



# ATHLETE GUIDE

2023 PTO ASIAN OPEN

EXPERIENCED AMATEUR TRIATHLON

DUATHLON LONG

DUATHLON STANDARD

SINGAPORE

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19-20 AUGUST 2023

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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.

On behalf of the PTO athlete board, we are so happy to welcome you to Singapore for the inaugural PTO Asian Open. It has been a dream of the PTO to expand race venues into iconic cities globally, and Singapore is at the top of our list for exciting and beautiful places to race. Hosting an event in a busy global hub like Singapore is logistically challenging, so we are very grateful to the stakeholders in Singapore who are behind this event and who are bringing it to life. The amateur race course will take place on the same 100km as the professional athletes, which is super unique to triathlon. The swim takes place in the freshwater of Marina Bay, the ride is a looped course on completely closed roads, and the run will have some of the most scenic backdrops you've ever seen. I hope that in the midst of your efforts you can look around and take it all in. It will certainly be a spectacular experience and we can't wait to bring Singapore into the triathlon spotlight.

Thank you so much for making the travel to be here, we wish you all the best in your final preparations, and we hope that the race experience is one to remember forever. Race hard!



**Paula Findlay**  
PTO Athlete Board Member

A big warm welcome to Singapore, and to the PTO Asian Open. I am thrilled that you have chosen to join us for this world-class race. You are in for a real treat - the opportunity to race in one of the world's best cities, taking in the views of famous landmarks while challenging yourself on a course that the world's best professionals will also be racing on.

This race has been years in the making. For those of you doing the triathlon, you'll be one of the first participants ever to swim in beautiful Marina Bay. Immerse yourself in the moment as you look at the Singapore skyline with every breath, it's going to be something special.

The city circuit for the bike phase is equally exciting. 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
<b>FRIDAY</b>		
16:00	Race Expo Open	Race Expo
16:00-20:00	Race Pack Collection - Duathlon & Triathlon	Race Expo
17:00-17:30	Pro Athlete meet and greet	Race Expo
17:00-20:00	Live Band & Food Village Open	Main stage
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 Close	Race Expo
<b>SATURDAY</b>		
10:00	Race Expo Open	Race Expo
10:00-17:00	Race Pack Collection	Race Expo
10:00-17:30	Bike Check-in - Duathlon & Triathlon	Transition Area
11:30-12:00	Pro Athlete Meet & Greet	Race Expo
11:00-14:00	Live Band & Food Village Open	Main stage/ Food Village
11:00-11:30	Experienced Amateur Transition Tour (Session 1)	Transition Area
12:00-12:30	Race prep session with MetaSport coaches	Race Expo
14:00-14:30	Experienced Amateur Transition Tour (Session 2)	Transition Area
15:15	PTO Asian Open - Pro Women's Race Start	Swim Start
18:50	PTO Asian Open - First Pro Women's Finisher	Finish line
19:00	Race Expo Close	Race Expo
19:05	PTO Asian Open - Pro Women's Awards Presentation	Main Stage
19:30	The Music Run Start	Start Area



DAY/TIME	ACTIVITY	LOCATION
<b>SUNDAY</b>		
04:00	Transition Open	Transition Area
05:00	PTO Duathlon Long Race Start	
05:30	PTO Duathlon Standard Race Start	
07:00	PTO Experienced Amateur Triathlon race start	Swim start
08:30	PTO Duathlon Standard Awards Ceremony	Main stage
09:00	Race Expo Open	Race Expo
09:00	Yoga Session (spectators are welcome)	Race Expo
09:30	PTO Duathlon Long Awards Ceremony	Main stage
10:00-14:00	Live Band	Main stage
14:00	Experienced Amateur Triathlon Awards Ceremony	Main stage
15:15	PTO Asian Open - Pro Men's race start	Swim start
17:45	Check-out closed. All bikes removed from Transition	Transition Area
19:00	Race Expo Close	Race Expo
18:30	PTO Asian Open - First Pro Men's Finisher	Finish line
19:00	PTO Asian Open - Pro Men's Awards Presentation	Main Stage





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 19 and 20 August. 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 event period.**

### 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.

2. **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!)**





Race Pack Collection for all athletes participating in the PTO Triathlon and Duathlon will take place at the Race Village, Bayfront Event Space at these times:

**Friday 18 August 2023, 16:00-20:00**

**Saturday 19 August 2023, 10:00-17:00**

*Please take note of the following important points:*

- All athletes (including all Relay Team members) must collect their race pack and timing chip within the stipulated hours.
- 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.
- Only registered athletes can collect a race pack. (Collection on behalf is not allowed.) 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.



## Triathlon



## Duathlon



The best part of the event is always checking out the merch! Take a sneak preview of some of our items you can get your hands on at the Race Expo.





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 Pro athletes and MetaSport coaches, opportunities to meet the Pro athletes, Pro signature sessions, workshops and presentations, plus a yoga session for athletes and spectators..

