

# META SPRINT Series SINGAPORE



# DUATHLON

## ATHLETES' GUIDE

F1 VILLAGE  
15 MARCH 2026



**WELCOME**

## **Welcome to MetaSprint Series Duathlon 2026**

**Race 2** of the MetaSprint Series marks the next step in your progression.

### **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 now shift gears into the dynamic challenge of Run-Bike-Run. The Duathlon is where endurance sharpens, transitions matter even more, and smart race execution can define your day.

This season continues with our bold new look, XL distances, refined age categories, enhanced performance insights, and our official race photo service – all designed to elevate your race experience and help you measure real progress across the series.

Whether you're building toward the Triathlon finale or testing your limits in a single discipline, this race is about momentum. Settle into your rhythm, trust your training, and race with intent.

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

**MetaSport Team**



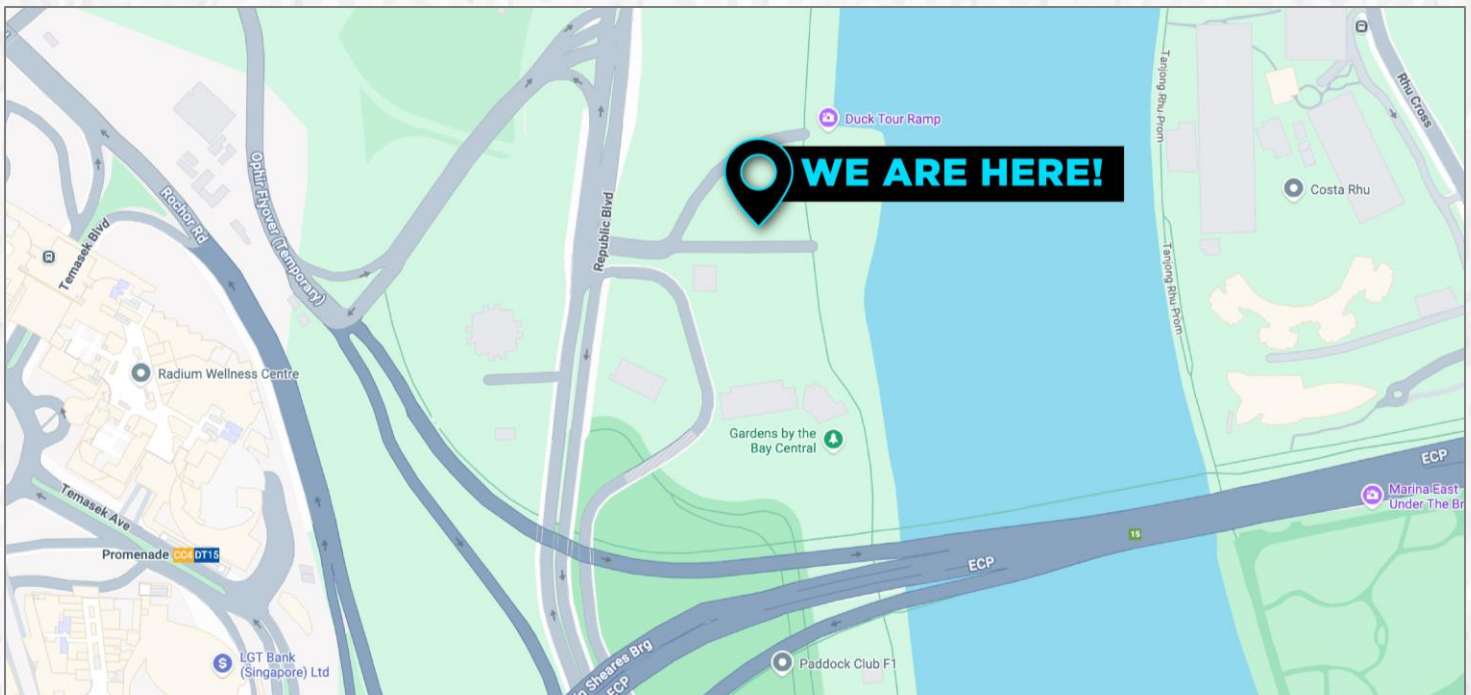
## TABLE OF CONTENTS

<b>4</b>	Venue & Getting There	<b>16</b>	Club & School Challenge
<b>5</b>	Road Closure	<b>17</b>	Elite Wave
<b>6</b>	Event Venue	<b>18</b>	Run Course
<b>7</b>	Race Kit & Goodies Collection	<b>19</b>	Bike Course
<b>8</b>	Race Kit Checklist	<b>20</b>	Cycling Etiquette
<b>9</b>	Getting Ready	<b>21</b>	Transition / Kids Transition Tour
<b>10</b>	Timing Chip	<b>22</b>	Team Relay / Bike Rental
<b>11</b>	Event Schedule	<b>23</b>	Fun Kids Information
<b>12</b>	Event Schedule / Live Results	<b>24</b>	Post-Race
<b>13</b>	Race Categories / Prize Presentation	<b>25</b>	Merchandise
<b>14</b>	Distance & Laps / Start Process	<b>26</b>	Medical Safety
<b>15</b>	Series Points	<b>27</b>	Our Sponsors



