



**GET IT ON!**

Don't think.

Just do.

Can do.



# EVENT HANDBOOK

(Your guide to all your essential race needs)

**TRI-FACTOR RUN**  
**3<sup>rd</sup> AUGUST 2014**  
**PUNGGOL WATERWAY**

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## Event Factsheet

### EVENT DETAILS

**Date** : Sunday, 3 August 2014  
**Venue** : Punggol Waterway  
**Time** : 5:30am - 12:00pm  
**Website** : [www.trifactor.sg](http://www.trifactor.sg)  
**Enquires** : [enquiry@trifactor.sg](mailto:enquiry@trifactor.sg) , 6274-9868

### STAGGERED FLAG-OFF TIMINGS

Participants from different race distances will start off at different time. Do arrive at least 15 minutes before your starting time.  
 See full schedule on page 5

Race Category	Start Time
31.5km	5:30 am onwards
21km	6:30 am onwards
10.5km	7:30 am onwards
5km	8:00 am
1km	9:00 am

### RACE BIBS

Display your issued race bib on the front of your adorned apparels at all times during the race. Participants without any race bibs 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.

### CUT-OFF TIMING

Race Category	Start Time
31.5km	5.5 hrs
21km	4.5hrs
10.5km	2.5hrs
5km	Nil
1km	Nil

### TIMING CHIP



Individual timing chips are placed on the rear of your race bib. Please ensure you wear your race bib at chest height to ensure maximum coverage from all check mats.

## Event Factsheet

### HOW TO GET TO PUNGGOL WATERWAY

#### By Foot

From Punggol bus interchange or Punggol MRT Station (NE7). Take a 10-15 minute walk from Punggol Central Road to Sentul Crescent Road.

#### Buses to Punggol Bus Interchange

3, 34, 43, 62, 82, 83, 84, 85, 136

#### By Car

Accessible via Tampines Expressway (TPE), Kallang Paya Lebar Expressway (KPE) and Central Expressway (CTE).

#### Carparks

A multi-storey carpark is located at Block 312 along Sumang Link just 5mins walk to the main event site.

Additional street carpark lots are available along Sentul Crescent



### RESULTS & TIMING

This race will be based on gun-time (time from the flag-off signal to the time the participants crosses the finish line).

Top 10 provisional results will be provided at least half an hour before prize presentation. Please note that the race timings will be further validated and the finished results will be published on the website within 24hrs after the event.

### WINNERS

Winner medals will be issued to the top three winners of each category.

### PHOTOGRAPHY

There will be official photographers taking pictures during the event. Do put on a smile when your photograph is taken. The event photographs will be made available on the event website.

### RACE OFFICIALS & TF CREWS

There are race officials are TF Crews at the event cheering the participants throughout the race. If you need any assistance during the event, feel free to approach any one of us and we will gladly assist you.

