



2019

# *Participant Handbook*

Everyure  
Global

# MESSAGE FROM RACE DIRECTOR

Welcome Back to SINGAPORE, #113family !

It's been an honor for us to host you for the 6th straight year.

I want to personally thank you for participating in our 113 Events. We are excited to give you one of the best race experiences in the nation! We are “triathletes junkies” and enjoy putting on an event that we know triathletes will love.

As we get closer to the race, we will send out updates so you are clear about what to expect on race weekend. Please stay tuned to the website, social media, and your email to receive these updates.

We are #113FAMILY. Always Believe.

Cheers,

A handwritten signature in black ink, appearing to read 'Andy Foo', with a stylized flourish at the end.

Andy Foo  
Eventure Global

# GENERAL INFORMATION

**Race:**

113 Aquathlon Singapore 2019

- **Date:**  
20th October 2019
- **Venue:**  
Casuarina Grove East Coast Park
- **Time:**  
6am – 12.30pm

**Age Groups**

- Kids (6 & Under)
- Kids (7-8)
- Kids (9-10)
- Kids (11-12)
- Kids Youth (13-15)
- Youth Junior (16-29)
- Open (30-39)
- Open (40-49)
- Veteran (50-59)
- Senior (60 & above)

**\*\*Year of Birth as of Dec 2019**

**Race Categories****INDIVIDUAL**

Race type	Distance	Gender	Age Group
Ultra	2.25km swim / 21km run	Men / Women	Age 18 & above
Standard	1.5km swim / 10.5km run	Men / Women	Age 18 & above
Sprint	750m swim / 5km run	Men / Women	Age 16 & above
Dash	300m swim / 2km run	Men / Women	Kids 9-10/ Kids 11-12/ Kids 13-15 Age 16 & above
Junior <b>**No Timingchip</b>	100m swim / 500m run	Men / Women	Kids 6&Under/ Kids 7-8/ Kids 9-10/ Kids 11-12

# GENERAL INFORMATION

## RELAY

Race type	Distance	Gender	Age Group
Ultra	2.25km swim / 21km run	Men / Women/ Mixed	Age 18 & above
Standard	1.5km swim / 10.5km run	Men / Women/ Mixed	Age 18 & above
Sprint	750m swim / 5km run	Men / Women/ Mixed	Age 16 & above
Dash	300m swim / 2km run	Men / Women/ Mixed	Kids 9-10/ Kids 11-12/ Kids 13-15 Age 16 & above
Super Sprint (Team of 4)  <b>**New Category</b>	100m swim / 500m run	Men / Women/ Mixed	Fast & Furious (12 & Under)  Speed Demons (13 & above)

# GENERAL INFORMATION

## Race Pack Collection

When: 13 Oct, 2019, Sunday

Time: 10:00am-6:00pm

Location: City Square Mall, Fountain Square

## Participants Entitlement

Limited Edition Finisher T-Shirt

One of a kind Finisher Medal

Limited edition 113 Aquathlon Singapore Swim Cap

Drawstring Bag

Online certificate (which you can print out)

Timing Chip (except Junior Category)

