

SINGAPORE
T100

ATHLETES' GUIDE

T100 Triathlon
Triathlon Relay
T100 Corporate

SINGAPORE

14 APRIL 2024

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Please note this document includes important event information, and it is your responsibility to read this information prior to the race. Information is correct at time of publishing. Please check online for updates.

Welcome to T100 Singapore!

As members of the PTO Athlete Board, we're thrilled to welcome you to Singapore. Whether you're a seasoned athlete or a first-time participant, embrace every moment of the race and enjoy the thrill of competing in such a remarkable setting.

To those returning for the second time, welcome back! It's truly special to have you join us again for another exciting race. Sharing the same venue as the professional athletes adds an extra layer of excitement and camaraderie to the event.

Racing in such an iconic location as Singapore makes this experience even more memorable. The stunning cityscape, with its blend of modernity and tradition, creates a unique backdrop for our race.

Thank you again for joining and best of luck to each and every one of you.



Aaron Royle
PTO Athlete Board Member

Welcome to the Singapore T100. After a groundbreaking inaugural event in 2023, excitement is reaching new heights with the launch of T100 World Tour with World Championship titles at stake. Were you the first to swim in Marina Bay last year? This year, you'll be the first amateur athletes that can call themselves T100 finishers.

Besides being part of triathlon history, you can also look forward to an exhilarating race. Singapore's race venue is truly one of a kind, set smack in the middle of the city, surrounded by shining skyscrapers and iconic landmarks, and the course is equally as exciting.

Immerse yourself in the moment as you look at the stunning skyline with every breath, it's going to be something special. The city circuit for the bike phase is truly iconic. It's not all head down on your tri-bars - leave some energy in your legs for the Sheares Bridge ascents (3 each lap), and enjoy the views!

You'll be pleased to know that the run is completely flat though, and the smooth pavement will be heaven for your legs. The inspiring Marina Bay environment, frequent aid stations and lots of spectator support will surely spur you on.

I'd like to thank the Singapore authorities and all other partners who have made this race possible, and to the hundreds of volunteers who will support you on your race.

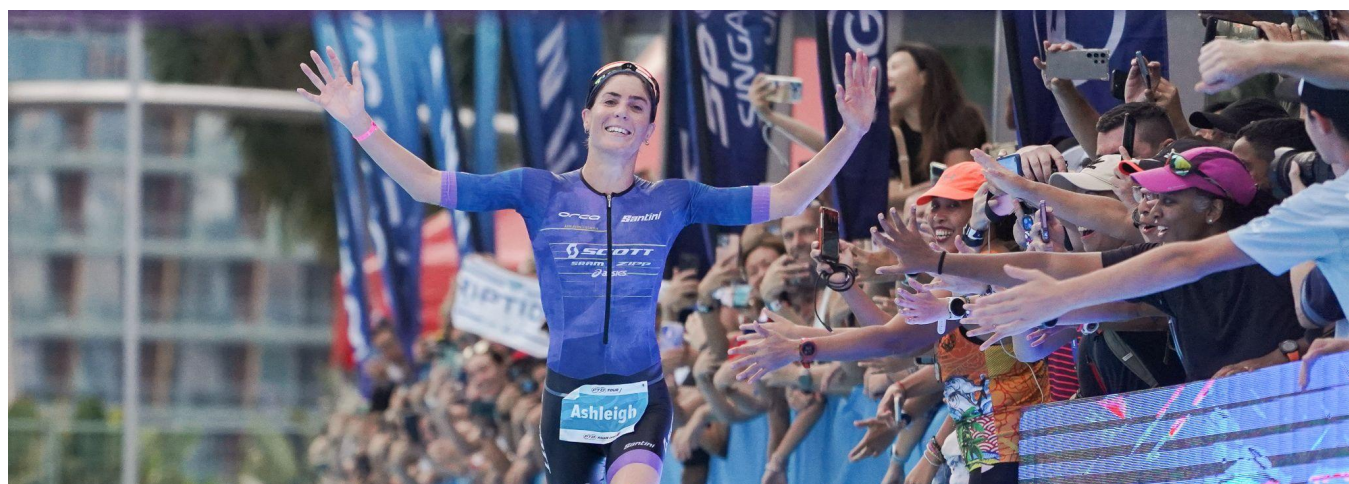
I write this with as much anticipation as you. I'm visualizing a spectacular finish in front of a roaring crowd in an amazing city.

Make it happen! Good luck!



Matthe Vijverberg
Race Director - MetaSport

DAY/TIME	ACTIVITY	LOCATION
FRIDAY		
11:00	Race Expo Open	Race Expo
11:00-20:00	Race Pack Collection - Duathlon & Triathlon	Race Expo
17:00-17:30	Pro Athlete Meet & Greet	Race Expo
18:00-18:45	Run Course Recce with MetaSport Coaches	Meet at Main Stage
19:00-19:30	Race Prep Session with MetaSport Coaches	Race Expo
20:00	Race Expo Closed	Race Expo
SATURDAY		
10:00	Race Expo Open	Race Expo
10:00	Food Village Open	Food Village
10:00-16:00	Race Pack Collection - Duathlon & Triathlon	Race Expo
10:00-17:30	Bike Check-in - Duathlon & Triathlon	Transition Areas
11:00-11:30	Pro Athlete Meet & Greet	Race Expo
12:00-12:30	Triathlon Transition Tour	Triathlon Transition Area
13:00-13:30	Race Prep Session with MetaSport Coaches	Race Expo
14:00-14:30	Duathlon Transition Tour	Duathlon Transition Area
14:15	Singapore T100 - Pro Women's Race Start	Swim Start
17:55	Singapore T100 - First Pro Women's Finisher	Finish Line
18:00	Race Expo Closed	Race Expo
18:30	Singapore T100 - Pro Women's Awards Presentation	Main Stage
19:00	The Music Run Start	Bayfront Avenue



DAY/TIME	ACTIVITY	LOCATION
SUNDAY		
04:00	Duathlon Transition Open	Duathlon Transition Area
05:00	Singapore T100 Duathlon Long Race Start	Olympic Walk
05:30	Singapore T100 Duathlon Standard Race Start	Olympic Walk
07:00	Singapore T100 Experienced Amateur Triathlon Race Start	Swim Start
07:00	Athlete Recovery Lounge Open	Race Expo
09:30	Singapore T100 Duathlon Standard Awards Ceremony	Main Stage
11:00	Singapore T100 Duathlon Long Awards Ceremony	Main Stage
13:30	Singapore T100 Experienced Amateur Triathlon Awards Ceremony	Main Stage
15:15	Singapore T100 - Pro Men's Race Start	Swim Start
17:45	Transition Closed - All bikes must be removed	Transition Areas
18:30	Singapore T100 - First Pro Men's Finisher	Finish Line
19:00	Singapore T100 - Pro Men's Awards Presentation	Duathlon Transition Area





Singapore, affectionately known as the “Lion City”, is a vibrant cosmopolitan island offering a fascinating blend of traditions, cultures, and attractions. A rich tapestry of cultures has shaped the city’s unique identity, where different customs, religions, and languages coexist harmoniously.

Singapore cherishes and preserves its cultural heritage, offering visitors an immersive experience that bridges the gap between the past and the future. This unique combination of culture and attractions makes Singapore an unforgettable destination that captivates travelers.



Whether you decide to explore the city pre or post-race we’ve gathered the five “must-see” attractions. Get out and enjoy!

- **Gardens by the Bay:** Marvel at Supertrees, explore conservatories, and enjoy a captivating light show at this horticultural wonderland.
- **Cultural neighborhoods:** For a taste of traditional Singapore dive into Chinatown, Little India, and Kampong Glam for vibrant streets, delicious food, and unique experiences.
- **Sentosa Island:** Hit the beaches, unleash your inner child at Universal Studios Singapore, and try thrilling adventure activities.
- **Marina Bay Sands:** The symbol of Singapore’s modernity. Reach new heights with stunning views, iconic infinity pool, and epic selfies. The shopping and dining aren’t bad either!
- **Hawker food delight:** Indulge in mouthwatering flavors at bustling hawker centers, from Hainanese chicken rice to chili crab. Fun for your taste buds.

Event venue: BAYFRONT EVENT SPACE, 12A Bayfront Ave, Singapore 018970



Road closures around the event venue may lead to traffic congestion on 13 and 14 April. Please plan accordingly and allow plenty of time to reach the venue.

Car & Taxi:

The closest and most convenient location for taxi drop-off and parking is **Marina Bay Financial Centre**.



Due to expected congestion at Bayfront Avenue on Saturday and Sunday we strongly recommend to avoid Marina Bay Sands for taxi drop-off or parking.

Other nearby parking facilities are available at Marina One East Tower and Marina Square Shopping Mall.

IMPORTANT: The open air car park beside the venue will be closed during the amateur races on Sunday 14 April.

Public Transport:

- 1. MRT (Mass Rapid Transit system):** Please note that bicycles are not allowed on the MRT. If you are travelling to the venue on Friday to collect your race pack, or your friends and family are coming on Sunday to spectate then the MRT is perfect.



Nearest MRT station:

Bayfront MRT station, served by the Circle Line (CC4) and the Downtown Line (DT16). From the station you can follow the the signs to Red Dot Museum and walk through the underground link to reach the event venue.

