

YVONNES ALL-FEMALE TRIATHLON RACE INFORMATION

September 23, 2012, The Palms Country Club, Filinvest, Alabang, Muntinlupa City

DISTANCES:

GIRLS AQUATHLON

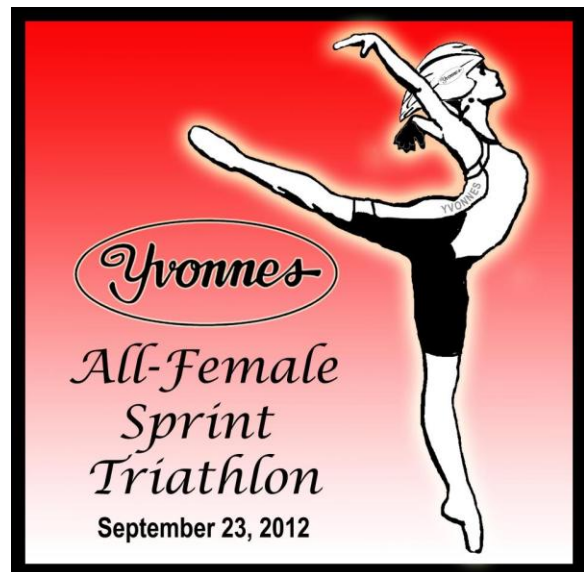
Age	Swim	Run
U6	50m	100m
7-8	100m	200m
9-10	200m	800m
11-12	300m	1.0k
13-15	300m	2.0k

WOMEN'S AQUATHLON

Age	Swim	Run
16 & up	600m	2.5k

GIRLS TRIATHLON

Age	Swim	Bike	Run
U6	50m	700m	200m
7-8	50m	1.5k	200m
9-10	100m	2.0k	1.0k
11-12	200m	3.5k	1.5k
13-15	300m	8.0k	2.0k



FUN TRYATHLON

Mini-Sprint Distance Individual or Relay

Age	Swim	Bike	Run
Open	300m	8.0k	2.0k

Male participants must dress in female costumes

WOMEN'S SPRINT TRIATHLON (INDIVIDUAL & RELAY)

Full Sprint Distance

Age	Swim	Bike	Run
16 & up	600m	30k	5.0k

Race Formats:

Aquathlon races will follow the SWIM-RUN format.

Triathlon will follow the SWIM-BIKE-RUN format.

Race Rules:

- This event is for female only except for the fun tryathlon category.
- Body marking (race numbers) must appear on both upper arms and both legs.
- Participants must wear sponsors swim cap except when in (head) costume.
- Race bib facing the back on the bike leg, facing front on the run leg.
- Roads will be closed to vehicular traffic.
- For Fun Tryathlon:

SWIM - any kind of unaided forward movement is allowed

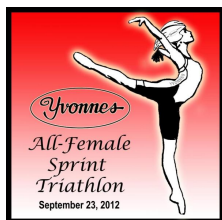
BIKE - any kind of bicycles or safe wheeled-contraption are allowed as long as it is manually powered. (for safety reasons, get approval for the use of any unconventional wheeled-contraption from the race marshals prior to racing)

RUN - any unaided forward movement is allowed.

ATTIRE - triathlon wear or any decent clothing or safe costume is allowed

MALE Participants: must wear female costumes to race.

- TRAP rules apply to regular Aquathlon & Triathlon races.
- Relay members to pass on timing chip to next member at designated transition areas.



Race Course Description:

Swim: The Palms Country Club Pool
 TBA: T1/T2, BIKE Route, RUN Route

AWARDS AND PRIZES (Awarding ceremony will be done during the post-race brunch buffet.)

Girls

Top 3 Girls of each Age Group of Aquathlon and Girls Triathlon:

Women

- Top 5 Aquathlon
- Top 3 Female Sprint Triathlon of each Age Group
- Top 3 Sprint Relay
- Top 5 Female of Fun Tryathlon
- Top 3 Relay Fun Tryathlon
- Top 3 Best Costume Male of Fun Tryathlon

All winners get medals. All finishers will get medals, towels, t-shirts and post-race refreshments.

Race Schedule:

- | | |
|---------------------------------------|---|
| Check-in & Body Marking Race Briefing | Wave 4 Fun Individual & Relay Tryathlon |
| Wave 1 Girls Aquathlon | Wave 5 Womens Sprint & Relay Triathlon |
| Wave 2 Womens Aquathlon | Awarding |
| Wave 3 Girls Triathlon | |

REGISTRATION:

Yvonne's – WetSHOP is an all-female aquathlon and triathlon event. The Fun Tryathlon Category is open to male but must wear female costume during the entire SwimBikeRun legs of the race. Non-compliance will result to disqualification. Submit filled-up entry form with your fee at Registration Centers mentioned below.