### Expo booths focusing on:

- Triathlon and running
- Wellness & Lifestyle
- Nutrition and Healthy Living
- Bikes and accessories
- Activities for everyone

### Opening hours:

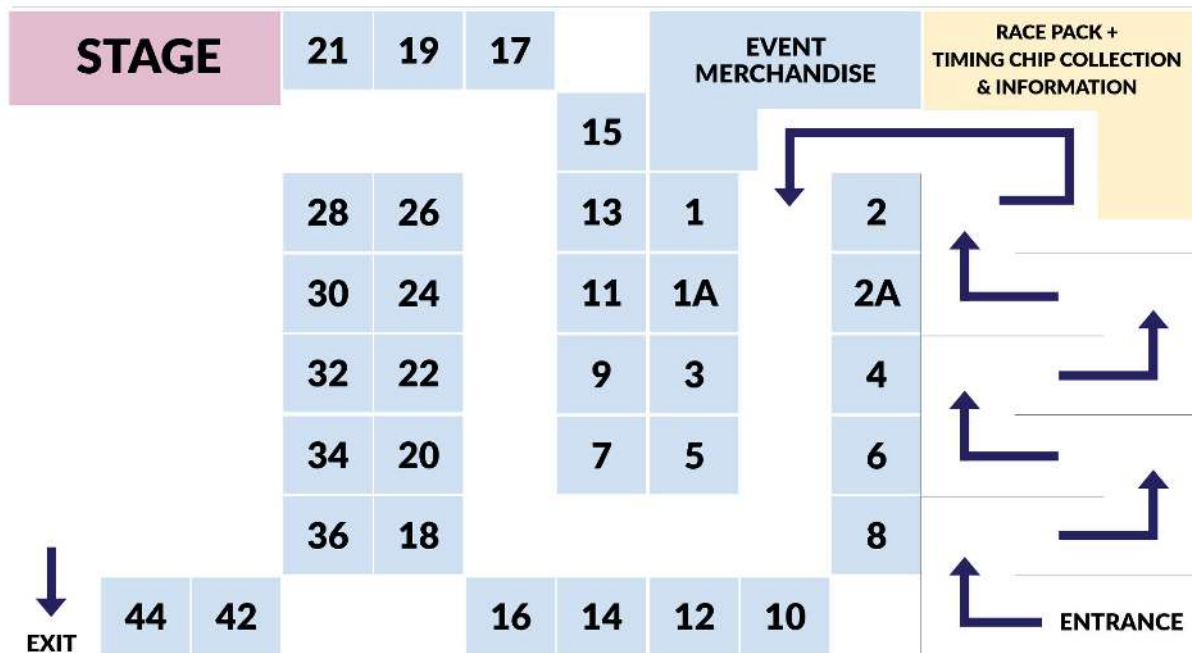
**Friday 18 August 2023, 16:00 - 20:00**

**Saturday 19 August 2023, 10:00 - 19:00**

**Sunday 20 August 2023, 09:00 - 19:00**

### Expo schedule of activities:

TIME	ACTIVITY
<b>FRIDAY</b>	
17:00-17:30	Pro Athlete meet and greet
19:00-19:30	Race prep session with MetaSport coach
<b>SATURDAY</b>	
11:30-12:00	Pro Athlete meet and greet
12:00-12:30	Race prep session with MetaSport coach
<b>SUNDAY</b>	
9:00-9:45	Yoga session (spectators are welcome)



Booth no.	Exhibitors
1, 1A, 3	Key Power Sports
2, 2A	Purpose Performance Wear
4	Simply Active
5	Fast Corner
6	Pillar Performance
7	Pokka
8	Deboer
9	Sunrise Events
10, 12	Therabody
14	Oladance Singapore
15, 17	Red Dot Running Co

Booth no.	Exhibitors
16, 18	The Bike Settlement
19	G-NiiB Immunity
20	Aminovital
21	Bikes N Bites
24	Sunday Shades
22	Omius
26	2XU
28, 30	Asics
32, 34	Oakley
36	MetaSport Training
42,44	Prudential Assurance

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



**T1 BAG (SWIM-TO-BIKE)**

Place your cycling gear in this bag and check it in on Saturday.



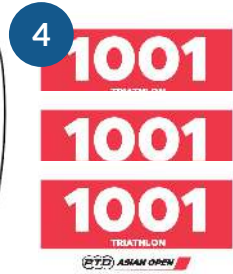
**T2 BAG (BIKE-RUN)**

Place your running gear in this bag and check it in on Saturday.



**AFTER-RACE BAG**

Place your post-race gear in this bag and drop it at Bag Deposit pre-race on Sunday



**3 x NUMBERED TRANSITION BAG STICKERS**

Place one race number sticker on each race bag.



**SWIM CAP**

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



**HELMET STICKER**

Place it on the front of your helmet.



**SEATPOST STICKER**

Wrap it around your bike seatpost.



**RACE BIB**

Wear it on your front during the run leg.



**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.



**2x RACE NUMBER TATTOOS**

Place one on each arm.



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



### TRANSITION BAG

Place your cycling gear in this bag and leave it next to your bike in transition pre-race on Sunday.



### AFTER RACE BAG

Place your post-race gear in this bag and drop it at Bag Deposit pre-race on Sunday



### 2 x NUMBERED TRANSITION BAG STICKERS

Place one race number sticker on each race bag.



### HELMET STICKER

Place it on the front of your helmet.



### SEATPOST STICKER

Wrap it around your bike seatpost.