## VENUE & GETTING THERE

The event venue is at the **F1 Village**, 20 Republic Avenue, Singapore 038970.  
You will be able to collect your race kit and enter transition  
**1 hour before your wave start time.**



**BY BUS**

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



**BY MRT**

Promenade MRT Station (Circle Line)\*



**BY BIKE**

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



**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 CAR**

No parking on-site.  
Park at one of the many car parks in the area: Singapore Flyer, Marina Square and walk 500m North of the F1 Pit Building

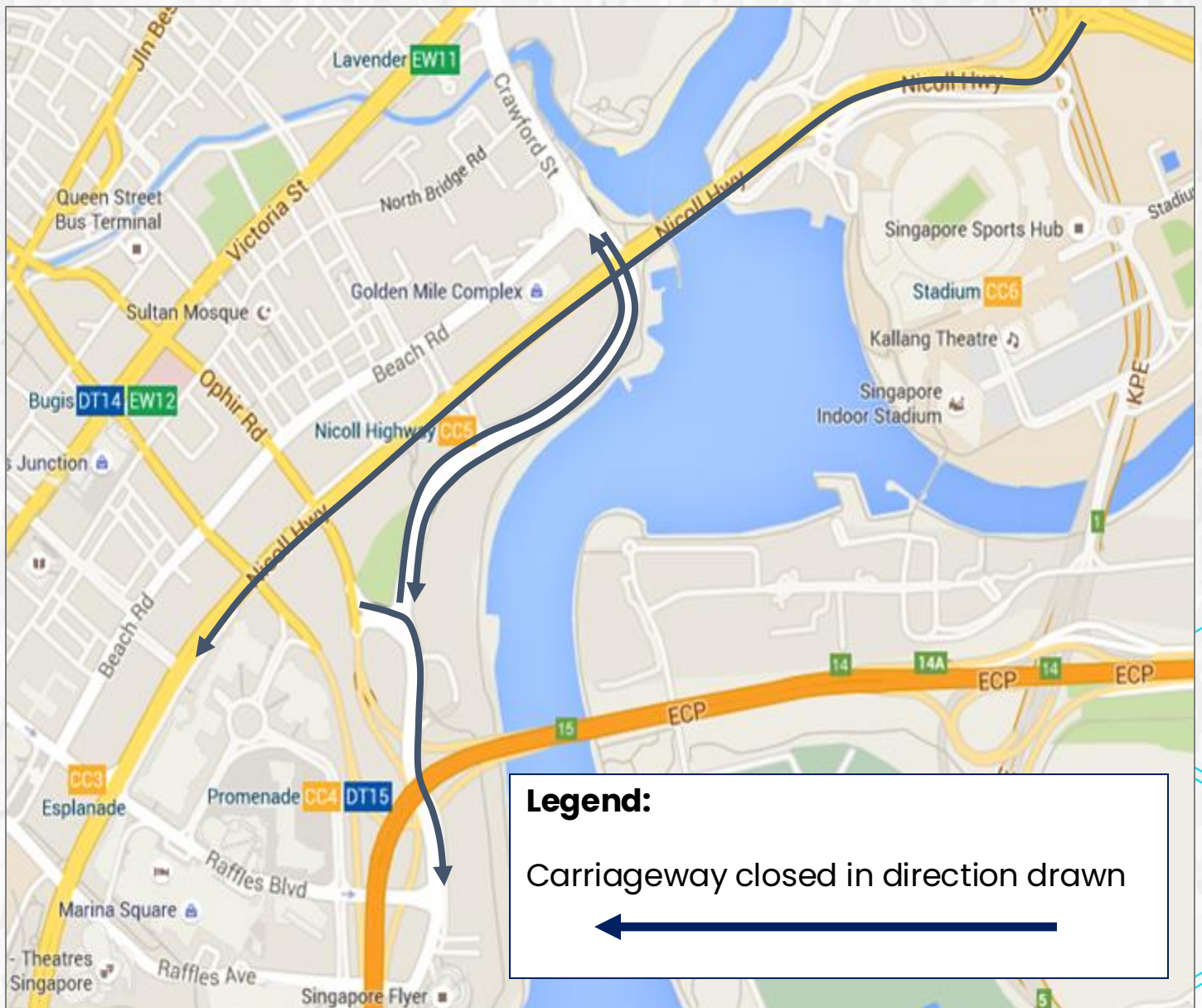
\*Check the bus/train schedule for first departure timings before considering this option. Only folding bikes are allowed on the bus/train.



