



RACE GUIDE



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EVENT FACTSHEET

EVENT DETAILS

Date : 10th May, 2026, Sunday

Venue : East Coast Park, Casuarina Grove, Carpark F2

Time : 5:30am - 10:30am

Website : www.trifactor.asia

Enquires : enquiry@trifactor.asia

STAGGERED FLAG-OFF TIMINGS

Participants from different race distances will start off at different time. Please refer to the event schedule for the respective flag-off timing.

TRANSITION AREA (RunSwim Participants only)

The transition area will be open at **6.15am**. Participants are to place their Swimming gear according to their bib number as allocated in the transition area. Participants are advised to come at least **45mins** before their wave time to prepare their space. Do remember to keep your items neatly within your allocated space.

Participants must have the following before entering the transition area :

- Race Bib
- Wrist Tag
- Ankle Timing Chip

ATTIRE (RunSwim Participants only)

Participants must be dressed in appropriate swimming attire, and the provided Swim Cap. No wet suits are allowed.

No Bare bodied run, must wear shoes.

EVENT FACTSHEET

CHIP TIMING

Please ensure that you wear the timing chip on your left ankle.

No Timing Chip = No Results

ALL Individual/Team Relay RunSwim timing chips are reusable and must be returned after the race chips upon completion of the race to our Race crew at the Athletes Welfare Area collection point.

NOTE: A **FEE OF SGD \$20** IS CHARGEABLE FOR LOSS OR UNRETURNED TIMING CHIP.

EVENT PHOTOGRAPHY

Official event photography will be taken at the event. Do give a smile to our cameramen so that they can capture the moments! Event pictures will be made available on the event website and our facebook page. Family members and supporters are also welcomed to take pictures and share them with us!

AGE GROUPING

Club Challenge Male & Female – OPEN

21K & 10.5K Male & Female: 18 – 39, 40 & Above

Long RunSwim Male/Female: 18 – 39, 40 & Above

Standard RunSwim Male / Female: 18 – 39, 40 & Above

Sprint RunSwim Male / Female: 16 – 39, 40 & Above

Freshmen RunSwim Male / Female: 13 – 15 / Club Youth, 16 – 39, 40 & Above

Kids Splash & Dash Male / Female: 8 - 9, 10 – 12

Team Relays (Long & Standard RunSwim) - OPEN

RESULTS & TIMING

Provisional Race results will available on our website within 24hrs of the end of the event.

Please note that the race timings will be further validated and the finalised results will be published on our website within 48hrs.

PRIZES

The Top 3 Male and Female of each Category of each Age Group for each Race Category will be awarded with a Trophy. Any uncollected prizes after 1 month of the race will be donated.

E-CERTIFICATE

E-Certificate will be available for download 48hrs after the event at the results page. Look out for the icon next to your results.

EVENT SCHEDULE

TRIFACTOR RUN & RUNSWIM RACE SCHEDULE

Time	Wave	Distance	Category	Swim Cap	Bib No.
5:30am	1	21km /Club 21K	All	N/A	2001 – 2XXX
					CL101 – CL126
6.15am	2	10.5km	All	N/A	1001 – 12XX
6.15am	Transition Open for RunSwim Participants				
Long RunSwim 10.5km (Run) + 1.5km (Swim) + 10.5km (Run)					
7.00am	3	Club Long Challenge /Long RunSwim	Male Open/Veteran	RED	CL001 – CL026 201 – 254
7.05am	4	Long RunSwim	Female Open / Veteran /Relay	RED	255 – 278
Standard RunSwim 5.25km (Run) + 1km (Swim) + 10.5km (Run)					
7.45am	5	Standard RunSwim	Male Open/Veteran	BLUE	301 – 369
7.50am	6	Standard RunSwim	Female Open/Veteran / Relay	BLUE	370 – 392
Sprint RunSwim 5.25km (Run) + 500m (Swim) + 5.25km (Run)					
8.05am	7	Sprint RunSwim	Male Open/Veteran	ORANGE	401 – 456
8.10am	8	Sprint RunSwim	Female Open/Veteran	ORANGE	457 – 491
Freshmen RunSwim 2.5km (Run) + 200m (Swim) + 2.5km (Run)					
8:30am	9	Freshmen Junior / Club Youth Challenge	Male /Female	YELLOW	CL901 - CL9XX 501 - 513 551 - 559
8.35am	10	Freshmen RunSwim	Male Open/Veteran	YELLOW	512 – 550
8.40am	11	Freshmen RunSwim	Female Open/Veteran	YELLOW	560 – 585
9.00am	12	Kids Splash & Dash	Boys (8 – 12)	WHITE	601 – 621
9.05am	13	Kids Splash & Dash	Girls (8 – 12)	WHITE	622 – 635
9.15am	14	Kids Dash 1km	All	N/A	3001 – 3XXX
9.30am	1 st Prize Presentation – 21km /Club 21K & 10.5km Run				
10.30am	2 nd Prize Presentation – All RunSwim category + Splash & Dash				

RUN PARTICIPANTS (21.1KM, 10.5KM, KIDS DASH)

Please arrive **30** mins before your wave time to deposit your bags.

RUNSWIM PARTICIPANTS (LONG, STANDARD, SPRINT, FRESHMEN, SUPER DASH)

Please arrive at least **45mins** before your wave time to collect your ankle **Timing Chip** and to **prepare their transition area**. Do remember to keep your items neatly within your allocated space.

** Schedule may be subject to changes. Please check our website or Facebook page for the latest update.*

VENUE INFORMATION

GETTING THERE (PUBLIC TRANSPORT)

By MRT

The nearest stop is the BAYSHORE MRT Station (TE29) Exit out from Exit 2, from there, head towards the ECP Expressway and use the underpass towards the Beach front. (Walk past the skatepark at F1)

GETTING THERE

Head towards East Coast Park Expressway. Turn off at Exit 7A. Make a left turn when entering into East Coast Park Service Road. Head towards Carpark F2. (It is 5min walk towards the main event site)

Parking at F2 is free. Alternative parking is Carpark F3 (opposite East Coast Water Venture) about 10mins walk away.



