

METASPRINT Series SINGAPORE



TRIATHLON

ATHLETES' GUIDE

EAST COAST PARK
29 MARCH 2026



WELCOME

Welcome to MetaSprint Series Triathlon 2026

This is it – the **grand finale** of the MetaSprint Series.

The Triathlon is where preparation meets performance. It's where endurance, pacing, and resilience come together – and where you get to see just how far you've progressed this season.

With XL distances, updated age categories, enhanced results data, and deeper performance insights, this finale isn't just about finishing – it's about understanding your growth across the entire journey.

Whether you're chasing a personal best, a podium, or simply the satisfaction of crossing that final finish line, today represents commitment, consistency, and community. Race smart. Race strong. Finish proud.

Your Race. Your Pace.

See you at the start line.

MetaSport Team



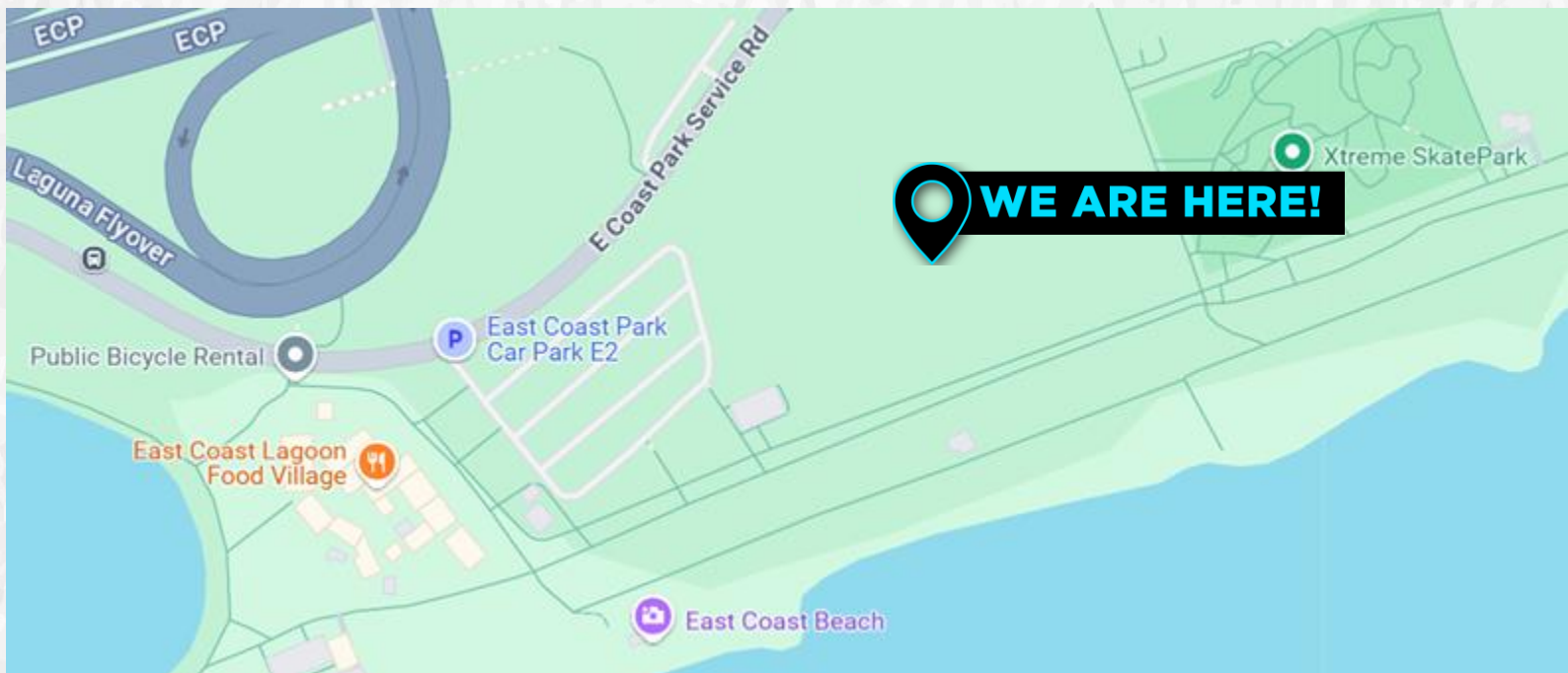
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VENUE & GETTING THERE

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.



