

TRIFACTOR
TRIATHLON 20
DUATHLON 26



RACE GUIDE



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FOREWORD

TriFactor Asia to Host Asian Championship in Singapore

Top triathletes from up to 20 Asian nations will compete for the Asia Champion title on 13 September 2026 at East Coast, Singapore.

SINGAPORE, 2 SEPTEMBER 2026

TriFactor Asia today announced the TriFactor Asian Championship 2026, to be held on Sunday, 13 September 2026 at East Coast, Singapore. The championship will bring together elite triathletes from up to 20 Asian nations, racing the Standard Distance (1.5 km swim / 36 km bike / 10 km run) for the title of Asia Champion and a share of the elite prize purse.



ELVIN TING

Global Chief Executive Officer, TriFactor Asia

Elvin Ting, Global Chief Executive Officer of TriFactor Asia, said he was delighted to welcome so many international athletes to Singapore, all of whom qualified through the TriFactor race series held in their own countries throughout the year. He explained that the series gives athletes at every level a clear path from their home race to a regional championship stage. Ting described the championship weekend as something truly special, pointing to the atmosphere and sense of community that builds around events like this, and said he was already looking forward to the races ahead, with TriFactor's 2027 calendar taking the series to the Philippines, Indonesia, Singapore, and Vietnam.



PAUL RACHMADI

President, Triathlon Association Singapore

Paul Rachmadi, President of Triathlon Association Singapore, welcomed the TriFactor Asian Championship as a valuable addition to the national triathlon calendar. He noted that events which combine an elite international field with strong age group and first timer categories help grow the sport at every level, from newcomers taking on their first race to athletes aiming for regional honours. Rachmadi added that the federation values its ongoing relationship with organisers such as TriFactor Asia in bringing high quality, well run events to Singapore, and that seeing local and international athletes race side by side over the same weekend reflects exactly the kind of participation the federation wants to see grow in the years ahead.



JOSEPH TAN

Race Director

Race Director Josef Tan said that hosting the Asian Championship is an annual highlight for TriFactor, as the title moves between host countries each year, and that it is especially great to see it land in Singapore this time round. He described the route through East Coast Park as fast and scenic, putting every athlete right in the heart of the city's coastline. Tan added that the event has been designed with a distance and category for everyone, from elite athletes to people stepping into their very first triathlon, and that seeing that range of experience levels come together on the same course is exactly what makes the event special.

