

# METASPRINT SERIES SINGAPORE



## DUATHLON PARTICIPANT'S GUIDE

F1 Village  
19 February 2023

A FUN way to be a TRIATHLETE



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## EVENT SCHEDULE

Sunday, 19 March 2023

Start	Wave	Race	Category	Race No.	RKC
5:15	Event Open				
<b>SPRINT DISTANCE - 3km Run, 18km Bike, 3km Run</b>					
6:00	1.a	Sprint	Elite Women	50-75	5:00
6:08	1.b	Sprint	Elite Men	76-100	5:08
6:15	2	Sprint	Women 35-39	101-164	5:15
6:20	3	Sprint	Women 16-19, 20-24, 25-29, 30-34	165-206	5:20
6:25	4	Sprint	Women 45-49, 50-54, 55-59, 60+	207-253	5:25
6:30	5	Sprint	Women 40-44	254-294	5:30
6:35	6	Sprint	Men 55-59, 60+	295-360	5:35
6:40	7	Sprint	Men 50-54	361-421	5:40
6:45	8	Sprint	Men 45-49	422-482	5:45
6:50	9	Sprint	Men 45-49 (2)	483-536	5:50
6:55	10	Sprint	Men 40-44	537-605	5:55
7:00	11	Sprint	Men 40-44 (2)	606-659	6:00
7:05	12	Sprint	Men 35-39	660-735	6:05
7:10	13	Sprint	Men 35-39 (2)	736-798	6:10
7:15	14	Sprint	Men 30-34	799-867	6:15
7:20	15	Sprint	Men 16-19, 20-24, 25-29	868-930	6:20
7:25	16	Sprint	Teams	1-40	6:25
<b>YOUTH &amp; DISCOVERY DISTANCE - 1.5km Run, 12km Bike, 1.5km Run</b>					
8:00	17	Youth	Boys (12-13, 14-15)	931-1000	7:00
8:05	18	Youth	Girls (12-13, 14-15)	1001-1050	7:05
8:15	19	Discovery	Men (16-39, 40+)	1051-1125	7:15
8:20	20	Discovery	Women (16-39, 40+)	1126-1200	7:20
<b>KIDS DISTANCE - 500m Run, 6km Bike, 500m Run</b>					
8:45	21	Kids	Boys (10-11)	1201-1248	7:45
8:50	22	Kids	Girls (10-11)	1249-1276	7:50
8:55	23	Kids	Boys (8-9)	1277-1324	7:55
9:00	24	Kids	Girls (8-9)	1325-1345	8:00
<b>KIDS SUPER SCOOT (500m Scoot)</b>					
9:45	25	Kids	Boys & Girls	1346-1385	8:45

## RUN-BIKE-RUN

Race	Run		Bike		Run	
	Distance	Laps	Distance	Laps	Distance	Laps
Sprint*	3km	1	18km	3	3km	1
Sprint Relay	3km	1	18km	3	3km	1
Discovery	1.5km	1	12km	2	1.5km	1
Youth (12-15 yrs)	1.5km	1	12km	2	1.5km	1
Kids (8-11 yrs)	700m	1	6km	1	700m	1
Super Scoot (4-7 yrs)			500m	1		

## CATEGORIES

Sprint	
Men	Women
16 – 19	16 – 19
20 – 24	20 – 24
25 – 29	25 – 29
30 – 34	30 – 34
35 – 39	35 – 39
40 – 44	40 – 44
45 – 49	45 – 49
50 – 54	50 – 54
55 – 59	55 – 59
60 – 64	60 – 64
65 – 69	65 – 69
70+	70+
Sprint team relay (Men, Women, Mixed)	

Discovery	
Men	Women
16 – 39	16 – 39
40+	40+

Youth	
Boys	Girls
12 – 13	12 – 13
14 – 15	14 – 15

Kids	
Boys	Girls
8 – 9	8 – 9
10 – 11	10 – 11

Kids Superscoot	
Boys	Girls
4 – 8	4 – 8

**\*Age on 31 December 2023**

### Category rules

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

**\*Non-competitive**



## GETTING TO THE RACE VENUE

The event venue is at the F1 Village (20 Republic Avenue, Singapore 038970)



### **By CAR**

- Nearest parking available is at Millennial Walk, Raffles Blvd
- Remember to take into account time needed to walk to the venue from the carpark



### **By PUBLIC BUSES**

- Take NR2, NR5, NR7, NR8, 1N, 2N, 3N, 4N, 5N, 6N, 56, 75, 77, 97, 171, 195, 960 to Raffles Boulevard Bus Terminal. Check the bus schedule before considering taking the bus.



### **By TAXI**

- Alight at bus stop on Raffles Avenue or Boulevard – walk 500m north of F1 pit to the venue



### **By MRT**

Nicoll Hwy MRT Station (Circle Line).