*\*Artwork may differ slightly from actual products*





## GENERAL INFORMATION

# TENTATIVE SCHEDULE

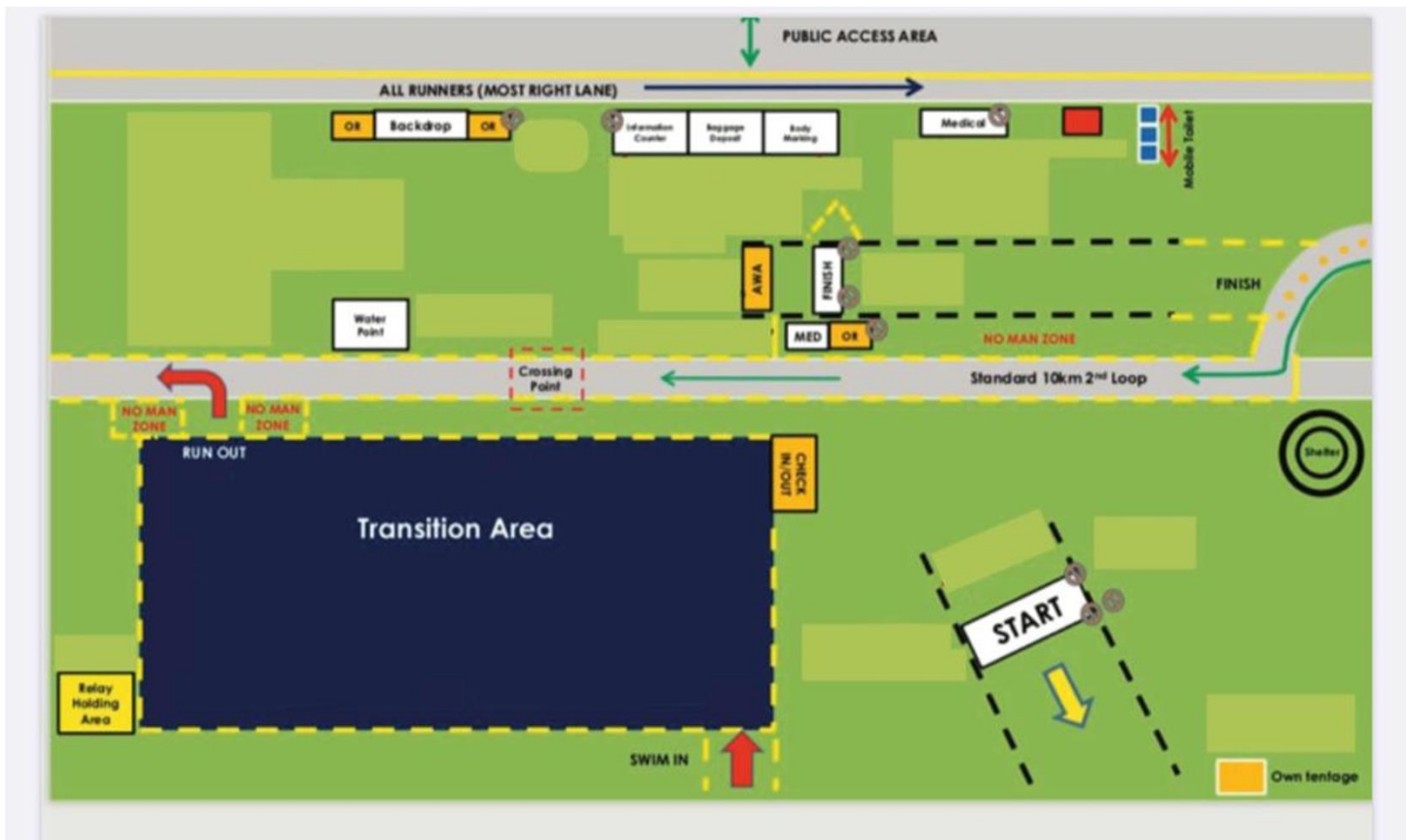
- 06:00am – Check-In
- 07:10am – Warm up Session
- 07:29am – Transition area closed
- 07:30am – Ultra (Males) flag off
- 07:33am – Ultra (Females & Relay) flag off
- 08:00am – Standard (Males) flag off
- 08:03am – Standard (Females & Relay) flag off
- 08:10am – Sprint (Males) flag off
- 08:13am – Sprint (Females & Relay) flag off
- 09:00am – Dash (All) flag off
- 09:20am – Junior (All) flag off
- 09:45am – Super Sprint flag off
- 10:30am – Yoga / Funrobic / Cool down Session
- 11:30am – Prize Presentation
- 12:30pm – Event Officially Ends

\*Schedule is subject to change.