## ROAD CLOSURE

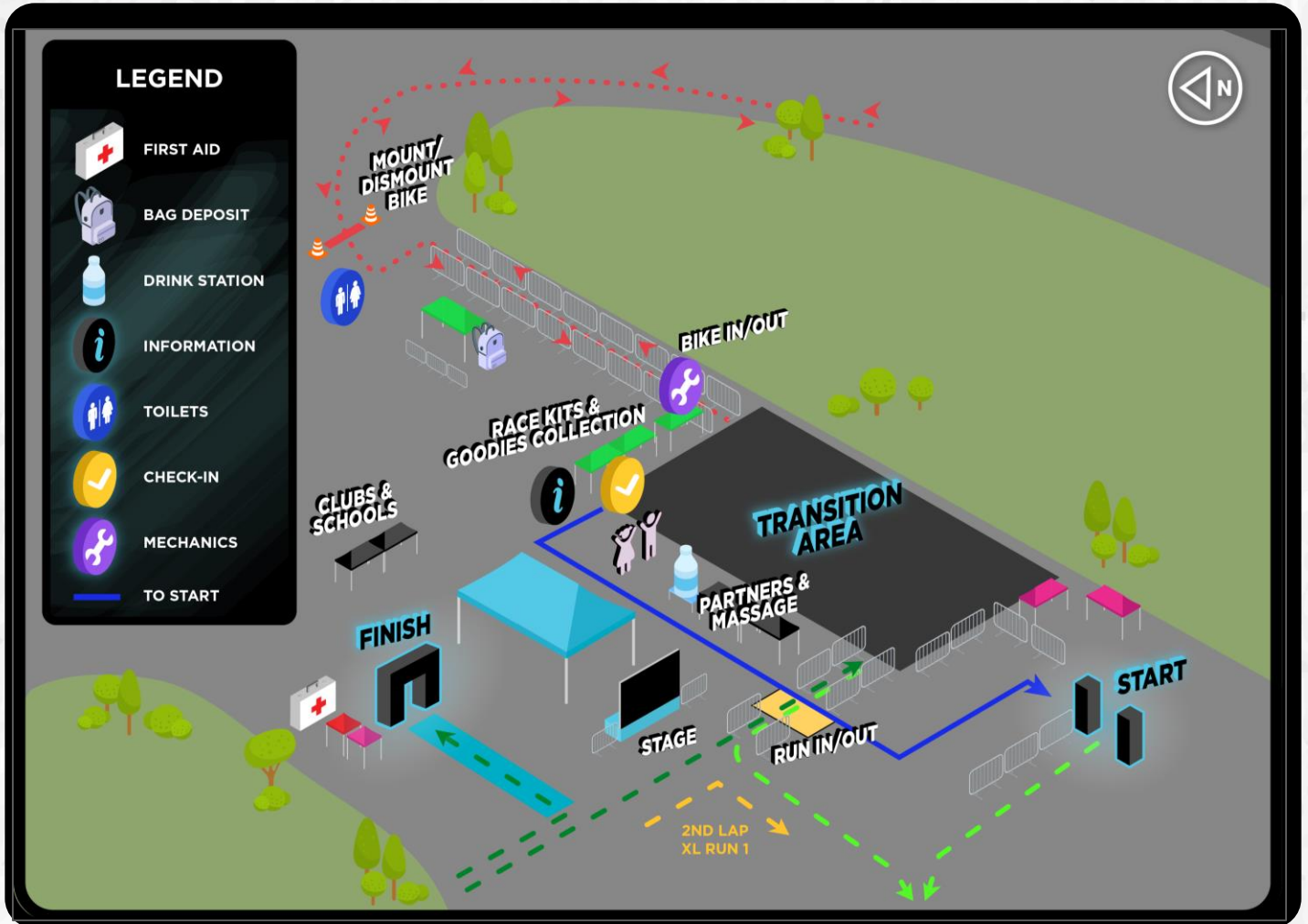
**Sunday, 15 March 2026**  
**From 04:00 to 10:00**

The following road and lane closure will be in force.  
Republic Avenue, Republic Boulevard, and Nicoll Highway (towards Esplanade Drive).





**VENUE MAP**



**Note:**

1. Affix the Bag Tag from your race kit to your bag and drop it at the Bag Deposit tent before your race.
2. Information is updated as of 23 February 2026. Venue map is subject to change.



## 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** (*3-in-1 athletes who collected their items at the Aquathlon will not have their goodies listed*).