## Race Essentials

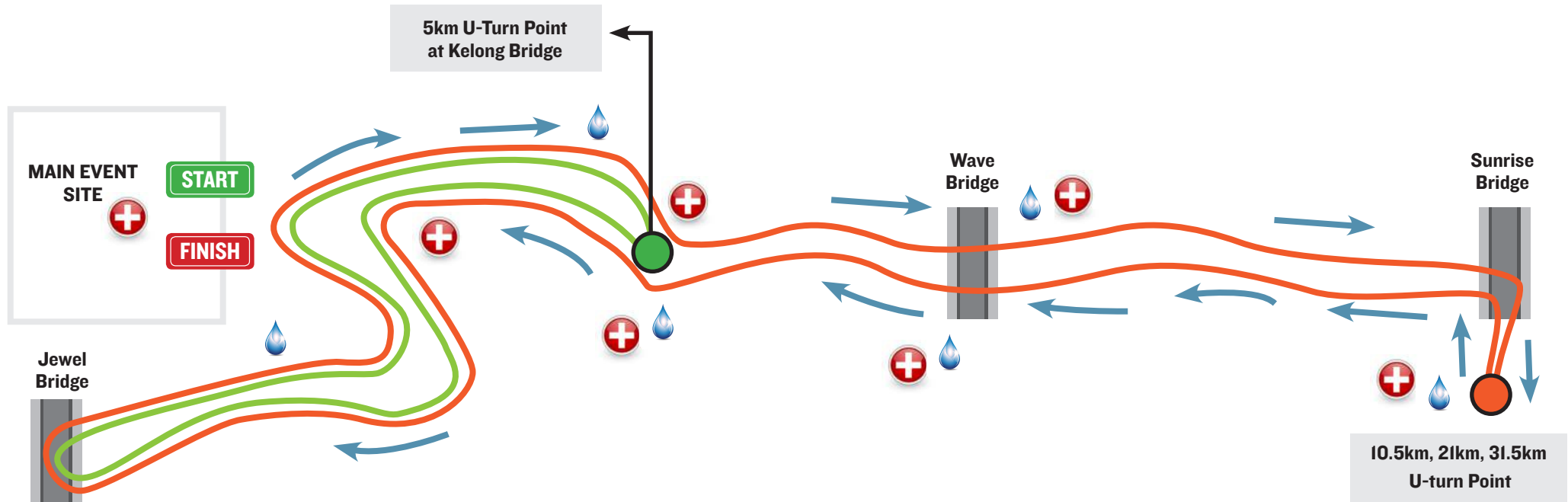
### IMPORTANT NOTE TO ALL PARTICIPANTS

Here are steps to guide you to on event day.

- 1 Drink plenty of water the night before the race.
- 2 Arrive at least 30 – 45mins before your Start time
- 3 Pack light. If you require baggage assistance please approach our baggage counters
- 4 Ensure that you put on your race bib on the front of your running attire. (Chest height is recommended)
- 5 Warm up and get ready for your race! Enjoy it
- 6 Finish your race and pick up your finisher medal
- 7 Take pictures & Enjoy the day!



## Event Site Map & Route



— 31.5km Route - 3 Loops  
— 21.0km Route - 2 Loops  
— 10.5km Route - 1 Loop



Water Points



Medical Stations

— 5km Route - 1 Loop  
— 1km Route - 2 Loops

### FULL RACE SCHEDULE

Distance	Wave	Category	Time
31.5km	1	Club Invitational	5:30 am
31.5km	2	Male Open & Veteran	5:35 am
31.5km	3	Female Open & Veteran	5:40 am
21km	4	Male Open & Veteran	6:30 am
21km	5	Female Open & Veteran	6:35 am
10.5km	6	Male Open & Veteran	7:30 am
10.5km	7	Female Open & Veteran	7:35 am
5km	8	All male & Female Categories	8:00 am
1km	9	Adults/Kids/Junior	9:00 am
		Prize Presentation	9:30 am
		End of Event	12:00 pm



## TRI-FACTOR Points

### WHAT'S YOUR TRI-FACTOR?

Find out **What's Your TRI-FACTOR** when you sign up for 1 or more Tri-Factor Series 2014 races. TRI-FACTOR (TF) Points are awarded to each participant according to their finishing rank percentile in each race and race category participated. The top male and female participant with the highest TRI-FACTOR points will walk away with fantastic prizes and will be crowned as the **Tri-Factor Series Champion 2014!**

### HOW ARE TRI-FACTOR POINTS CALCULATED?

Since Tri-Factor Series consist of 4 different events, TF Points are calculated based on the participant's finishing position in relative to the other participants of the same gender in the respective events and race distance participated. There are 3 different race distances for each leg of the Tri-Factor Series, of which the shortest distance will have the Race

Distance Challenge Index of 1, and the longest will have a Challenge Index of 3. The race score of each event can be calculated by:

**Race Score = Finishing Rank Percentile x Race Distance Challenge Index.**

### EXAMPLE OF TRI-FACTOR POINTS CALCULATION

(Assuming 100 participants for each race)

**TRI-FACTOR  
SWIM  
1.5 KM**

Race Category: B = 2  
Finished 5th = 95th percentile  
Swim Race Score:  $95 \times 2 = 190$  points

**TRI-BIKE  
20 KM**

Race Category: C = 1  
Finished 5th = 95th percentile  
Bike Race Score:  $95 \times 1 = 95$  points

**TRI-FACTOR  
RUN  
21 km**

Race Category: B = 2  
Finished 10th = 90th percentile  
Run Race Score:  $90 \times 2 = 180$  points

**TRIATHLON  
Sprint**

Race Category: B = 2  
Finished 15th = 85th percentile  
Triathlon Race Score:  $2 \times 85 = 170$  points

**Your TRI-FACTOR is =  $190 + 95 + 180 + 170 = 635$  points**

\*Note that TRI-FACTOR Points are not applicable for team relay events.