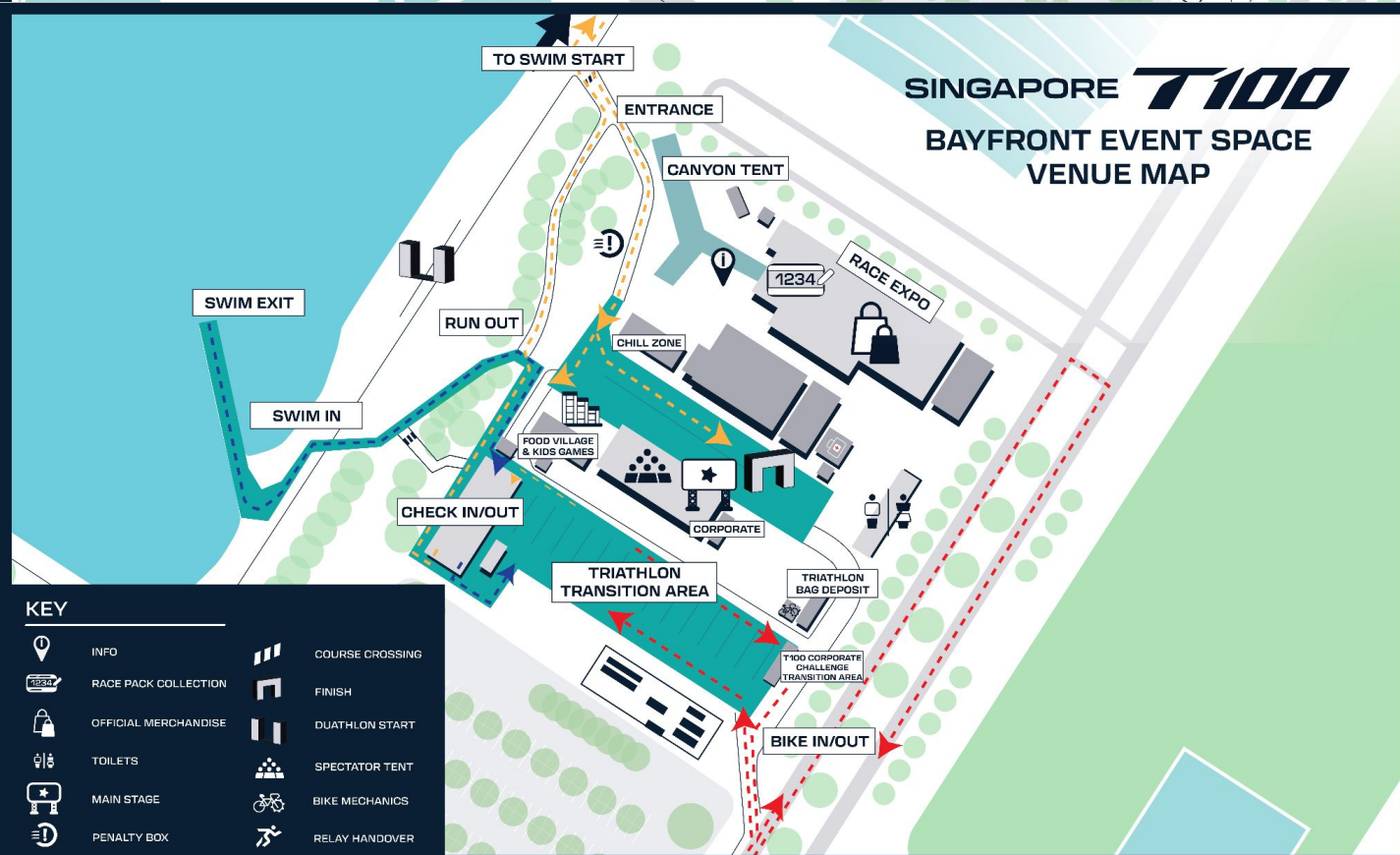
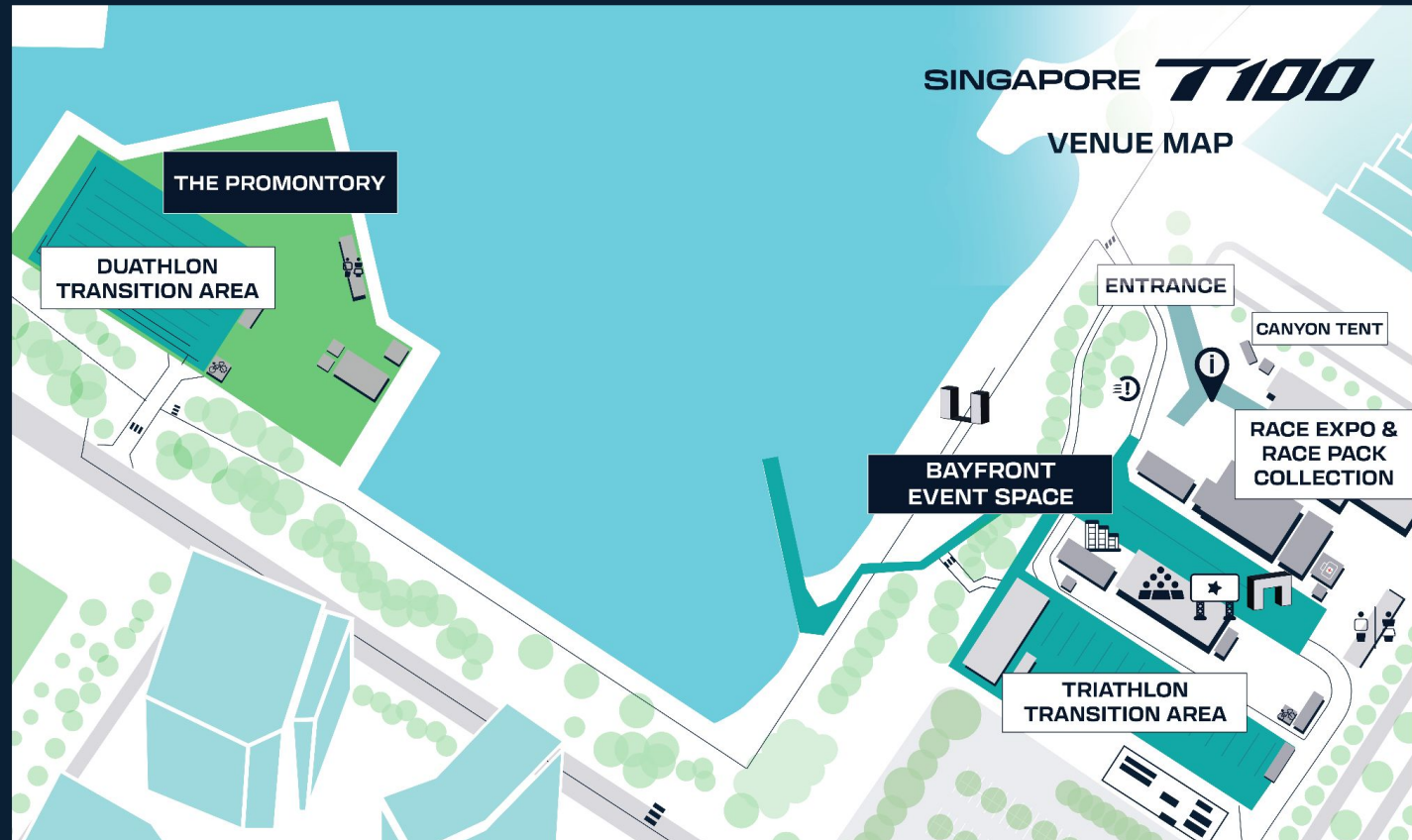
- 1. Bus Services**

Singapore's bus services are second-to-none with frequent buses to almost every destination.

- Download the SMRTConnect app to plan your journey to/from Bayfront Event Space.



As part of the event's green initiatives, please consider sustainable transportation methods like cycling to the venue, ride-sharing services or carpooling. There will be bike racks available at the venue to rack your bike (BYO bike lock!)



KEY

	INFO		COURSE CROSSING
	RACE PACK COLLECTION		FINISH
	OFFICIAL MERCHANDISE		DUATHLON START
	TOILETS		SPECTATOR TENT
	MAIN STAGE		BIKE MECHANICS
	PENALTY BOX		RELAY HANDOVER

Race Pack Collection will take place at the Race Expo, Bayfront Event Space at these times:

Friday 12 April 2024, 11:00-20:00

Saturday 13 April 2024, 10:00-16:00

Please take note of the following important points:

- All athletes must collect their race pack and timing chip within the stipulated hours.
- Team Relay's may send one team member to collect the team's race pack. *Note that the cyclist will need the bike seatpost & helmet stickers to check-in their bike on Saturday so team coordination is required!*
- Bring your personal photo identification (eg. driver's licence or passport) for validation purposes. It will not be possible to pick up your race pack without a photo ID.
- Collection on behalf of another athlete is permitted. Please bring a copy of the athlete's ID plus confirmation email for checking. *Please note that race entry transfers are not permitted. If you are found racing under someone else's name you will be disqualified.*
- Please place your bike on the racks available outside the Race Expo, and do not take it into Race Pack Collection.





SHIRT

MEDAL



CAP

MUG

DUFFLE BAG

Visit the Race Expo across the weekend, interact with all the latest sport brands and shop for your race essentials and the latest products.

There will be a host of activities for you to participate in, such as race prep talks by MetaSport coaches, opportunities to meet the Pro athletes and get autographs and lots of shopping opportunities with leading sports brands!