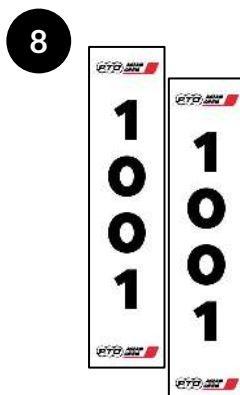
### RACE BIB

Wear it on your front during the run leg.



### 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.



### 2x RACE NUMBER TATTOOS

Place one on each arm.

## Timing Chips

After you collect your race pack, you will collect your Timing Chip and confirm your personal data at Race Pack Collection. Put it in a safe place and remember to bring it with you on race morning.



### TIMING CHIP

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

#### Notes:

- The Timing Chip must be worn on your left ankle, with the transponder facing outwards
- On race morning, wear the timing chip when entering the Transition Area. Officials will be checking this.
- Timing results will include swim split, bike split, run split and finish time, including overall and category results.

If timing chips are not worn throughout the duration of the race, race results will not be available. If your timing chip is lost during the race, you must inform an official in Transition, so that officials can provide a replacement.

## Withdrawal & Timing Chip Return

If you do not start the race for any reason you are required to inform a race official and return your timing chip to the Information Desk in the PTO Race Village.

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

If you fail to return your timing chip or strap a US\$75 replacement charge applies.

Your bike and helmet must be checked into the Transition Area by **17:30, Saturday 19 August** and stay overnight in transition. There is no bike check-in permitted on race morning.

For bike check-in you must have the following race pack items in place:

- Security bracelet on your wrist
- Seatpost sticker on your seatpost
- Helmet sticker on the front of your helmet

You and your equipment will not be allowed into transition without these.

## Pre-race Bike Checks

Your bike will be visually inspected by a race official and only allowed into Transition upon passing this inspection. This is not a guarantee of safety. It is the athletes' responsibility to ensure their bike, as well as their helmet, is in safe working order before bringing it to Transition to avoid rejection. Technical Officials will be checking for such things as:

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

If you are in doubt of passing this visual inspection please visit our bike mechanics located in the Athletes Services area.

**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.

## Bike Check-in Helmet Checks

Bike helmets are compulsory. **Technical Officials will be conducting helmet checks as you check your bike into the Transition Area on Saturday 19 August 2023.** Please ensure you wear your helmet strapped closed while checking-in. Then, place it in the T1 bag. Helmets cannot be left at the bike.

Note - this is NOT a guarantee of safety.

Helmets must meet the following specifications:

- 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.



**Triathletes** must check-in their transition bags by **17:30, Saturday 19 August**. These bags cannot be checked in on race morning.

**Duathletes** must check-in their transition bag on race morning.

## T1 BAG (SWIM TO BIKE) TRIATHLON



1. Stick a numbered transition bag sticker on the bag
2. Place your cycling gear in this bag, eg.:
  - Cycling shoes, if they are not clipped on your bike
  - Helmet
  - Sunglasses
  - Bike Nutrition
3. Drop your T1 bag **on Saturday** at the transition bag racks when you check-in your bike. You won't have access to this bag before the race on race day.

## T2 BAG (BIKE TO RUN) TRIATHLON



1. Stick a numbered transition bag sticker on the bag
2. Place your running gear in this bag, e.g.:
  - Running shoes
  - Bib number, pinned on your race belt or running shirt
  - Running cap
  - Sunglasses
  - Run Nutrition
3. Drop your T2 bag **on Saturday** at the transition bag racks when you check-in your bike. You won't have access to this bag before the race on race day.

## TRANSITION BAG - DUATHLON



1. Stick a numbered bag sticker on the bag
2. Place your cycling gear in this bag, e.g.:
  - Cycling shoes, if they are not clipped on your bike
  - Helmet
  - Sunglasses
  - Bike Nutrition
  - And items you need for your second run only.
3. Drop your bag next to your bike in transition before the race **on race day**.

This bag is for both transitions: from run to bike, and from bike to run. All gear must be placed inside this bag before, during and after the race. Any loose gear in transition will be removed and penalties may be applied.



### Preparation

1. Stick a numbered transition bag sticker on the bag
2. Place any gear you need post-race in this bag, eg.: clean clothes, towel, toiletries.
3. Drop your bag at the **Bag Deposit tent** at the Race Village from 04:00 onwards on Sunday 20 August.

Bike pumps may be handed in with the After Race Bag, but will be stored separately to the bag.

### Post-Race Collection

Triathletes - collect your After-Race Bag at the Bag Deposit tent. You will also pick up both your transition bags.

Duathletes - collect your After-Race Bag at the Bag Deposit tent. Pick up your transition bag along with your bike from the transition area.

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



TRIATHLON	DUATHLON LONG	DUATHLON STANDARD
SWIM 2KM 1 LAP	RUN 9KM 2 LAPS	RUN 4.5KM 1 LAP
BIKE 80KM 5 LAPS	BIKE 64KM 4 LAPS	BIKE 32KM 2 LAPS
RUN 18KM 4 LAPS	RUN 9KM 2 LAPS	RUN 4.5KM 1 LAP

## COURSE CUT-OFF TIMES

The course cut-off times for the Experienced Amateur Triathlon, and the Duathlon Long and Standard distances are:

### Sunday 20 August

- 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 14:30
- Run course cut-off 16:30

## Race Morning

A good swim 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.