- 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.



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.



- 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



Alight at East Coast Park Service Road (Carpark E2)



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

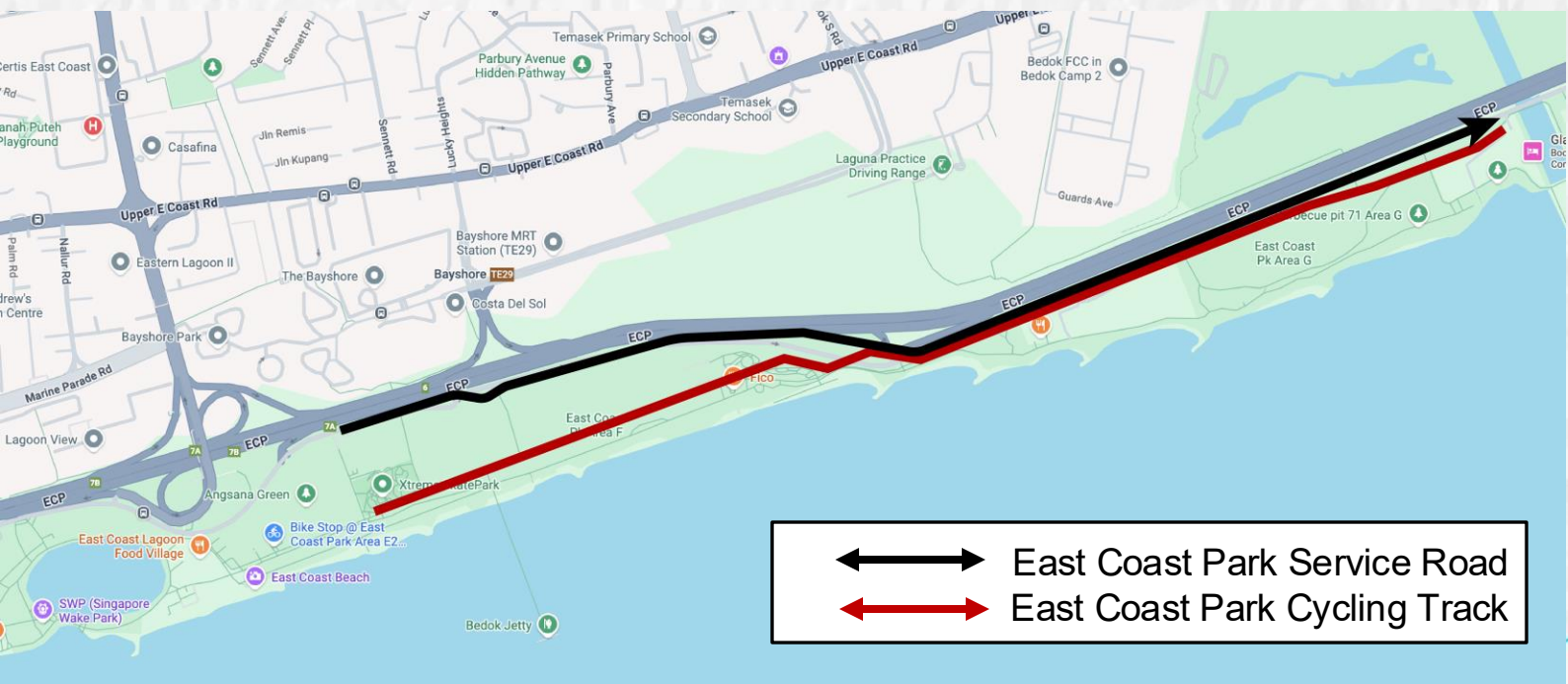
*Check the bus/train schedule for first departure timings before considering this option.
Only folding bikes are allowed on the bus/train.