GENERAL INFORMATION

BAGGAGE STORAGE

Participants can store their excess baggage at the Baggage Store area. Participants are advised to pack light and refrain from bringing too many valuables. Participants are also encouraged to pass their belongings to their family members or friends before the race to avoid waiting time at the baggage counter after the race.

TOILETS & SHOWERS

Toilets and showers are available at the public restroom next to F2 Carpark located 150m away from the Event site.

DRINK STATION

There will be water points along the run route at the end point. However, in pursuit to achieving zero-waste at our events, we strongly encourage you to bring your own water bottle and top up at the refueling stations. Energy gels?

MEDICAL SUPPORT

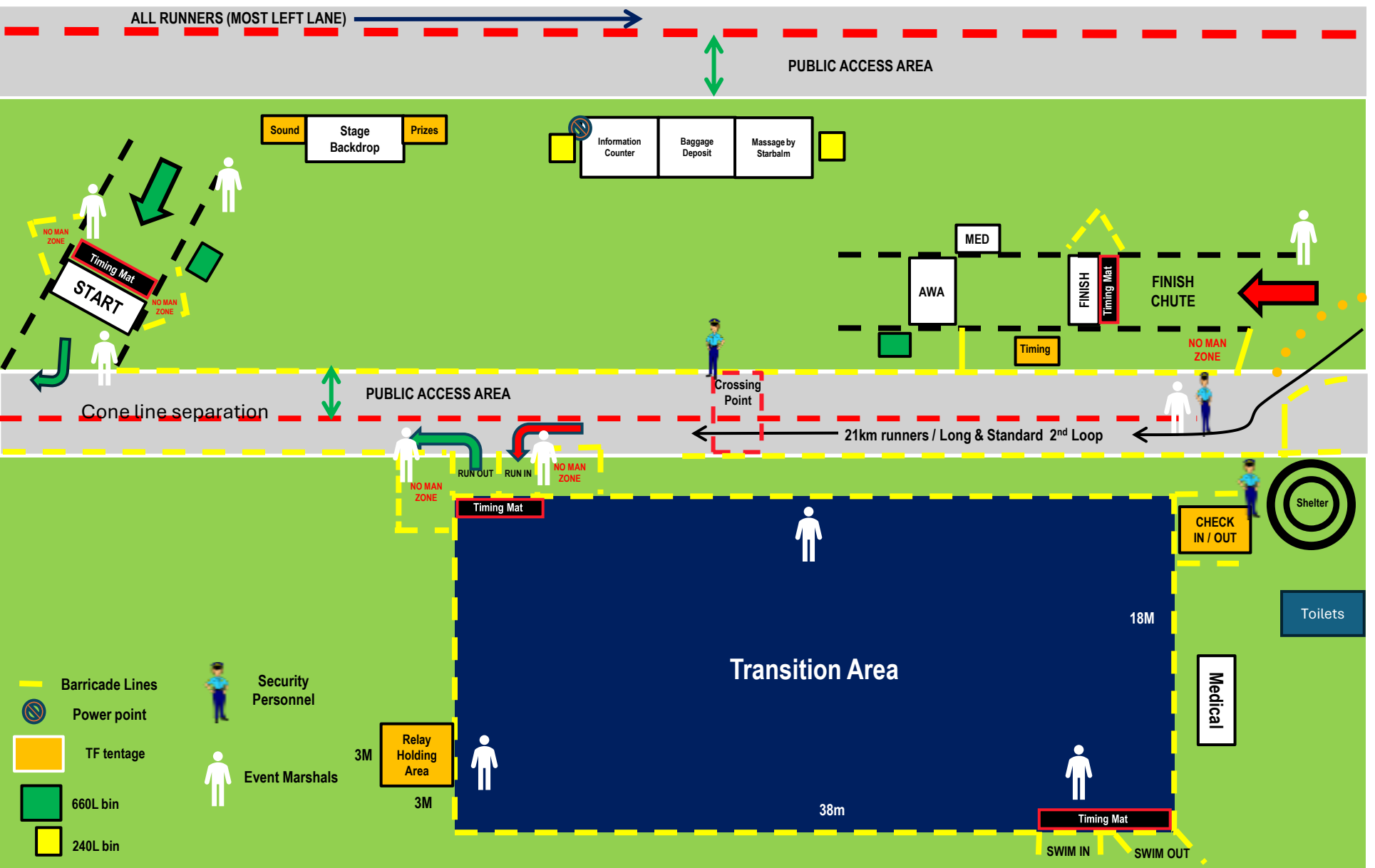
A medical station is located at the Event site to ensure that participants can get medical attention quickly and efficiently whenever required. There are also Mobile Medics along the course for those that require any attention. Lifeguards and Kayakers are lined up along the Swim course for assistance. If you are not feeling well, please approach any race crew or medical staff for immediate attention.