Triathletes should leave for the start area timely. It is a 10-minute walk from the PTO Race Village to the Start Area.

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

Triathletes 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 by 11 August 2023.

**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. At any time should you require the assistance of water safety please 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.



## TRIATHLON ONLY

Experience the thrill of being part of history as you embark on the first-ever 2km swim in Marina Bay open to experienced amateurs. Dive into the freshwater reservoir, surrounded by glistening skyscrapers and picturesque bridges.



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

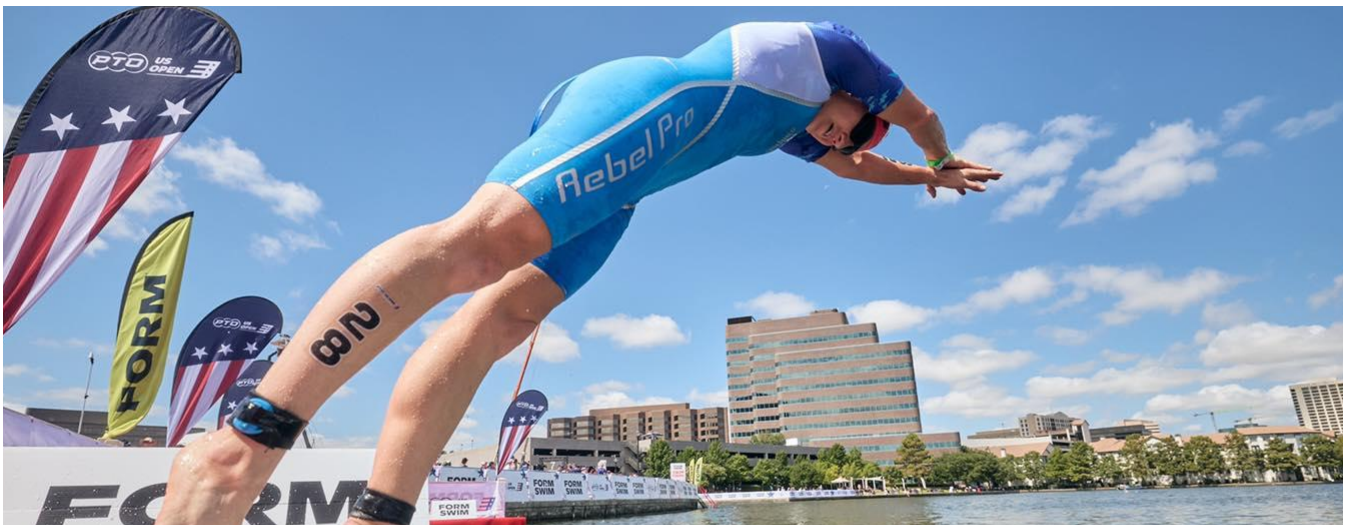
Don't race at maximum effort from the start. Relax and focus on proper breathing technique as you settle into a sustainable pace.

## 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 per 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.'

**PTO ASIAN OPEN**  
SINGAPORE / 20 AUG 2023

**16 KM BIKE LAP**

**TRIATHLON / 80KM**  
5 LAP BIKE

**DUATHLON LONG / 64KM**  
4 LAP BIKE

**DUATHLON STANDARD / 32KM**  
2 LAP BIKE

**LEGEND**

- START
- FINISH
- TRANSITION
- AID STATION
- UNDERPASS





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

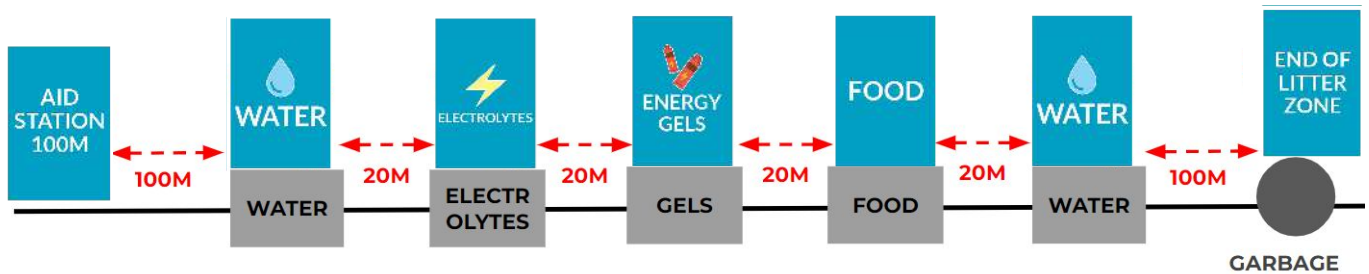
## Bike Aid Stations

The Bike Course has one Aid Station per lap (each lap is 16km).

Bike Aid Stations will offer:
Water (in bidons)
Electrolyte drink (in bidons)
Gels
Food (= Energy Bars)



## 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.



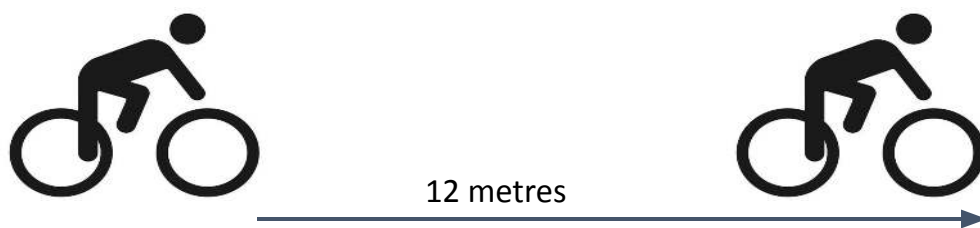
### This is a non-drafting event

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.