ROAD CLOSURE

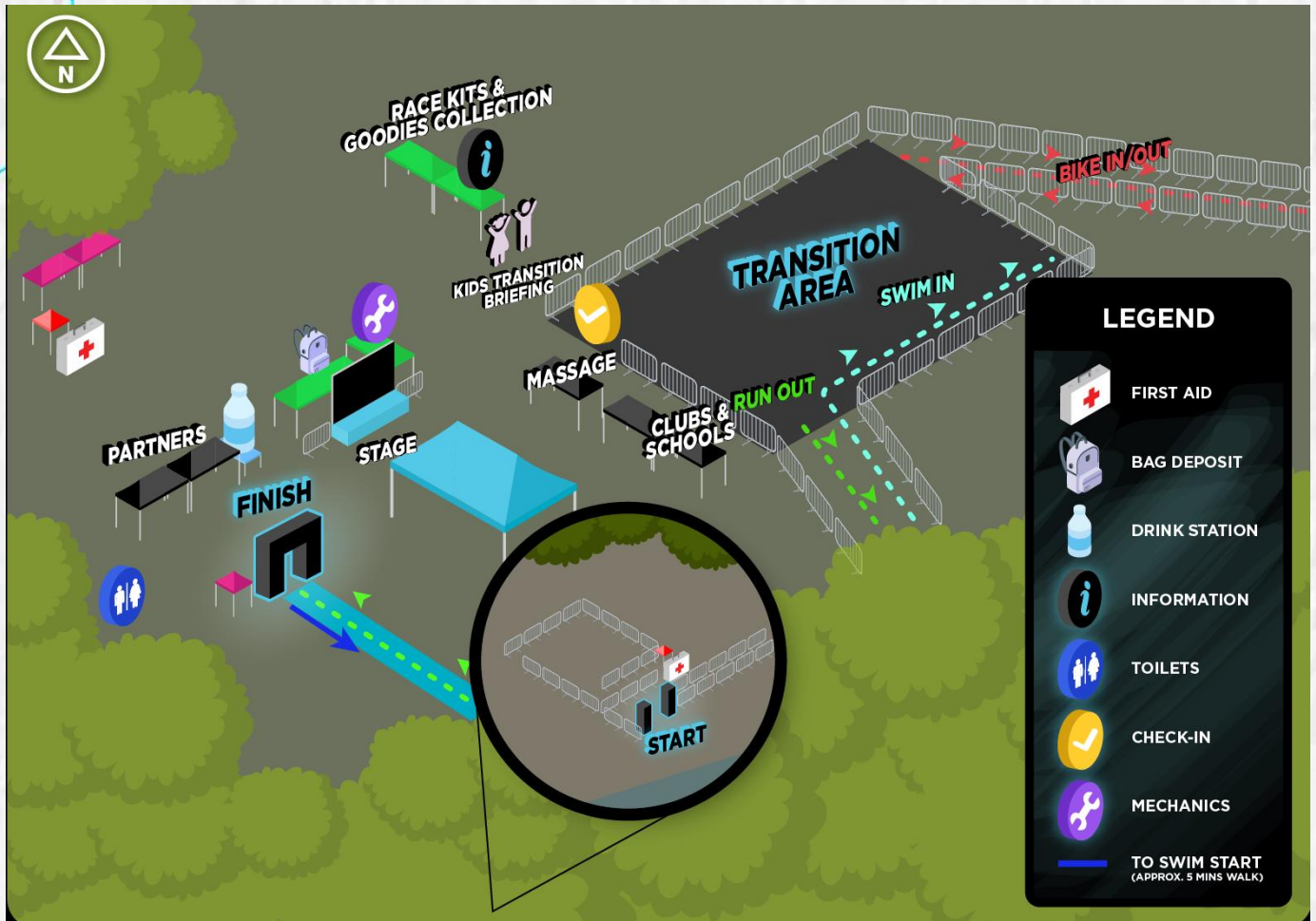
Sunday, 29 March 2026
From 06:00 to 13:00

The following road and lane closure will be in force:
East Coast Park Service Road





VENUE MAP



Note:

1. 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.
2. You are not permitted to drop your bike into transition the day before, only bring it on race day!
3. Affix the Bag Tag from your race kit to your bag and drop it at the Bag Deposit tent before your race.
4. Information is updated as of March 2026. Venue map is subjected to change.



GETTING READY

WHAT TO WEAR?



SWIM

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



BIKE

- Cycling or running kit
- Cycling helmet is compulsory
- Bike shoes or running shoes (no barefoot allowed)
- Sunglasses (optional)



RUN

- Cycling or running kit
- T-shirt or singlet (compulsory if your swimsuit does not cover your chest)
- Race bib (with an optional race belt)
- Running shoes (no barefoot allowed)
- Socks (optional)
- Cap/visor & sunglasses (optional)

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.