RACE OFFICIALS & TF CREW

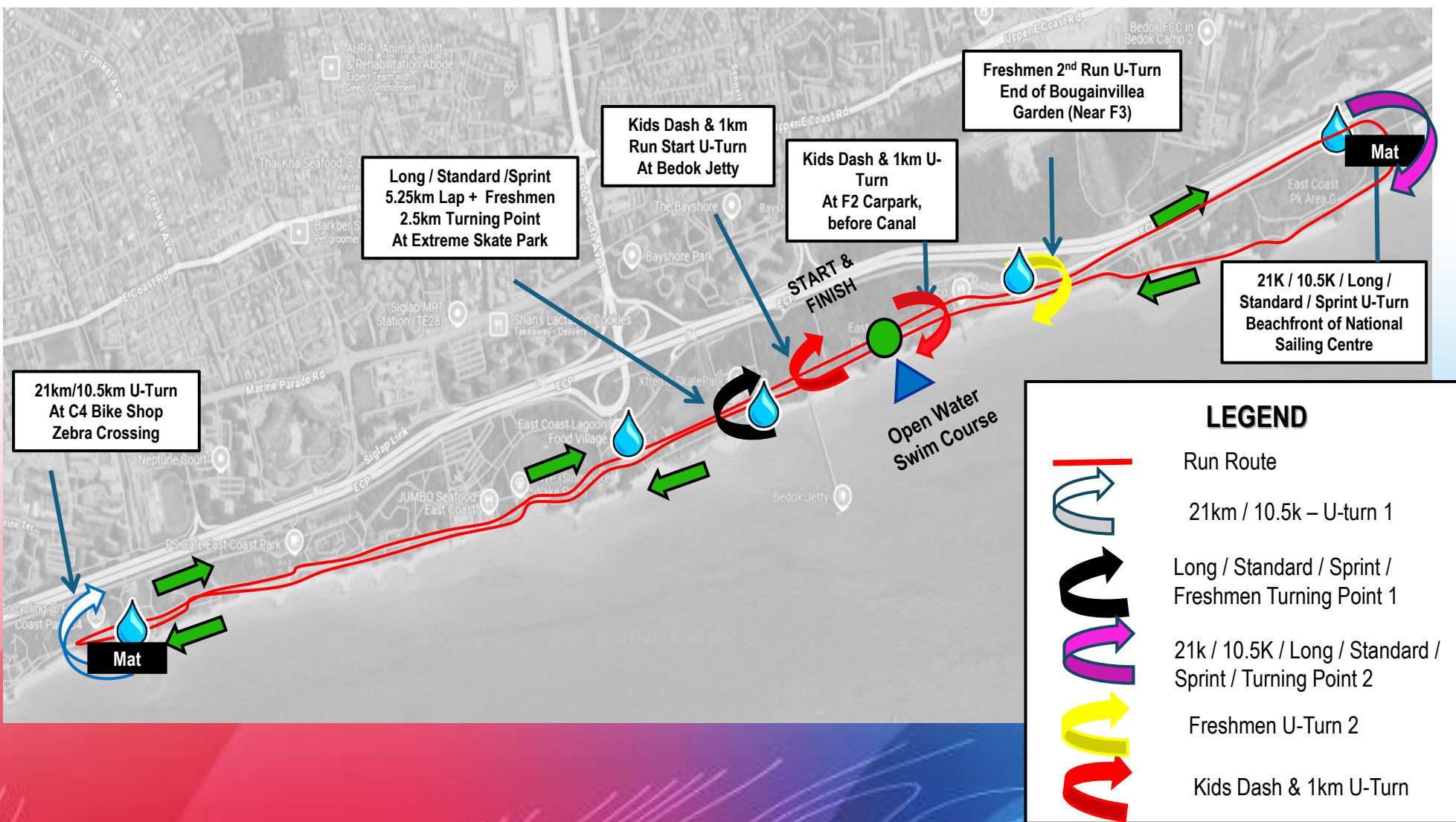
There will be Race Officials and TF Crew at the event cheering on the participants throughout the race. If you require any assistance during the event, feel free to approach any one of us and we will gladly assist you.



MAIN EVENT SITE



OVERALL ROUTE



LEGEND

- Run Route
- 21km / 10.5k – U-turn 1
- Long / Standard / Sprint / Freshmen Turning Point 1
- 21k / 10.5K / Long / Standard / Sprint / Turning Point 2
- Freshmen U-Turn 2
- Kids Dash & 1km U-Turn

21km / 10km Maps

CATEGORY	LOOPS
21km Run	2 Loops x 10.5km
10.5km Run	1 Loops x 10.5km
Kids Dash 1km Run	1 Loop x 1km

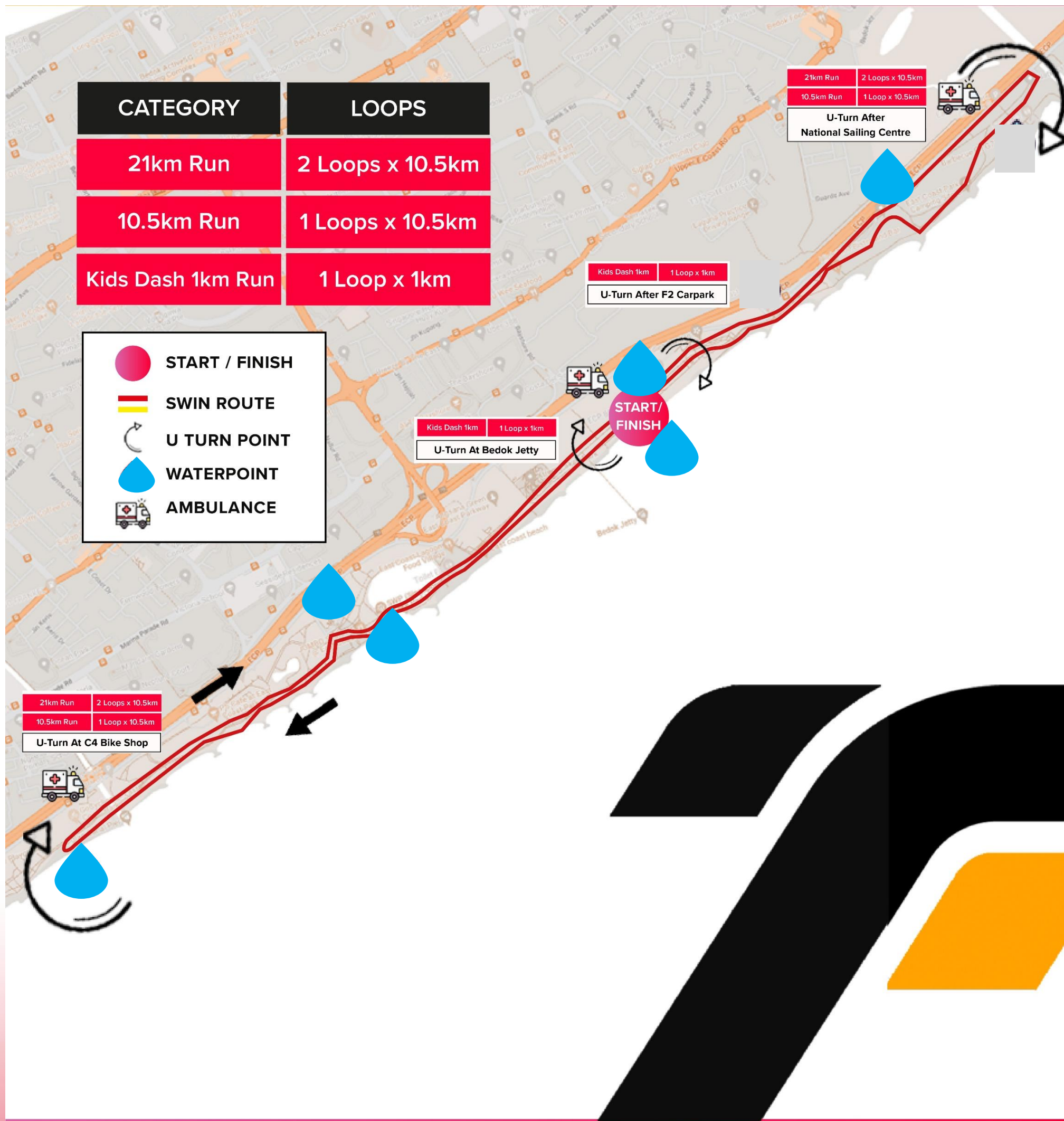
-  **START / FINISH**
-  **SWIN ROUTE**
-  **U TURN POINT**
-  **WATERPOINT**
-  **AMBULANCE**

