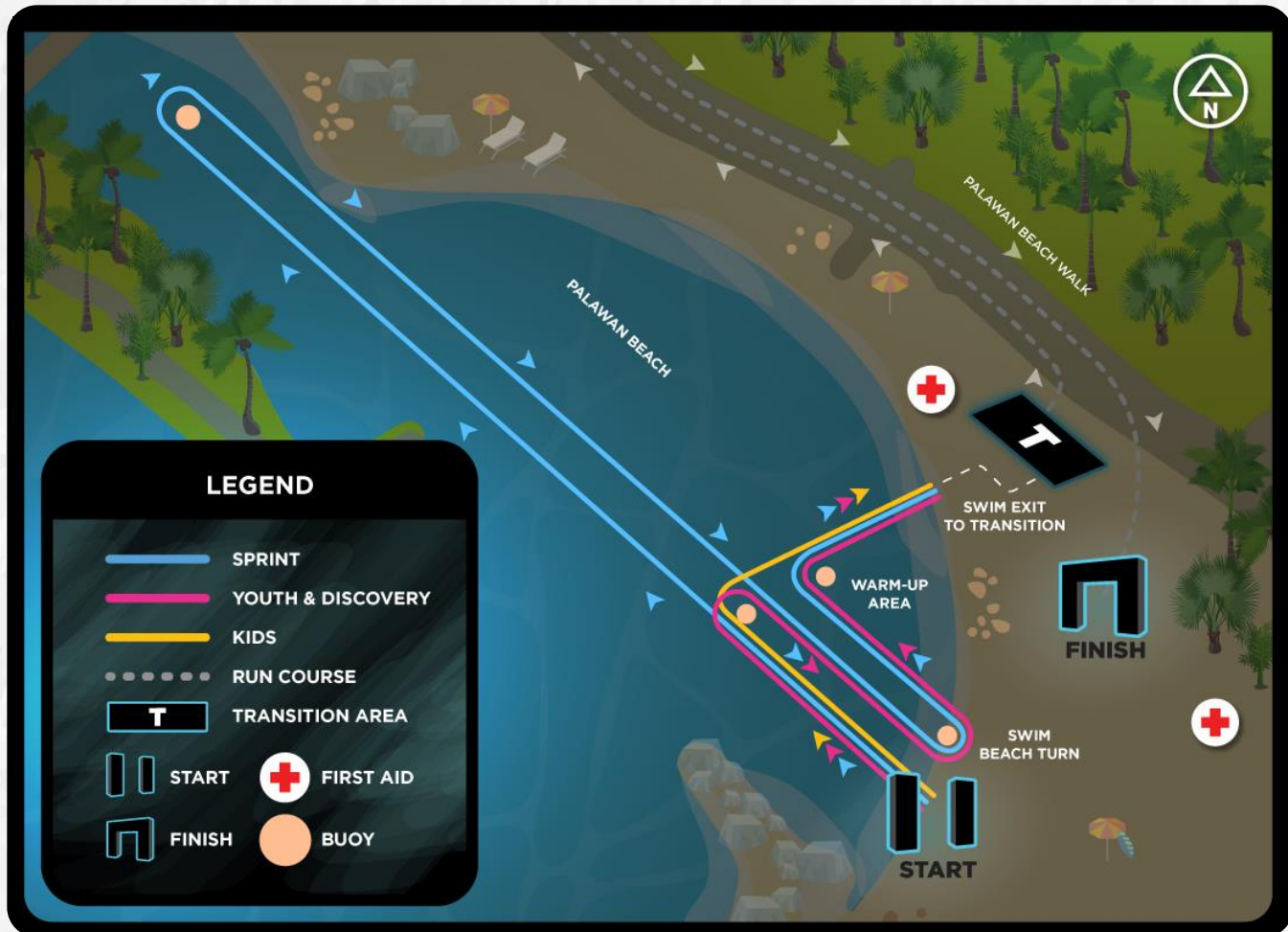
### **IMPORTANT SWIM RULES:**

- 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 an open water safety buoy is permitted, but participants must start at the back of the wave.
- Wetsuits are not allowed (speed suits are permitted).
- Swimmers in difficulty should signal for assistance.
- Once assistance is rendered, the competitor must retire from the competition.