You will be offered the following items when you collect your race kits (while stock lasts):

1. 1 pc x PURE Sports Nutrition Energy Gel (except for kids)
2. 1 pack x Truly Nuts, 30g





# RACE KIT CHECKLIST

## WHAT'S IN YOUR RACE KIT?

1. 1 x Timing Chip (excluding Fun Kids)
2. 1 x Race Bib
3. 1 x Bag tag
4. 1 x Wristband
5. 1x Bike Sticker
6. 1x Helmet Sticker



### HELMET STICKER

Stick at the front of the helmet.



### RACE BIB

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

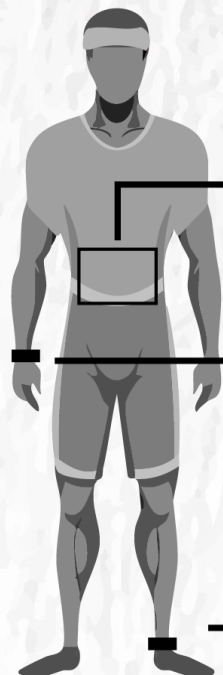
### SEAT POST STICKER

Stick around the seatpost.



### 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?

#### BIKE



- Cycling or running kit (no bare torso is permitted)
- Cycling helmet is compulsory
- Bike shoes or running shoes (no bare feet allowed)
- Flashing front and rear lights if your wave start is in the pre-dawn hours
- A filled water bottle

#### RUN



- Cycling or running kit (no bare torso is permitted)
- 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



### BEFORE THE RACE

- Check you received the **correct chip** at registration.
- Try the band on your ankle to ensure it fits.

### HOW TO WEAR IT

- Wear the chip on your **LEFT ankle only**.
- Fit it **comfortably loose** – not tight.
- Use the **one-finger rule**: leave a small gap.
- Race number must face **outward and visible**.

### ⚠️ IMPORTANT

- **Do not cover** the chip (no sock, wetsuit, or clothing).
- **Do not remove** once attached.
- The band is **single use only**.

### ✓ FINAL CHECK

- Left ankle
- Loose fit
- Visible and uncovered





## EVENT SCHEDULE

Start	Wave	Race	Category	Wave Colour
5:00	Event Opens			
<b>XL DISTANCE - 6km Run, 30km Bike, 3km Run</b>				
5:50	1	XL	Elite Men	Light Blue
5:51	1	XL	Elite women	Light Blue
5:55	2	XL	Men 30-39	Yellow
6:00	3	XL	Men 18-29	Orange
6:05	4	XL	Men 40-49 (1)	Pink
6:10	5	XL	Men 40-49 (2)	Dark Blue
6:15	6	XL	Men 50+	Purple
6:20	7	XL	Women	Red
<b>SPRINT DISTANCE - 3km Run, 18km Bike, 3km Run</b>				
7:00	8	Sprint	Elite Men	Green
7:02	8	Sprint	Elite Women	Green
7:10	9	Sprint	Men 16-19, 20-29	Light Blue
7:20	10	Sprint	Men 30-39	Yellow
7:25	11	Sprint	Men 40-49	Orange
7:30	12	Sprint	Men 50+	Pink
7:35	13	Sprint	Women 16-19, 20-29, 30-39	Dark Blue
7:40	14	Sprint	Women 40+, Team Relay	Purple
<b>YOUTH &amp; DISCOVERY DISTANCE - 1.5km Run, 12km Bike, 1.5km Run</b>				
7:55	15	Youth	Boys 14-15	Red
8:00	16	Youth	Girls 12-13, 14-15	Green
8:05	17	Youth	Boys 12-13	Light Blue
8:10	18	Discovery	Men 16-39	Yellow
8:15	19	Discovery	Men 40+	Orange
8:20	20	Discovery	Women 16-39, 40+	Pink



## EVENT SCHEDULE

Start	Wave	Race	Category	Wave Colour
<b>KIDS TRANSITION BRIEFING</b>				
8:00			Kids Transition Briefing 1	
8:15			Kids Transition Briefing 2	
<b>KIDS DISTANCE - 700m Run, 6km Bike, 700m Run</b>				
8:35	21	Kids	Boys 10-11	Dark Blue
8:40	22	Kids	Girls 10-11	Purple
8:45	23	Kids	Boys 08-09	Red
8:50	24	Kids	Girls 08-09	Green
<b>FUN KIDS (500m Scoot)</b>				
9:40	25	Kids	Boys & Girls 06-07	Light Blue
9:45	26	Kids	Boys & Girls 04-05	Yellow
<b>AWARDS CEREMONY</b>				
9:00			XL	
9:30			Sprint Men	
9:40			Sprint Women	
10:00			Youth & Discovery	
10:30			Kids	
<b>Event Closed</b>				
11:00			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 (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 athlete's age on 31 December 2026.
2. Relay teams consist of up to three 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 Leaderboard](#)