EVENT DETAILS

Date : 13 September 2026, Sunday

**Venue : East Coast Park, Angsana Green,
Carpark E2**

Time : 6.00am - 1.00pm

EVENT LOCATION



<https://goo.gl/maps/ra2GTRhVhy1yBkUf7>

Website : www.trifactor.asia

Enquiries : enquiry@trifactor.asia

FB : TriFactor | IG : trifactor_series

TRIFACTOR

TRIATHLON 20
DUATHLON 26

ASIA
CHAMPIONSHIP
SINGAPORE 1 2026

TRIFACTOR
GOLD
TEAM ROSTER

TIME WAVE RACE BIB NO. CAP

6.00am TRANSITION AREA OPENS

ASIAN CHAMPIONSHIP

7.15am Elite M 01 – 37

7.18am Elite F 01 – 37

DUATHLON STANDARD

7.25am D-1 4001 – 4028
518 – 693
4050 – 4065

TRIATHLON LONG

7.35am Club 2001 – 2028
2031 – 2045

7.40am 4 39 – 115

7.45am 5 116 – 167

7.50am 6 168 – 186
2050 – 2059

TRIATHLON STANDARD

8.10am 7 190 – 284

8.15am 8 285 – 384

8.20am 9 385 – 475

8.25am 10 476 – 514
3001 – 3015

DUATHLON SPRINT

8.30am D-2 696 – 838

SWIM CAP

Championship & Club Long Standard Freshmen
Kids Duathlon No Cap

RACE DAY SCHEDULE

FIND YOUR BIB NUMBER BELOW

TIME WAVE RACE BIB NO. CAP

TRIATHLON SPRINT

8.45am 11 840 – 913

8.50am 12 914 – 1007

8.55am 13 1008 – 1077

9.00am 14 1078 – 1153

9.05am 15 1154 – 1232

9.10am 16 1233 – 1264

9.15am 17 5001 – 5038

DUATHLON FRESHMEN

9.25am D-3 1431 – 1499

TRIATHLON FRESHMEN

9.45am 18 8001 – 8012

9.50am 19 1266 – 1296
1378 – 1388

9.55am 20 1297 – 1377

10.00am 21 1389 – 1430
8801 – 8802

TRIATHLON KIDS

10.40am 22 1600 – 1656

10.45am 23 1657 – 1707

11.00am START OF PRIZE PRESENTATION

1.00pm END OF EVENT

AWARDS & CATEGORIES

TF ASIAN CHAMPIONSHIP	MALE ELITE	1ST	2ND	3RD
TF ASIAN CHAMPIONSHIP	FEMALE ELITE	1ST	2ND	3RD
TF CLUB CHALLENGE TRIATHLON	MALE	1ST	2ND	3RD
TF CLUB CHALLENGE TRIATHLON	FEMALE	1ST	2ND	3RD
TF CLUB CHALLENGE TRIATHLON	TEAM RELAY	1ST	2ND	3RD
LONG TRIATHLON	MALE 18 - 29	1ST	2ND	3RD
	MALE 30 - 39	1ST	2ND	3RD
	MALE 40 - 49	1ST	2ND	3RD
	MALE 50-59	1ST	2ND	3RD
	MALE 60 and Above	1ST	2ND	3RD
	FEMALE 18 - 29	1ST	2ND	3RD
	FEMALE 30 - 39	1ST	2ND	3RD
	FEMALE 40 - 49	1ST	2ND	3RD
	FEMALE 50-59	1ST	2ND	3RD
	FEMALE 60 and Above	1ST	2ND	3RD
LONG TRIATHLON TEAM RELAY	MALE	1ST	2ND	3RD
	MIXED/FEMALE	1ST	2ND	3RD
STANDARD TRIATHLON	MALE 18 - 29	1ST	2ND	3RD
	MALE 30 - 39	1ST	2ND	3RD
	MALE 40 - 49	1ST	2ND	3RD
	MALE 50-59	1ST	2ND	3RD
	MALE 60 and Above	1ST	2ND	3RD
	FEMALE 18 - 29	1ST	2ND	3RD
	FEMALE 30 - 39	1ST	2ND	3RD
	FEMALE 40 - 49	1ST	2ND	3RD
	FEMALE 50-59	1ST	2ND	3RD
	FEMALE 60 and Above	1ST	2ND	3RD
STANDARD TRIATHLON TEAM RELAY	MALE	1ST	2ND	3RD
	MIXED/FEMALE	1ST	2ND	3RD
SPRINT TRIATHLON	MALE 16 - 19	1ST	2ND	3RD
	MALE 20 - 34	1ST	2ND	3RD
	MALE 35 - 49	1ST	2ND	3RD
	MALE 50 and Above	1ST	2ND	3RD
	FEMALE 16 - 19	1ST	2ND	3RD
	FEMALE 20 - 34	1ST	2ND	3RD
	FEMALE 35 - 49	1ST	2ND	3RD
	FEMALE 50 and Above	1ST	2ND	3RD
	MALE 16 - 19	1ST	2ND	3RD
	MALE 20 - 34	1ST	2ND	3 RD
	MALE 35 - 49	1ST	2ND	3RD
SPRINT TRIATHLON TEAM RELAY	MALE	1ST	2ND	3RD
	MIXED/FEMALE	1ST	2ND	3RD

AWARDS & CATEGORIES

TF YOUTH CLUB CHALLENGE	MALE	1ST	2ND	3RD
TF YOUTH CLUB CHALLENGE	FEMALE	1ST	2ND	3RD

FRESHMEN TRIATHLON	MALE 13 - 15	1ST	2ND	3RD
	MALE 16 - 34	1ST	2ND	3RD
	MALE 35 - 49	1ST	2ND	3RD
	MALE 50 & Above	1ST	2ND	3RD
	FEMALE 13 - 15	1ST	2ND	3RD
	FEMALE 16 - 34	1ST	2ND	3RD
	FEMALE 35 - 49	1ST	2ND	3RD
	FEMALE 50 & Above	1ST	2ND	3RD

