

E-BRIEFING

E-BRIEFING for OSIM SINGAPORE INTERNATIONAL TRIATHLON 2010

INTRODUCTION

Please go through these briefing notes carefully as it provides you with a guide to your participation in the OSIM Singapore International Triathlon 2010.

Should you have any queries, please take note of them and check with the technical officials on duty at the Race Expo on 6th and 7th April 2010 (Tuesday & Wednesday) from 11.00am till 9.00pm. at Grand Mercure Roxy Singapore, 50 East Coast Road, Roxy Square, Singapore 428769.

RACE EXPO

The Race Expo is compulsory for all participants to attend. At the Race Expo, you will have an opportunity to meet our sponsors and obtain their goods maybe at a very special discount. You are also required to bring along your confirmation slip to collect your Race Kit and Goodie Bag.

Date: 6th and 7th April 2010

Time: 11.00am to 9.00pm

Venue: Level 3, Grand Mercure Roxy Singapore, 50 East Coast Road, Roxy Square, Singapore 428769

How to collect your Race Kit and Goodie Bag?

Bring along your confirmation slip and photo ID to redeem the Race Kit & Goodie Bag. Should you be unable to attend, please pass a Photostatted copy of your Identity Card (Both sides) and your confirmation slip to your proxy and provide a written [letter of authorization](#) to allow your friend/proxy to collect the above items on your behalf. The authorized person must bring along his/her Identity card as proof of identity.

You can retrieve the confirmation slip by keying in the participants Identification/Passport number, under the Check [Race Status](#) button on the event website.

***Participants who do not collect their Race Kit & Goodie Bag at the Race Expo will not be allowed to race on race day. There will be no collection of Race Kit & Goodie Bag on race day.**

RACE KIT

Your Race Kit will contain the following:

1. A Championship together with strap. If the participant registers with the personal Championship, this item will not be issued.
2. A security wrist tag for each athlete. Without this you will not be allowed into the Transition Area.
3. A pair of Competition Numbers with safety pins for Individual participants and Relay Teams.
4. Three number tags for your helmet, which should be displayed in front and on both sides of the helmet.
5. A Bicycle Number Flag which must be properly secured on the seat post of your bicycle.
6. A swim cap for the swimmer, the colour of which is similar to the participants starting off in your wave.
7. Body marking will be done on the race day at the body marking area beside Transaction Area.

Check your race kit to ensure that you have all the necessary items needed for your race before leaving.

Goodie Bag

- A New Balance Event T-shirt
- A Event bag with sponsors' goodies

CHAMPIONCHIP

The Championchip is the sole means of race timing measurement. No Chip = No Timing = DNF (Did Not Finish)

The Championchip issued to you in your race kit had been scanned against your name and registered event and category. Please ensure that you do not mix up the Championchip with that of your friends or interchange with them.

Should you be entering in more than one event/category, please ensure you put on the relevant Championchip strap assigned for the each race.

All participants in the individual and/or in the relay category must ensure that the Championchip bands are securely strapped to their left ankles before the beginning of any leg of the race.

Participants not adhering to the rule of strapping the Championchip band to their left ankle may be disqualified.

All participants are reminded that the Championchip and strap are loan items, which must be returned immediately after the race. A \$50/= is chargeable applies for any loss of the Championchip and strap.

TRANSITION AREA

The transition area will be opened at least one hour before the commencement of the race and participants shall place their bicycles at the designated location marked by their race numbers on the bike racks in the Transition Area.

The bicycles are to be arranged according to the allocated numbers. The participants may also place the other competition gear at their designated area just below their bikes. **Please only use the space that is allocated to you, as there are many other participants would also need to use their space to put their competition gears.**

Family members, supporters and friends and all non competitors are not permitted into the transition area.

IMPORTANT!!! Something New This Year

For Kids, Mini & Sprint Events, the cycling course will be closed at 1130 hrs. Contestants still on the cycling route after this will be stopped and asked to enter Transition Areas. They are allowed to continue with the run but will be classified as "DNF" (did not finish) in the result sheet.