# RACE ROUTES

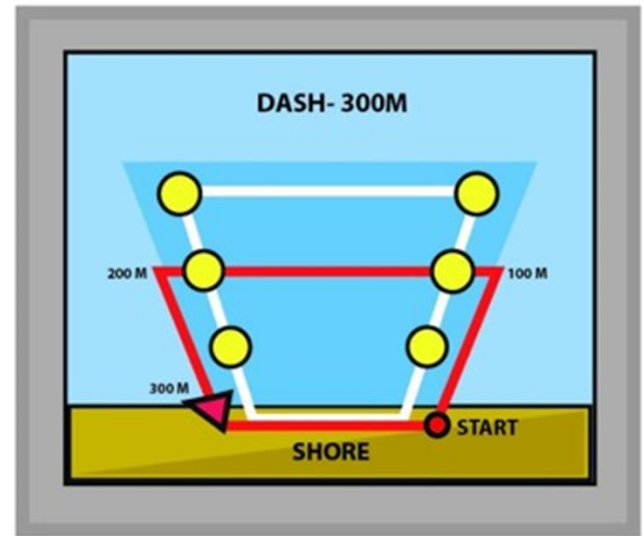
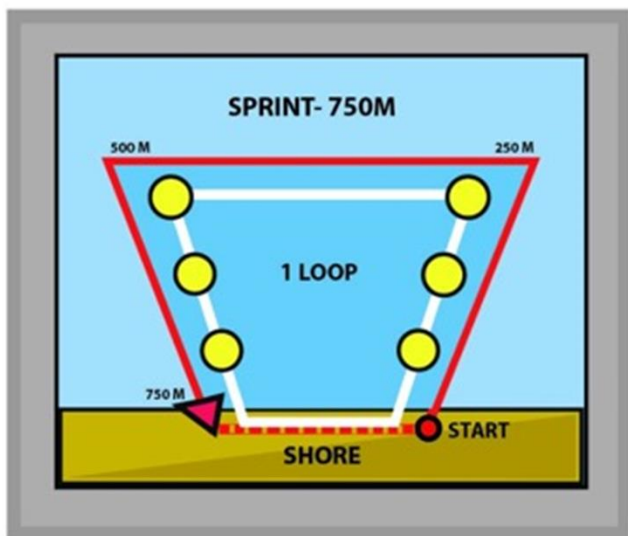
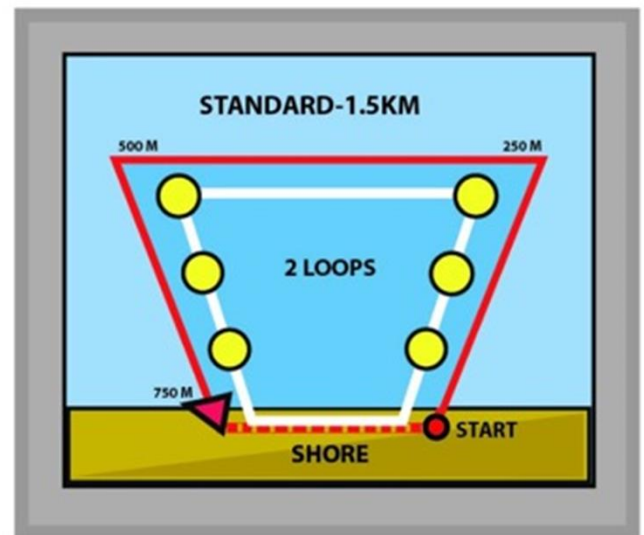
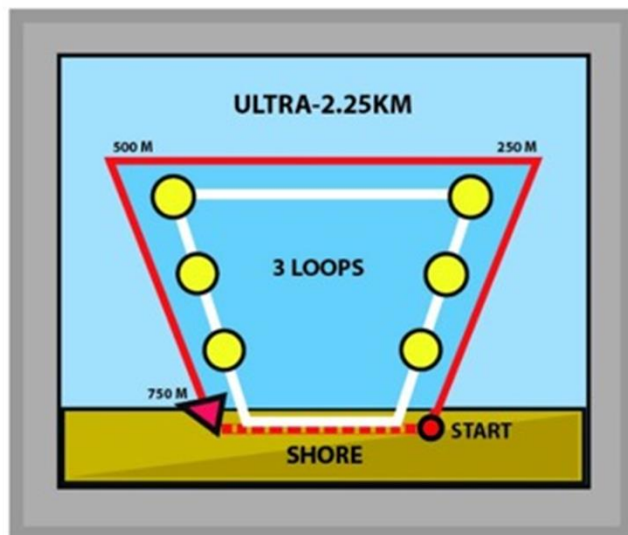