Note:

- First train departs at about 0545 – 0612 hrs only.
- 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 BICYCLE**

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



### **ARRIVAL TIME!**

You will be able to collect your race kit and enter transition **1 hour before your wave start time.**



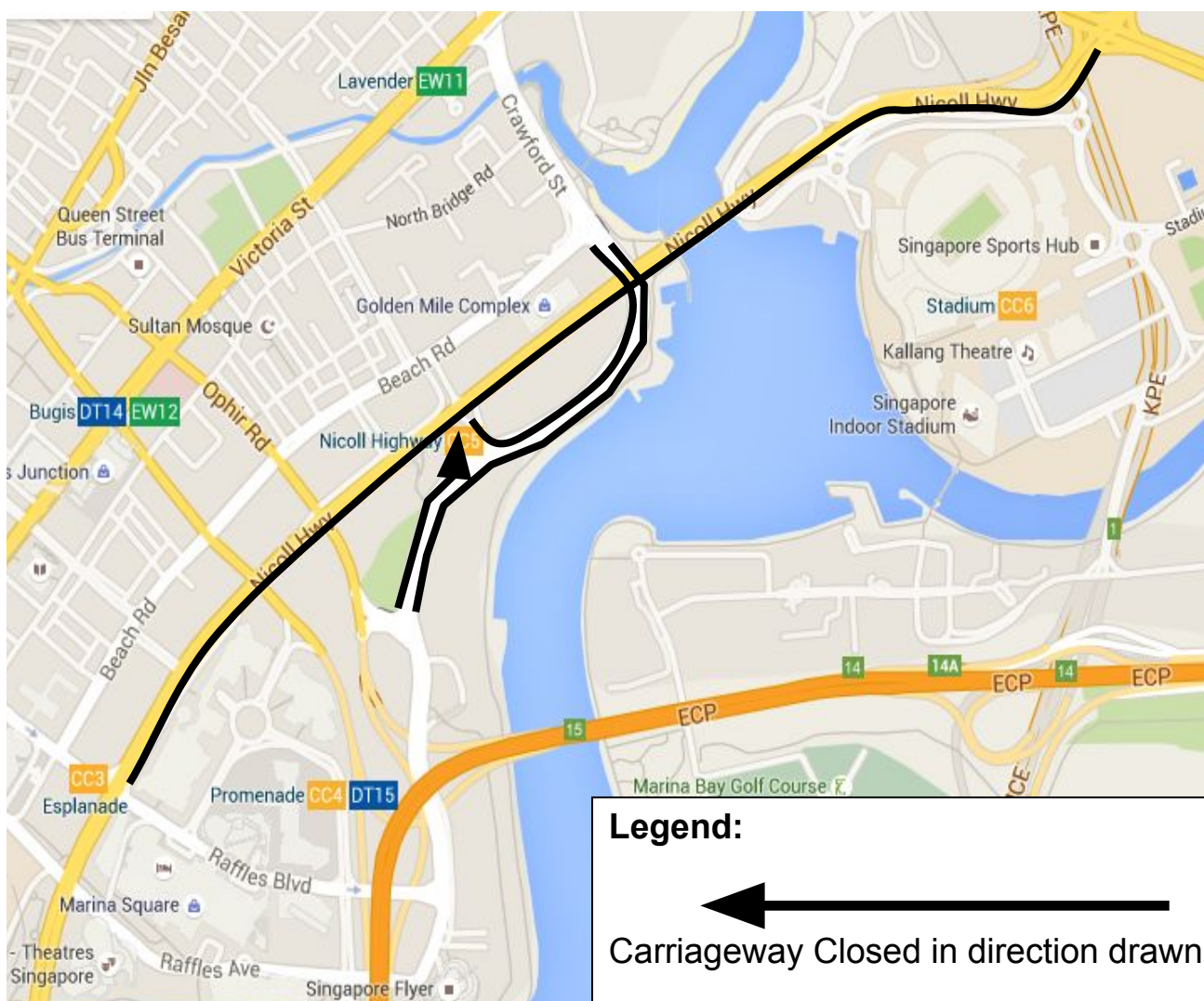


## ROAD CLOSURE NOTICE SUNDAY 19 FEBRUARY 2023

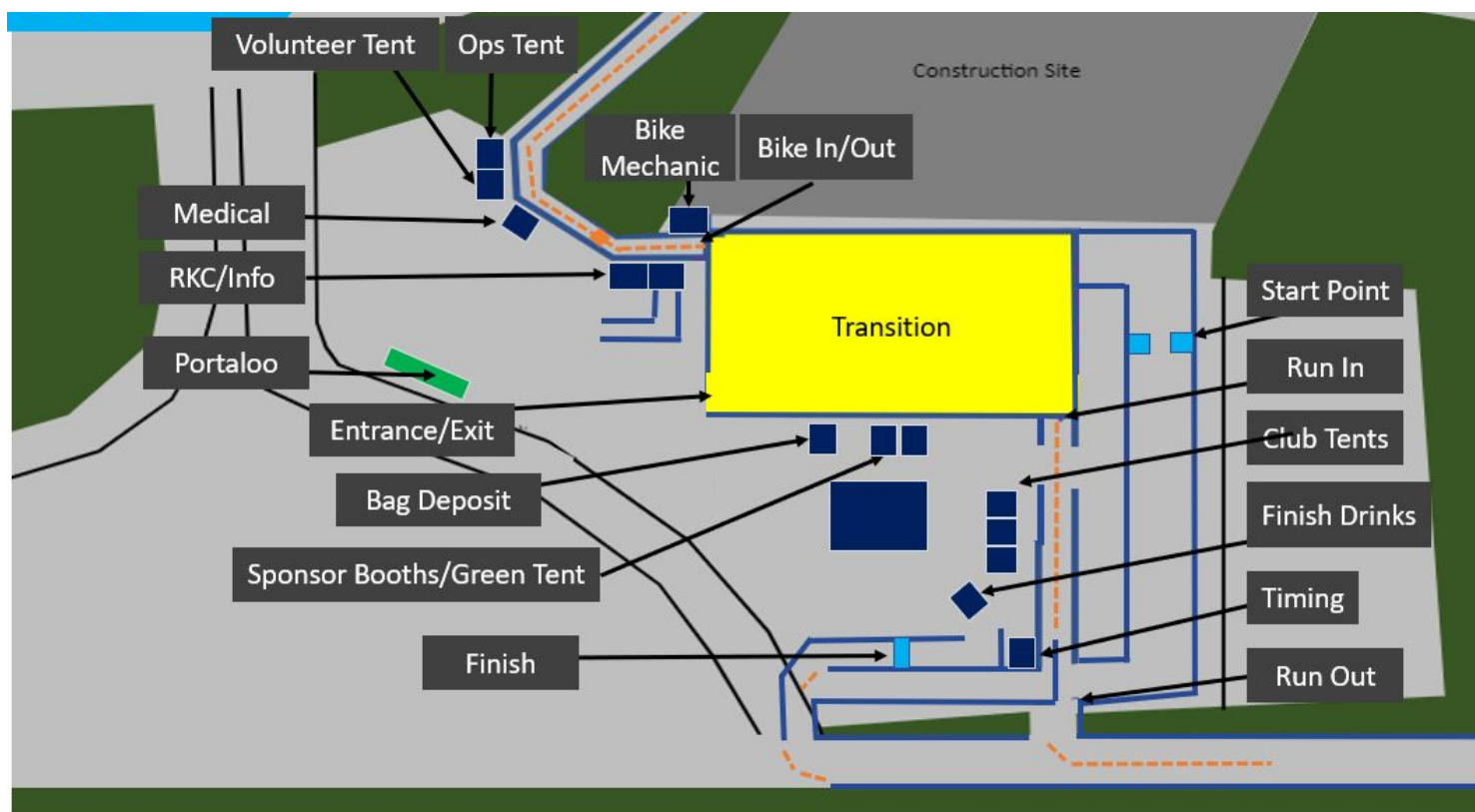
The following road closures will be in force for the MetaSprint Duathlon at the F1 Village:

**Event Name:** MetaSprint Duathlon  
**Event Date:** Sunday 19 February 2023  
**Timing:** from 03:30 to 10:30\*

*\*Nicoll Hwy road closure till 10:00 only*



## METASPRINT DUATHLON VENUE MAP F1 Village



## WHAT TO WEAR?

### Bike



### Run



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

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

Recommended	Optional
<ul style="list-style-type: none"> <li>• Drink bottle (on the bike)</li> <li>• Running hat or visor</li> <li>• Sunglasses</li> </ul>	<ul style="list-style-type: none"> <li>• Race belt (to pin your race number on)</li> <li>• Socks</li> <li>• Small towel</li> </ul>

## WHERE TO BUY?

### Apparel

- **Key Power Sports** [keypowersports.sg](http://keypowersports.sg)

With three stores in Singapore, and an online store, they have a large range of Pressio run apparel, SKINS, Brooks, Pearl Izumi, Newton, Zoot, Compressport, Profile Design triathlon and cycling apparel.

**Key  
Power  
Sports**

### Nutrition

- **PURE Nutrition** <https://simplyactive.com.sg/>

A New Zealand brand that uses only natural ingredients with no added colours or preservatives, and it tastes great! Check out their range of products in their online shop.

