

April 14, 2013(Sunday) 6:00am Narra Park, AAV, Muntinlupa City

Date, Day & Time of Event:

- April 14, 2012 (Sunday)
- Check-in at 5:00 am
- Races start at 6:00 am















Event Venue: Start and finish at the Narra Park Grounds, beside the AAV Offices, Ayala Alabang Village **Race Distances**:

age		
6 & under		
7-8		
9-10		
11-12		
13-15		
16 & above		
16 & above		

Aquathlon	
swim	run
50m	200m
100m	200m
200m	900m
300m	1.7k
300m	1.7k
600m	3.4k

.7k	
.7k	
.4k	(Beginner's Tri)
	(Super Mini Sprint

Triathlon		
swim	bike	run
50m	700m	200m
50m	1.7k	200m
100m	1.7k	900m
200m	3.4k	1.7k
300m	7.6k	2.5k
300m	7.6k	2.5k
600m	15.6k	3.4k

Race Course Description:

Swim: The swim shall be done at the La Salle Zobel Pool.

Cycle: STK will use loops will use Narra, Dao, Molave, and Lauan Streets, and the Country Club Drive Loop.

MS and SMS will cycle through the Molave-Madrigal-Country Club Dr- University Ave. Loop.

Run: STK will use loops will use Narra, Dao, Molave, and Lauan Streets, and the Country Club Drive Loop.

MS and SMS runs will use the re-configured Caliraya & Pagapas Loops that pass through Ma.

Cristina.

Maps to follow.

Race Rules:

- Body marking (race numbers) must appear on both upper arms and both legs.
- Bikes must be racked at the designated spot of the bike rack in the transition area.
- Bare torso biking or running is not allowed.
- Vehicular traffic will be controlled but not closed.
- Athletes must follow all traffic rules and watch out for his/her own road safety
- DRAFTING IS NOT ALLOWED for all participants.
- No using of ipods & mp3's during any portion of the race

Categories of Participants & Prizes:

- SuperTriKids age categories as mentioned above; Medals for Top 3 (Male & Female) per age category; Finisher's medals for all participants.
- Mini-Sprint (13-15 YO, Men/Women)- Top 3
- Mini-Sprint (16 & above, Men/Women)- Top 5
- YOG Aspirants (15-16 YO, Men/Women)- Top3
- Super Mini-Sprint (17 & above, Men/Women)
- Aguathlon (16 & above Men/Women)- Top 3

Race Day Schedule:

Check-in & Body Marking 5:30am Race Briefing 6:00

Wave 1 6:15 STK Aquathlon (youngest to oldest)

Wave 2 Adult Aquathlon

Wave 3 STK Triathlon (youngest to oldest)

Wave 4 Mini-Sprint (13-15)
Wave 5 Mini-Sprint (16 & above)

Wave 6 YOG Aspirants
Wave 7 SMS (17 & above)

Refreshments 8:30 Awarding 9:30

Registration Fee:

SuperTriKids: P1,000 until March 12; P1,200 (Mar. 13-Apr 1) - No student discount

Adults: **P1,500** until March 12; **P2,000** (**Mar. 13-Apr 1**) Deadline of Submission & Payment of Entries is on **April 1**.

TRAP ID Holders & **Senior Citizens/Students** get discounts of **10%** & **20%** respectively. The fees will cover cost of participation, a race packet, refreshments, & a finisher's t-shirt.

Paid fees are non-refundable, non-transferable & non-creditable to future races

Registration: Submit filled-up entry form with your fee at Registration Centers mentioned below.

Participants may also pay through:

- BPI (Tomas T. Carrasco, Jr. C/A No. 0081-0483-63), or
- PNB (Triathlon Association of the Phils., C/A No. 1002-3310-0013).
- Bank of Commerce (Triathlon Association of the Philippines, C/A # 066-000011755)

Then, fax entry form & deposit slip (clear &/or enlarged copy) with name to Fax #: 809-3136.

Keep receipt/bank deposit slip & submit during Registration in Alabang.

Registration Centers:

TRAP Head Office

Room 101, Building B, Philsports Complex (ULTRA), Meralco Ave., Pasig City Tel. #: +632-710-8259/399-6598; Mobile phone: +63-915-643-0822 (Fabie), Fax: +632-809-3136 website: www.triathlon.org.ph

Bike King at Bonifacio High Street (c/o Raul Cuevas or Audrey) Tel. #: +632-856-3362

Speedo Concept Stores at Ayala Alabang Town Center , SM Megamall, Podium, Glorietta 4 Makati , and Bonifacio High Street.

For concerns, contact:

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