21km Run 2 Loops x 10.5km
 10.5km Run 1 Loop x 10.5km
 U-Turn At C4 Bike Shop

Kids Dash 1km 1 Loop x 1km
 U-Turn At Bedok Jetty

Kids Dash 1km 1 Loop x 1km
 U-Turn After F2 Carpark

21km Run 2 Loops x 10.5km
 10.5km Run 1 Loop x 10.5km
 U-Turn After National Sailing Centre



Run-Swim Maps

CATEGORY	RUN	SWIM	RUN
LONG	5.25km x 2	500m x 3 Loops	5.25km x 2
STANDARD	5.25km	500m x 2 Loops	5.25km x 2
SPRINT	5.25km	500m x 1 Loop	5.25km
FRESHMEN	2.5km	200m x 1 Loop	2.5km
SPLASH & DASH	-	200m x 1 Loop	1km

-  **START / FINISH**
-  **SWIM ROUTE**
-  **U TURN POINT**
-  **WATERPOINT**
-  **AMBULANCE**

Long	10.5km
Standard	5.25km
Sprint	5.25km
Freshmen	2.5km
U-Turn At F1 Skatepark	

Long	10.5km
Standard	5.25km
Sprint	5.25km
U-Turn After National Sailing Centre	

Freshmen	2.5km
U-Turn	

Splash & Dash	1km
U-Turn After F2 Carpark	

Splash & Dash	1km
U-Turn At Bedok Jetty	

Freshmen	2.5km
Splash & Dash	1km

SWIM 500M








500M

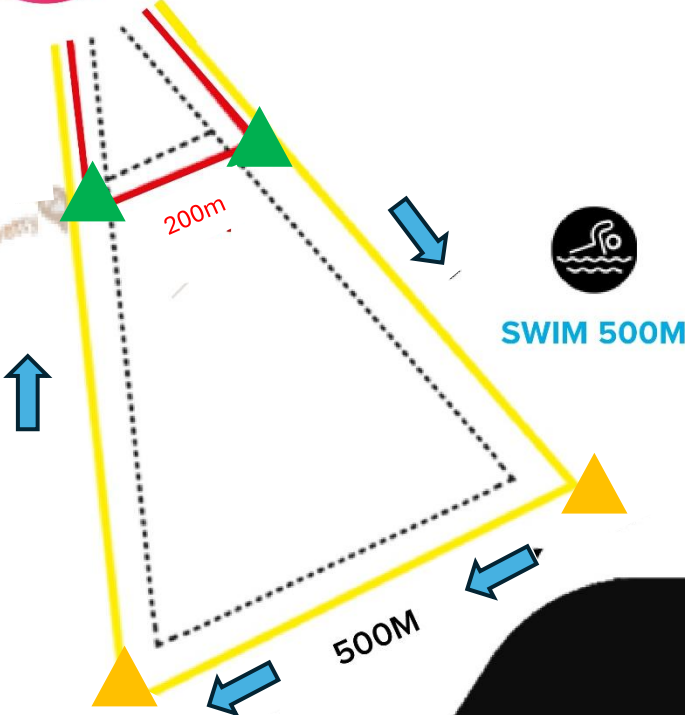
200m



CATEGORY	SWIM
LONG	500m x 3 Loops
STANDARD	500m x 2 Loops
SPRINT	500m x 1 Loop
FRESHMEN	200m x 1 Loop
SPLASH & DASH	200m x 1 Loop