Penalties are applied without warning.





SINGAPORE / 20 AUG 2023

## 4.5 KM RUN LAP



**TRIATHLON / 18KM**

4 LAP RUN

**DUATHLON LONG / 18KM**

2 LAP RUN 1

2 LAP RUN 2

**DUATHLON STANDARD / 9KM**

1 LAP RUN 1

1 LAP RUN 2



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 4.5km has three aid stations located approximately 1.5km apart.

Run Aid Stations will offer:
Water (in cups)
Electrolyte drink (in cups)
Coke (in cups)
Gels
Ice

## Run Aid Station Procedure

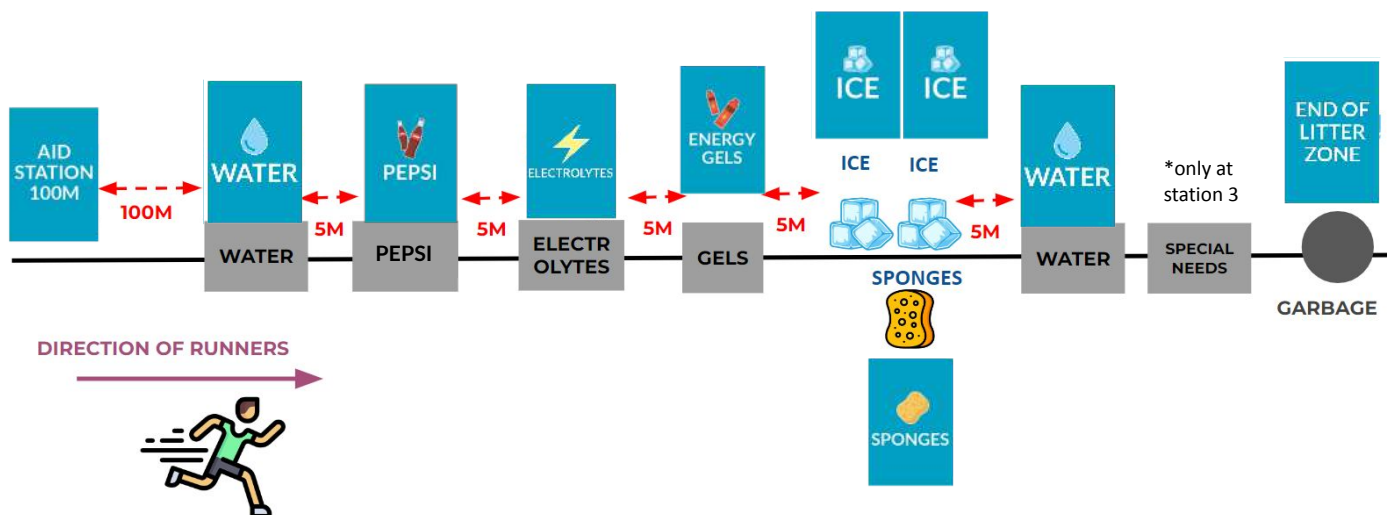
Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the right.

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:

- **Triathlon:** Collect T1 bag from the bag rack area at the entrance of the 'Change Rooms' and change into bike gear in the 'Change Rooms'. Place swim gear in T1 bag and drop it off at exit of the 'Change Rooms'. Move to the transition area.
- **Duathlon:** Change into bike gear next to bike in transition. Place run gear in the Transition bag and leave it at bike slot in the transition area.
- Wear helmet securely strapped before taking the bike of the rack
- Push bike past the bike mount line, before starting to cycle