Need more advice? Our First-timer's guide can be found [here](#).



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 or Duathlon will not have their goodies listed).

You will be offered the following items when you collect your race kit (while stocks last):

1. 1 pc x PURE Sports Nutrition Energy Gel (except for kids)
2. 1 pack x Truly Nuts, 30g
3. 1 pack x Starbalm warm and cold gel sample
4. 1 pc x Perfect UV Sunscreen Milk 12ml from ANESSA, Asia's No. 1 Suncare Brand

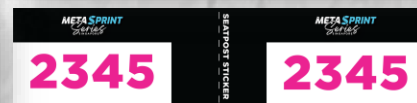




RACE KIT CHECKLIST

WHAT'S IN YOUR RACE KIT?

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

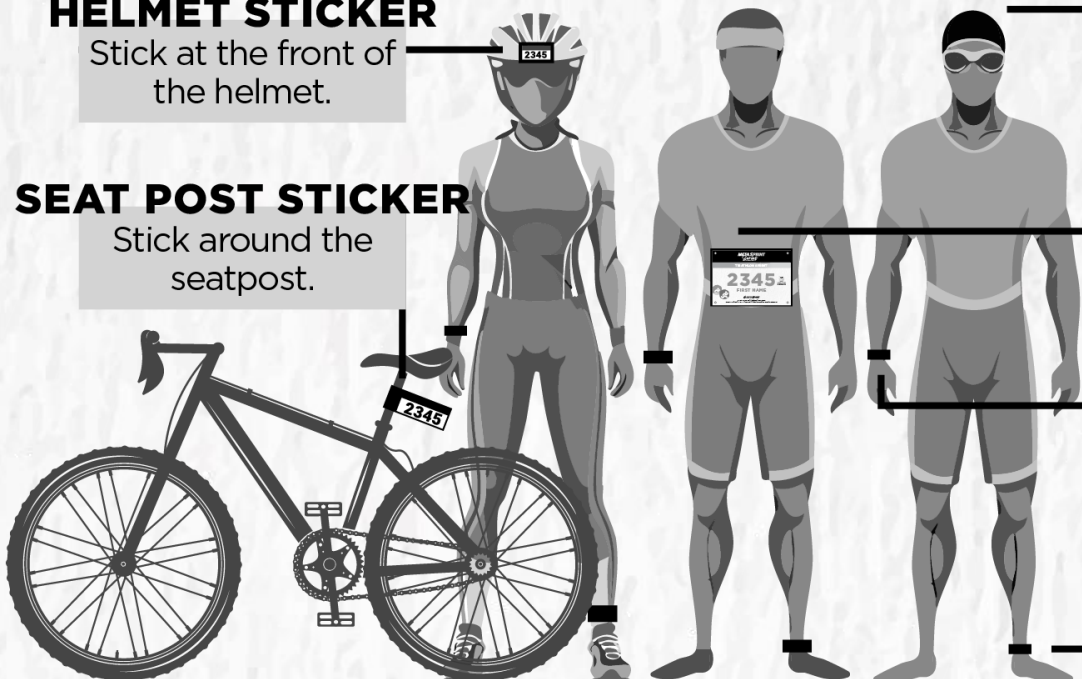


HELMET STICKER

Stick at the front of the helmet.

SEAT POST STICKER

Stick around the seatpost.



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.