## SWIM COURSE – SPRINT, DISCOVERY, YOUTH & KIDS

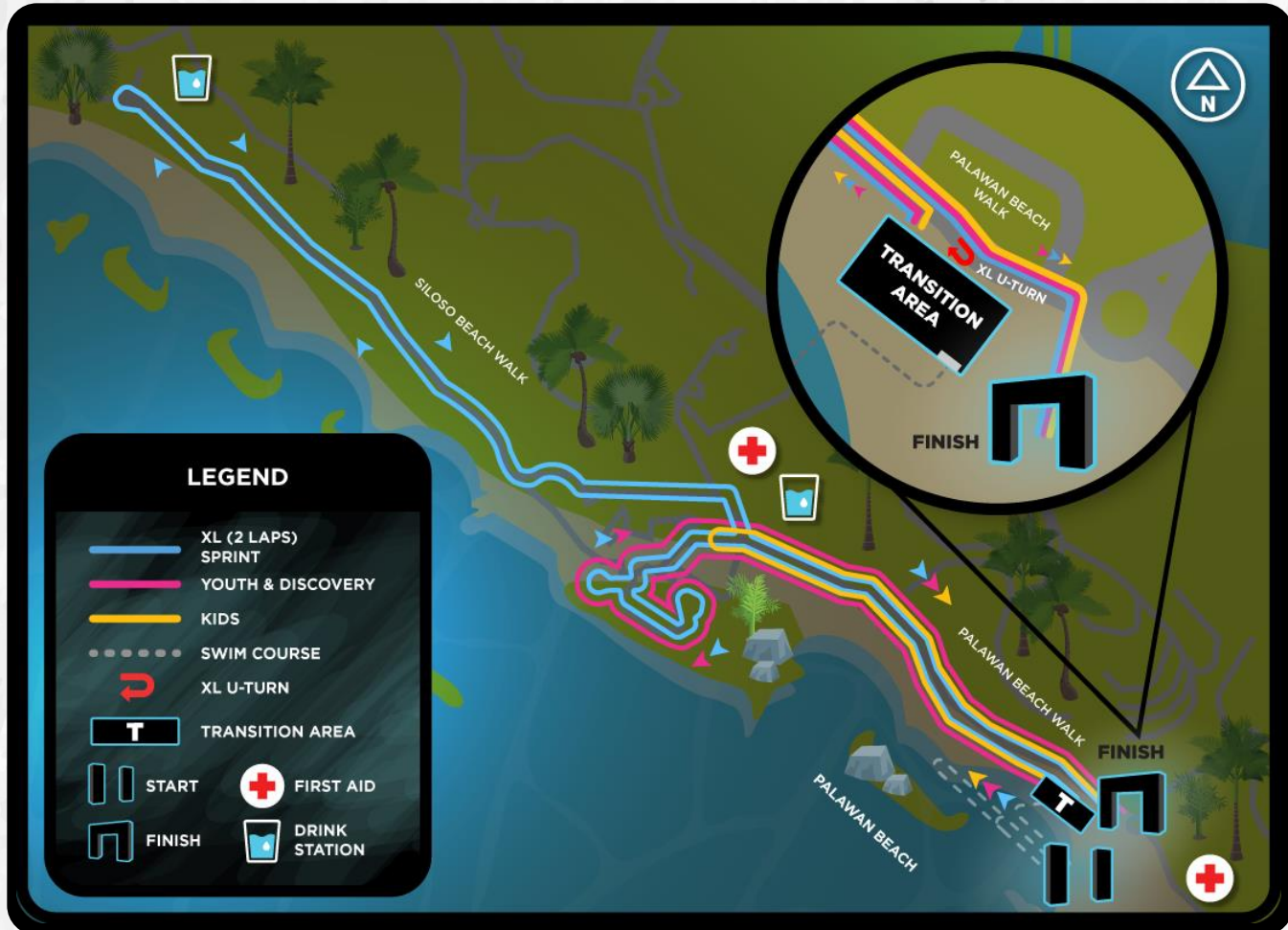


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- Swimmers in difficulty should signal for assistance.
- Once assistance is rendered, the competitor must retire from the competition.



## 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 (every 2km).
- Alert a marshal if you see an athlete in difficulty.

**PURE**  
SPORTS NUTRITION

### **IMPORTANT RUN RULES:**

- Runners must always wear their race bibs clearly visible at the front of their race apparel.
- 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 should be cleared from the area (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 their race kit to enter the transition area before the Kids race to help their child in the setup process. However, parents are **not permitted** to be in the transition area during the Kids race.