For the Standard Distance Events, the cycling course will be closed at 1330 hrs. Contestants still on the cycling course after this will be stopped and asked to enter Transition Areas. They are allowed to continue with the run but will be classified as "DNF" (did not finish) in the result sheet.

Body Marking

Upon arriving at the race venue, please report to the "Body Marking" counter just beside the Transaction Area to have your racing number marked on both your upper arms. For relay teams, only the swimmer needs to present himself/herself for body marking.

SWIM START ASSEMBLY AREA

All participants shall be ready and assemble at the swim start holding area **15 minutes** before the scheduled wave start of his/her event/category.

All participants are required to wear the assigned colour swim cap that is provided in the race kit when assembling at the holding area.

*The detail wave start table with assigned race bib no. with swim cap colors will be updated online @ www.triathlon.sg two weeks before the event.

RELAY TEAMS

Only the swimmer & runner in the relay team are required to mark his/her upper arms and calves with the assigned race number. The cyclist must display the race bib at the back of his/her cycling attire and the runner in the team must display the race bib in front of his/her racing attire.

RELAY TEAMS HOLDING AREA

All relay participants are to receive their "instrument of relay" (Championship and band) at the allocated "Relay Team Holding Area" within the Transition Area.

Passing of ChampionChip Timing Band outside of the designated area would result in immediate disqualification. In other words, the swimmer will have to hand over the Timing Band to the cyclist at the designated area before the cyclist collects his/her bike. The cyclist will have to rack his/her bike before handing over the Timing Band to the runner at the designated area.

ROAD CLOSURE

Part of East Coast Park Service Road will be closed to traffic on both 10th & 11th April from 6am till 5pm, to facilitate the cycling leg of the event. The closure will commence from the entrance of Car Park E2 until the turning point of the cycling route which is near the Tanah Merah Flyover.

Participants are advised against parking their vehicles at the car parks within the road closure areas. **Should you park in those car parks (Carpark E2 to G), your vehicle will not be allowed to leave the car park until the road is re-opened to traffic. Any vehicle found along the road closure area within the road closure timing will be towed away to Carpark F3 or H.**

PRIZE WINNERS

Prize winners when notified are requested to assemble at the waiting area next to the stage to facilitate a smoother flow in the prize presentation.

If winners do not collect their prizes during event day, they may collect the prizes at Triathlon Association Office, Delta Swimming Complex @ 900 Tiong Bahru Road, 10.00am – 6.00pm, Monday – Friday.

Winners must collect their prizes and trophy within thirty (30) days from the event day. Prizes unclaimed after thirty (30) days of Event will be forfeited.

SITE PLANS AND ROUTES

As participant, you need to familiarize yourself with the site plan and the routes you need to take for your category of race. This will reduce your anxiety and save you time in the transition area.

Kindly understand that the duty of the official volunteer is to clear the traffic for the athletes during the competition.

Do take note that yellow with black wordings direction sign boards would be placed on the lamppost along the road for cycling and running to direct you for your race.

Here the tips to help you to ensure that you have a smooth and good race:

- Take responsibility by checking out the race distance that you have sign up so that you will know the no. of laps you need to be doing on the race day.

Suggestion 1

Each rubber band represent one round. According to the no. of rounds you need to be doing, loop the no. of rubber bands on one side of the handle. When you finish one round remove the rubber band from the handle bar so that you will know how many rounds you have completed.



Suggestion 2

Instead of rubber band, you can use masking tape. Number the strips of masking tape. When you finish each round remove one strip of masking tape. This will help you count your rounds. At the end of the race you should only have one strip left before transition.



Suggestion 3

Cycling meter can be used to count the number of laps at will.

[Race Map / Event Site Map](#)

Should you have queries, please take note of them and check with the technical officials on duty at the Race Expo on 6th & 7th April 2010.