HOW TO WEAR YOUR TIMING CHIP



4800

THIS SIDE FACES OUT FROM YOUR LEG

META SPRINT
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

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	Swim cap
6:00			Event Open	
XL DISTANCE (1.5km Swim - 40km Bike - 10km Run)				
7:00	1	XL	Elite Men	White
7:00	1	XL	Elite Women	Powder Blue
7:05	2	XL	Men 50+, Women	Pearl Pink
7:10	3	XL	Men 18-29	Green
7:15	4	XL	Men 30-39	Neon Pink
7:20	5	XL	Men 40-49	Neon Yellow
SPRINT DISTANCE (750m Swim - 18km Bike - 5km Run)				
9:05	6	Sprint	Elite Men	Powder Blue
9:05	6	Sprint	Elite Women	White
9:15	7	Sprint	Men 16-19, 20-29	Neon Orange
9:20	8	Sprint	Men 30-39	Green
9:25	9	Sprint	Men 40-49 (1)	Neon Pink
9:30	10	Sprint	Men 40-49 (2)	Neon Orange
9:35	11	Sprint	Men 50+	Neon Yellow
9:40	12	Sprint	Women 16-19, 20-29	White
9:45	13	Sprint	Women 30-39	Powder Blue
9:50	14	Sprint	Women 40+, Team	Pearl Pink
YOUTH & DISCOVERY DISTANCE (250m Swim - 12km Bike - 2.5km Run)				
10:15	15	Youth	Boys 14-15	Green
10:20	16	Youth	Girls 12-13, 14-15	Neon Pink
10:25	17	Youth	Boys 12-13	Neon Orange
10:30	18	Discovery	Men 16-39	Neon Yellow
10:35	19	Discovery	Men 40+	White
10:40	20	Discovery	Women	Powder Blue



EVENT SCHEDULE

Start	Wave	Race	Category	Swim cap
KIDS TRANSITION BRIEFING				
10:15		Kids Transition Briefing 1		
10:30		Kids Transition Briefing 2		
KIDS DISTANCE (150m Swim - 6km Bike - 1.5km Run)				
11:00	21	Kids	Boys 10-11	Pearl Pink
11:05	22	Kids	Girls 10-11	Green
11:10	23	Kids	Boys 8-9	Neon Pink
11:15	24	Kids	Girls 8-9	Neon Orange
FUN KIDS DISTANCE (500m Scoot - 200m Run)				
12:00	25	Fun Kids	Boys 6-7, Girls 6-7	
12:05	26	Fun Kids	Boys 4-5, Girls 4-5	
AWARDS CEREMONY				
11:05		XL		
11:40		Sprint Men 16-39		
12:05		Sprint Men 40+ & Relays		
12:25		Sprint Women		
12:45		Youth & Discover		
12:55		Kids		
13:00		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. Team Relay trophies are for the champion teams only. 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	Swim		Bike		Run	
	Distance	Laps	Distance	Laps	Distance	Laps
XL	1.5km	2	40km	5	10km	2
Sprint	750m	2	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	NO SWIM		500m	1	200m	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.





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!

CLUB LEADERBOARD

DUATHLON
Champion

1	TRIBAL TRIATHLON SINGAPORE	730
2	METASPORT	350
3	ELEVATE PERFORMANCE COACHING	300
4	B2TW (BORN2TRIWARRIORS)	210
5	WELLBRED	200

SCHOOL LEADERBOARD

DUATHLON
Champion

1	DULWICH COLLEGE SINGAPORE	260
2	BRIGHTON COLLEGE SINGAPORE	140
3	INTERNATIONAL FRENCH SCHOOL	130
4	UWCSEA EAST	100
5	TANGLIN TRUST SCHOOL	90

IMPORTANT:

The deadline to submit your Club or School name is **23 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
- Gun start (instead of rolling start)
- Race head-to-head against the best