Expo booths focusing on:

- Triathlon & Running
- Recovery, Wellness & Lifestyle
- Nutrition & Healthy Living
- Bikes & Accessories
- Activities for everyone

Opening hours:

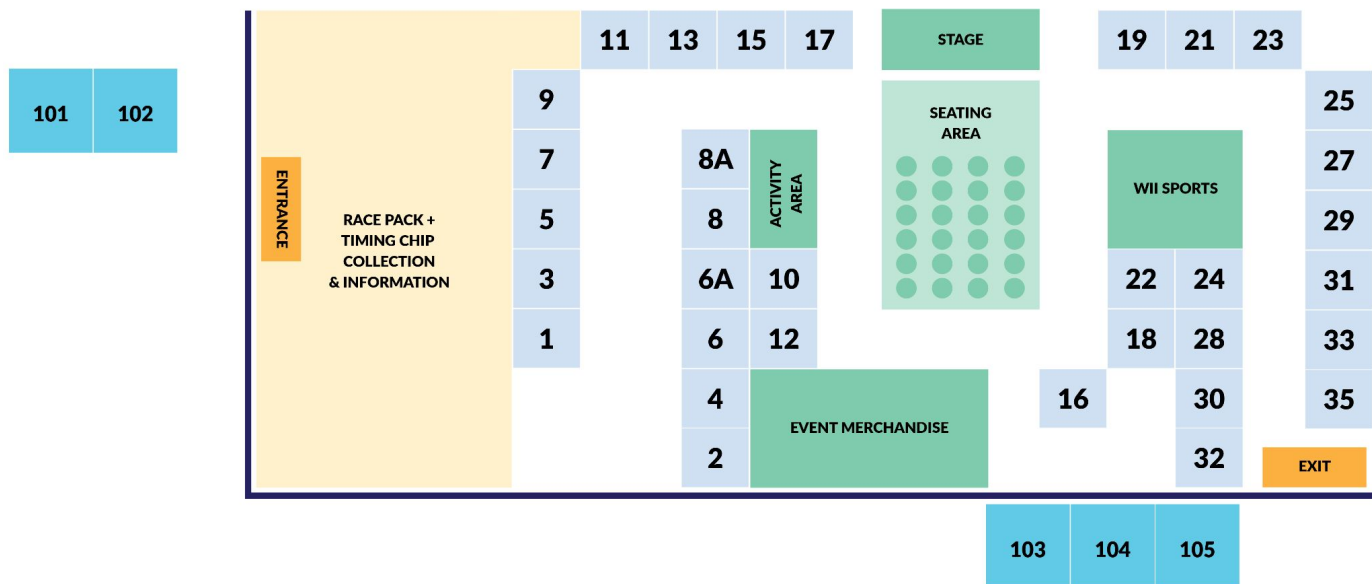
Friday 12 April 2024, 11:00 - 20:00

Saturday 13 April 2024, 10:00 - 18:00

Sunday 14 April 2024, 09:00 - 19:00 (Outdoor booths only)

Expo schedule of activities:

TIME	ACTIVITY
FRIDAY	
11:00-19:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)
11:00-20:00	Wii Sports at Activity Area
16:00-16:30	Canyon Speedmax Deep Dive
17:00-17:30	Pro Athlete Meet & Greet
19:00-19:30	Race Prep Session with MetaSport Coaches
SATURDAY	
10:00-17:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)
10:00-18:00	Wii Sports at Activity Area
11:00-11:30	Pro Athlete Meet & Greet
13:00-13:30	Race Prep Session with MetaSport Coaches
14:00-14:30	Canyon Speedmax Deep Dive
SUNDAY	
09:00-18:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)



Booth no.	Exhibitors
22	5-hour Energy
8	Altra Feetures
17	Bikes n Bites Cervelo
7	Cellular Hydration
12	Cornercove
15	Cycology Singapore
11	Entro International
13	Entro International
19	Entro International
31	Garmin
2	Key Power Sports
4	Key Power Sports
16	Bintan Triathlon Bintan Marathon
18	Bintan Triathlon Bintan Marathon

Booth no.	Exhibitors
9	Performancebikefitter
35	Prudential Assurance
6	Simply Active
6A	Simply Active
25	Red Dot Running Company
27	Red Dot Running Company
1	Purpose Performance Deboer
3	Purpose Performance Deboer
5	Purpose Performance Deboer
21	SportsMed TCM
10	Therabody
8A	Velous Footwear Goodr
23	WYN republic

Booth no.	Exhibitors
101	Oakley
102	Oakley
103	ThriveX
104	ThriveX
105	The Stretch Clinic

The following items are included in your race kit - checkout their purpose:



1

SWIM CAP

Must be worn during the swim. Cap colours are allocated according to wave starts.



2

HELMET STICKER

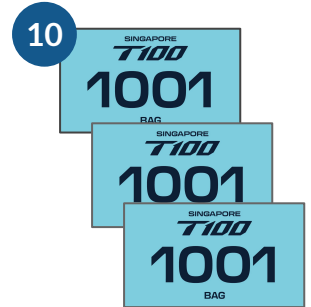
Place it on the front of your helmet.



3

2x RACE NUMBER TATTOOS

Place one on each arm.



10

3 x NUMBERED TRANSITION BAG STICKERS

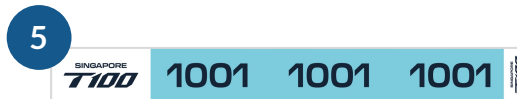
Place one race number sticker on each race bag.



4

RACE BIB

Wear it on your front during the run leg.



5

NUMBERED WRISTBAND

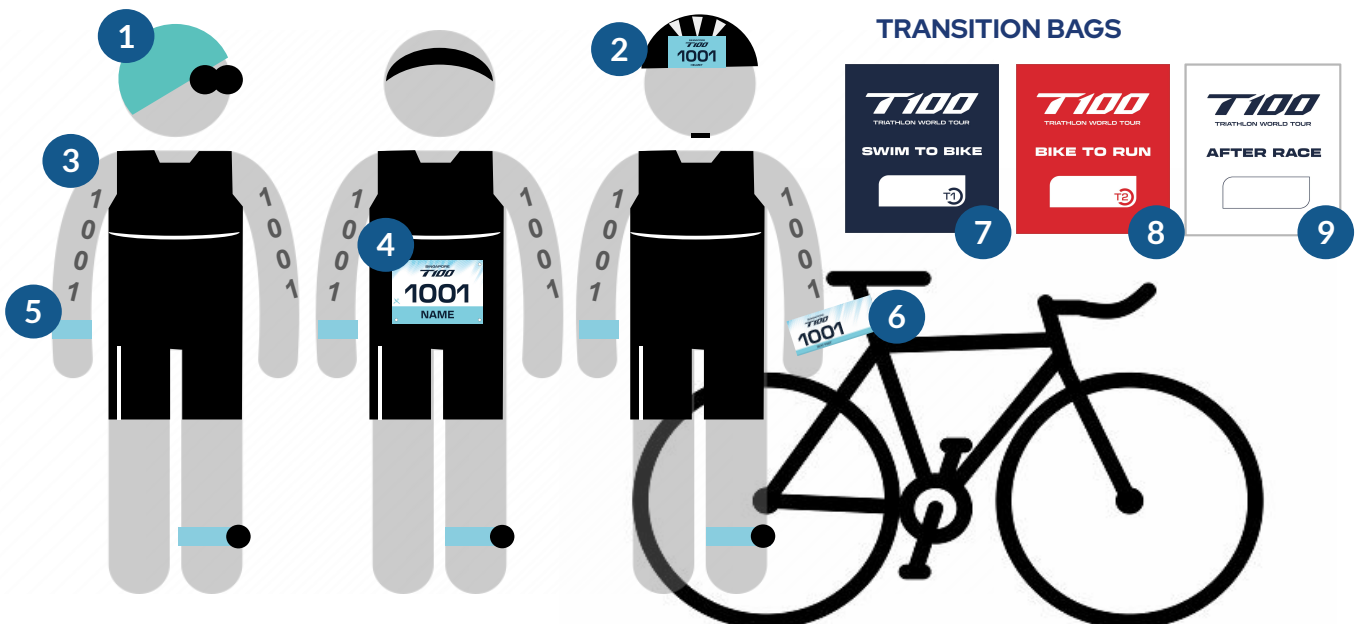
Wear it at all times from bike check-in until the end of the event. You will need to show your wristband to access transition and other athlete areas.



6

SEATPOST STICKER

Wrap it around your bike seatpost.



1

2

TRANSITION BAGS

3

4

5



7

8

9

6

Timing Chips

Upon receiving your race pack, promptly proceed to collect your Timing Chip. You need to present your race pack and verify your personal details.

Securely store your timing chip after you receive it, and don't forget to bring it along on the morning of the race!



TIMING CHIP

Securely strap it around your left ankle for the whole race.

Notes:

- Wear the Timing Chip on your left ankle, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category results.

Failure to wear your timing chips throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.

Race Withdrawal & Timing Chip Return

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to the Information Booth located in the T100 Race Expo.

After your race, return your timing chip at the finish line.

If you fail to return your timing chip or strap, a replacement charge of US\$75 will be applied.

Your **bike and helmet** must be checked into the transition area **by 17:30 on Saturday, 13 April**, where it will remain overnight.

Bike and helmet check-in is strictly not allowed on the morning of the race.

Step-by-step Guide

Before proceeding to check-in at the transition area:

1. Secure the numbered wristband around your wrist. Please do not remove your wristband. It is essential for identification purposes and must be worn until **after** your race.
2. Affix the seatpost sticker on your seat post.
3. Affix helmet sticker on the front of your helmet.
4. Ensure you have both T1 and T2 transition bags. (see *"transition bag" page for more information*)

Important Note:

- All above mentioned items must be prepared before arriving at the Transition Area Check-In.

At transition area check-in:

1. Put on your helmet with the strap securely fastened for inspection.
2. A race official will visually inspect your bike and helmet, and only after it passes this inspection will it be permitted into transition.
3. Find your designated bike rack spot, according to your bib number, and rack your bike.
4. Place your helmet into your T1 bag.
5. Hang up your T1 and T2 bag at the transition tent. (see *"transition bag" page for instructions*)
6. Leave the transition area.

Important Notes:

- No bike covers allowed overnight, or the during race.
- You must place all their equipment in the transition bags provided, with the exception of cycling shoes if they are fixed on the pedals. Any loose gear will be removed from the transition area.
- On race morning you can access the transition area before your race to check your bike and pump your tyres.

Pre-race Bike Inspection

You are responsible for verifying the safety of your bike before taking it to Transition to prevent rejection. Technical Officials will inspect for various aspects such as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with World Triathlon rules

If you're uncertain about the safety of your bike, please visit our bike mechanics stationed near both triathlon and duathlon transition areas.

Tip: the transition area is exposed to the sun. Don't fill your tyres to the maximum pressure to avoid them bursting in the sun when the tyres warm up.

No bike covers allowed.

Pre-race Helmet

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition to avoid rejection. You must wear your helmet when you check-in your bike into transition.

- Must be approved by a recognised testing authority (e.g. AUS/UK/US Standards Certified)
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover
- Helmets must be undamaged
- Compliance with [World Triathlon rules](#)

Both transition bags, along with your bike, must be checked into the transition area by 17:30 on Saturday, 13 April, where they will remain overnight.