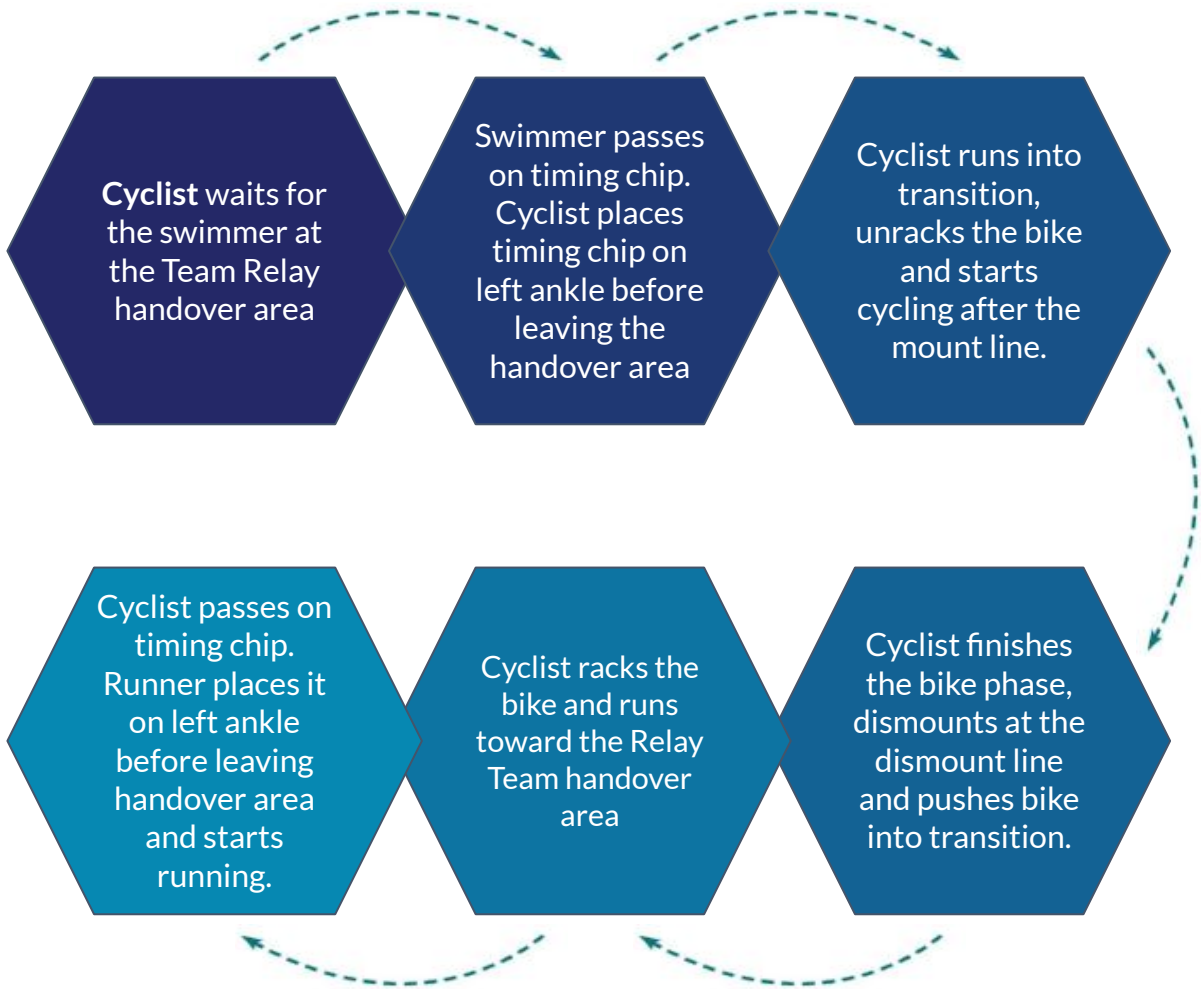
### T2:

- Once completed all bike laps, take a left turn into transition, dismount before the bike dismount line and push bike back to allocated bike slot in the transition area.
- Helmets must stay securely strapped until the bike has been racked.
- **Duathlon:** Change into run gear next to bike in transition. Place bike gear (including helmet) in the transition bag before starting the second run. Leave the bag next to the bike in the transition area.
- **Triathlon:** Collect T2 bag from the bag rack area and change into run gear in the Change Rooms. Place bike gear in the T2 bag and drop it off at the exit of the Change Rooms.





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.

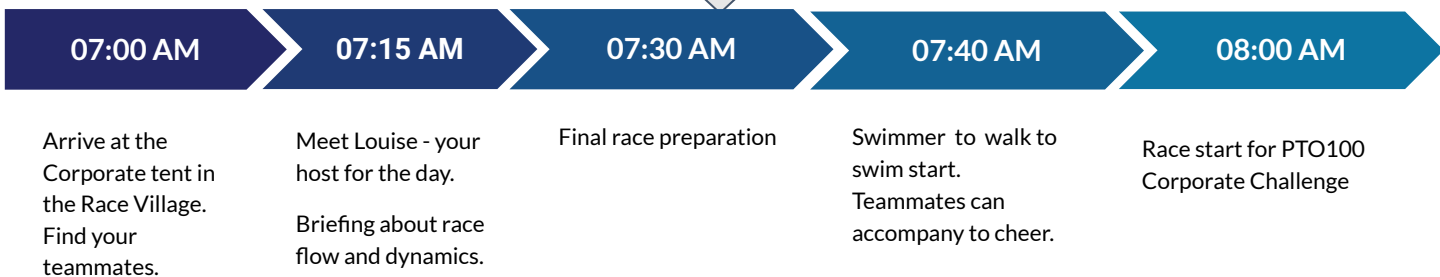


The runner will cross the finish line and collect three medals (one for each team member).

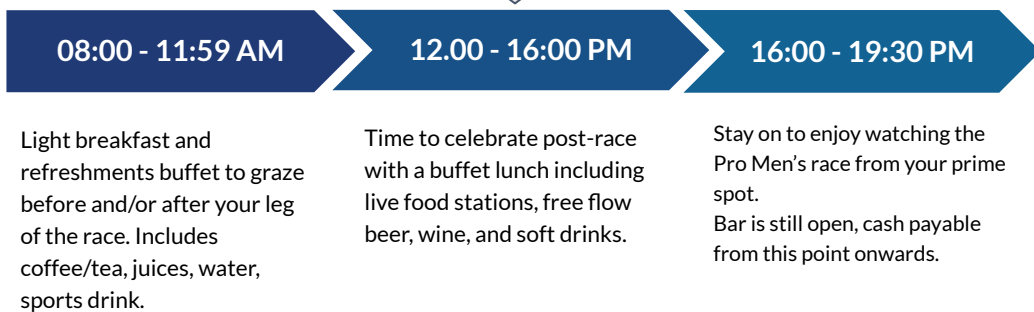
## RACE PACK COLLECTION

Race packs, Corporate hospitality wristbands, timing chips will all be delivered to your Corporate headquarters or team captain in the week running up to the event.