**PURE**  
SPORTS NUTRITION





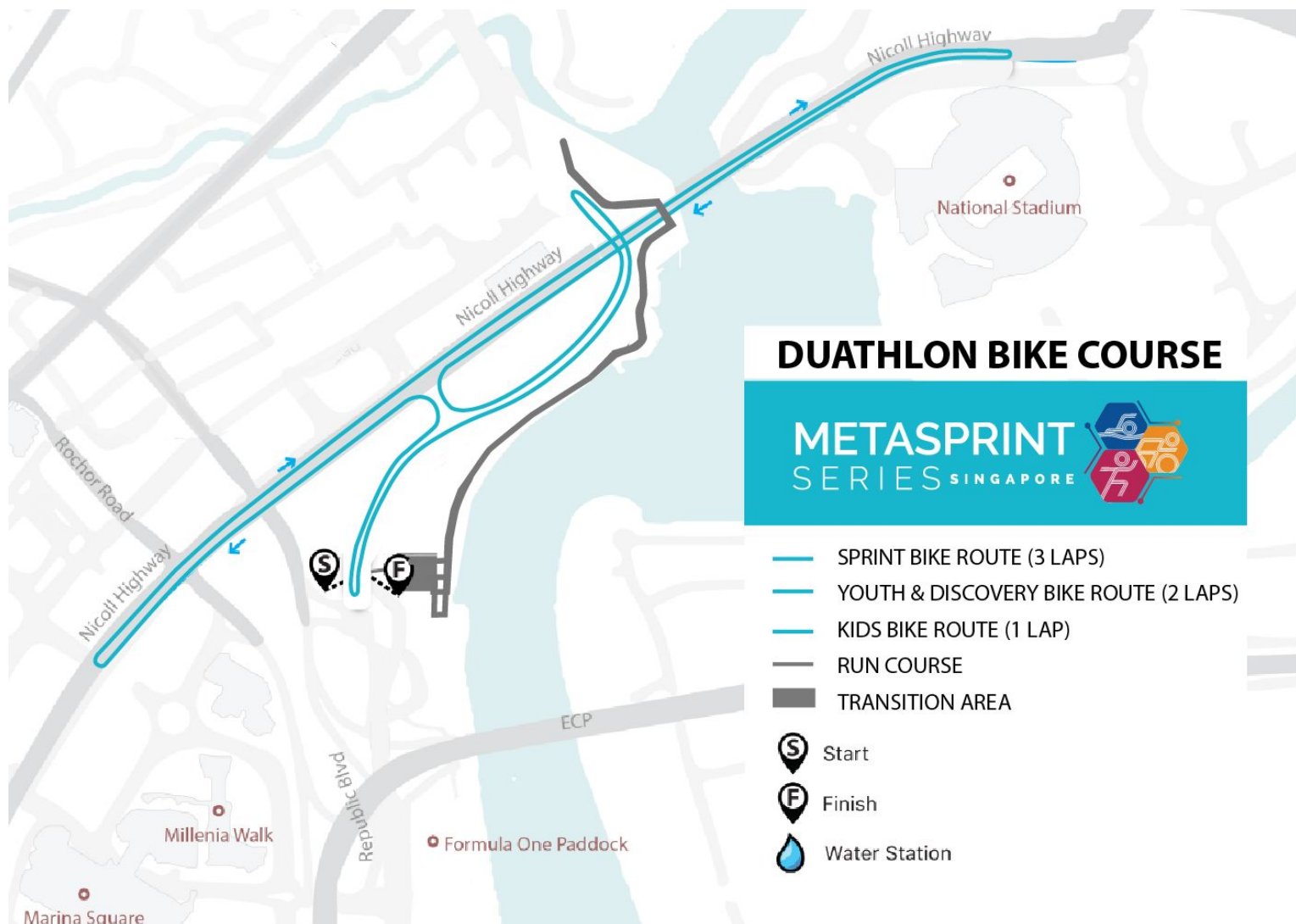
- Keep left on the course at all times!
- Note that the roads are not closed from pedestrian traffic. Be considerate to pedestrians and other members of the public.
- Pere Ocean Mineral Water and PURE Electrolyte drink are available at the drink stations on the run course.
- Alert a marshal if you see an athlete in difficulty.

**PURE**  
SPORTS NUTRITION



## IMPORTANT RUN RULES:

- Runners must wear their race number, clearly visible at the front of their race apparel at all times.
- Outside support, bare torsos, and wearing of headphones are not allowed.
- Runners must run on designated paths for the entire route.