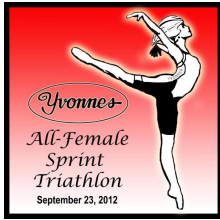
Registration Centers:

TRAP Head Office
 Rm. 101 Bldg B, Philsports Complex (ULTRA), Meralco Ave. Pasig City
 Tel. #: 710-8259/399-6598; Mobile phone: +63-915-639-4233 (Fabie), Fax: +632-809-2713 or +632-850-5254, e-mail: fabiedavid@yahoo.com website: www.triathlon.org.ph

- wetSHOP 2L VMall Greenhills, San Juan (Left side of Toy Kingdom)
- wetSHOP G-Strip Greenhills Shopping Center (Next to LifeCycle (opens in August))
- wetSHOP SMNorth EDSA temporary store Unit CC126A (Next to Sbarro & Red Ribbon)
- wetSHOP SM North EDSA permanent store Unit CCB21A (Next to National Bookstore (opens in August))
- wetSHOP D'Mall Boracay – Boracay Island, Malay, Aklan
- Conagua D'Mall Boracay – Boracay Island, Malay Aklan

- All Terra Bike Shop Club 650 E. Rodriguez Ave. Libis, QC
- All Terra Bike Shop Level 3, Sports Loop, Robinsons Galleria
- All Terra Bike Shop, MC Home Depot, Julia Vargas St., Ortigas, Pasig City
- The Starting Line Multi-Sport Store - 402B Autocluster Bldg A, Westgate Center, 1781 Alabang
- G-Stop - Space 125, Town Plaza, Alabang Town Center, 1780

Registration Fees:	Early Bird	Sept 1 - 17	
Aquathlon (Girls & Women)	P1,000	P1,500	(NO REGISTRATION FORMS WILL BE ACCEPTED AFTER SEPTEMBER 17, 2012)
Girls Triathlon	P1,000	P1,500	
Fun Tryathlon	P1,500	P2,000	
Fun Tryathlon Relay	P2,500	P3,000	
Womens Sprint Distance Triathlon	P2,000	P2,500	
Sprint Relay	P3,000	P3,500	



Participants may also pay by:

Depositing the fees to Banco de Oro bank branches under HOLOFER MARKETING CORPORATION - Savings Account Number: 00151-004-5382. Then email entry form and deposit slip (clear &/or enlarged copy) with name to yvonnestriathlon2012@yahoo.com and cc all email addresses below or fax to Fax number: 851-5543 Keep receipt/bankdeposit slip &submit during Registration.The fee will cover cost of participation, race packet, use of timing chips, swim cap, race belt, finisher's towel, finisher's medal, finisher's t-shirt, awarding buffet and loot bag from sponsors.

BUFFET MENU:

COLD:
Assorted Cold Meat Selection
Cheese board with crackers & fruits
Frittata Platter
Spanish Style Tapas Platter
Garden Greens with dressing and condiments
Cereals with whole and skim milk
Assorted Yoghurts
Assorted Bread Basket (Rolls, Danish, Muffins, Ensaymada & Toast)

SOUP:
Wanton Noodle Soup

CARVING:
Virginia Bone in Ham

SHOW COOKING:
Egg Station (Choice of scrambled, omelette or fried)
Poached "Egg Benedict"

HOT
Pan fried Cream Dory with Lemon butter sauce
Crispy Bacon
Sausage Sampler
Beef Tapa
Skinless Longanisa

Assorted Chinese steamed buns
Chicken Supreme stuffed Mozzarella cheese and Ham
Roast New Potatoes
Garlic fried rice
EE-Fu noodles "Canton Style"

DESSERT
Fresh Fruit Platter
Crepe Samurai
Blueberry Cheese Cake
Tiramisu
Chocolate coated Eclairs and Profiteroles
English trifles

(Additional buffet for family members or friends can be purchased at the venue at P600.00 per person. Pre-paid buffet during registration is only P400.00 (Please be informed that Palms Country Club will not allow any outside food or drinks to be consumed at the race venue other than what are provided by them.

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NOTE: RACE ORGANIZERS RESERVES THE RIGHT TO CHANGE OR MODIFY SOME ASPECTS OF THE YVONNES ALL-FEMALE TRIATHLON EVENT WITHOUT ANY PRIOR NOTICE.