## KIDS TRANSITION BRIEFING

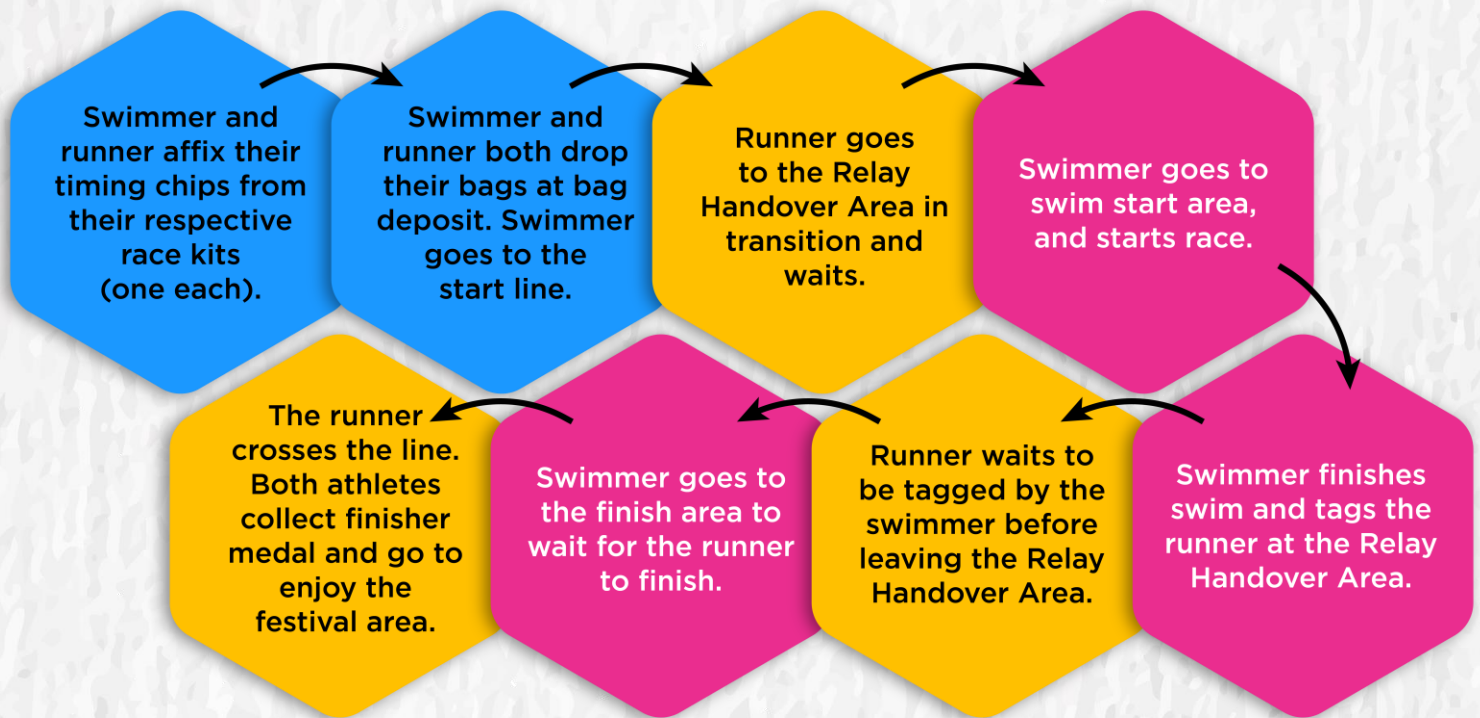
Help ease pre-race nerves for both parents and young athletes by joining our Kids Aquathlon briefing at **3:10pm** and **3:25pm**.

The briefing will be held at the **Transition Area entrance**, where our MetaSport's Head Coach, **Guy**, will share last-minute tips to help every child feel confident and ready for their race.





## TEAM RELAY







## POST-RACE

### RACE PHOTOS

Official event photographers NORTHSOUTH will be at the race, snapping your action shots for a lifetime of memories. You will receive an SMS when your photos are ready for viewing, very soon after you cross the finish line! Purchase before midnight race day to receive **20% discount** with code "**AQUA20**".

**NORTHSOUTH**  
LIVE

### RUN COURSE DRINK STATIONS

Hydrate with PURE electrolytes at the drink stations

**PURE**  
SPORTS NUTRITION

### HYDRATE POST-RACE

Rehydrate with Saltify electrolytes at the Finish Line.

**salti**<sup>fu</sup>

### REFUEL WITH PROTEIN SMOOTHIE

Grab a bottle of Rokeby Protein Smoothie at the Finish Line to aid your recovery after the race.