Important Notes:

- Transition bag check-in is strictly not allowed on the morning of the race.
- Once check-in is complete, you will not be able to access your bags until your race begins

Preparing your transition bags



T1 BAG (SWIM TO BIKE) TRIATHLON

1. Stick a numbered transition bag sticker on the bag.
2. Place all the cycling gear you need for the race into this bag.
Examples:
 - Cycling shoes, if they are not clipped on your bike
 - Helmet
 - Sunglasses
 - Bike Nutrition



T2 BAG (BIKE TO RUN) TRIATHLON

1. Stick a numbered transition bag sticker on the bag.
2. Place all the running gear you need for the race in this bag.
Examples:
 - Running shoes
 - Bib number, pinned on your race belt or running shirt
 - Running cap
 - Sunglasses
 - Run Nutrition

Preparing your after-race bag



Preparation

1. Stick a numbered bag sticker on the after-race bag.
2. Place any gear you need post-race into this bag.
Examples: clean clothes, towel, toiletries.
3. Drop your bag at the **Bag Deposit tent** at the Race Expo from 04:00 onwards on Sunday 14 April.

Note: Bike pumps may be handed in with the after-race bag, but will be stored separately to the bag.

Post-race Collection

Collect your after-race bag at the bag deposit tent.

You will collect your transition bags from the transition tent when you check-out your bike.

You will need to **check-out your bike** from transition **by 7pm on Sunday, 14 April**.

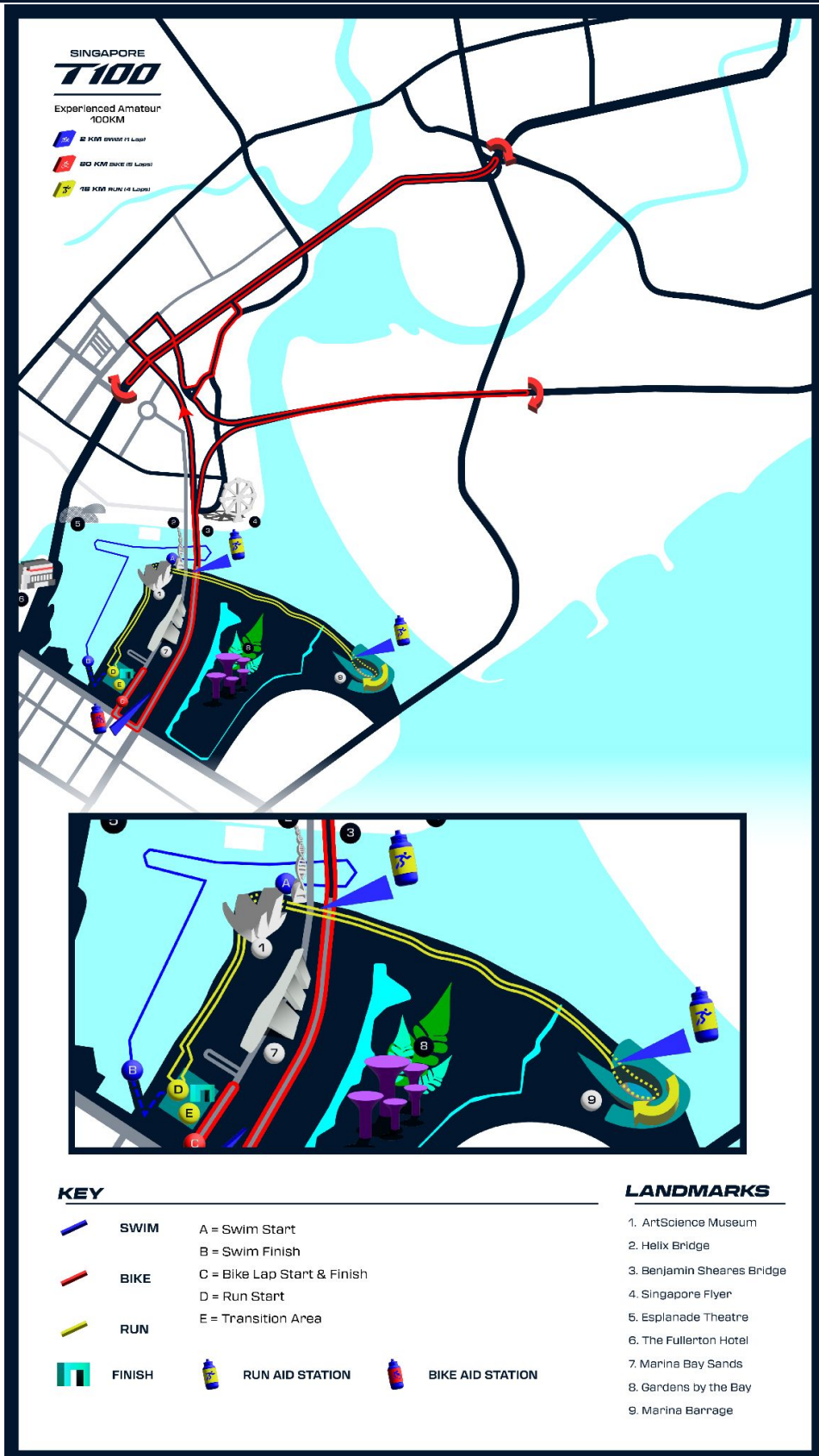
Please note it is your responsibility to hand in and pick up your bag from the appropriate location at the appropriate time, as well as ensuring it is marked correctly.



COURSE CUT-OFF TIMES

The course cut-off times for the Experienced Amateur Triathlon are:

- Swim course cut-off: First 200m must be completed in 5 min or less (slower athletes will be removed from the course)
- Bike course cut-off 13:30
- Run course cut-off 15:30



Race Morning

You can access transition for race morning preparation anytime before your start time but you won't have access to your transition bags.

A good warm-up is encouraged prior to the race. You **will not** be able to warm-up in the water, so instead spend 5-10 minutes jogging, stretching and raising your heart rate.

It is a 10-minute walk from the T100 Race Village to the start area. Leave plenty of time to make the journey.

You will be asked to walk under a shower near the swim start to rinse off before beginning your swim.

You must wear the official swim cap during the swim.

Start Procedure

Athletes will start in groups of 50 in a rolling start format, diving from the start pontoon. Your start time and wave number will be available upon the release of the participant list (1st participants list by 26 March 2024, 2nd participants list by 8 April 2024).

Note: the first 200m of the swim must be completed in 5 minutes or less. Athletes that do not make this cut-off will be removed from the swim course and must retire from the race.

Swim Safety

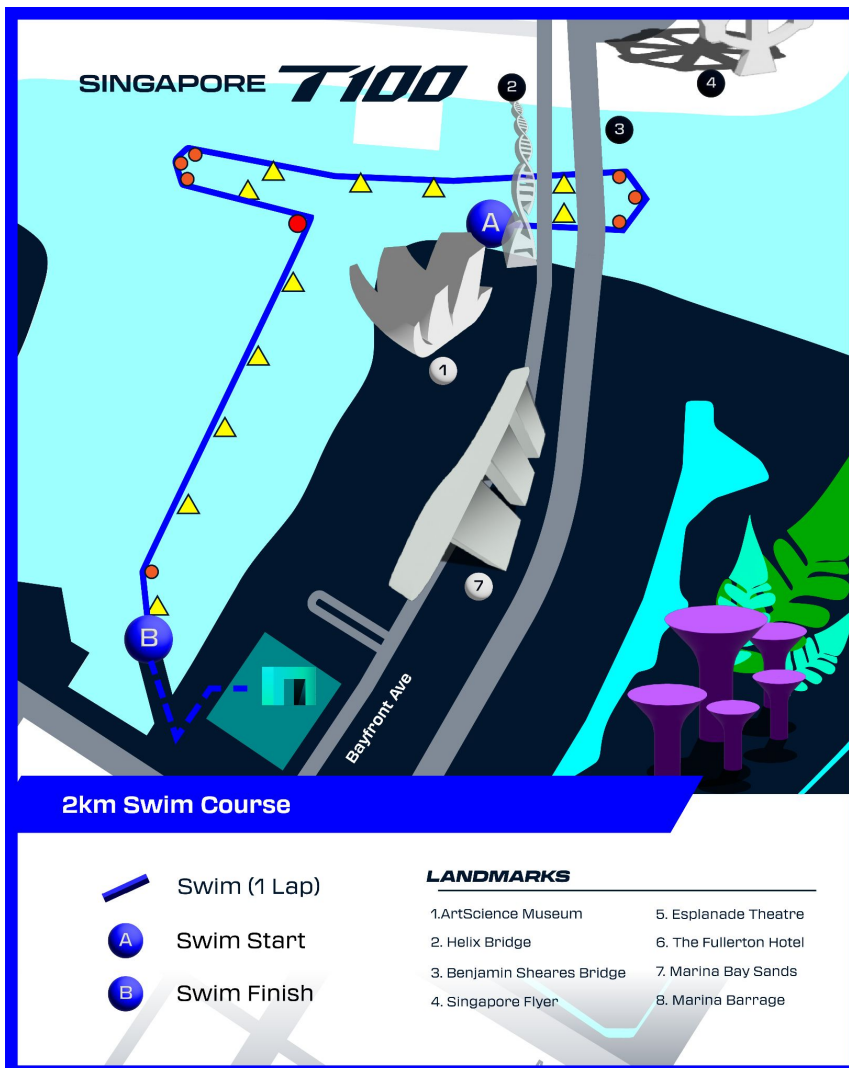
There will be a large number of water safety personnel and craft on the water during the swim including kayaks and rescue boats. If at any time should you require the assistance of the water safety team please turn on your back and raise one arm into the air and they will come to your aid.

If you decide at any point to abandon the swim, you will be taken to one of the swim evacuation points. From there you will be required to confirm your athlete number and be checked over by medical staff. If you receive assistance in the swim you will be a DNF and will not be allowed to continue the race.

Experience the thrill of the iconic 2km swim in Marina Bay. Dive into the freshwater reservoir, surrounded by glistening skyscrapers and picturesque bridges. The water temperature is expected to be 28 degrees Celsius.