KIDS TRIATHLON	MALE 9 - 10	1ST	2ND	3RD
	MALE 11 - 12	1ST	2ND	3RD
	FEMALE 9 - 10	1ST	2ND	3RD
	FEMALE 11 - 12	1ST	2ND	3RD

TF CLUB CHALLENGE DUATHLON	MALE	1ST	2ND	3RD
TF CLUB CHALLENGE DUATHLON	FEMALE	1ST	2ND	3RD

STANDARD DUATHLON	MALE 18 - 39	1ST	2ND	3RD
	MALE 40 & ABOVE	1ST	2ND	3RD
	FEMALE OPEN	1ST	2ND	3RD
STANDARD DUATHLON TEAM RELAY	OPEN	1ST	2ND	3RD

SPRINT DUATHLON	MALE 16 - 39	1ST	2ND	3RD
	MALE 40 AND ABOVE	1ST	2ND	3RD
	FEMALE OPEN	1ST	2ND	3RD

FRESHMEN DUATHLON	MALE 13-15	1ST	2ND	3RD
	MALE OPEN	1ST	2ND	3RD
	FEMALE 13-15	1ST	2ND	3RD
	FEMALE OPEN	1ST	2ND	3RD

SITE MAP & RACE ROUTES



RACE ROUTES

TRIATHLON + TF GOLD SWIM > BIKE > RUN

01 SWIM



CATEGORY	CIRCUIT	LOOPS	TOTAL
Long	750 m	3 loops	2,250 m
Standard	750 m	2 loops	1,500 m
Sprint	750 m	1 loop	750 m
Freshmen	100 m	2 loops	200 m
Kids	100 m	1 loop	100 m
TF Gold	100 m	4 loops	400 m

TRIATHLON + TF GOLD SWIM > BIKE > RUN

ONE COMPLETE CIRCUIT
6 km

START BIKE LEG
East Coast Park

U-TURN
National Sailing Centre

TRANSITION
Angsana Green

Bedok Jetty

Map labels include: Siglap, Lucky Valley, Bedok, Upper East Coast, East Coast Park, East Coast, Bedok, Bedok Ferry, Angsana Green, Singapore Sports Hub, Singapore Sailing Federation, Singapore Sailing Centre, Singapore Sailing Club, Singapore Sailing Association, Singapore Sailing Federation, Singapore Sailing Centre, Singapore Sailing Club, Singapore Sailing Association.

Finished your final loop?
Continue left to Angsana Green.

CATEGORY	CIRCUIT	LOOPS	TOTAL
Long	6 km	7 loops	42 km
Standard	6 km	6 loops	36 km
Sprint	6 km	3 loops	18 km
Freshmen	6 km	2 loops	12 km
Kids	6 km	1 loop	6 km
TF Gold	6 km	1 loop	6 km

RACE ROUTES

TRIATHLON + TF GOLD SWIM > BIKE > RUN

03 RUN



CATEGORY	CIRCUIT	LOOPS	TOTAL
Long	■ 5 km	3 loops	15 km
Standard	■ 5 km	2 loops	10 km
Sprint	■ 5 km	1 loop	5 km
Freshmen	■ 2.5 km	1 loop	2.5 km
TF Kids	■ 1.5 km	1 loop	1.5 km
TF Gold	■ 1.5 km	1 loop	1.5 km

RACE ROUTES

DUATHLON RUN 1 > BIKE > RUN 2

RUN 1 + RUN 2

Finish Run 1, complete the bike leg, then follow your Run 2 distance.