## DISTANCE & LAPS

RACE	Run		Bike		Run	
	Distance	Laps	Distance	Laps	Distance	Laps
<b>XL</b>	6km	2	30km	5	3km	1
<b>Sprint</b>	3km	1	18km	3	3km	1
<b>Discovery</b>	1.5km	1	12km	2	1.5km	1
<b>Youth</b>	1.5km	1	12km	2	1.5km	1
<b>Kids</b>	750m	1	6km	1	750m	1
<b>Fun Kids</b>	-	-	500m Scoot	2	-	-

## 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. Follow the wave number you have been communicated, and the wave color as per your race wristband.





## 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.

### 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.

### CURRENT LEADERBOARD

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

Here's where the standings currently 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 **3 March 2026**.

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.

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



## 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
- Race head-to-head against the best



## WHO QUALIFIES FOR THE ELITE WAVE?

- The top-20 overall men and women from the MetaSprint Series 2026 Aquathlon and the 2025 Duathlon, 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 by 5 March 2026** with proof of a top-10 ranking in a race of similar distance and prestige.



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

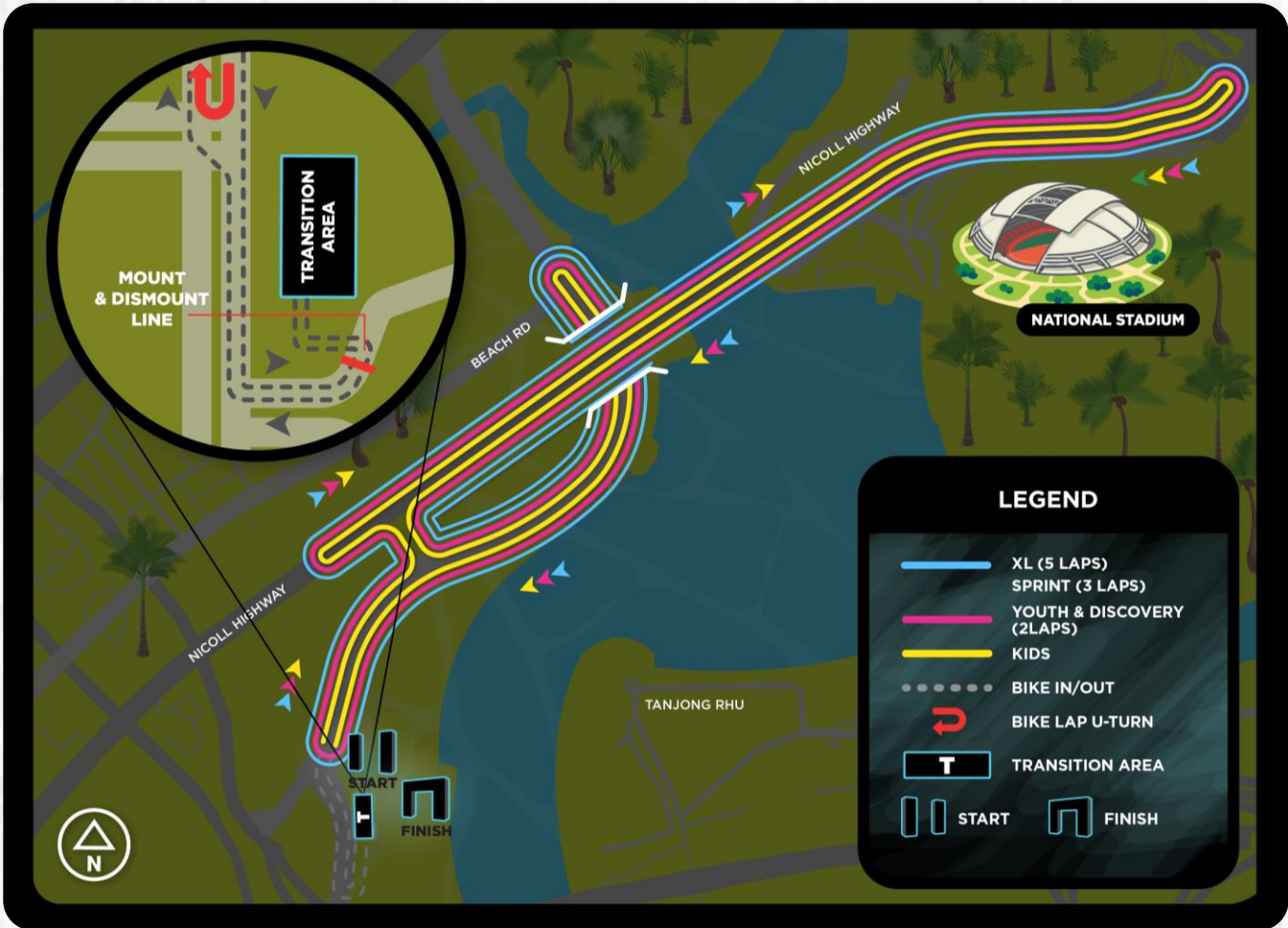
**PURE**  
SPORTS NUTRITION