# SITE MAP

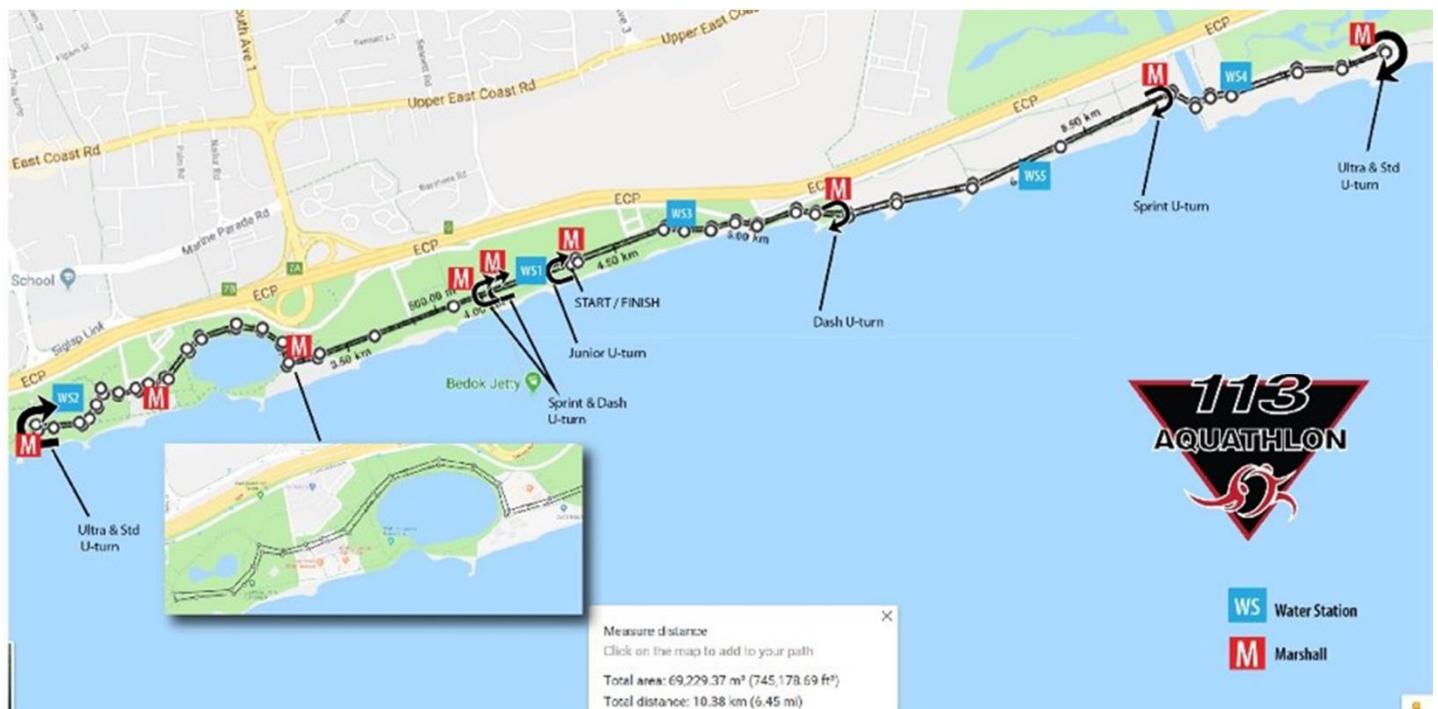




# RACE ROUTES



# RACE ROUTES



# RULES & REGULATIONS

## **General**

- The Organisers reserve the right to amend the Rules and Regulations without prior notification.
- Participants should be aware that that they are joining this event at their own risk and the Organisers shall not be liable for any bodily injuries, loss and/or damage to property while Organisers will ensure precautionary measures to be taken.
- The Organisers reserve the right to use any photographs, motion picture, recordings, or any other record of this race and its participants for any commercial advertising including legitimate purpose.
- The Organisers reserve the right to amend the race course without prior notice to participants.
- Should the inclement weather persist after delay, the Organisers reserve the right to change the race distance, race format or cancel the race without any refund of registration fees.
- The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.
- Participants must complete the PARQ health questionnaire before starting their race and seek advice from a medical professional if any of the questions is not answered positively.

# RULES & REGULATIONS

## Race Entry

- A \$100 payment applies for any loss or damage to the Timing Chip or Band
- The Organisers reserve the right to limit and/or refuse entries without assigning any reason thereof.
- Once the registration form has been duly processed, there will be no fee refund for those who fail to turn up for the race and/or withdraw from it.
- Individual race entries are non-transferable. Any person doing so will be held responsible in case of an accident arising from or provoked by the other person during the race. The Organisers reserve the right to exclude both parties from future events.
- Changes to team relay members are permitted until registration closing date. An admin fee of S\$15 applies per change of person.
- The Organisers will not be responsible for any disputes arising from incomplete/wrong entry details given by the participants.
- The race registration will only be confirmed when full payment of the race registration fee has been made.
- Entries after the registration closing date will not be entertained.
- The participant must ensure the provided race details are correct upon receipt of the Race Confirmation email and report any discrepancies within 48 hours of submission of the entry form to the Organisers. Any changes thereafter are subjected to an admin charge.
- Upgrade of a race entry is permitted until the registration closing date.
- Downgrade of race entry is permitted until registration closing date. There will be no refund of the fee difference.
- All participants must collect their Race Kit. Participants who fail to do so will not be allowed to race on Race Day