## General Information

### BAGGAGE STORAGE

There will be a baggage counter set up at the event site. Participants may deposit their belongings at the counter from 5.45am onwards. You may purchase a baggage tag (\$2) at the counter if you did not purchase prior to race day. Any baggage that is not collected by 12:00pm will be donated.

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.

### DRINK STATION

Pere Ocean Mineral Water & Squincher Isotonic Drinks are available for thirsty participants.

Please ensure that the plastic cups used are properly disposed into the various bins provided at the event site and along the race route.

### SAFETY PRECAUTIONS

- Ensure that your shoe laces are tied securely.
- Do point out and inform our race officials if you spot any road hazards along the race route.
- Keep yourself well-hydrated during the race to prevent heat exhaustion.
- If at any point during the race you feel uncomfortable, stop and seek medical attention.
- If you see a fellow participant in need of medical attention, please inform our race officials or TF Crews and we will provide the necessary medical help.
- Do not crowd around the finishing line after you have completed your race. Keep clear for other incoming finishers.
- The most important point is to be aware of others around you and respect all fellow participants.

### MEDICAL SUPPORT

A medical station is located at the event site and various first-aid stations along the race route to ensure that participants can get medical attention quickly and efficiently whenever required.



## Medical Safety & First Aid



### IMPORTANT

Even though you may have read our medical advice before, we would like to insist 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 sports event unless this medical clearance has been given to you. Fill out the PAR-Q questionnaire below to be sure.

#### 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. Diarrhoea 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

## PAR-Q & You

Before you take part in any physical activity, please answer this Physical Activity Readiness Questionnaire (for people aged 15 and above).

**Please answer the questions honestly and consult your doctor before taking part in the race if you answer YES to any of the 7 questions.**



- ☐ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ☐ Do you feel pain in your chest when you do physical activity?
- ☐ In the past month, have you had chest pain when you were not doing physical activity?
- ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ☐ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- ☐ Is your doctor currently prescribing drugs for your blood pressure or heart condition?
- ☐ Do you know of any other reason why you should not do physical activity?

*For more information about taking part in sports safely, visit the Sports Singapore website*



## Rules and Regulations

1. The Organisers reserve the right to amend the Rules and Regulations without prior notification.
2. The Organisers reserve the right to amend the race course with prior notice to 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. The Organisers reserve the right to use any photograph, motion picture, recording, or any other record of this race and its participants for any legitimate purpose, including commercial advertising.
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. 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.
8. All participants must wear their race bib with their timing chip on the front of their running attire.
9. The Organisers will not be responsible for any inaccuracy in participant's race timings.
10. Participants who commence before the actual start time of his/her Race entered for may be disqualified.
11. All participants shall be ready and assembled at the Start Holding Area 15 minutes prior to the start of the respective flag-off time. (Please refer to the event schedule).
12. For any disputes with regards to prize winners or possible prize winners, a \$50 non-refundable administrative fee is required before any disputes will be entertained. Disputes must be made within 15mins of the published results at the information counter to a Series Official. Organisers reserve the right to not entertain any disputes after this time period.
13. 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 Organisers reserve the right not to entertain any dispute or appeal.
14. 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.
15. 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.
16. Age category is determined by the participant's age on 31 December 2014.
17. Participants must ensure that their race numbers are clearly visible at the front of their adorned apparel at all times.
18. Support vehicles or pacers are not allowed.
19. Participants must run on the designated path for the entire route. Failure to do so may result in disqualification.
20. No bare torso is allowed at all times.



## Acknowledgements

Official  
Triathlon Partner



Official  
Aquatic Partner



Official Eyewear  
and Helmet



Official  
Bike Jersey



Official  
Compression Wear



Official  
Mineral Water



Official  
Isotonic Drink



Official  
Skincare



Official  
Multisport Magazine



Official  
Online Media



Official Partners



Official Training Partners



Official Race Expo Venue



Supported  
By



Sanctioned  
By



In Support  
of



Race  
Organiser



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Just do.  
Can do.



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