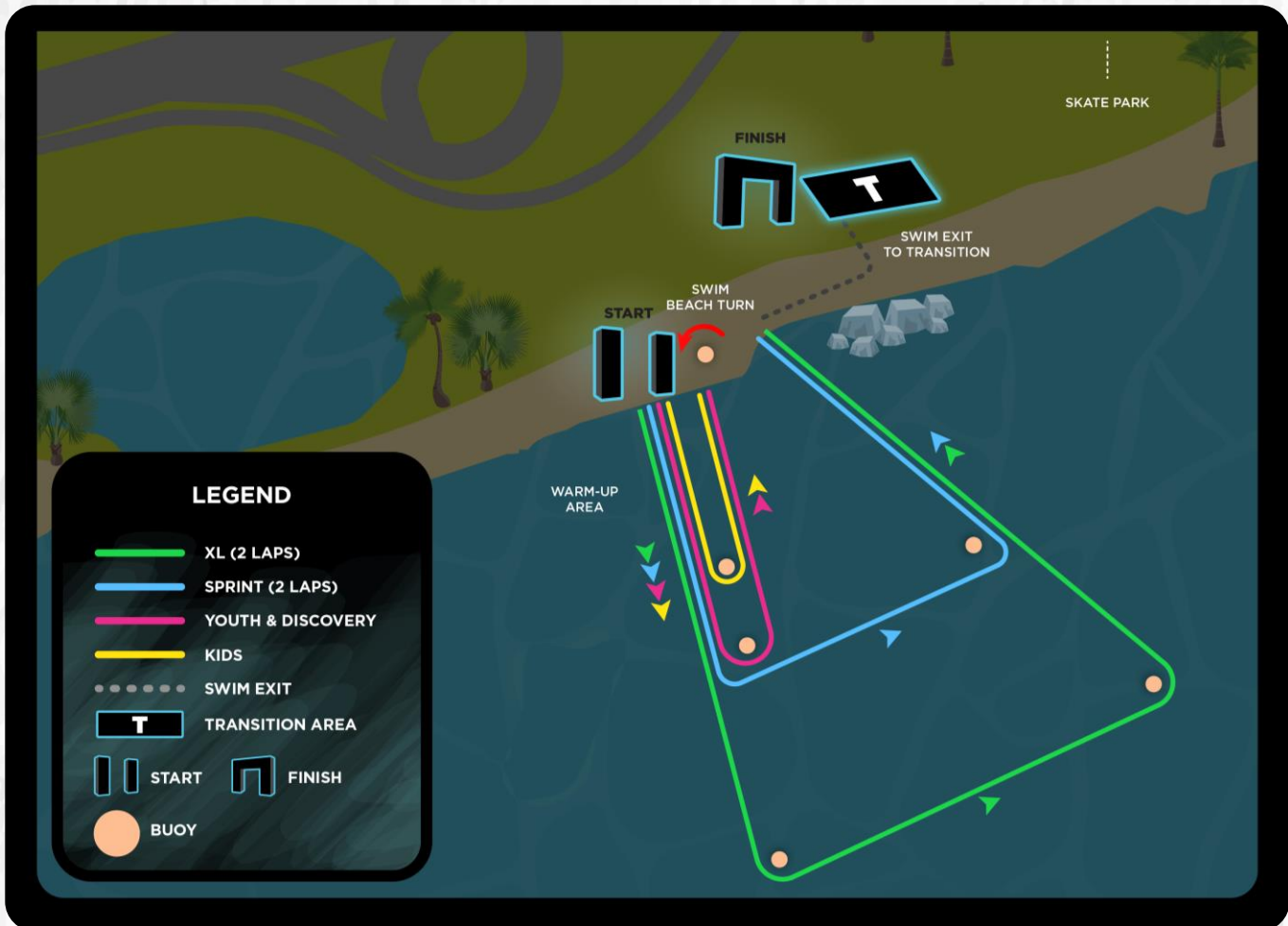


WHO QUALIFIES FOR THE ELITE WAVE?

- The top-20 overall men and women from the MetaSprint Series 2026 XL and Sprint Aquathlon and Duathlon, plus 2025 MetaSprint XL & Sprint 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 **23 March 2026** with proof of a top-10 ranking in a race of similar distance and prestige.