### What time to arrive & where to go



### What to expect



### What to remember

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.

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, helmet, water bottle. Your bike 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 with helmet on moves his/her bike to the Team Challenge Bike Handover area, located in transition, and waits for the swimmer. He/she receives the timing chip from the swimmer, then takes his/her bike, pushes it beyond the mount line and starts cycling.

### Bike to Bike handover:

The next cyclist with helmet on moves his/her bike to the Team Challenge Bike Handover Area and waits for the cyclist on the course. The cyclist on course dismounts before the dismount line, pushes his/her bike to the handover area, racks his/her bike, passes the timing chip to the next cyclist who then gets his/her bike and pushes it to the mount line and starts cycling. The cyclist that has just finished removes his/her bike from the handover area.

### Bike to Run:

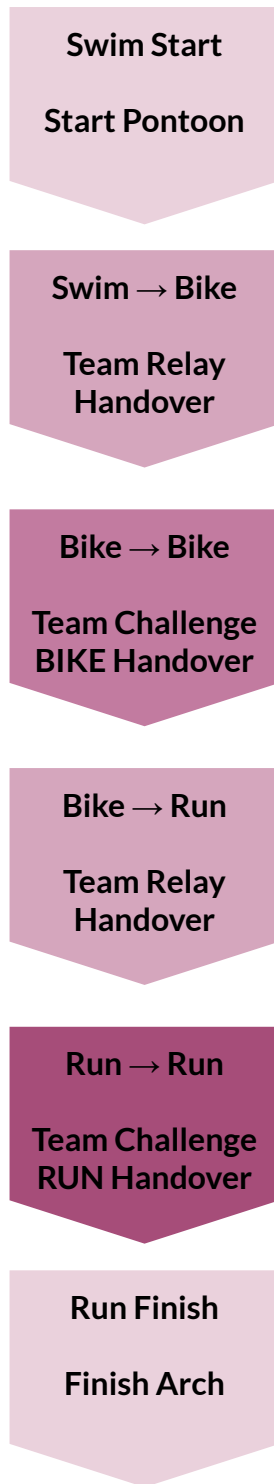
The runner waits at the Team Challenge Bike Handover area for the last cyclist. The last cyclist finishes his/her bike lap, dismounts before the dismount line, pushes his/her bike to the Team Challenge Bike Handover area, racks his/her bike and passes the timing chip to the runner. The runner exits transition through the “run-out” gate and starts 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!) Place the timing chip on the ankle before leaving the handover area.

### Run Finish:

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



## SWIM

- Athletes **must wear the swim cap** provided by the event.
- 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. See page 17.
- Helmets must be worn and strapped secure before before unranking the bike and can only be removed after racking the bike back.
- Wearing of headphones is **not** allowed.
- Racing bare torso is **not** allowed. Tri-suit (front) zippers may be opened till the sternum only.
- Drafting is **not** allowed. See page 26.
- Athletes must keep left on the course, unless overtaking.
- Outside support is **not** allowed. The bike mechanic on the course is the only exception.

## RUN

- Athletes must wear the race number clearly visible at the front of their race apparel.
- Athletes must wear closed footwear.
- Wearing of headphones is **not** allowed.
- Racing 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.

**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

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 finishers 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:

- Refreshments
- Massage

After you've grabbed some refreshments and a rub-down you can proceed to the Athlete Services area to:

- Take a shower
- Get into clean clothes in the Male & Female change tents
- Grab your street gear bag, plus any transition bags
- Access Medical support

Lunch:

You will receive a coupon to redeem lunch at one of the food trucks in the Race Village. Yum!

## Bike Mechanics

Bike mechanics will be available in the Athlete Services area on Saturday 10:00-18:00 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.

Top 3 male & female in each age category will receive a podium medal.

Experienced Amateur Triathlon		Long Duathlon	Standard Duathlon
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	PTO100 Team Challenge	Team Relays	Team Relays



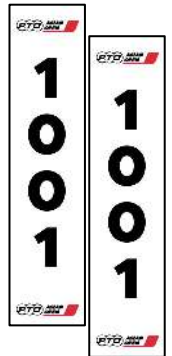


Your cheat sheet to race morning success...



## RACE MORNING

1. Wear your athlete numbered wristband
2. Pack the official race swim cap and goggles (triathlon only)
3. Pack your after-race 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)



## OPTIONAL

9. 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 18 August, 18:00**

Join our MetaSport coach and fellow athletes for a jog around the 4.5km run course. Check out the route, and get some race day tips. Wear your running kit. Meet at the main stage in the PTO Race Village.

## Race Prep Session

**Friday 18 August, 19:00**

This is a session not to miss - join our MetaSport coach to hear advice and race day tips to tackle the PTO Asian Open 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 19 August, 11:00 and 14:00**

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 course and key rules to remember.