The course is marked by tall buoys. The colours and shape indicate the action required:

- **Orange** cylinder buoy → turn left around the buoy
- **Red** cylinder buoy → turn right around the buoy
- **Yellow** pyramid buoy: → go straight and pass it on the right



An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's our top tips to get you ready.

1. Learn about the course

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarise yourself with the course.

2. Warm-up on race day

Arrive early enough on race day for a proper warm-up prior to the start. You won't be able to warm-up in the water, so spend 5-10 minutes getting loose and raising your heart rate.

3. Check out the course

Check out water conditions, the swim entry and exit layouts along with the turning buoy locations. Identify basic navigation points so that you know what you are swimming towards.

4. Start easy, relax and breathe

Don't race at maximum effort from the start. Relax and focus on proper breathing technique as you settle into a sustainable pace.

5. Be alert and ask for help

In a race setting always stop at the first sign of a medical problem. If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.

7. Pay attention to warning signs

If you experience chest pain or discomfort, shortness of breath, lightheadedness or blacking out while training, consult your doctor. Complete a personal [PAR-Q assessment](#) before race day.



The 16km circuit starts and finishes at Bayfront Event Space, offering a smooth and fast surface. You will conquer the Sheares Bridge three times each lap, enjoying breathtaking views of the Singapore skyline. The course features thrilling ups and downs, technical turns, and a 5km stretch on the Nicoll Highway 'speedway.'



Note that there is NO AID STATION IN TRANSITION. We recommend that you start the bike leg with two full water bottles.

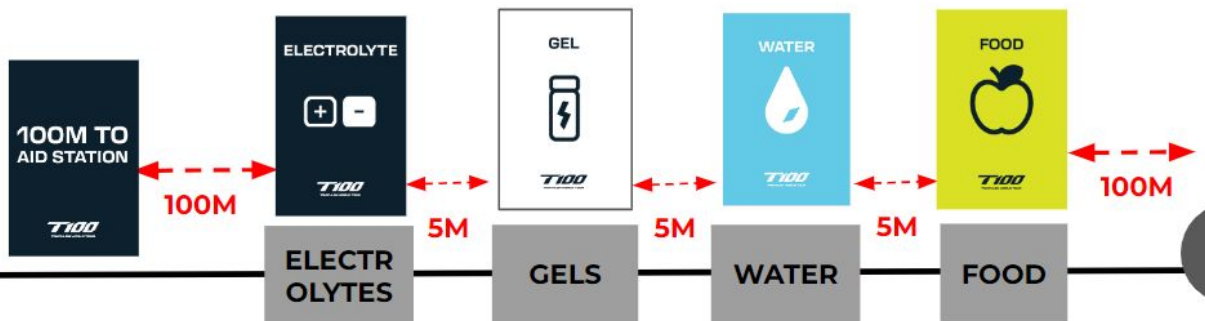
Bike Aid Stations

The Bike Course has one aid station per lap (each lap is 16km).

Bike Aid Stations will offer:
Water (in bidons)
Isotonic Drink (in bidons)
Energy Gels
Food



Bike Aid Station Flow



DIRECTION OF CYCLISTS



Slow down when entering the aid station to ensure you get what you need, but don't stop in front of the aid station! If you do not require any product from the aid station please stay to the right of the lane.

There will be signs along the aid station listing what is on offer. Marshals will also be communicating what they are holding - please remember to ask politely for what you need. Please discard any unwanted items before the "End of litter zone" sign. Anything discarded outside this area will result in a penalty.

This is a non-drafting event

We believe in a fair and enjoyable race for all, so the 12m non-drafting rule is strictly enforced. It also makes the race safer, so we all win!

All athletes must keep six (6) bike lengths apart, from the front edge of the first cyclist's front wheel, to the front edge of the front wheel of the second cyclist.

Athletes have 30 seconds to make the pass. Athletes passed must drop out of the draft zone immediately once they are passed. Athletes must keep left on the road and overtake on the right.

Time penalties received must be served in the bike course penalty tent.





The run takes you on a scenic 4.5km flat loop partly on smooth pavement, partly on tarmac, showcasing iconic landmarks such as Marina Bay Sands Hotel, the Art Science Museum, Gardens By The Bay, and the Marina Barrage. Enthusiastic spectators and three aid stations along the way provide support and refreshments.

Run Aid Stations

Each lap of the run course has three aid stations located approximately 1.5km apart.

Run Aid Stations will offer:
Water (in cups)
Isotonic Drink (in cups)
Cola (in cups)
Energy Gels
Food
Sponges
Ice

Run Aid Station Procedure

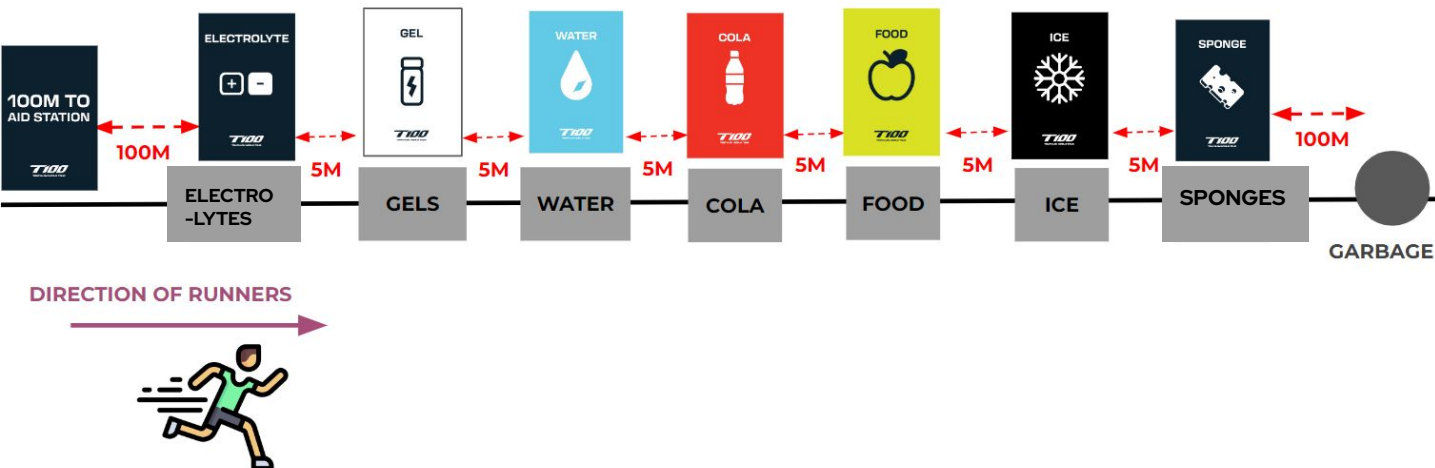
Slow down when entering aid stations. If you do not require any product from a run aid station please say to the right.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

Discards / Drop Zones

Please discard any unwanted items before the "End of litter zone" signs. Anything discarded outside this area will result in a penalty.

Run Aid Station Flow



Transition Flows

Check the entry and exit points of transition before you start your race.

T1 (Swim to Bike):

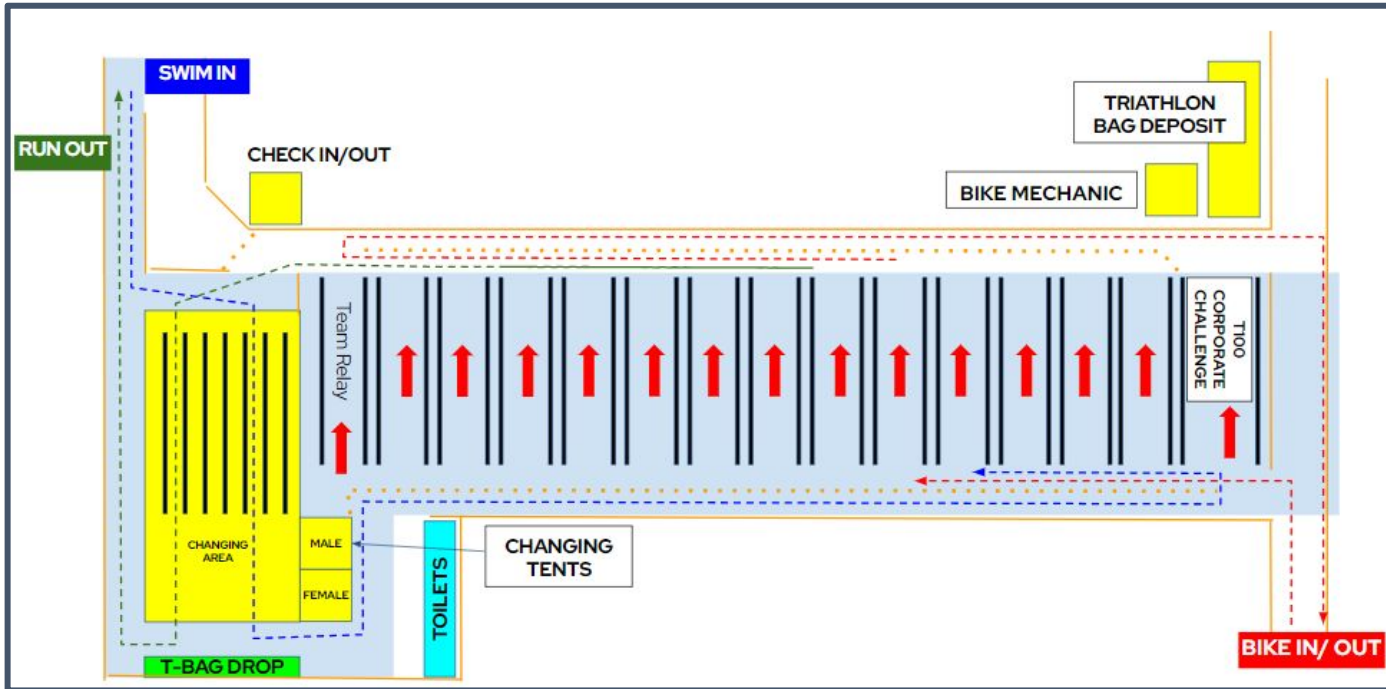
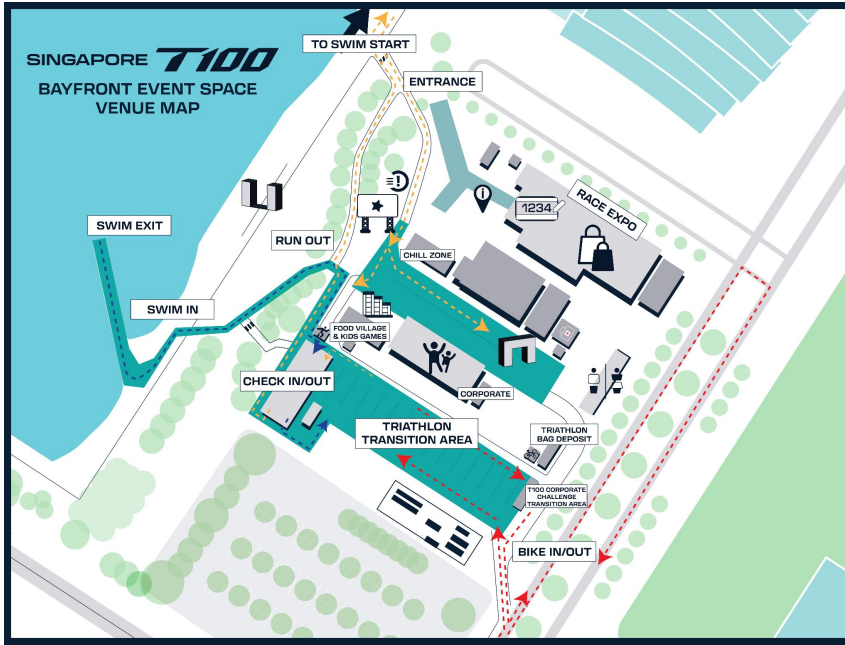
- Enter the transition bag tent and collect your T1 bag
- Move to the changing area and change into your cycling gear
Note: nudity is not allowed in the general changing area. Use the more private changing tents if you want to do a full change.
- Place all your swim gear into your T1 bag and drop it off in the 'bag drop-off' area.
- Run to your bike. In order to make the transition distances travelled equal for everyone (with and without bike), you must first run towards the end of the transition area and make a u-turn to reach your bike. See the transition race flow visual below.
- Collect your bike and push it to the mount line on the road. Again, in order to make the transition distance travelled equal for everyone, you must first push your bike towards the end of the transition area and make a u-turn. See the transition race flow visual below
- Cross the mount line and start cycling