**ROKEBY**<sup>TM</sup>

### POST-RACE MASSAGE

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

**STARBALM**<sup>®</sup>  
SPORT CARE



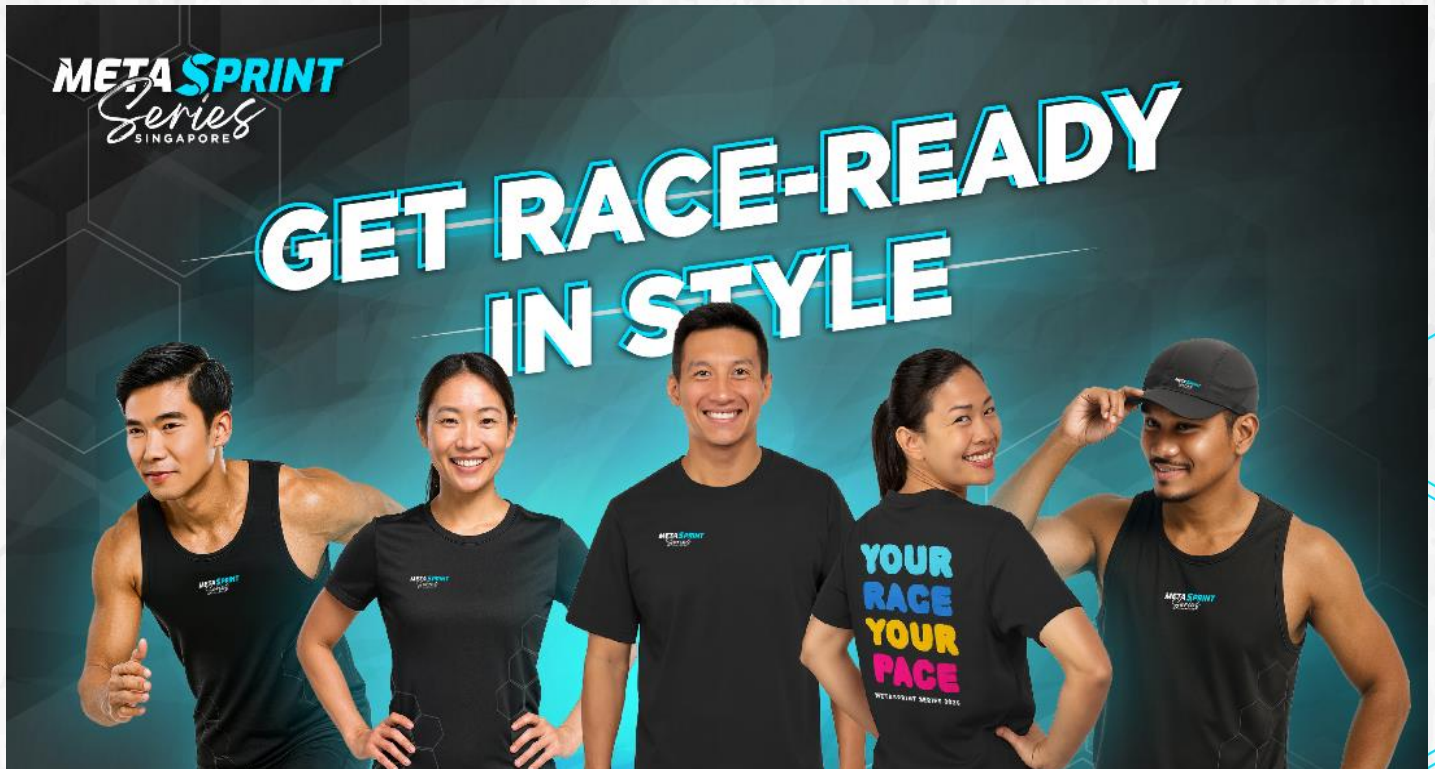


## OFFICIAL MERCHANDISE

Get set to look and feel great as you train or lounge at home. All garments are by [Pressio](#) who are changing the game as far as sustainable athletic gear goes.

► [Order here](#). Prices include delivery direct to your home.

| Item            | Price |
|-----------------|-------|
| Running tee     | \$59  |
| Running singlet | \$55  |
| Cotton tee      | \$39  |
| Cap             | \$30  |







# 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.

## PERSONAL PRE-RACE SAFETY CHECK

### 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 diarrhea within the last 7-10 days 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 effort, 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
- participate within your fitness limits
- hydrate properly before, during and after the race
  - both 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.

## GET ACTIVE QUESTIONNAIRE

Please go to the [Get Active Questionnaire](#) for recommendations if you answer YES to any of these questions:

1. Have you experienced ANY of the following (A to F) within the past six months?
  - A – A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
  - B – A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 or higher?
  - C – Dizziness or lightheadedness during physical activity?
  - D – Shortness of breath at rest?
  - E – Loss of consciousness/fainting for any reason?
  - F – Concussion?
2. Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?
3. Has a health care provider told you that you should avoid or modify certain types of physical activity?
4. Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?



## EVENT PARTNERS

### EVENT ORGANISER



### GREEN INITIATIVE



### SANCTIONED BY



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



### OFFICIAL PARTNER



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