CATEGORY	RUN 1	BIKE >	RUN 2
Standard	10 km 2 x 5 km		5 km 1 x 5 km
Sprint	5 km 1 x 5 km		2.5 km 1 x 2.5 km
Freshmen	2.5 km 1 x 2.5 km		1.5 km 1 x 1.5 km

BIKE



CATEGORY	TOTAL	LAPS
Standard	36 km	6
Sprint	18 km	3
Freshmen	12 km	2

6 km per lap

Then transition to Run 2.

More loops to ride?
Follow green: left, then up.

Finished your final loop?
Continue left to Angsana Green.

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.

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, confusio

EVENT FACTS

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.

Participants are waved off based on Race Category, Gender and Age Group. Do check and ensure you are starting off in the correct Start Time.

RACE BIBS & WRIST TAGS

Always display your issued Race Bib on the front of your adorned apparels during Run legs of the race.

Participants without a Race Bib will not be allowed to race. Individual medical information on the back of the race bibs must be completed prior to the start of the race.

All Participants must wear their wrist tags at all times.

TIMING CHIPS

All Athletes, will have an ankle-strap Multi-sports Tag to be worn around your left ankle during the race to capture your race timing

Please ensure that your tag is properly fastened throughout the race.

No Timing Chip = No Results

PLEASE RETURN ALL RACE CHIPS AT THE END OF YOUR RACE!

For Team relays, the transferrable ankle strap Tag is provided and is to be worn on the ankle and passed on to your team member in the relay holding area.

At the Finish line, Relay teams must return their Timing Tag.

Lost Timing Tags are chargeable at S\$50.

EVENT FACTS

FINISHER MEDAL

You will be presented with your Finisher Medal upon crossing the Finish Line! For Relay Teams, all participants are eligible for the Finisher medal which can be collected once your Team mate crosses the Finish Line!

RESULTS & TIMINGS

Provisional Race results will be available from 1030am onwards. Look out for the QR code onsite.

Please note that the race timings will be further validated and the finalised results will be published on our website within 24hrs.

Results will be based on chip time.

AWARD CATEGORIES & PRIZES

Top 3 winners from each Age Group and Category (Male & Female) will be presented with Awards. Winners are advised to be present, or to field a representative to collect on behalf of them for the prize presentation on Race Day. Uncollected prizes will be held at our office for 1 month after which will be donated.

E-CERTIFICATE

Your E-Certificate will be available for download via your Results link.

BIKE MECHANIC SERVICES

Our Official Bike Servicing Partner, **BB Bikes**, will be onsite at the event area for any last minute Bike related issues.

OVERNIGHT BICYCLE PARKING

Participants will be allowed to park their bicycles overnight at their own risk. They may bring along a bike lock to chain it to the bicycle racks available. Bike parking will be allowed from 5.30PM - 7pm onwards on Saturday evening.

EVENT FACTS

NON-DRAFTING RACE (Bike Leg)

Apart from the Asian Championship wave, this is a NON-Drafting Race. Participants need to be out of the drafting zone of another participant during their bike leg.

The drafting zone is defined as a rectangular area 7 meters long (23 feet) by 2 meters wide (6 feet 6 inches) surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts, each being one meter wide.

A participant may enter the drafting zone of another cyclist without penalty, if he or she enters the drafting zone from the rear, closes the gap and overtakes the leading cyclist all within no more than 15 seconds. Anyone caught longer in the draft zone will face a penalty.

TEAM RELAY CATEGORY

All Team Members must wear their Wrist Tags throughout the race.

Each member should have the following on during their race :

Swim – Swim Cap and Race Tattoo. / Run – Race Bib

Cycle – Bike with Tag + Helmet with Tag

Run – Race Bib

All Cyclists and Runners must wait at the Relay Holding Area (located in Transition - refer to Site map) for their previous teammate to return to pass on the timing chip to them.

Members are responsible for being on standby for their returning member for the Timing chip handover. Anyone caught leaving the transition area before their teammate returns will be disqualified immediately without appeal.

Cyclist are not allowed to wear their helmet or pick up their bicycles before receiving the timing tag.

Runners are not allowed to take the timing tag before the cyclist racks their bike and takes off their helmets.