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



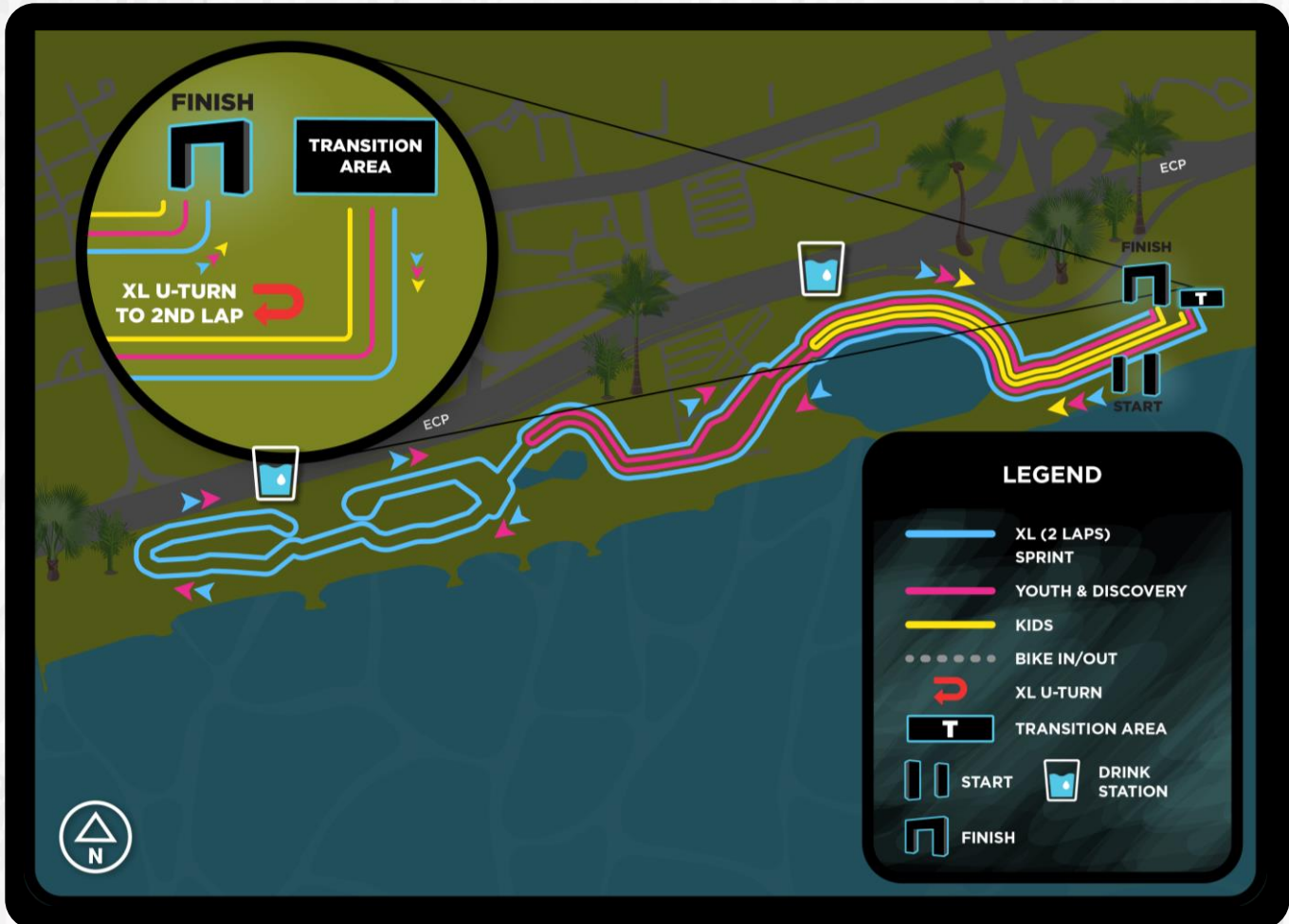
IMPORTANT BIKE RULES:

- 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.





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.
- Water is available at both of the drink stations (every 2km).
- Electrolyte drinks are available at the far drink station ONLY for XL and Sprint race only.
- Alert a marshal if you see an athlete in difficulty.

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.
- Shoes must be worn.



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 come 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 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 Triathlon briefing at **10:15am** and **10:30am**.