T2 (Bike to Run):

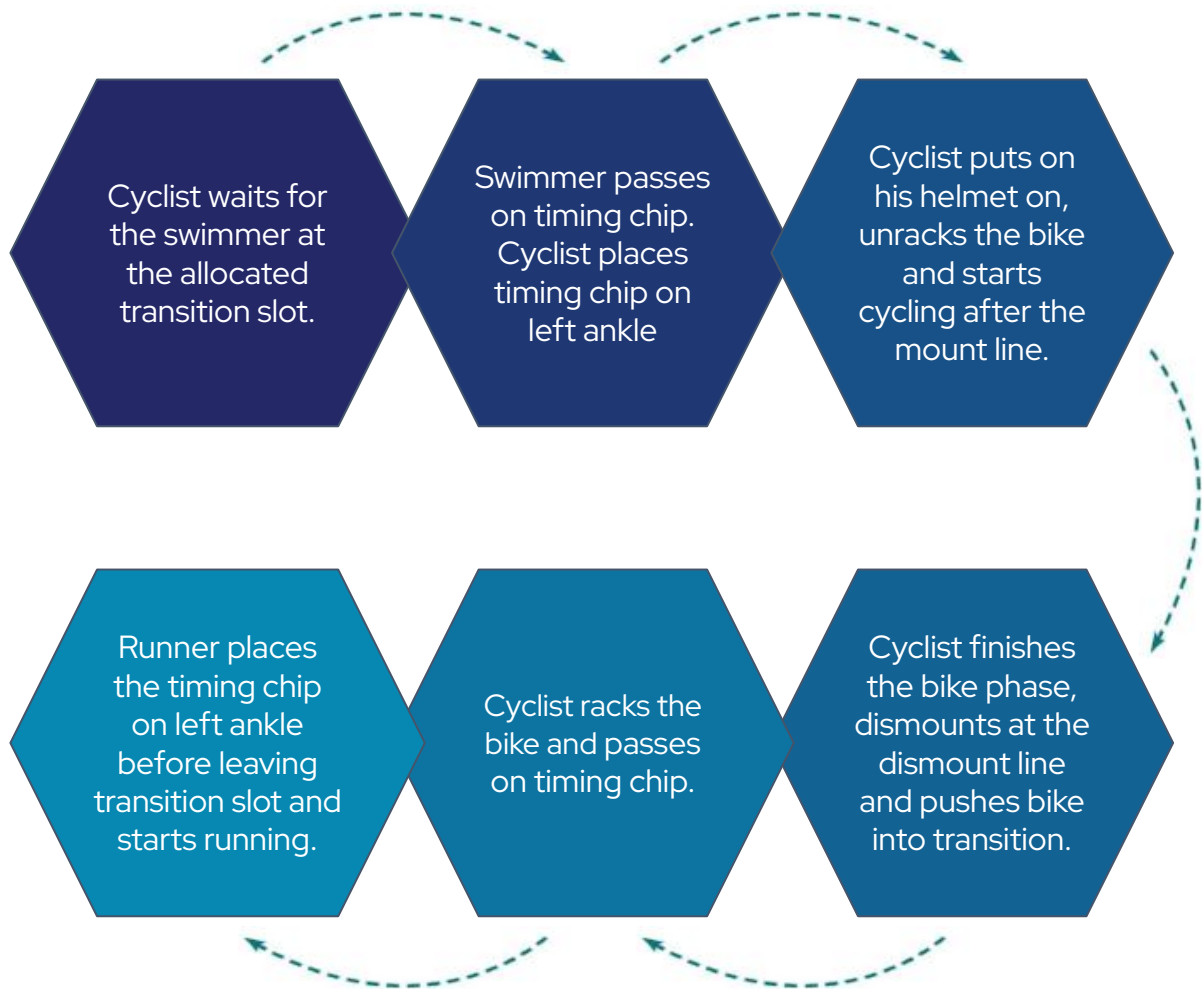
- Dismount before the dismount line on the road and push your bike into transition.
- Take the shortest route to your bike rack slot and rack your bike.
- Take the shortest route to the transition bag tent and collect your T2 bag
- Move to the changing area and change into your cycling gear

Note: nudity is not allowed in the general changing area. Use the more private changing tents if you want to do a full change.

- Place all your bike gear into your T2 bag and drop it off in the 'bag drop-off' area, and start your run.



The timing chip will serve as the relay baton, you will have to pass it to your teammates before they start the next leg of the race.

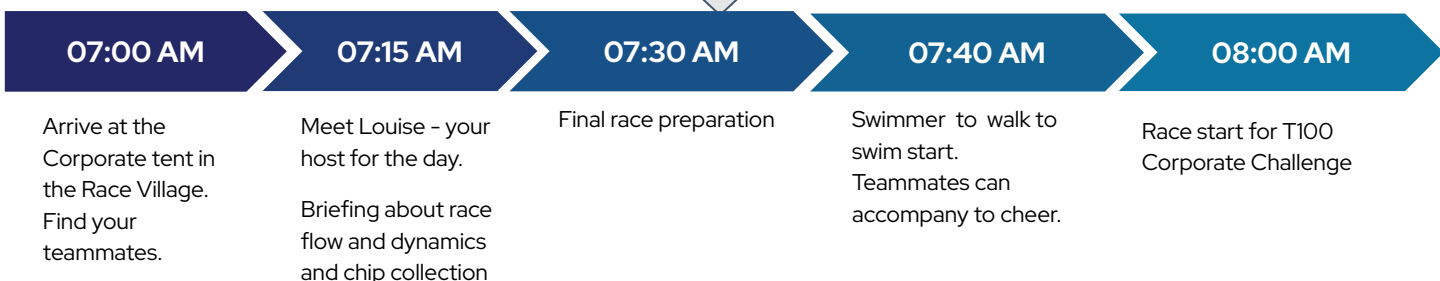


The runner will cross the finish line and collect three medals (one for each team member).

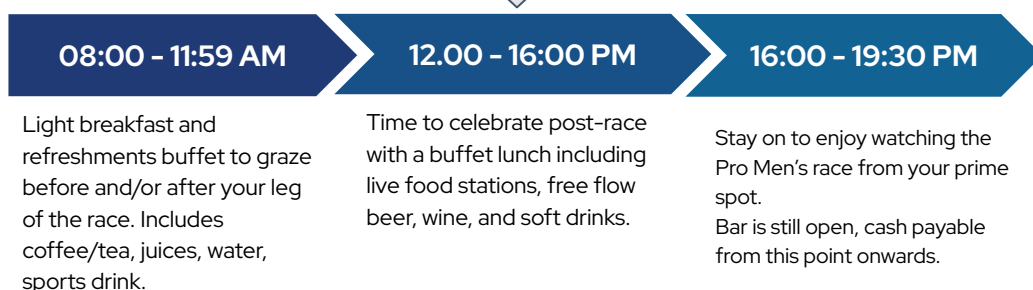
RACE PACK COLLECTION

Race packs and Corporate hospitality access wristbands will be delivered to your corporate headquarters or team captain in the week running up to the event. Timing chips for each team will be distributed on race morning to the swimmer by Louise.

What time to arrive & where to go



Corporate tent - food, drink and mingling!



The Corporate tent is your place to relax, cheer, mingle and enjoy with a location right on the finish chute. There's a chill out zone, an array of seating & TV screens to watch the action.

What to remember

All team members are reminded to bring your race pack, and arrive with your race number tattoos on your arms and wearing your numbered wristband. Bring a change of clothes to relax post-race (casual - no dress code). In addition:

- Swimmer - bring goggles
- Cyclists - bring bike shoes and water bottle on race morning. Your team's **bikes** and **helmets** must be checked in the day prior.
- Runners - running shoes, hat/visor, sunglasses, race belt and race bib

Your final runner will be the only person crossing the finish line, but all team members will be presented with a finisher medal in the Corporate tent.