## IMPORTANT BIKE RULES:

- **Helmets must be secured on the cyclist's head** from the moment an they remove their bicycle from the rack to start the cycle leg, until the moment they place it back at their allocated bicycle rack.
- **Cyclists must wear their race bib** visibly on the back of their apparel at all times
- Outside support, bare torsos and the wearing of headphones are not allowed.
- **Drafting is not allowed!**
- If caught, cyclists will receive a 'stop-and-go' penalty which means coming to a full stop with both feet on the ground before being allowed to continue.
- You are considered drafting when you are within 5 metres (= 3 bike lengths) of another participant's rear wheel or riding next to someone within 2 metres. You are allowed 15 seconds in someone's draft zone to overtake. Once overtaken, you must drop back immediately, out of the draft zone.

## CHAMPION OF CHAMPIONS - EQUALIZER

The men and women starting in the elite waves vie for the “Champion of Champions” title at each of the MetaSprint Series races.

Based on the fastest women’s and men’s results of the past three years, the women’s elite wave gets a head start on the men. The first man or woman across the finish line will be the Champion of Champions.

The handicap for the men is: **8 min 01 sec**



## WHO QUALIFIES FOR THE ELITE WAVE?

1. The Top 20 athletes from the Overall MetaSprint Series Championship 2022, MetaSprint Duathlon 2022 and MetaSprint Triathlon 2022
2. Wild Card Entries\*

Athletes selected for the elite wave will start and compete in the first wave with athletes of similar ability regardless of age group, but will still be ranked in 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 **Friday 3 February**. A limited number of wild card entries are available for the elite wave.



## WHAT'S IN YOUR RACE KIT?



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



Race bib to wear on the rear of your apparel on the bike



Timing chip to strap around your left ankle



Sticker to wrap around your seat-post



Sticker to paste on the front of your helmet

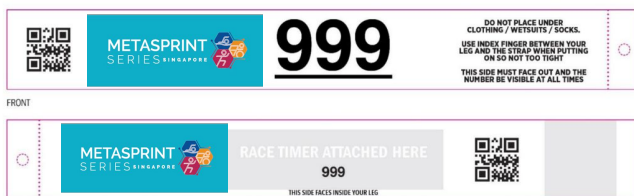


Athlete bracelet to wrap around your wrist



### Race Kit Contents

- 1 x Zip Lock Bag
- 1 x Race bib
- 1 x Wristband
- 1 x Timing Chip
- 4 x Safety Pins
- 1 x Bag Deposit tag
- 1 x Parent tag (for Kids 8-9 years only)



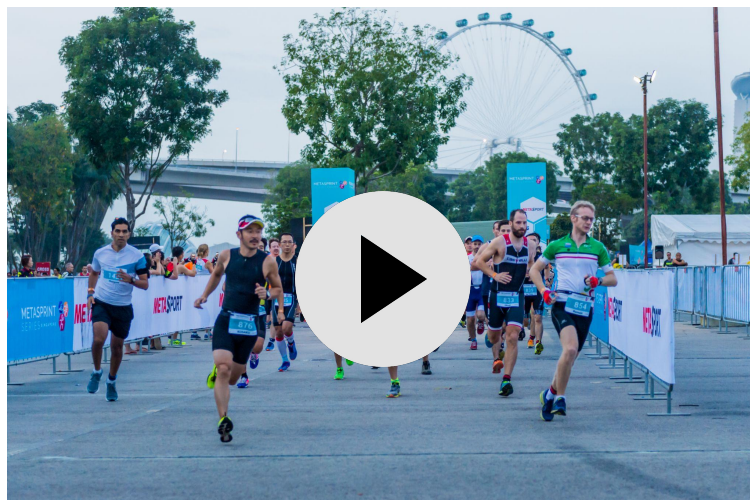
What the Disposable Strap looks like



- Timing chip must be strapped around your **LEFT** ankle
- Parents of 8 and 9-year-olds may use the red 'parent' bracelet in the race kit to gain access to transition and help with transition setup. However, during the race they must leave transition.

## STEPS TO GET READY FOR THE RACE

Watch the [Race Briefing Video](#)! Click play to ensure that you understand the race flow!





FRONT



BACK

What the Disposable Strap looks like

## Follow these instructions for optimal performance:

1. Ensure that you have been given the correct timing chip at registration
2. Practice putting the band around your **LEFT ankle** to get a feel for where you will apply the adhesive strip
3. The band needs to be 'comfortably loose' around your ankle so that the chip will have 'air' around it
4. Remove the adhesive backing from the back of the band in order to secure the strap onto itself
5. Run the strap around your finger when finally attaching the strap, then remove your finger. This is how you ensure the strap is not tight on your ankle
6. The Race Number should be facing outwards on your LEFT ankle as that is where the chip is located. The front of your ankle should show the logo
7. IT IS A SINGLE USE band. The Event may not have a replacement if you damage the band or chip. The chip SHOULD NOT be placed under the wetsuit or sock - it needs to always be seen to be read accurately



## CYCLING ETIQUETTE

The bike course is closed from traffic. However, please observe the following riding etiquette to ensure you have a safe ride:

- Be considerate and respectful to your fellow cyclist
- Do not swerve or make sudden movements
- Stay left at all times, unless overtaking
- Never overtake someone on the inside (left side)
- Look over your shoulder before you move over
- Call "on your right!" to alert the cyclist ahead of you that you are trying to pass them

## WEAR YOUR HELMET SECURELY FASTENED!

Regrettably bike crashes do happen. Take responsibility for your own safety and make sure you have a proper bike helmet that fits your head snugly. It must be securely fastened before removing your bike from the bike rack.