-  **START / FINISH**
-  **SWIM ROUTE**
-  **U TURN POINT**
-  **WATERPOINT**
-  **AMBULANCE**

**START/
FINISH**



LEGEND

-  **Lane Rope**
-  **500m Circuit**
-  **100m Circuit**

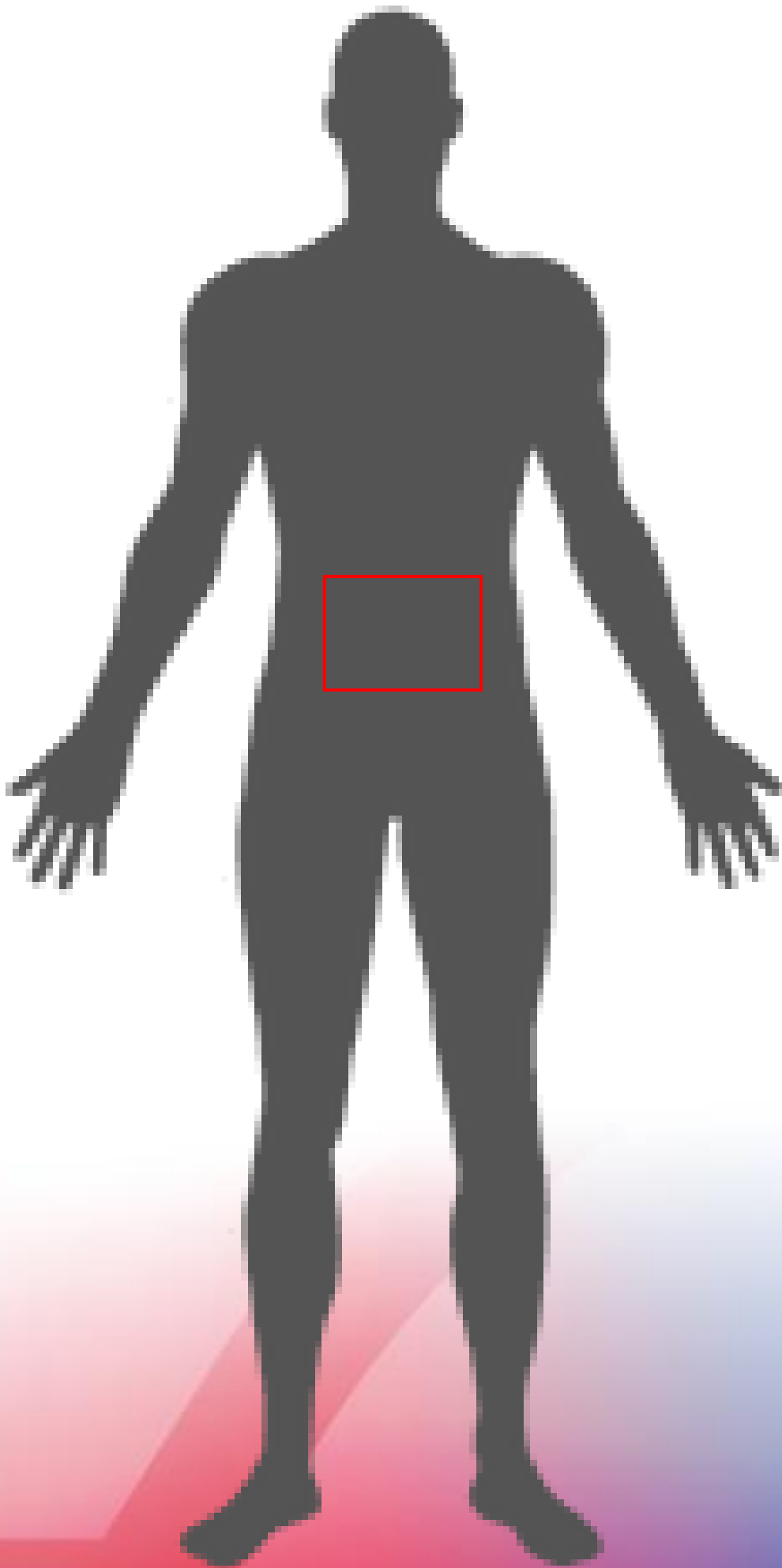
SWIM ROUTE 

FOR MORE INFORMATION VISIT: WWW.TRIFACTOR.ASIA

RACE DAY ESSENTIALS

(RUN 21K / 10.5K / Kids 1K)