**Transition Tour meeting point:**

At Bike Check-in.



## Spectators are in for a treat!

Don't forget to bring your family and friends along, we have loads of fun activities planned for them across the weekend!



**Food Trucks**



**Live band  
playing great  
tunes all  
weekend**



**Kids  
Activities**



**Yoga  
Session**



**Canyon  
Cheer Zone**



**Coffee**

As a proud partner of the PTO Asian Open, we can't wait to see some amazing racing. Check out our Canyon area where you can enter a raffle, win giveaways and cheer on your favorite professional men and women racing. For any Canyon riders, make sure you stop by to receive a pro-level bike service ahead of your race.

GET A PRO-LEVEL BIKE SERVICE  
AT THE PTO ASIAN OPEN. BECAUSE  
EVERY ATHLETE DESERVES TO FEEL  
LIKE A CHAMPION.





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

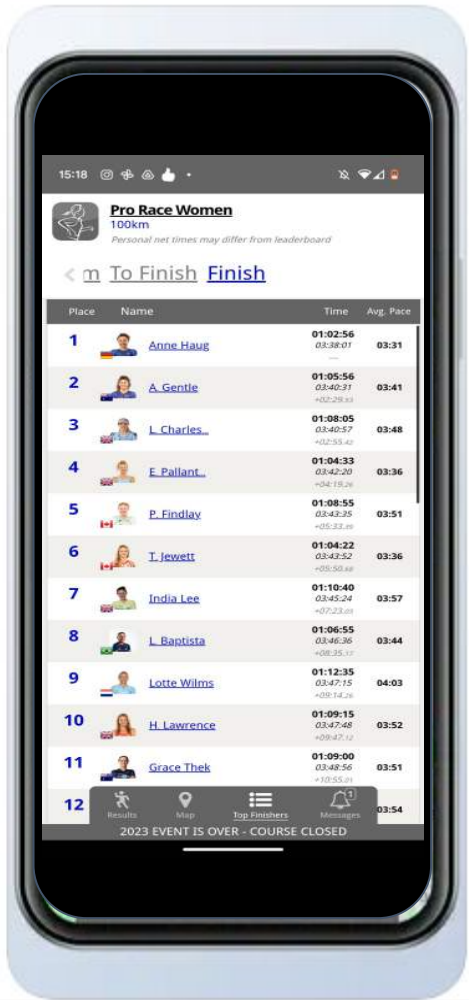
DATE	ACTIVITY	LOCATION
<b>FRIDAY 18 AUGUST</b>		
15:00-16:00	Pro swim familiarisation	Swim start
<b>SATURDAY 19 AUGUST</b>		
13:15	Pro Transition Check-in - Women	Transition Area
<b>15:00</b>	<b>Live Broadcast Begins</b>	
<b>15:15</b>	<b>Pro Women Race Start</b>	Swim start
18:50	First Pro Women's Finisher	Finish line
19:05	Pro Women's prize ceremony	Main stage
<b>SUNDAY 20 AUGUST</b>		
13:15	Pro Transition Check-in - Men	Transition Area
<b>15:00</b>	<b>Live Broadcast Begins</b>	
<b>15:15</b>	<b>Pro Men Race Start</b>	Swim start
18:30	First Pro Men's Finisher	Finish line
19:00	Pro Men's prize ceremony	Main stage

If you can't be at the venue, then be sure to watch the broadcast on one of these channels.

Watch the race live: on MeWatch and YouTube  
 Catch up on race highlights: on Channel 5 and YouTube



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.



## 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: 16:00 - 20:00

Saturday: 10:00 - 19:00

### Festival Area:

Saturday: 10:00 - 22:30

Sunday: 04:00 - 19:30

## General Event Enquiries:

Website: [www.protriathletes.org/events/pto-tour/asian-open](http://www.protriathletes.org/events/pto-tour/asian-open)

WhatsApp: 9126 3719

E-mail: [asianopen@protriathletes.org](mailto:asianopen@protriathletes.org)



[Instagram](#)



[Facebook](#)

## General Contacts:

### Tourist Information

Singapore Tourism Board | [www.stb.gov.sg](http://www.stb.gov.sg)

Singapore Changi Airport | [www.changiairport.com](http://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

Come see why the best triathletes in the world train with the FORM goggles. Experience real-time visual feedback with a google demo at the FORM booth, or experience the magic in the water at your swim familiarisation.

# SWIM SMART



**FORM**



**ROUVY**

# CALLING ALL TRIATHLETES!

ROUVY is the world's #1 realistic indoor cycling app, combining sport and technology to provide an immersive video experience for cyclists and triathletes of all levels.

Join a passionate community of triathletes to ride, share experiences and learn from the pros. Increase your fitness levels and explore the world with workouts, challenges or races!



**FREE TRIAL**  
**GET 1 MONTH FOR FREE**

Register at [ROUVY.com](https://www.rouvy.com) and use code **PTO1MFREE** at checkout and get 1 month for free.

your code: **PTO1MFREE** valid until 30.10.2023

Windows Android iOS iPadOS tvOS (Apple TV)

[www.rouvy.com](https://www.rouvy.com)

**EVENT ORGANISER**