## BIKE MECHANICS

Ensure that your bike is in good working condition. Our friendly team of bike mechanics from Bike School Asia will be at the race venue for any last minute mechanical issues and last minute purchases. Small repairs and tuning are provided free of charge.

Or visit them before your race to service your bike so you can focus on your race on race day. They offer a full suite of services for all your cycling needs.



## CLUB CHALLENGE

Does your club have what it takes to beat all others? Sign up all your members now - each participant scores points for their club as per the table below. The club with the highest points at the end of the series will be crowned the Club Champion.

### IMPORTANT:

Enter your Club name when you register for the race - or you can add it until **10 February**. Updates may only be requested by the participant in person, and not by a teammate.

## INTER-SCHOOL CHALLENGE

The Inter-School Challenge is a fun-packed competition for Primary and Secondary Schools. Singapore's best young athletes will challenge for the honour of their school being crowned the 2023 School Challenge Champion.

The overall series School Challenge Champion will be awarded at the conclusion of the MetaSprint Triathlon. Will it be your school who takes home the trophy?



### POINTS RANKING

Rank	Points
1	50
2	30
3	20
Finisher	10



## TRANSITION

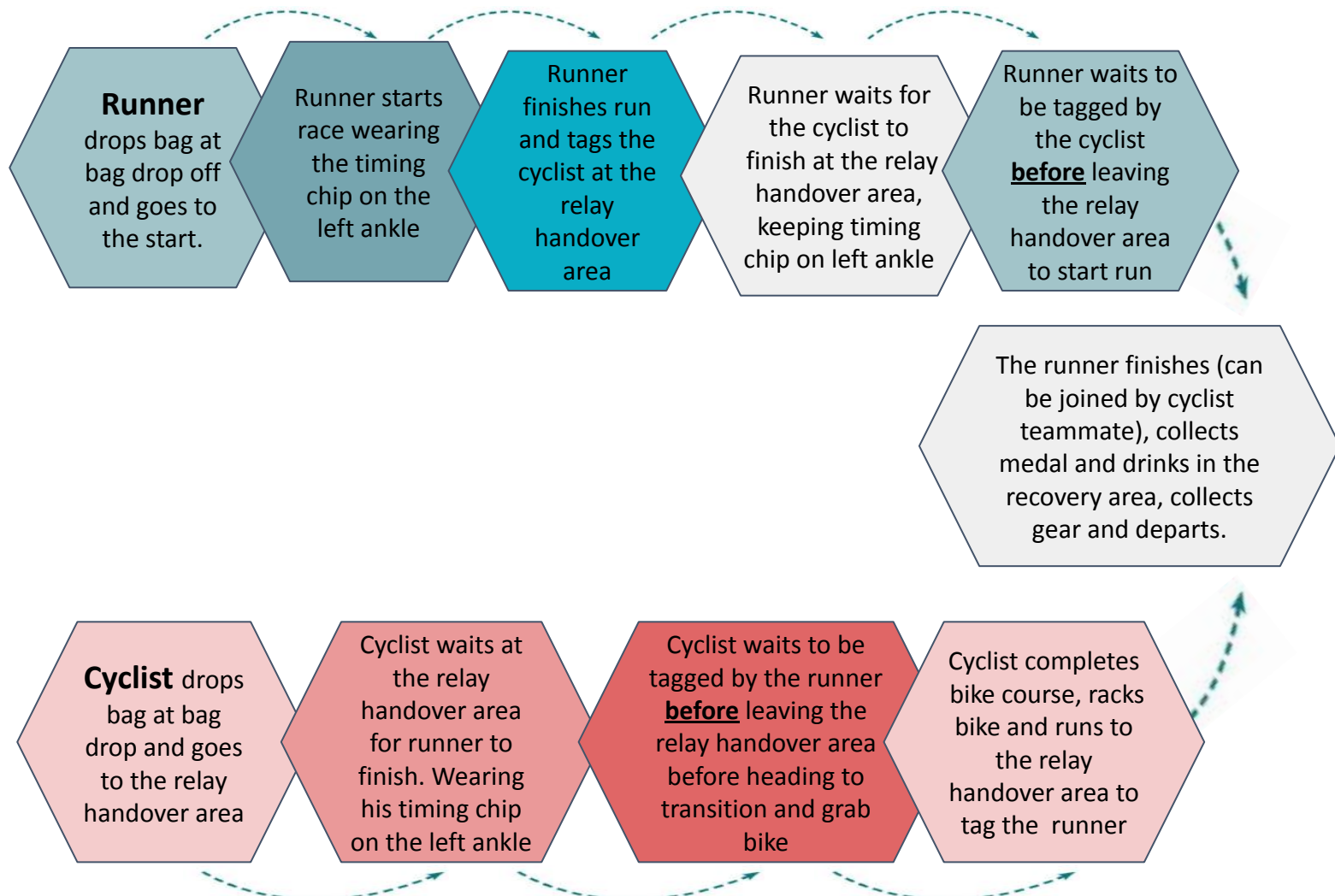
Only participants wearing their numbered security bracelet are allowed in transition.