EVENT FACTS

KIDS CATEGORY (6-12)

All children participating in the Kids category will have 2 Transition Wristbands in their Race Kit.

Each child is allowed to be accompanied by 1 Parent / Guardian into the Transition to help setup their Transition area.

Parents / Guardians **MUST** leave the Transition area during the race, once the child exits for the Swim Start (15 min prior to wave start time).

Parents / Guardian ARE NOT ALLOWED to enter Transition during the race.

They may only be allowed back in **AFTER THE RACE IS COMPLETE**, to assist their child to pack up their Transition zone.

ROAD CLOSURE

Part of East Coast Park Service Road will be closed to traffic on event day from 6am to 12pm. This is to facilitate the cycling leg of the event. The closure will commence from East Coast Park Expressway towards Bedok (Exit 7A) until the turning point of the cycling route (National Sailing Centre).

Participants are advised against parking their vehicles at the carparks within the road closure areas.

BAGGAGE STORAGE

Participants can store their excess baggage at the Baggage area. Participants are advised to pack light and refrain from bringing too many valuables.

HYDRATION POINTS

No Water points will be available along the Bike route
(Please ensure you have at least up to 2 water bottles for this leg)
There will be up to 3 water points along the Run route for hydration.

Isotonic Drinks from Yeo's will only be available in Transition and Event Site.

RULES & REGULATIONS

SWIM

1. Swimsuits in the form of tri-suits, tri-shorts, swimming trunks or jammers are allowed o be worn.
2. All swimmers must wear the swim caps provided by the Organiser.
3. Swim goggles may be worn.
4. Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
5. Wet suits are not allowed.
6. Athletes may use any stroke to propel themselves through the water as long as they do not hinder or affect their fellow competitor.
7. Athletes must follow the prescribed swim course and the respective number of laps;
8. Athletes cannot use the lane ropes to pull themselves forward. Anyone caught doing so will be disqualified.
9. In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

RULES & REGULATIONS

BIKE

1. Participants must ensure that their Bib Numbers are clearly visible on the **BACK** of their adorned apparel at all times.
2. No bare torso is allowed at all times.
3. Participants will need to push their Bikes from Transition to the Mounting Line. Mounting of the Bike can only be done after the Mounting Line.
4. Participants need to Dismount before the Dismounting Line. Bikes will need to be pushed back into Transition.
5. Participants are to ride in single file on the left side of the road except when passing another participant and are reminded to observe traffic rules at all times.
6. It is the participants' responsibility to ensure that their Bike and bakes are in good working condition. Bike mechanic services are available onsite.
7. All participants will be required to perform their own repairs if their Bike should break down on course.
8. Support vehicles and crews are not permitted.
9. Helmets must be worn from the time the participants remove their bicycle from the rack.
10. The helmet must stay on the participant's head until he/she has placed his/her bicycle at the allocated spot on the bicycle rack.
11. Wearing headphones is not allowed at all times. Communication or entertainment devices of any type are strictly prohibited during competition.
12. This is a non-drafting race. Please ensure that you have a safety distance to the participant in front of you (Refer to page 11). Anyone caught drafting will be penalised.

RULES & REGULATIONS

RUN

1. Participants must wear their Bib Numbers clearly visible on **FRONT** 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. Participants must know their respective routes and U-turn points based on their categories. Marshals and officials will not be responsible for any mis-direction caused due to participants confusion.
6. Please note that the route will still be opened to public users. Kindly be mindful of public users during the race and watch out for any children / elderly on the pathways.

RULES & REGULATIONS

TRANSITION

1. Participants are required to keep their Transition space as neat as possible. All items must be kept within a **50cm x 50cm space** around their allocated space so as not to impede the safe movement of other participants.
2. All non-essential bags or items must be brought out of the transition area and stored at the Baggage counter.
3. No public nudity is allowed as any breach will result in Disqualification.
4. Before Bike leg : Each participant must have the Bike helmet securely fastened on their head before un-racking their bike.
5. Before Run leg : Each participant must have their Bike helmet securely fastened on their head until after they have racked their Bike 1. Bikes must not be ridden in Transition at any time.
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 : Report to Team Holding Area to do the exchange of the timing chip from one member to the next.
8. For Kids Category : Only 1 parent/guardian will be allowed within the Transition Area. They may only enter when accompanied by the participant. A wristband with matching Bib number must be worn to allow access. Parents/guardian will only be allowed in before and after the race.