RACE FLOW

The timing chip serves as the relay baton, and must be passed from one teammate to the next at the end of each leg of the race. The timing chip must be worn on the left ankle before leaving the handover area.

Swim Start:

The swimmer begins the race by diving in from the start pontoon.

Swim to Bike handover:

The first cyclist waits for the swimmer in the T100 Corporate Challenge transition area. He/she receives the timing chip from the swimmer, places it on his/her left ankle, then takes his/her bike*, pushes it beyond the mount line and starts cycling.

Bike to Bike handover:

The next cyclist waits for his team mate to finish a lap of the bike course and return to the transition area for the timing chip handover. The finishing cyclist must rack his/her bike before he/she can hand over the timing chip. The next cyclist places the timing chip on his/her left ankle, before taking his/her bike off the rack* and starting his/her lap of the bike course.

**note that helmets must be securely strapped before taking the bike off the rack.*

Bike to Run:

The runner waits for the last cyclist in the T100 Corporate Challenge transition area for the last cyclist. The last cyclist finishes his/her bike lap, dismounts before the dismount line, pushes his/her bike to the transition area, racks his/her bike and passes the timing chip to the runner. The runner places the timing chip on the left ankle, before exiting transition through the "run-out" gate and starting the run.

Run to Run:

Runners pass the timing chip to the next runner at the Team Challenge Run Handover area located along the run course. (Do not go back in transition!) Removing the timing chip from one ankle and placing it on the ankle of the next runner must take place in the Team Challenge Run Handover area.

Run Finish:

The final runner will cross the finish line completing the race.



SWIM

- Athletes **must wear the official event swim cap**.
- Swimming aids are **not** allowed.
- Wetsuits are **not** allowed. Speed suits are permitted.
- Outside support is **not** allowed. Once assistance is rendered, the competitor must retire from the competition.

BIKE

- Bikes and helmets must be in good working order.
- Helmets must be worn and strapped secure before before uncracking the bike and can only be removed after racking the bike back post-cycle.
- Wearing of headphones is **not** allowed.
- Racing with a bare torso is **not** allowed. Tri-suit (front) zippers may be opened till the sternum only.
- Drafting is **not** allowed.
- Athletes must keep left on the course, unless overtaking.
- Outside support is **not** allowed. Receiving assistance from the event bike mechanic on the course is the only exception.

RUN

- Athletes must wear their race number bib clearly visible at the front of their race apparel.
- Athletes must wear closed footwear.
- Wearing of headphones is **not** allowed.
- Racing with a bare torso is **not** allowed. Tri-suit zippers may be opened till the sternum only, and must be closed before the finish chute.
- Athletes must keep left on the course, unless overtaking.
- Support vehicles or pacers are **not** allowed.

TRANSITION

- Participants are required to place their bicycles and gear at their designated location in the transition area.
- **Bike covers are not allowed overnight or during the race..**
- Athletes must place all their equipment in the transition bags provided, with the exception of cycling shoes if they are fixed on the pedals.
- Athletes may rack their bike either with the saddle or both brake levers hooked on the horizontal bar of the bike rack.

This a summary of the most important rules. Check the [rules page](#) on the website for the full list, for more details and for penalties applied.



Finish Line Policy

Team members, friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes' finish line experience.

As you cross the line, you will be presented with your finisher medal and a cold drink. Chaperones will be there to direct you to the Athlete Recovery area.

Finish Line Photos

[FinisherPix](#) is proud to be selected as the Official Photo Service of the event. FinisherPix will have photographers working at the swim exit, on the bike course, the run course and at the Finish Line! The best news is your race entry comes with complimentary race photos - so remember to smile!

Tips to score the best photos:

- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your cycling photos
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the finish line so we can identify your photos
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement

Preparing for the heat in Singapore before the race is crucial to ensure a safe and successful experience. Here are a few essential tips to help you cope with the heat:

Hydration

Start hydrating a few days in advance of the race day. Drink plenty of water and electrolyte-rich fluids to maintain proper hydration levels. Carry a water bottle with you and sip regularly throughout the day. During the race, take advantage of the aid stations to replenish fluids and electrolytes.

Heat Acclimatisation

If you are not accustomed to heat and humidity of Singapore, it is essential to acclimate yourself beforehand. Gradually expose yourself to the heat by training in similar conditions. This will help your body adapt and perform better on race day.

Clothing and sun protection

Wear lightweight, breathable, and moisture-wicking clothing to stay cool during the race. Opt for light-colored attire to reflect sunlight. Cover the shoulders. Do not forget to apply waterproof sunscreen with high SPF to protect your skin from the intense sun.

Pacing

Pace yourself and listen to your body. Do not try to push yourself too hard from the start; instead, conserve energy and gradually increase your effort as the race progresses.



Remember, the heat can be challenging, so it is important to prioritise your safety and wellbeing. Stay mindful of your body's signals, stay hydrated, and take breaks if needed. With proper preparation and precautions, you will be better equipped to handle the heat and perform you best during the race in Singapore.

Post-race Athlete Recovery Area

After you have finished, you will be directed into the air-conditioned Athlete Recovery tent. This is an athlete's only area that includes the following facilities:

- Food and drinks
- Massage
- Changing rooms

After you've grabbed some refreshments and a massage you can proceed back to the Race Village where you can:

- Freshen up at the outdoor showers
- Access medical support
- Collect your street gear bag from bag deposit
- Enjoy a great selection of food and beverages
- Hit the entertainment area for a game of basketball or mini golf

Bike Mechanics

Bike mechanics will be available next to both the triathlon and duathlon transition areas on Saturday 10:00-17:00 and Sunday 04:00-15:00. They will be available for 'minor mechanicals' during these times. A fee will be charged for consumables, spare parts, more complex installations, repairs and rescues, bike assembly and disassembly. Availability for these more complex services will depend on demand.

A limited 'emergency service' will be available inside transition on race morning for athletes. A limited number of floor bike pumps will also be available. To minimise queuing, you may bring your own bike pump.

Medical

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race, or have not been feeling physically fit in the lead up to the event, we highly recommend you seek medical advice from your doctor.

On race day, the Medical Team will be situated in the following locations:

- Swim Start
- Bike & Run Courses
- Finish Line

It is strongly advised that you have adequate personal insurance regardless of whether you are Singapore based or from further abroad.

DAY/TIME	ACTIVITY	LOCATION
SUNDAY		
09:30	Singapore T100 Duathlon Standard Awards Ceremony	Main Stage
11:00	Singapore T100 Duathlon Long Awards Ceremony	Main Stage
13:30	Singapore T100 Experienced Amateur Triathlon Awards Ceremony	Main Stage

Top 3 males & females in each age category will receive a place medal.

Experienced Amateur Triathlon		Duathlon Long	Duathlon Standard
18-24	45-49	18-29	16-19
25-29	50-54	30-39	20-29
30-34	55-59	40-49	30-39
35-39	60-64	50-59	40-49
40-44	65-69	60-69	50-59
	70+	70+	60-69
			70+
Team Relays Male / Female / Mixed	T100 Corporate Challenge	Team Relays Male / Female / Mixed	Team Relays Male / Female / Mixed

Your cheat sheet to race morning success...



RACE MORNING

1. Wear your athlete numbered wristband
2. Pack the official race swim cap and goggles (triathlon only)
3. Pack your after-race 'street gear' bag
4. Place your race tattoos on, one on each arm (If your tri-suit has sleeves put them your forearms)
5. Wear your timing chip on the left ankle with the responder facing outwards
6. Pack two pre-filled bike bottles to place on your bike to be ready to start the bike leg with hydration
7. Apply sunblock
8. Hydrate! (Bring an extra bottle to keep hydrating prior to the start. Drinks will not be served before the race)
9. You can access transition on race morning from 4am until your race starts



OPTIONAL

1. Bring your bike pump to get your tyres at the right pressure.

Tip: The transition area is exposed to the sun. Don't fill your tyres to the maximum pressure to avoid it blowing up when the tyres warm up.

Run Course Recce

Friday 12 April, 18:00

Join our MetaSport coach and fellow athletes for a jog around the 5km run course. Check out the route, and get some race day tips. Wear your running kit. Meet at the main stage in the Race Village.

Race Prep Session

Friday 12 April, 19:00 | Saturday 13 April, 13:00

This is a session not to miss – join our MetaSport coach to hear advice and race day tips to tackle the Singapore T100 course. Local knowledge is key, here you'll find out about the hills, turns, climate and other intel essential for a successful race. Meet at the Race Expo stage.

Transition Tours

Saturday 13 April, 12:00 (Triathlon) and 14:00 (Duathlon)

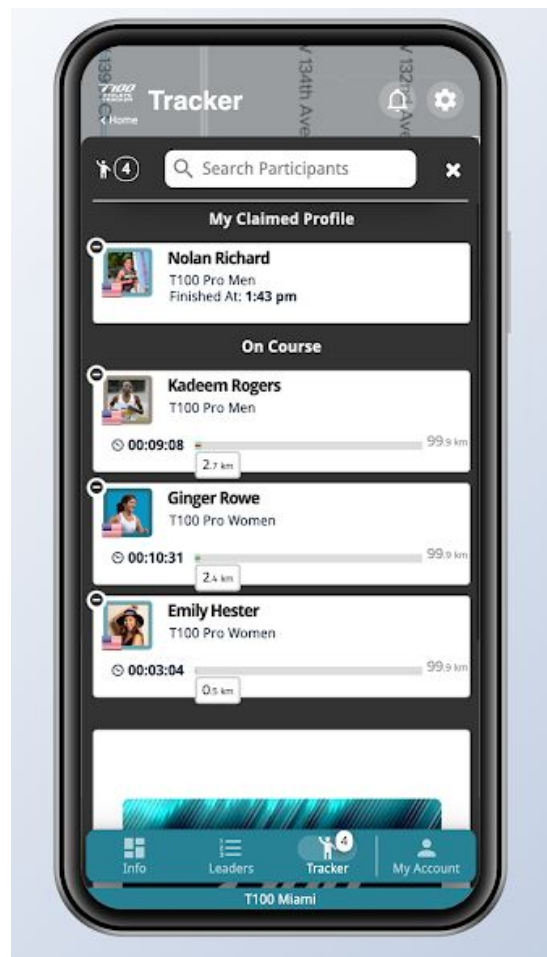
Hosted by our Athlete Services Manager, the transition tours will give you the ins and outs of transition to make your race smoother. She will explain where to put your transition bags, which exits to take to start the bike and run course and key rules to remember.