### **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.



**BIKE COURSE**



**IMPORTANT BIKE RULES:**

- Helmets must be worn and securely fastened from the moment you remove your bike from the rack until it is returned.
- Outside assistance, bare torsos, and headphones are not permitted.
- Drafting is strictly prohibited.
  - Drafting occurs when riding within 5 metres (3 bike lengths) behind another cyclist or within 2 metres alongside.
  - You have 15 seconds to overtake; once passed, you must immediately drop back out of the draft zone.
  - Violations will result in a stop-and-go penalty, requiring a full stop with both feet on the ground before continuing.





## CYCLING ETIQUETTE

The bike course will be closed to vehicular traffic during the race; nevertheless, we kindly urge you to adhere to the following riding etiquette to ensure a safe experience for everybody.

- Be considerate and respectful to your fellow cyclists
- 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 you 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 bike equipment purchases. Small repairs and tuning are provided free of charge.



Consider visiting them before race day to service your bike to give you peace of mind during the event. 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 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

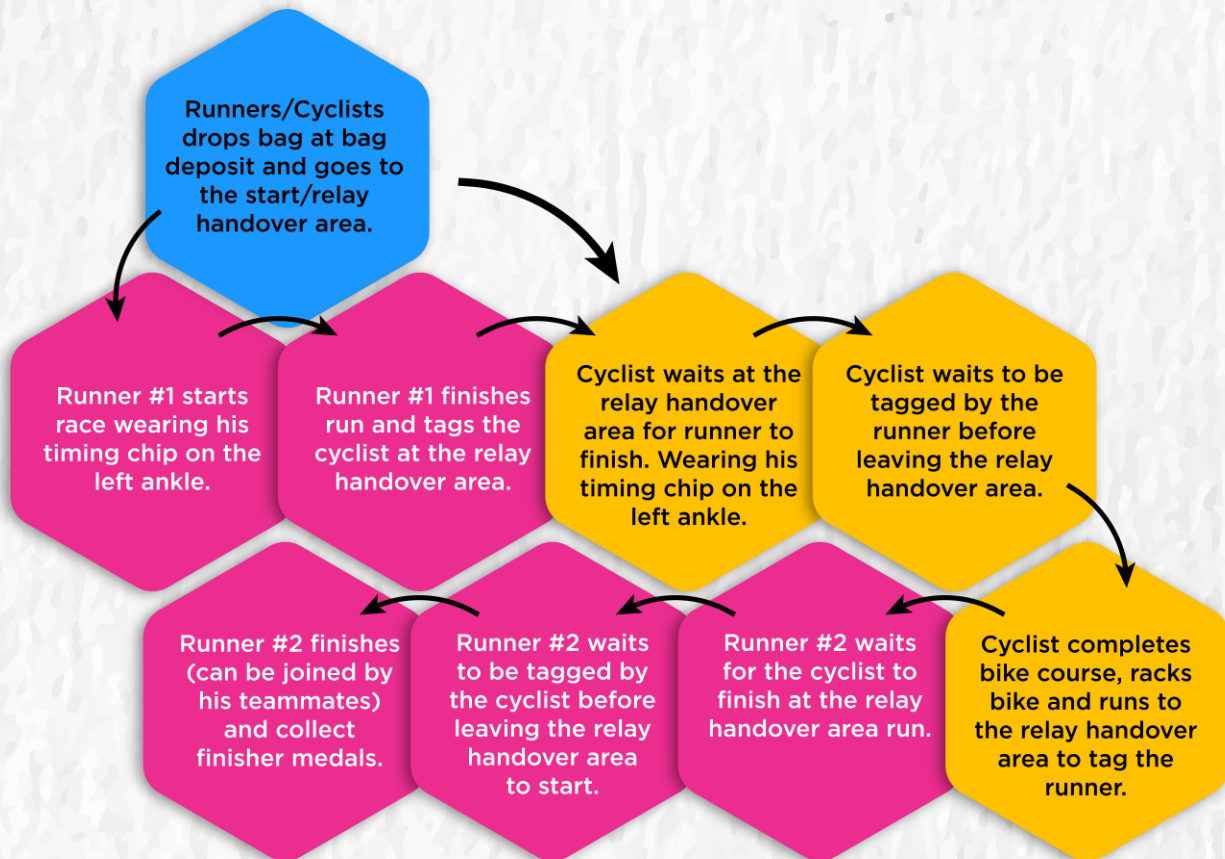
Help ease pre-race nerves for both parents and young athletes by joining one of our Kids Duathlon transition briefings at **8:00am** and **8:15am**.