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.
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.

RULES & REGULATIONS

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.
15. A **S\$50 penalty applies for any loss of the Timing Chip** required for replacement.
16. The Organizers will not be responsible for any inaccuracy in participant's race timings.
17. Emergency contact details should be filled up on the back of the Race Bib to enable the Organizers to contact participant's next-of-kin in case of emergency.
18. 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.)
19. 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.
20. All participants shall be ready and assembled at the **Swim Start Holding Area 15 minutes prior to the Race**. Any participant that starts in the wrong wave, will automatically be disqualified.
21. There may be (generous) time limitation (refer to Route cut-off times). Road closure will be lifted after the time limitation. Participants will then continue on the footpath at their own risk.
22. For prize winners or possible prize winners, disputes and appeals must be made on the-spot with a **S\$50 refundable deposit** (if the dispute is qualified) within 12hrs of the published results or whichever is earlier at the Info Counter.
23. For all other participants, disputes and appeals regarding the results must be submitted in a written format, including electronic mail within 3 days of race day. After which, the Organizers reserve the right not to entertain any dispute or appeal.
24. 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.

VIDEO REFERENCES



H-TWO-O
ISOTONIC DRINK



**NON-CARBONATED
ISOTONIC DRINK**

**SPARKLING
ISOTONIC DRINK**



SHOP NOW



Yeo's

100% REAL BREWED TEA 

慢下来
喝茶

Slow Down. Take A Sip



TRY THE SERIES



Oolong Tea Series



PHYSIOLOGICAL PERFORMANCE

Lactate Threshold Test

- ✓ Establish your training baseline.
- ✓ Identify precise Heart Rate Zones for effective training.
- ✓ Maximise performance and optimise training.
- ✓ Gold standard method—no more guesswork.
- ✓ Connect with us to find out more about Advanced Threshold.

Sweat Analysis

- ✓ Identify causes of cramping or fatigue during training and races.
- ✓ Technology developed and used by elite athletes in Australia.
- ✓ Tailored for hot and humid climates.
- ✓ Build a personalised hydration strategy with our hydration partners.
- ✓ Get discounts from our exclusive hydration partners.

3D Gait Analysis

- ✓ Analyse running forms at different speeds.
- ✓ Identify running style from running data.
- ✓ Receive a detailed performance report on running / walking gait.
- ✓ Optimise gait to improve performance and prevent injury.
- ✓ Receive expert advice and real-time immediate corrections.

3D Foot Scan

- ✓ Detailed analysis of foot structure and biomechanics.
- ✓ Assess pressure distribution during movement.
- ✓ Identify the most suitable footwear for you.
- ✓ Improve movement efficiency and prevent injury.



BIOMECHANICAL ANALYSIS

 @levelupbytf



 Whatsapp us
+65 8533 8586



**DOWNLOAD COMPLIMENTARY EBOOK -
Decode Your Stride worth \$15**





TRAIN

Intermittent Hypoxic Training (IHT)

- ✓ Simulates altitude training in a controlled environment.
- ✓ Enhances endurance and oxygen-carrying capacity.
- ✓ Boosts athletic performance and general health.
- ✓ Improving hemodynamic and ANS function.

20/20 Protocol (IHT + CWI)

- ✓ Signature training + recovery combo.
- ✓ Combines IHT benefits with Cold Water Immersion.
- ✓ Enhances performance and shortens recovery time.
- ✓ Delivers consistent training results over time.

Cold Water Immersion (CWI)

- ✓ Supports physical recovery post-training.
- ✓ Activates the nervous system and brain function.
- ✓ Induces controlled stress response to build resilience.
- ✓ Promotes well-being and mental clarity.
- ✓ Helps you sleep better.



THERAPY

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