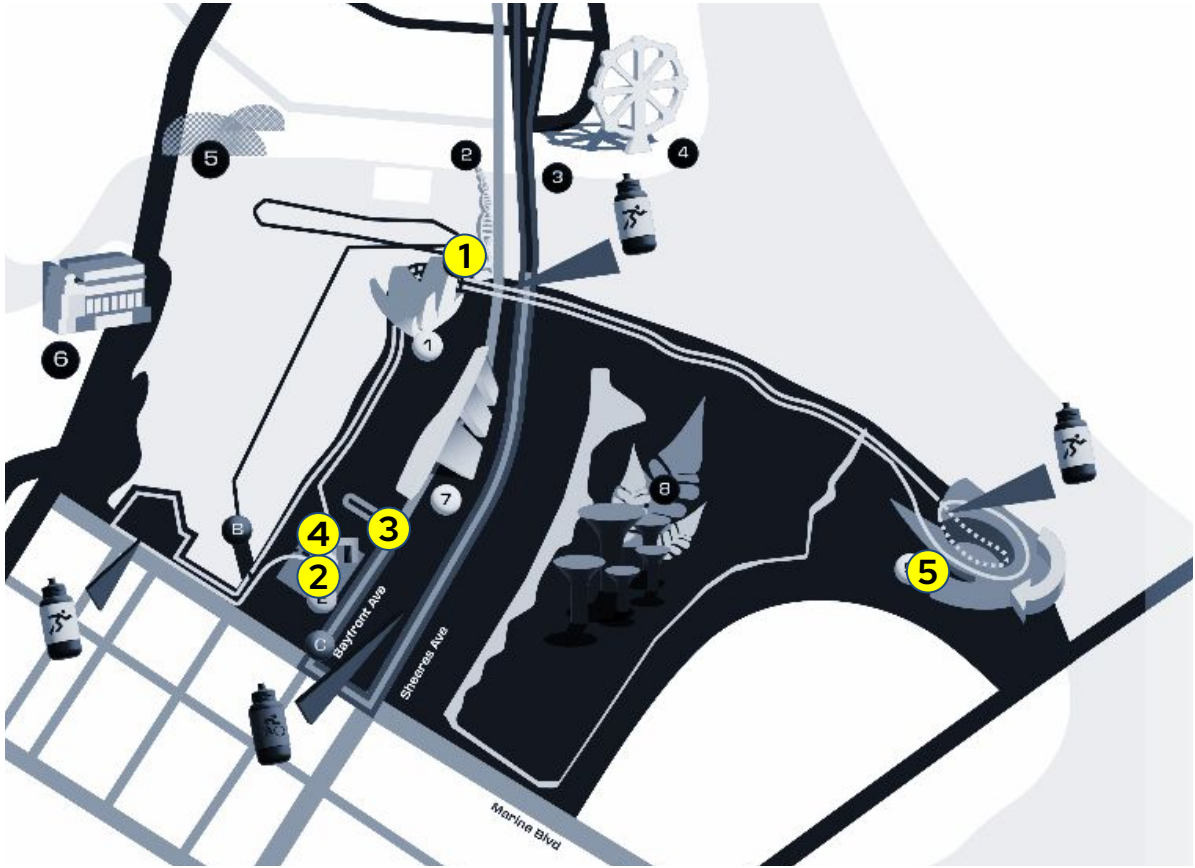
Transition Tour Meeting Point:

At Bike Check-in of the respective transition area.



Available in all App Stores in time for the race, it is a simple and easy way for your loved ones to track your progress and times during the race. Then when you're finished, you all can track your favourite pros as they tackle the course.





Watch the action!

You can watch the amateur and pro races at dedicated spectator zones:

1. **The Helix Bridge** and the Waterfront Promenade below have the best seats in the house to see and hear the Pros being introduced, the swim start, first lap of the swim and the 'aussie' exit.
2. The **Spectator stand** at the T100 event venue is the easy option. Watch the athletes race through transition, complete their run laps and sprint to the finish from the comfort of your seat, with food and entertainment next door. A big LED screen showing the tv broadcast keeps you in the loop of what happens elsewhere on the course.
3. The bike turn at **Bayfront Avenue**, right outside the venue, is the best spot to see the Pros up close on their super-aero bikes.
4. **Canyon Cheer Zone** at the main entrance of the T100 event venue is a lively spot to catch the pros on the run and give them a high-five as they celebrate their finish.
5. Chill at the **Marina Barrage** green roof while watching the race unfold on a big LED screen and catching the pros live on the run. You can buy your popcorn and drinks from the vendors on site.

Get ready to watch the world's best triathletes battle it out on the Singapore course.

DATE	ACTIVITY	LOCATION
FRIDAY 12 APRIL		
15:00-16:00	Pro swim Familiarisation	Swim Start
SATURDAY 13 APRIL		
12:15	Pro Transition Check-in - Women	Transition Area
14:00	Live Broadcast Begins	
14:15	Pro Women Race Start	Swim Start
17:50	First Pro Women's Finisher	Finish Line
18:15	Pro Women's Prize Ceremony	Main Stage
SUNDAY 14 APRIL		
13:15	Pro Transition Check-in - Men	Transition Area
15:00	Live Broadcast Begins	
15:15	Pro Men Race Start	Swim Start
18:30	First Pro Men's Finisher	Finish Line
18:50	Pro Men's Prize Ceremony	Main Stage

For those at the race venue, big screens in the festival village and race expo will show all the action or you can watch at our **spectator zones**.

If you can't be at the venue, then be sure to watch the broadcast here:

Watch the race live: on [MeWatch](#), SPOTV and YouTube

Catch up on race highlights: on Channel 5, SPOTV and YouTube



Information Booth:

Two Information desks will be staffed all weekend. These are your go-to place for any questions or concerns during the event. A friendly smile, lost and found, directions - we're all ears!

Location and Opening Hours:**Race Expo:**

Friday: 11:00 - 20:00

Saturday: 10:00 - 18:00

Festival Village:

Saturday: 10:00 - 19:00

Sunday: 04:00 - 19:00

Inclement weather arrangements:

This is a rain or shine event. In the case of a thunderstorm during the race please listen to race officials for latest updates.

[Facebook](#) and [Instagram](#) will be used to share weather updates. Organisers will contact participants by email should there be any significant changes.

General Event Enquiries:[Website](#)singapore@t100triathlon.com[Instagram](#)[Facebook](#)**General Contacts:****Tourist Information**Singapore Tourism Board | www.stb.gov.sgSingapore Changi Airport | www.changiairport.com | Tel: +65 6595 6868**Transport Services**

Comfort Taxi Cab: +65 6551 1111

SMRT Taxi: +65 6555 8888

Maxi Cab (7-seater): +65 6535 3534

CANYON

As a proud partner of Singapore T100, we can't wait to see some amazing racing.

Check out our Canyon area where you can cheer on your favorite professional men and women racing.

For any Canyon riders, make sure you stop by to receive a pro-level race bike service ahead of your race.

TIME	ACTIVITY
FRIDAY	
11:00-19:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)
16:00-16:30	Canyon Speedmax Deep Dive
SATURDAY	
10:00-17:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)
14:00-14:30	Canyon Speedmax Deep Dive
SUNDAY	
09:00-18:00	Canyon Race Bike Service for Canyon Customers (Canyon Tent)

GARMIN®

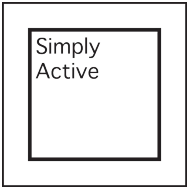
Engineered on the inside for life on the outside, Garmin products have revolutionized the wellness industry.

Garmin's products have become the first choice for active users from everyday runners to extreme adventurers, elite athletes and trailblazers in diverse sports and activities.

Each product is engineered by a team of technology and design experts and undergoes thorough testing in extreme environments to deliver the highest quality standards.

Passionate about chasing new breakthroughs in product design and product performance, this ethos of continuous scientific and technological innovation drives Garmin to create smart devices of the highest standards of precision and safety, allowing athletes to fully experience what each day has to offer. Garmin believes every day is an opportunity to beat yesterday.

Visit us at the Garmin booth at Singapore T100 to experience Garmin products!



Not only will Simply Active be supplying Pure Energy Gels and Strive Energy bars on-course for all T100 participants, you'll be able to visit their booth at the Race Expo to stock up on all your essential fueling, hydration and recovery products.

Known for their belief in the power of clean nutrition, Simply Active has a collection of premium products from some of the best brands in the business, including Pillar Performance, ALP Carnitin and ALP Curcumin, and Chief Protein Bars and Powders.

You'll also be able to stock up on swim essentials with the FORM Smart Swim Goggles and get your hands on the world's best swim skins from deboer.

Visit the team at Simply Active to learn more about how the right nutrition can help you reach your full potential, and how detrimental the wrong nutrition choices can be.





CANYON



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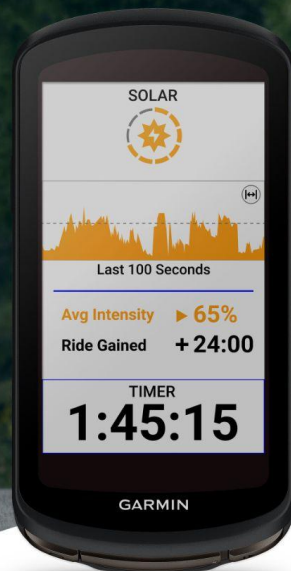


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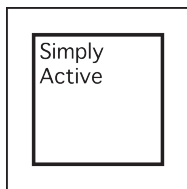
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EVENT ORGANISER



SINGAPORE

T100