The briefing will be held at the **Transition Area entrance**, where our Relationship Manager, **Raphael**, will share last-minute tips to help every child feel confident and ready for their race.





## TEAM RELAY



## BIKE RENTAL



### City Scoot

Participants who have booked their bike rental through City Scoot must collect their bikes directly from the Esplanade outlet, located approximately 1km from the race venue. The outlet opens at 4:00am on race morning. Please refer to your booking confirmation for full collection details.



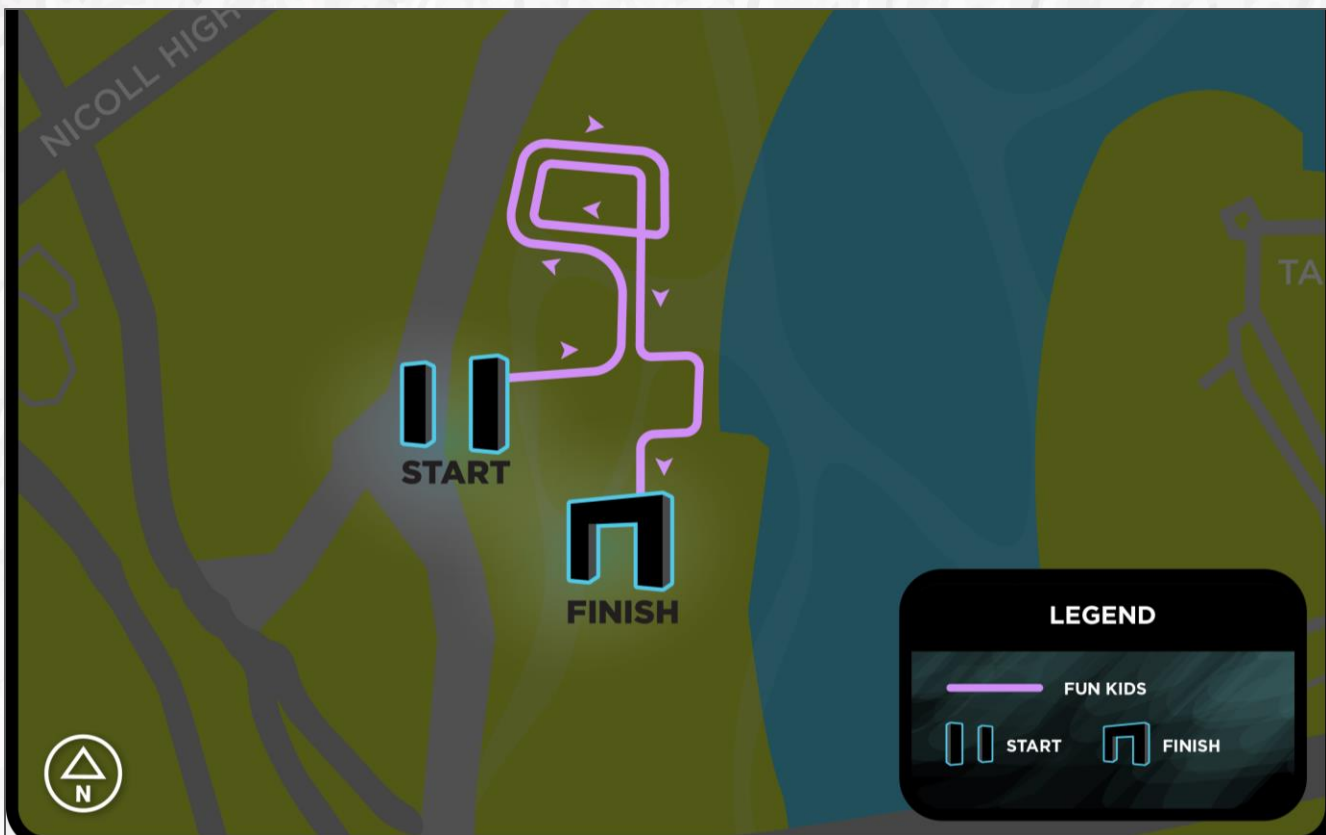
### BikeRental.cc

You may also rent a bike through BikeRental.cc by booking directly on their website. For added convenience, you can opt for delivery or self-collection, depending on what works best for your race plans.