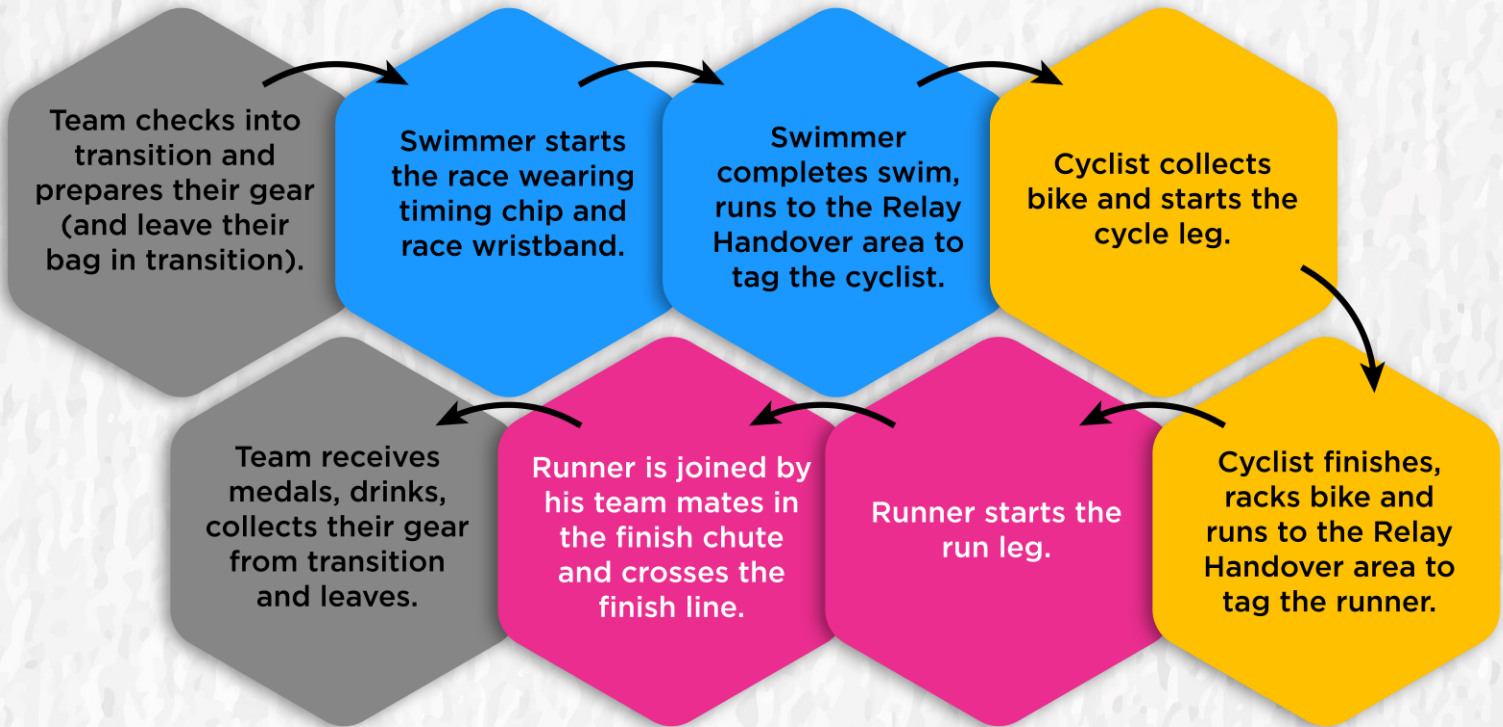
Meet our Relationship Manager, **Raphael** beside the **Information Booth** (see page 6), where he will share last-minute tips to help every child feel confident and ready for their race.

Each briefing will begin promptly; please ensure you arrive on time!





TEAM RELAY



TEAM RELAY KIT – WHO WEAR WHAT?

SWIMMER	CYCLIST	RUNNER
Swim cap Race wristband Timing chip	Race wristband Bike flag Helmet sticker Second timing chip	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 the bike mount line, 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 must wear a helmet and stick the helmet sticker (provided in race kit) on the front of the helmet.
3. Scooters used must have the scooter sticker (provided in race kit).
4. Kids must 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.
7. A parent must collect their child from the finish line. Marshals will be there to monitor the safe return of kids to their parents.



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!



Coastline Leisure

Please note that the office will be closed over race weekend. However, the retail shop will be open on Sunday morning for participants collecting their bikes. If you require assistance, you may contact the shop directly at 6443 3489. The shop operates 24 hours. To avoid disappointment, we strongly recommend reserving your bike in advance.

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



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.





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 "TRI20".



SUNSCREEN

Get one piece of Perfect UV Sunscreen Milk 12ml from ANESSA at the race kit collection counter. This high-performance sunscreen offers SPF50+ PA++++ protection and features Double Protective Veil Technology, which strengthens the UV protection film upon contact with water, sweat, heat, and humidity. It also automatically smooths out creases to maintain even, reliable coverage throughout activity.



RUN COURSE DRINK STATIONS

Hydrate with PURE electrolytes at the drink stations



HYDRATE POST-RACE

Rehydrate with Saltify electrolytes at the Finish Line.



REFUEL WITH PROTEIN SMOOTHIE

Grab a free bottle of Rokeby Protein Smoothie at the Finish Line to aid your recovery after the race. One bottle per participant. (Youth and Kid participants below 16 years old will be offered the smoothie in a cup.)



POST-RACE MASSAGE

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





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



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