1. Look for your allocated spot (bib number)
2. Prepare the gear that you will need for your run
3. You may leave your street gear bag in transition or alternatively there is a bag deposit service available.

### Parents of 8 & 9 year old children

Parents of 8 and 9 year-old children will find an extra bracelet in the race kit that gives them access to transition before the Kids race to help their child set up transition. We do not allow any parents in transition during their child's race.

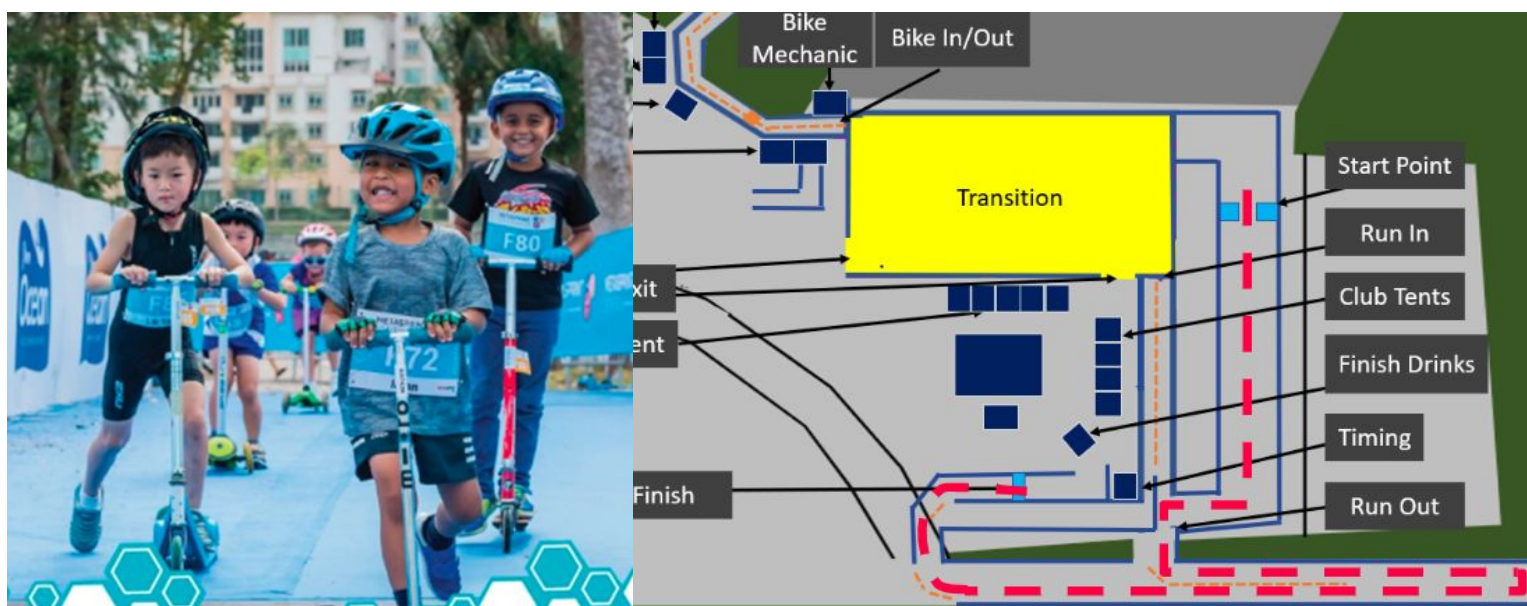
## HOW DOES A TEAM RELAY WORK?





## INFORMATION & MAP

Our little champ's will have a blast in the Kids Super Scoot! Starting between the start pillars, they will complete two laps of the top end of the course before making their way to finish under the finish arch (just like Mum and Dad) and claim their well deserved medal!



### Notes:

Kids are required to wear a helmet - place the helmet sticker (provided in race kit) on the front of the helmet

Scooters are required to have the scooter sticker (provided in race kit) on the stem

Kids are required to wear number bib on the front of their top.