Please be on standby near the Start Line
10min prior to your Wave Flag-Off

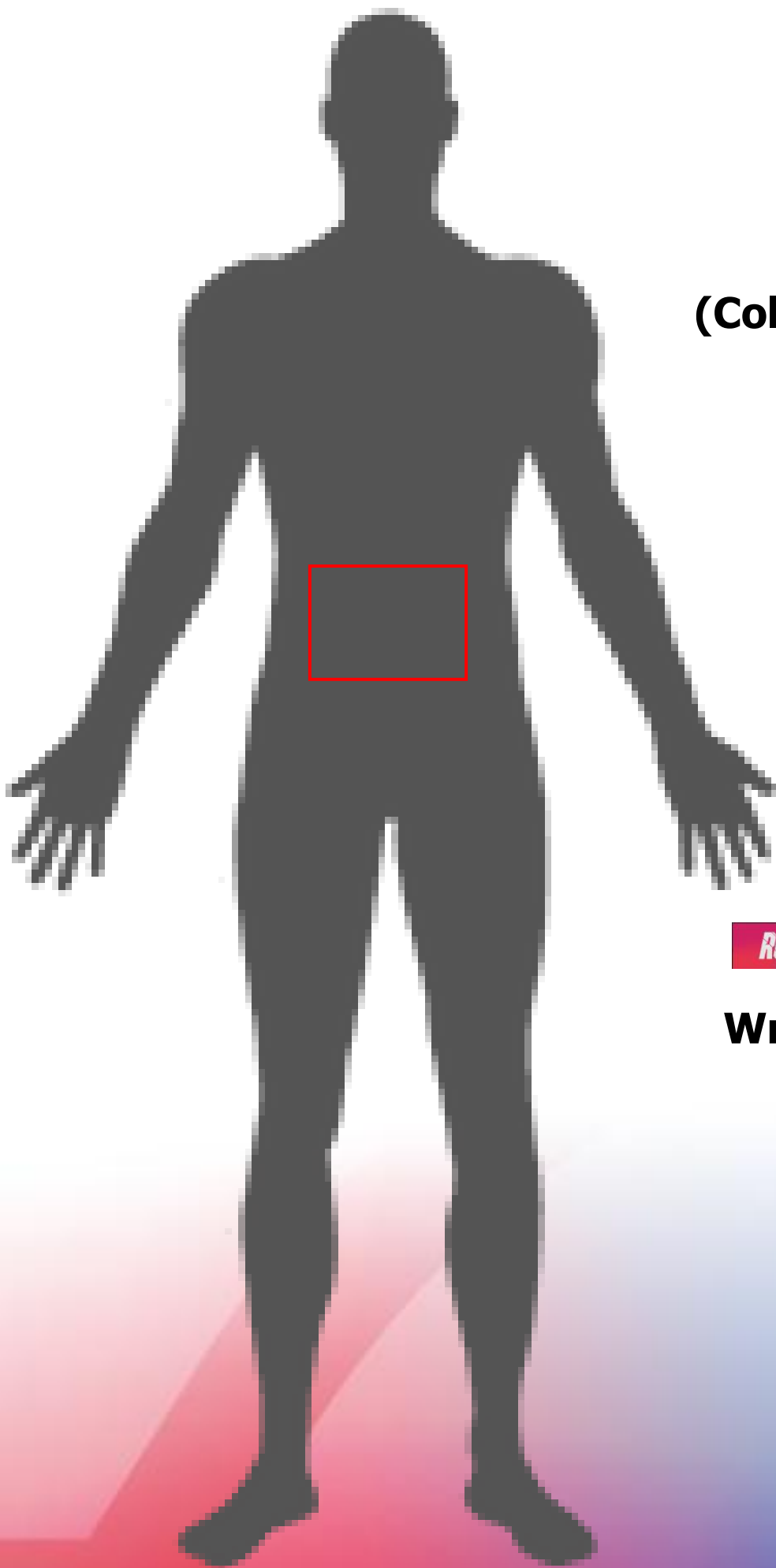


**Race Bib with
embedded Timing
Chip**

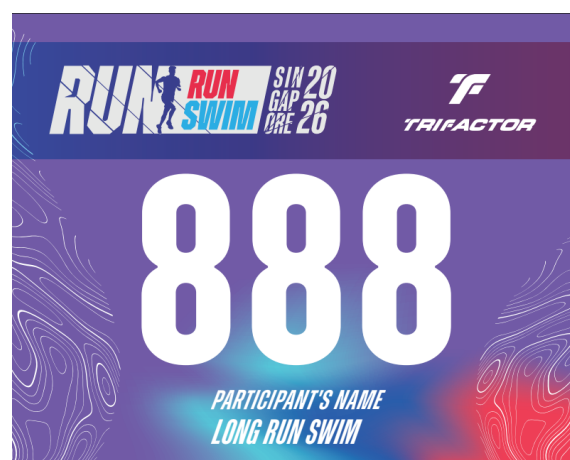
Worn on the front when
running

RACE DAY ESSENTIALS (RUNSWIM)

Please prepare your Transition Area
45min prior to your Flag Off Time



Swim Cap
(Colours given based on category)



Race Bib

Worn on the front for Run only



Wrist Tag with Transition Number

Worn on wrist



Timing Chip

Worn on left ankle for entire event

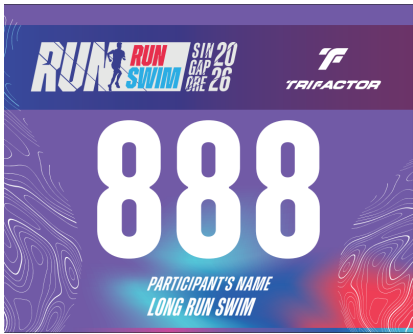
**PLEASE COLLECT THIS @
INFO COUNTER ON EVENT DAY**

RACE DAY ESSENTIALS (RUNSWIM – RELAY)

Please prepare your Transition Area
45min prior to your Flag Off Time

Participant 1
(Run)

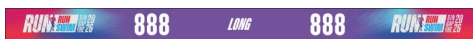
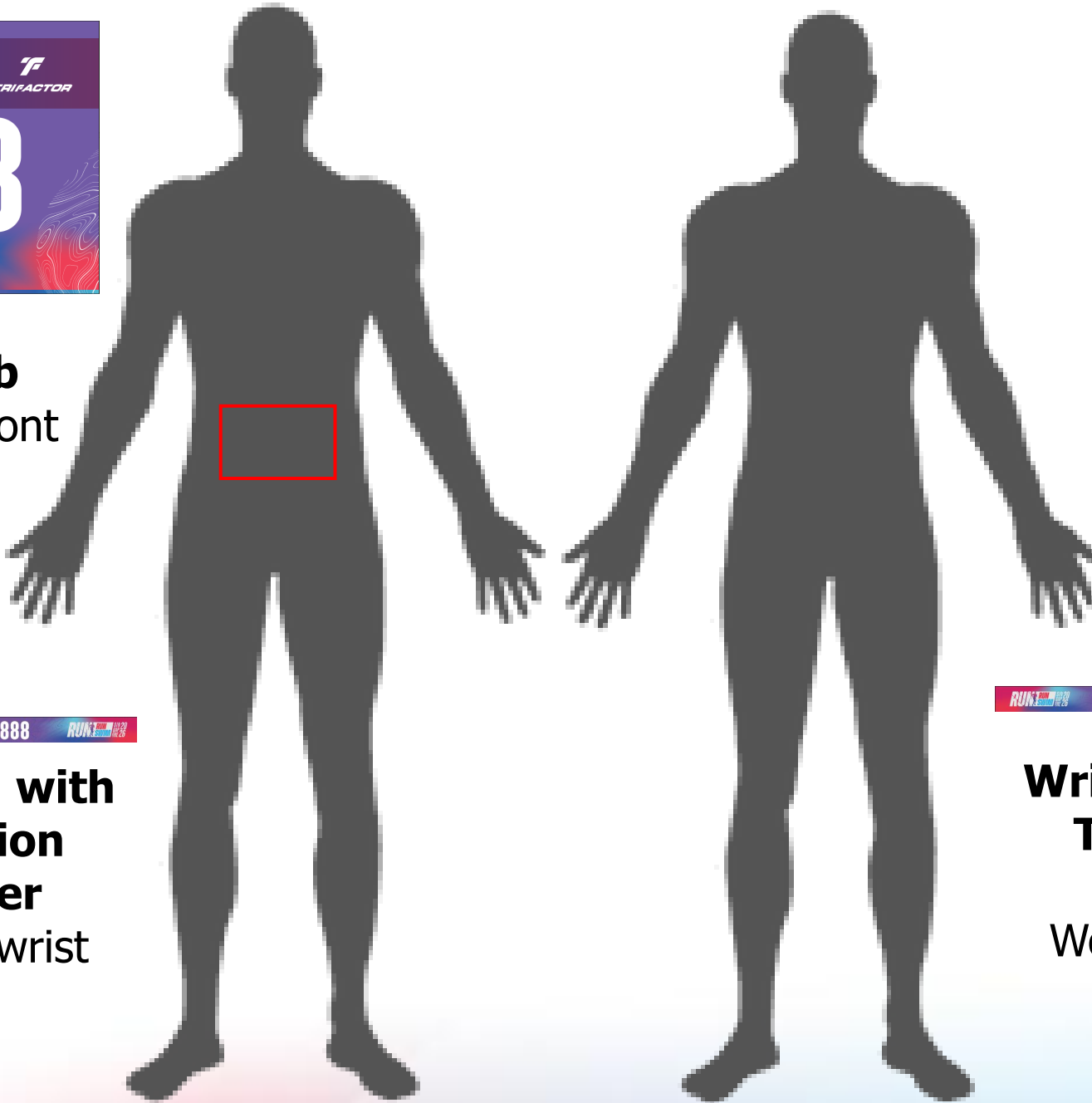
Participant 2
(Swim)



