

**The Philippine National Games (PNG) Triathlon & Duathlon 2014
(National Sprint Championships)
DLSZobel University Ave. Parking lot • Ayala Alabang Village
6AM • May 25, 2014**



RACE INFORMATION

The **PNG Triathlon & Duathlon 2014** will serve as the **National Sprint Triathlon Championships** of both sports. It is open to all triathletes/duathletes who meet the age requirements. A waiver will be signed by the participants attesting to their fitness for the event.

- A. The event is open to triathletes and duathletes born in or before 1998.
- B. The number of participants will be limited to **100 each** for the Duathlon and Triathlon with the ff breakdown:
 - 20 for the National Team
 - 20 for Women participants (priority to **current TRAP IDs**)
 - 60 for others with priority to **current TRAP ID holders**
 - **TRAP IDs can be secured at the TRAP Office (Tel # 399-6598)**
- C. The event is organized by the **Philippine Sports Commission & TRAP**.

Events/Categories:

Triathlon- Male & Female, 16-19 y/o; 20 y/o & above- Top 3

Swim (900m, 3 loops) – Bike (27.5k, 1 small loop + 3 big loops) – Run (5.2k, 1 loop)

Duathlon- Male & Female, 16-19 y/o; 20 y/o & above- Top 3

Run 1 (5.2k, 1loop) – Bike (27.5k, 1 small loop + 3 big loops) – Run 2 (2.5k, 1 loop)

Race Rules (Duathletes disregard swim related rules):

1. **No Entry Fee.**
2. ITU Rules apply.
3. ITU Elite Uniform rules are waived.
4. Drafting is Legal for participants in the same category. Juniors CANNOT draft off/with Standard Distance participants; women CANNOT draft off/with male participants. Violation of this rule is cause for disqualification.
5. Bibs and stickers will be supplied.
6. Body marking (race numbers) must appear on both upper arms and both legs.
7. Bikes must be racked at the designated spot of the bike rack in the transition area.
8. Legal elite Aero-bar is required for all participants.
9. Obey traffic regulations and instructions from race officials
10. Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
11. Do not use abusive language;
12. Athletes may use any stroke to propel themselves through the water. They may also tread water or float and may push off the ground at the beginning and the end of every swim lap.

13. Athletes must follow the prescribed swim course.
14. Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat, but cannot propel themselves forward.
15. 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.
16. Athlete must wear the swim cap provided by the LOC at all times during the swim. In case the athlete decides to wear additional swim caps, the one provided by the LOC must be the external one.
17. Goggles and nose clips are allowed.
18. Athletes must obey the specific traffic regulations for the event, unless Technical Official advises otherwise.
19. Athlete can Run or walk; but cannot crawl; run with a bare torso; run with a bike helmet on; use posts, trees or other fixed elements to assist maneuvering curves; and be accompanied by team members, team managers or other pacemakers on the course.
20. All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
21. Athletes must use only their designated bike rack and must rack their bike properly;
22. Athletes must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another athlete. If a bin is provided, all unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space. All the equipment that is already used should be deposited inside the bin;
23. Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
24. Running shoes can be placed in front of/outside the box as close as possible to the bike rack;
25. Athletes must not impede the progress of other athletes in the Transition Area;
26. Athletes must not interfere with another athlete's equipment in the Transition Area;
27. Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount before the dismount line;
28. Nudity or indecent exposure is forbidden;
29. Only items used during the competition can be placed in the Transition Area during the competition;
30. Athletes cannot stop in the flow zones of the Transition Area;
31. Marking position in the Transition Area is not allowed. Marks will be removed and the athletes will not be notified.
32. An athlete will be judged as "finished," the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

Race Course:

Triathlon:

Swim- at the DLSZ Pool. 3 laps of a 6 lane loop. Exit to Transition will be at Gate 7 on Molave St.

Transition- University Ave. Parking lot (creek side) Ingress is from University Ave. Exit to Bike & Run is towards Dingalan St.

Bike- (Small Loop) Mount at Dingalan St. and ride toward Madrigal Ave. extension. Turn left at Madrigal then right at Country Club Dr. (CCD); right at Acacia. 1st loop is done when you reach University Ave.

(Big Loop) Continue on Acacia; right at Banaba; left at Molave; right at Yakal; then right at Madrigal. Turn Left at CCD; right at Acacia. Loop is done when you reach University Ave. Do this 3 times.

At the end of the 3rd big loop, turn right at University Ave. and dismount at Parking Lot.

Run- Run toward Dingalan St. and turn left Madrigal Ave. extension. Turn left at Madrigal then right at Country Club Dr. (CCD); right at Acacia; right at University Ave.; then right at the Finish Chute at the Parking Lot.

Duathlon:

Run 1- Mass start at University Ave. in front of the Parking Lot. Run towards Madrigal Ave. continuing on CCD; right at Acacia; right University; right at the Parking Lot to Transition.

Bike- (Small Loop) Mount at Dingalan St. and ride toward Madrigal Ave. extension. Turn left at Madrigal then right at Country Club Dr. (CCD); right at Acacia. 1st loop is done when you reach University Ave.

(Big Loop) Continue on Acacia; right at Banaba; left at Molave; right at Yakal; then right at Madrigal. Turn Left at CCD; right at Acacia. Loop is done when you reach University Ave. Do this 3 times.

At the end of the 3rd big loop, turn right at University Ave. and dismount at Parking Lot.

Run 2- Run toward Dingalan St. and turn left Madrigal Ave. extension. Turn left at Madrigal then LEFT at CCD/University Ave.; then right at the Finish Chute at the Parking Lot.

Schedule of Events:

May 24

1300H	Pick up race Kits	University Ave. Parking Lot
1600	Registration closes	

May 25

0500H	Check in/Transition opens	
0545	Race Briefing	University Ave. Parking Lot
0550	Race Course closes	
0600	Triathlon Male	
0615	Triathlon Female	
0700	Duathlon – Mass Start	University Ave. Parking Lot
0900	Awarding	University Ave. Parking Lot

Registration:

By e-mail, send:

Name

Date of birth

Gender

Sport- Triathlon or Duathlon

Race Category

TRAP ID #

LGU represented

To:

Fabie David: fabiedavid@yahoo.com ; or

Allan Carrasco: afc_0412@yahoo.com

**For other concerns, contact Rick Reyes at the TRAP Office; Mobile #: +63917-577-6070; or
e-mail: rreyes_upm@yahoo.com**