## FUN KIDS INFORMATION

Our young champions will begin their scooter event between the starting pillars, complete two laps of the designated course, then finish under the finish arch (just like Mum and Dad!) to claim their well-deserved medal.



### Notes:

1. Helmets are compulsory. Please place the helmet sticker (provided in your race kit) on the front of your helmet.
2. Shoes are compulsory.
3. Affix the sticker flag (provided in your race kit) to the stem of your scooter or balance bike, ensuring it is always clearly visible.
4. The race bib must be worn throughout the event and be clearly visible from the front.
5. Parents/guardians are not allowed to accompany or assist children during the event. There will, however, be plenty of space along the course for cheering and support.



## 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 on race day to receive **20% discount** with code "**DU20**".



### RUN COURSE DRINK STATIONS

Hydrate with PURE electrolytes at the drink stations.



### HYDRATE POST-RACE

Rehydrate with Saltify electrolytes at the Finish Line.



### POST-RACE MASSAGE

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



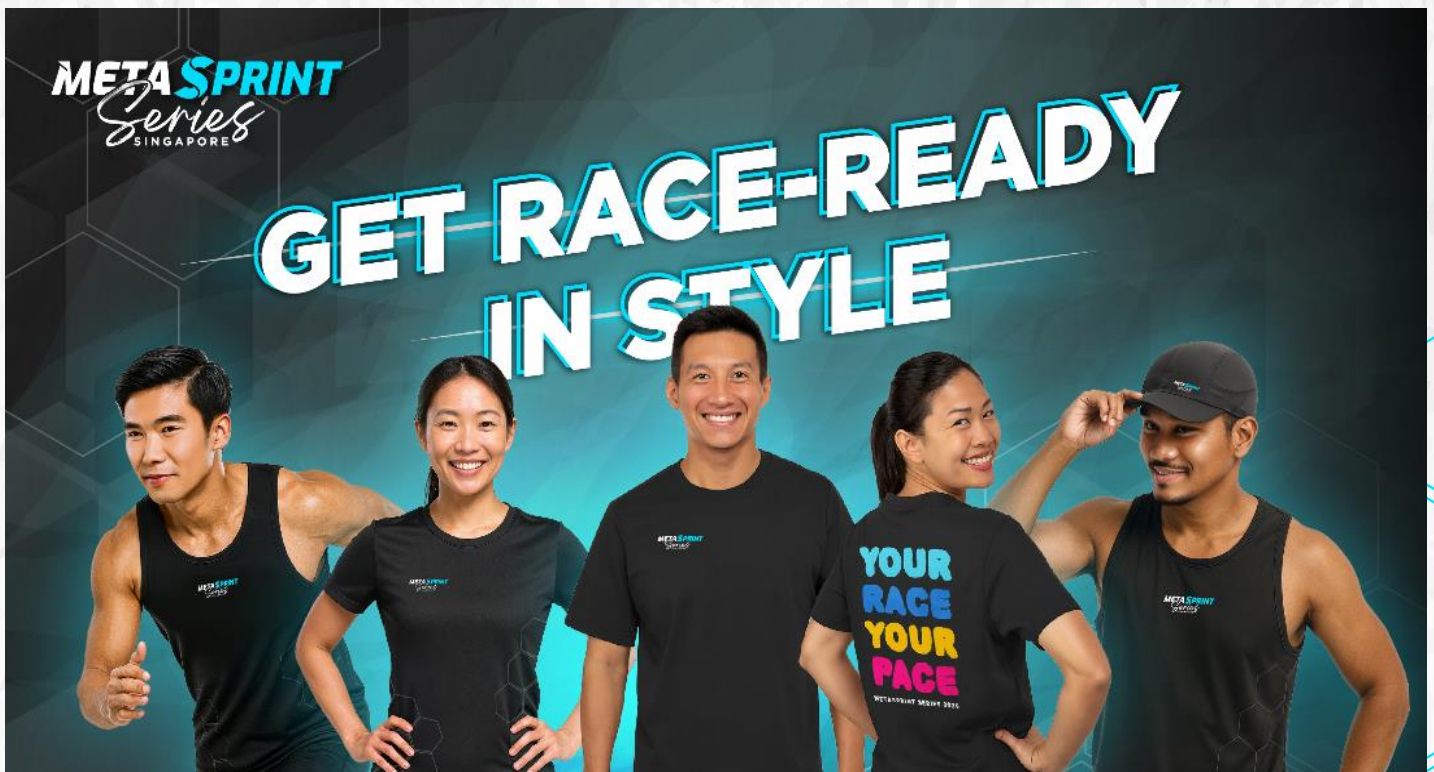


## OFFICIAL MERCHANDISE

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



OFFICIAL PARTNER



OFFICIAL PARTNER