Race Bib
Worn on front



Swim Cap
Worn



**Wrist Tag with
Transition
Number**
Worn on wrist



**Wrist Tag with
Transition
Number**
Worn on wrist



Reusable Timing Chip

To be worn by active participant and passed on to the next
team member at the Team Relay holding Area

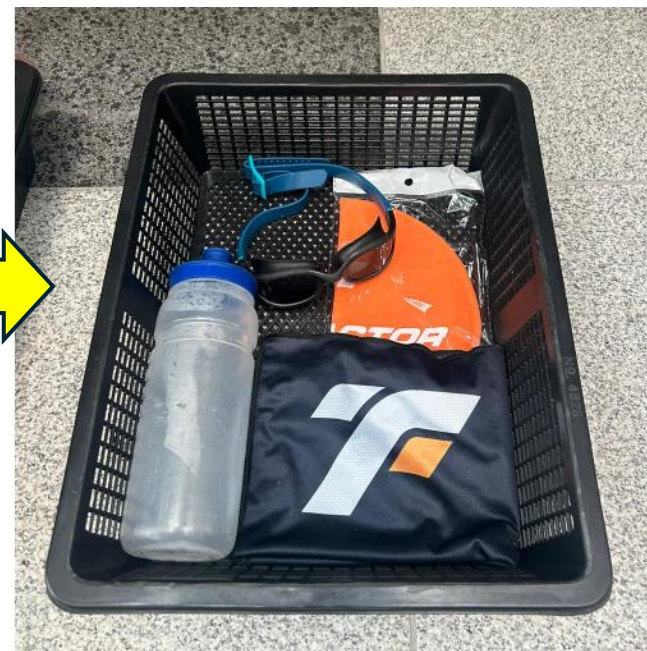
**PLEASE COLLECT THIS @
INFO COUNTER ON EVENT DAY**

RACE DAY ESSENTIALS (TRANSITION PREPARATIONS)

Please prepare your Transition Area
45min prior to your Flag Off Time

Transition baskets will be provided for you based on your race number in the transition area.

**Kindly only place race required items inside your basket.
Non-race items should be stored at the baggage counter.**



Pre-Run Transition Box items:

1. Swim Cap (Mandatory)
2. Swim Goggles (Mandatory)
3. Water Bottle (Optional)
4. Towel (Optional)
5. Personal Gels (Optional)

Pre-Swim Transition Box items:

1. Run Shoes (Mandatory)
2. Race Bib (Mandatory)
3. Run Tee (Optional)
4. Towel (Optional)
5. Sunglasses (Optional)
6. Personal Gels (Optional)

Post-Swim Transition Box items:

1. Swim Cap (Mandatory)
2. Swim Goggles (Mandatory)
3. Water Bottle (Optional)
4. Towel (Optional)
5. Personal Gels (Optional)

Before your start of your first Run Leg, please ensure that your goggles, swim cap and any other race accessories are kept inside your basket. You should have your race bib, wrist tag and timing chip with you at the start line.

Upon finishing your first leg of the run and entering the transition to the swim, please put your shoes, race bib, running tee / sunglasses in the basket and take your swim cap and goggles for the swim leg.

After finishing the swim leg, please place back your swim cap, goggles into the basket while you put on your shoes / running tee and race bib for the final run leg of the race.

Timing chip to be worn for the entire 3 legs of the race and to be returned at the finishing line.

MEDICAL SAFETY

MEDICAL SAFETY & FIRST AID

Even though you may have read our medical advice before, we would like to insist that you read it again. Awareness of the health risks of exercising in a tropical climate is the best prevention for serious injuries!

MEDICAL CONDITIONS

If you have a medical condition that may affect your safe participation in exercise, please ensure that you have explained your exercise plans to your doctor and sought his/her clearance. You should not be taking part in this sport event unless medical clearance has been given to you.

MEDICATION

Should you have an allergy of some sort (e.g. to bee stings), and if you have any medication such as an auto-injector, you may want to place this in a Ziploc bag with your name & race number on it. Then pass this to the medical team so that it is on standby for you should it be needed. If you are currently taking medication for a medical condition, do ensure that you take this as prescribed to you by your doctor. Please be aware that some medications such as drugs for inflammation and injury (anti-inflammatory) may lead to dehydration. It is important for you to maintain good hydration before and throughout the event.

ILLNESS

Some illnesses may result in dehydration, salt imbalance, or disturbances to your heart function. These include viral illnesses such as the flu, as well as food poisoning and diarrhea.

If you have had such illnesses within the last 7-10 days before this event, please assess your current fitness and if you are not feeling well, do NOT participate in the race. If you have had a fever with muscle aches in the past week before the event, it is recommended that you do not race. Diarrhea can cause loss of water and salts, so please ensure that you have replaced these before racing (using a sports drink is very helpful). If you have had a recent illness and are going to participate in the race, please start out cautiously and lower the intensity of your physical exertion.

HEAT INJURIES

Exercise in Singapore's **high heat** and humidity places you at risk of developing a heat injury. In its most severe form – heat stroke – this may be potentially fatal. The best way to avoid such injuries is to ensure good physical conditioning prior to this race, and to participate within your fitness limits. Proper hydration is essential and seeks to ensure you are hydrated before the race, maintained during the race (drinking during the run phase), and then replaced after the race to prepare for your next training session!! A good beverage to use would contain water, carbohydrates (energy source) and salts, as you would find in a sports drink. If you use a sports drink, this is best consumed alongside an equal amount (or more) of water.