# RULES & REGULATIONS

## Race Entry

- Participants must return the Timing Chip & Band to the Organisers immediately after the race. A \$100 payment applies for any loss or damage to the Timing Chip .
- Participants in both the Individual and Relay category must ensure that their Timing Band is securely strapped to the left ankle before beginning on any leg of the race. The Organisers are not responsible for any inaccuracy in participant's race timings due to improper wearing of the Timing Band.
- Participants must read the Race Briefing prior to the race to familiarise themselves with the venue, course and rules of the Event. The Race Briefing will be available on the event website 10 days prior to the race.
- Participants who wish to protest against another competitor or notify a violation must do so in writing to the Organisers within 30 minutes of his/her finish time. A deposit of SGD\$50 must accompany the appropriate protest and will be refunded if the protest is successful.

## Transition Area

- Only participants with valid bibs / timing chips are permitted into this area
- Parents of kids (aged 12 and under) participant may enter this area only before their Race begins
- No person/s (unless participants) are permitted entry into Transition Area during Race duration
- Participants who wishes to collect their belonging may do so after the Race is over, unless permission is granted by the Organizer
- Participants are encouraged not to keep their personal belongings/valuables in this area; please use the baggage deposit counter, if available.
- Although the Organizer will take all the necessary precautions and safety measure to ensure participants enjoy a smooth transition, all participants are to ensure they rack their bikes (and transition equipment) within your designated area only
- Relay team members are required to be waiting at the designated "Relay Waiting Area" only, to perform the exchange



# RULES & REGULATIONS

## Swimming

- Swimsuits must be worn.
- All swimmers must wear the swim caps provided by the Organisers.
- Swim goggles may be worn.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wet suits are not allowed.
- Support crews are not allowed.
- No persons other than the participants and officials are permitted in the swimming area.
- Swimmers in difficulty shall signal to the escorting boats/canoes for assistance. Once assistance is rendered the competitor is disqualified from the competition.
- Will be closed 70 minutes after the start of the race. Participants that do not finish the swim within this time will not be allowed to continue the race.
- Warming-up for the swim must be conducted within the designated area.

## Running

- Runners must wear their race bib at the front of their attire or apparel at all times during the run.
- Running with bare torso is not allowed.
- Support vehicles or pacers are not allowed.
- Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
- Wearing headphones is not allowed at all times.

# EVENT PARTNERS



**CREATOR OF THE 113 TRIATHLON & AQUATHLON SERIES**

[www.113triathlon.com](http://www.113triathlon.com)

Facebook: 113 Triathlon Series / 113 Aquathlon

Instagram: 113\_eventureglobal

YouTube: Eventure Global



AGILITY PADDLES  
Strapless Paddles



TEMPO TRAINER PRO  
Underwater Metronome

**10% off all FINIS items!**

Enter promo code *FINIS\_113TRIATHLON*  
online at *axtrosports.com* or purchase at  
our retail store located at  
Peninsula Shopping Centre #02-22



GLIDE SNORKEL  
Technique & Training Sknorkel

### **A LITTLE TREAT FROM OUR SPONSOR:**

FINIS. 10% off for online shopping at <https://www.axtrosports.com>  
with event promo code : *FINIS\_113TRIATHLON*



113<sup>OD</sup> TRIATHLON

# MELAKA 2020



March, 29th '20  
Pantai Klebang  
Melaka  
06.00 am onward

## CATEGORIES

113 OLIMPIC DISTANCE / 113 SPRINT

113 MINI

/ 113 JUNIOR / 113 FUN RUN



113<sup>AQUATHLON</sup>

# MELAKA

ULTRA / STANDARD / SPRINT / DASH / JUNIOR



# 2020

19 January 2020

Pantai Klebang, Melaka

06.00AM

Follow us on

Instagram : 113\_eventureglobal

Facebook : 113 triathlon series

113 aquathlon



113<sup>TRIATHLON</sup>  
2KM 90KM 21KM  
DESARU  
2020



113 Triathlon

2km swim - 90km bike - 21km run

**Sprint**

750m swim - 20km bike - 5km run

**Mini**

300m swim - 10km bike - 2km run

**Junior**

100m swim - 2km bike - 500m run

25-26 July