A finisher medal will be presented at finish line.

Parents/guardians are not permitted to follow/assist their children. There will be plenty of room to watch all the action.

## BIKE RENTAL

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

The City Scoot @ Esplanade outlet will be open from 5am on race day for bike rentals. It's only 1km from the race start and all rentals include a free helmet and front/rear lights for pre sunrise pick up.

[Book here](#)

## DROP & SWAP YOUR PRE-LOVED SPORTS GEAR

Do you have any pre-loved sports gear that you no longer use?

Bring your gear on race day, donate at our recycling booth, and check out the other items - you may find gold for yourself!

Suitable items are triathlon or running clothing, running or cycling shoes, goggles or cycling helmets. No large or bulky items accepted. All items that remain at the end of the day will be donated to charity.

Join us in this green action, and sign up to our challenge on the AWorld app. This initiative is part of MetaSport's collaboration with ActNow - the United Nations sustainability app.



## VOLUNTEER WITH US

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

If you can't take part in the upcoming Duathlon on Sunday 19th February, or Triathlon on Sunday 5th March, you can still join in the race day fun! The next best thing to do is to join us behind the scenes and assist the athletes on course.

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



## HYDRATE

Rehydrate with PURE electrolytes and UFC Refresh coconut water at the finish area.



## PRIZES

### Trophies:

- The Top-3 winners overall (Male and Female)
- The Top-3 winners of each age category (Individual)
- The first place winner for Relay teams

## LIVE RESULTS

Results are available as soon as you cross the line – super cool! Head to [www.metasprintseries.com](http://www.metasprintseries.com)



## PHOTOS

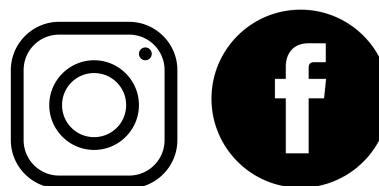
FINISHERPIX photographers will be at the race, snapping your action shot for a lifetime of memories. Your shots will be emailed straight to your inbox post-race!

[Pre-purchase](#) your photo package and save!  
**Aquathlon Package \$29.99, 3-in-1 Package \$69.99**



## JOIN THE COMMUNITY!

Follow us and share your experience!  
Don't forget to use the official Hashtag  
**#metasprintseries #funwaytotri** on your posts!



## CONTACT US



## MEDICAL EMERGENCIES

Alert the first marshal you can find, if you see an athlete in difficulty on the course. All our marshals and event staff have a medical emergency number with them.

## MEDICAL SAFETY

### Illness

Do NOT race if:

- you have had a fever with muscle aches in the week before the event.
- you have had a viral infection (such as the flu), food poisoning or diarrhoea within the last 7-10 days before the event, and have not fully recovered.

If you believe you have fully recovered and are fit enough to take part, please do start out cautiously, lower the intensity of your physical exertion, and stay well hydrated, as these illnesses may result in dehydration, salt imbalance, or disturbances to your heart function.

### Heat Injuries

Exercise in Singapore's high heat and humidity places you at risk of developing a heat injury that could potentially be fatal. The best way to avoid such injuries is to:

- ensure good physical conditioning prior to this race
- participate within your fitness limits
- hydrate properly before, during and after the race. This should be a combination of water and electrolytes



### Symptoms

If you experience any of the following symptoms during the event, please reduce your physical effort. And if you do not feel better, stop and seek medical attention.

- Undue shortness of breath
- Dizziness, giddiness, light-headedness
- Chest pain
- Undue tiredness, nausea
- Disorientation, confusion

### Medical conditions

If you have a medical condition, please check with your doctor first whether it is safe for you to take part in this kind of event.

### Medication

You may leave medication such as auto-injectors and inhalers (related to your medical condition or allergies) with the medical team, so that it is on standby at the medical tent if needed. Place it in a Ziploc bag with your name & race number and give it to the medical team on race morning.

## PAR-Q AND YOU

Please answer below PAR-Q questions and consult your doctor if you answer YES to any of them:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?



## EVENT ORGANISER



GREEN INITIATIVE



SANCTIONED BY



IN SUPPORT OF  
SPORT PROMOTION



PARTNER IN SPORT



OFFICIAL PARTNER



OFFICIAL EVENT T-SHIRT PARTNER



OFFICIAL PARTNER



OFFICIAL PARTNER



OFFICIAL PARTNER



OFFICIAL CHARITY PARTNER



OFFICIAL PARTNER



OFFICIAL  
VENUE PARTNER



OFFICIAL PARTNER



OFFICIAL BIKE  
MECHANIC



OFFICIAL RUNNING  
MAGAZINE



OFFICIAL PHOTOGRAPHER