Finally, if you experience any of the following, 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

Get Active Questionnaire

The following questions will help to ensure that you have a safe physical activity experience. Please answer YES or NO to each question before you become more physically active. If you are unsure about any question, answer YES. Have you experienced ANY of the following within the past six months?

(Please seek a doctor's advice if you answered YES to any of the questions below before attempting any physical activities)

1. 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?

Yes/No

2. A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?

Yes/No

3. Dizziness or lightheadedness during physical activity?

Yes/No

4. Shortness of breath at rest?

Yes/No

5. Loss of consciousness/fainting for any reason?

Yes/No

6. Concussion?

Yes/No

7. 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?

Yes/No

8. Has a health care provider told you that you should avoid or modify certain types of physical activity?

Yes/No

9. 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?

Yes/No

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

10. During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? Days/Week

11. On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? Minutes/Day

12. For adults, please multiply your average number of days/week by the average number of minutes/day:

For Child/Dependent (please indicate 0)



RULES & REGULATIONS

1. The Organisers reserve the right to amend the Rules & Regulations without prior notification.
2. The Organisers reserve the right to amend the race course without prior notice to the participants.
3. In the event of inclement weather, the Organisers reserve the right to delay the commencement of the race, shorten the race, or modify the course.
4. Should the inclement weather persist after the delay, the Organisers reserve the right to cancel the race without any refund of registration fees.
5. Whilst every reasonable precaution will be taken by the Organisers to ensure participants' safety, participants participate at their own risk and the Organisers shall not be liable for any loss and/or damage, whether personal or otherwise, and howsoever arising. Participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual race day.
6. The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race. Medical personnel have the ultimate and final authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without the risk of serious injury to themselves or others. Medical transport of any participant will result in disqualification.
7. On-the-spot entries will not be accepted.
8. The Organisers reserve the right to limit and refuse entries without giving any reason.
9. Upon completion of the entry form, including online registration, evidences the participant's agreement to abide by the Rules and Regulations of TriFactor Singapore.
10. Once the registration has been processed, there will not be any refund for the participants, who for whatever reason, eventually do not take part.

RULES & REGULATIONS

11. The Organisers will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.
12. **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..
13. Age category is determined by the participant's age on 31 December 2026.
14. The Organisers reserve the right to use any photograph, motion picture, or any other recordings of this race and its participants for any legitimate purpose, including commercial advertising.

GENERAL

A S\$30 penalty applies for any loss of the Timing Chip required for replacement.

The Organizers will not be responsible for any inaccuracy in participant's race timings.

The details on the reverse side of the Race Bib must be filled in to enable the Organizers to contact participant's next-of-kin in case of emergency.

Participants who commence before the actual start time of his/her Race entered for will be disqualified. (Please refer to start time of each race.)

A grace period of 15 minutes after the commencement of the race will be given for latecomers. Anyone who reports later than this grace period will not be allowed to participate in the race.

All participants shall be ready and assembled at the Start Holding Area 15 minutes prior to the Run. Any participant that starts in the wrong wave, will automatically be disqualified.

There may be (generous) time limitation, which is still to be determined. Road closure will be lifted after the time limitation. Participants will then continue on the footpath at their own risk.

For prize winners or possible prize winners, disputes and appeals must be made on-the-spot with a \$50 refundable deposit (if the dispute is qualified) within 12hrs of the published results or whichever is earlier.

For all other participants, disputes and appeals regarding the results must be submitted in a written format, including electronic mail within 7 days of race day. After which, the Organizers reserve the right not to entertain any dispute or appeal.

Any dispute arising from the participation in the Event shall be referred to Arbitration to be conducted in Singapore under the law of the Singapore Arbitration Court.

Safe Management Measures:

This event is a vaccination Differentiated Safe-management measures (VDS) event. All participants must declare their vaccination status upon entering the event site. Anyone that is not vaccinated will not be allowed entry and no refund will be provided.

We encourage all participants to continue wearing their mask, pre and post of their race and to keep a safe distance from each other and refrain from unnecessary gathering. Help us keep events going by keeping safe!

SWIMMING

RACE INFORMATION

- 1. All participants must wear the Swim Cap & wrist tags provided by the Organisers.*
- 2. Swim goggles may be worn.*
- 3. Fins, paddles, snorkels or any other swimming aids are not allowed.*
- 4. Personal Safety Swim Buoys are allowed.*
- 5. Wet suits are not allowed.*
- 6. Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification.*
- 7. No persons other than the participants and officials are permitted in the swimming area.*
- 8. Participants in difficulty shall signal by raising an arm to the escorting kayaks for assistance.*
- 9. Once assistance is rendered, the participant must retire from the competition.*

RUNNING

RACE INFORMATION

- 1. Participants must wear their Bib Numbers clearly visible on the FRONT of their adorned apparel at all times.*
- 2. Support vehicles or pacers are not allowed.*
- 3. Participants must run on the designated path for the entire route. Failure to do so may result in disqualification.*
- 4. No bare torso is allowed at all times.*
- 5. Wearing headphones is not allowed at all times. Communication or entertainment devices of any type are strictly prohibited during competition.*
- 6. Please note that the route will still be opened to public users. Kindly be mindful of public users during the race.*

TRANSITION

- 1. Participants are required to keep their transition space as neat as possible. All items must be kept within their allocated baskets so as not to impede the safe movement of other participants. All non-essential bags or items must be brought out of the transition area and stored at the baggage counter.*
- 2. No public nudity is allowed and any breach will result in disqualification.*
- 6. Wrist bands must be worn at all times within the transition area. Any one found without a wristband will be ushered out of the transition area.*
- 7. All relay team members must report to the team holding area within the transition area to do the exchange of the timing chip from one member to the next.*



TRIFACTOR

LEVEL **UP**



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Power
Sports**

ST  RBALM[®]
SPORT CARE

**N
T**

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SANCTIONED:



EVENT OWNER:

