

# AQUAMAN

## AQUATHLON

# ATHLETE GUIDE

**MAY 11, 2025**

**AYALA VERMOSA SPORTS HUB**

## FROM THE FOUNDER

*DEAR AQUAMAN PARTICIPANTS,*

*WELCOME TO THE FIRST LEG OF THE GO FOR GOLD SBR.PH TRI SERIES 2025 PRESENTED BY VITARGO.*

*WHETHER THIS IS YOUR FIRST MULTISPORT RACE OR YOU'RE RETURNING FOR ANOTHER ROUND, IT MEANS A LOT TO HAVE YOU HERE AS WE OFFICIALLY OPEN THIS YEAR'S SERIES. AQUAMAN AQUATHLON HAS ALWAYS BEEN MORE THAN JUST A SWIM-RUN EVENT—IT'S WHERE ATHLETES OF ALL LEVELS GATHER TO RACE, LEARN, GROW, AND SUPPORT EACH OTHER. THAT'S WHAT MAKES THIS COMMUNITY SO SPECIAL.*

*THIS YEAR, WE'RE PUSHING FURTHER WITH A RENEWED COMMITMENT TO ATHLETE EXPERIENCE, SAFETY, AND INCLUSIVITY. FROM THE YOUNG AQUAKIDS TO OUR AGE GROUP WARRIORS AND RELAY TEAMS—THIS RACE IS FOR EVERYONE.*

*THANK YOU TO OUR SPONSORS, PARTNERS, AND VOLUNTEERS FOR HELPING MAKE THIS RACE POSSIBLE. AND TO EVERY ATHLETE TOEING THE START LINE: RACE HARD, RACE SMART, AND MOST IMPORTANTLY—ENJOY THE DAY.*

*GOOD LUCK AND SEE YOU AT THE FINISH LINE!*

**CARLOS DE GUZMAN / PRESIDENT / SWIMBIKERUN.PH**



# AQUAMAN

## AQUATHLON



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## AQUATHLON

<small>TITLE SPONSOR</small> 	<small>PRESENTOR</small> 	<small>OFFICIAL RECOVERY SNACK PARTNER</small> 	<small>OFFICIAL EVENT PARTNER</small> 	<small>OFFICIAL REAL ESTATE PARTNER</small> 	<small>OFFICIAL REAL ESTATE PARTNER</small> 	<small>OFFICIAL REAL ESTATE WEBSITE</small> 	<small>ORGANIZED BY</small> 		
<small>OFFICIAL TROPHY SPONSOR</small> 	<small>OFFICIAL SWIM PARTNER</small> 					<small>OFFICIAL EVENT BIKE SHOP</small> 	<small>OFFICIAL TIRES</small> 		

# WELCOME, AQUAMANS!

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# AQUAMAN

## AQUATHLON

**SBR**  
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**DUAMAN**  
DUATHLON

**JULY 20, 2025**

CLARK FREEPORT, PAMPANGA

**REGISTER NOW!**

[SWIMBIKERUN.PH/TRISERIES2025](http://SWIMBIKERUN.PH/TRISERIES2025)

**FULL DISTANCE**  
6K RUN - 20K BIKE - 3K RUN

**LITE DISTANCE**  
3K RUN - 15K BIKE - 3K RUN

**DUAKIDS / RELAY**



**TRIMAN**  
TRIATHLON

**AUGUST 24, 2025**

AYALA VERMOSA SPORTS HUB

**REGISTER NOW!**

[SWIMBIKERUN.PH/TRISERIES2025](http://SWIMBIKERUN.PH/TRISERIES2025)

**FULL DISTANCE**  
600M SWIM - 30K BIKE - 5K RUN

**LITE DISTANCE**  
300M SWIM - 20K BIKE - 2.5K RUN

**TRIKIDS / RELAY**



# COMPLETE THE SERIES

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**SBR**  
TRI SERIES 2025

PRESENTED BY: **Vitargo**

# AQUAMAN

## AQUATHLON



# JOIN ALL THREE GET THE TRIFECTA SHIRT

**GO FOR**  
**GOLD**

**TITLE SPONSOR**





**PRESENTOR**



### AQUAMAN FOR MAYA

**THIS YEAR'S AQUAMAN AQUATHLON IS DEDICATED TO MAYA BONGGAO — A PROUD AQUAKID WHO ONCE STOOD AT THE START LINE WITH JOY, RACED WITH HEART, AND CROSSED THE FINISH WITH A SMILE THAT LIT UP OUR COMMUNITY.**

**MAYA WASN'T JUST PART OF THE RACE — SHE WAS PART OF THE SPIRIT OF AQUAMAN ITSELF. HER ENERGY, COURAGE, AND PRESENCE INSPIRED MANY, AND HER MEMORY CONTINUES TO DO THE SAME.**

**MAYA PASSED AWAY AFTER A TRAGIC ACCIDENT IN CAMARINES SUR, BUT HER SPIRIT LIVES ON IN EVERY YOUNG ATHLETE WHO RACES WITH HEART.**

**HER BROTHER UNO AND FATHER WILL BE RACING THIS YEAR, CARRYING HER LEGACY FORWARD — AND WE'LL ALL BE RACING WITH MAYA IN OUR HEARTS.**

**TO THE BONGGAO FAMILY: THANK YOU FOR LETTING US HONOR MAYA THROUGH THIS EVENT. ONCE AN AQUAKID, ALWAYS AN AQUAMAN.**

## FOR MAYA



# AQUAMAN

## AQUATHLON



**ATHLETES OF ALL ABILITIES. ONE START LINE.**

**SINCE 2013, AQUAMAN AQUATHLON HAS PROUDLY STOOD AS ONE OF THE COUNTRY'S MOST INCLUSIVE RACES — BUILT ON THE BELIEF THAT SPORT IS FOR EVERYONE.**

**AT SBR.PH, WE DON'T SEE DISABILITIES. WE SEE ATHLETES. AND FOR US, DISABILITIES ARE SIMPLY ABILITIES SHAPED DIFFERENTLY.**

**THIS YEAR, WE WELCOME THE HIGHEST NUMBER OF PWD PARTICIPANTS IN AQUAMAN HISTORY.**

**WHEN OFFERED A SEPARATE WAVE OR CATEGORY, THEY DECLINED. THEY CHOSE TO RACE WITH EVERYONE ELSE — IN THE SAME WAVE, ON THE SAME COURSE, UNDER THE SAME RULES.**



## PWD'S MAKING THEIR MARK



**GUESTS WHO WANT TO WATCH THE ACTION UP CLOSE CAN PURCHASE GUEST PASSES FOR ONLY PHP 50. TYVEK BANDS ARE AVAILABLE AT AYALA VERMOSA SPORTS HUB.**

**PARENTS OF AQUAKIDS WILL BE GIVEN ONE (1) COMPLIMENTARY BAND.**

## **WRIST BANDS FOR GUESTS**

- 🕒 **IF YOU DIDN'T CLAIM YOUR KIT ON SATURDAY, ARRIVE REALLY (REPEAT 10X) EARLY ON SUNDAY**
- 🏆 **CLAIM YOUR KIT + GET BODY MARKED**
- 🏊 **FULL = 800M SWIM (16 LAPS) + 5K RUN**
- 🏊 **LITE = 400M SWIM (8 LAPS) + 2.5K RUN**
- 😊 **AQUAKIDS DISTANCES VARY BY AGE – CHECK THE CHART**
- 📝 **COUNT YOUR OWN LAPS! DON'T RELY SOLELY ON MARSHALS**
- 👕 **FINISHER SHIRT, MEDAL AND FREEBIES AFTER THE RACE NEAR THE SBR BOOTH**
- 🏆 **STAY FOR AWARDS**
- 🚗 **PARKING WILL BE AT THE GRAVEL AREA NEAR THE POOL**

## QUICK START

# AQUAMAN

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### AQUAMAN

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**MAY 11, 2025**

AYALA VERMOSA SPORTS HUB


**MAY 10, 2025 - SATURDAY - VERMOSA**

10:00 A.M. 6:00 P.M.	RACE KIT & TIMING CHIP CLAIMING	 <small>MULTISPORT CORNER</small>
5:00 P.M.	RACE BRIEFING (LIVE AND ONLINE)	 <small>MULTISPORT CORNER</small>

**MAY 11, 2025 - SUNDAY - VERMOSA**

3:30 A.M.	TRANSITION OPEN	TRANSITION AREA
3:30 A.M. 4:30 A.M.	RACE KIT & TIMING CHIP CLAIMING	EXPO AREA
5:40 A.M.	RACE BRIEFING / TRANSITION CLOSE	EXPO AREA
6:00 A.M.	RACE START	EXPO AREA
10:00 A.M.	AWARDING	EXPO AREA
12:00 P.M.	END OF RACE	TYL



### AQUAMAN

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**MAY 11, 2025**

AYALA VERMOSA SPORTS HUB

## CAN A REPRESENTATIVE CLAIM MY RACE KIT FOR ME ON SATURDAY?

**YES. A REPRESENTATIVE MAY CLAIM YOUR RACE KIT FOR YOU. THE FOLLOWING ARE REQUIRED:**

1. LETTER OF AUTHORIZATION FROM PARTICIPANT.
2. COPY OF PARTICIPANT AND CLAIMANT'S VALID ID.
3. A SIGNED COPY OF THE WAIVER (CAN BE DOWNLOADED AT [bit.ly/AquamanAquathlon2025](https://bit.ly/AquamanAquathlon2025))
4. THE SIGNATURE ON THE WAIVER AND PARTICIPANTS ID'S MUST MATCH.
4. SUBMIT HARD COPY AT REGISTRATION BOOTH AS WELL AS EMAIL SOFT COPY TO [SWIMBIKERUNPH@GMAIL.COM](mailto:SWIMBIKERUNPH@GMAIL.COM).

# RACE SCHEDULE



**EACH PARTICIPANT WILL RECEIVE:**

- RACE BIB
- TIMING CHIP (TO BE RETURNED AFTER THE RACE)
- SWIM CAP
- EVENT WRISTBAND
- 4 SAFETY PINS
- SPONSOR FREEBIES
- FINISHER SHIRT (CLAIMED POST-RACE)
- FINISHER MEDAL (CLAIMED POST-RACE)

## WHAT'S IN YOUR RACE KIT

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**SAVE TIME ON TRANSITION AND  
SAVE YOUR SUIT FROM PIN  
HOLES!**

**GET YOUR SBR.PH  
RACE BELT**

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### ***FULL DISTANCE***

**800M SWIM – 5KM RUN**

### ***LITE DISTANCE***

**DISTANCE: 400M SWIM – 2.5KM RUN**

### ***AQUAKIDS DISTANCES***

**7-8 YEARS OLD: 100M SWIM – 600M RUN**

**9-10 YEARS OLD: 100M SWIM – 600M RUN**

**11-12 YEARS OLD: 300M SWIM – 2KM RUN**

**13-14 YEARS OLD: 300M SWIM – 2KM RUN**

## **RACE CATEGORIES**

# AQUAMAN

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**AQUAMAN**  
**AQUATHLON**  
**MAY 11, 2025**  
AYALA VERMOSA SPORTS HUB

### WAVE START TIMES

AQUAKIDS	WAVE #	AGE GROUPS
6:00 A.M.	<b>WAVE 1-18</b>	7-10 age group first then 11-14 Via groups of 10. 1 minute apart.
<b>FULL DISTANCE</b>		
6:20 AM	<b>WAVE 19</b>	F40-44 / F45-49 / F50-54 / F55-59 F60-ABOVE / ALL RELAY
6:35 A.M.	<b>WAVE 20</b>	F20-24 / F25-29
6:50 A.M.	<b>WAVE 21</b>	F15-19 / F30-34 / F35-39
7:05 A.M.	<b>WAVE 22</b>	M40-44 / M45-49 / M50-54 / M55-59 / M60-ABOVE
7:20 A.M.	<b>WAVE 23</b>	M20-24 / M35-39
7:35 A.M.	<b>WAVE 24</b>	M15-19 / M25-29
7:50 A.M.	<b>WAVE 25</b>	M30-34
<b>LITE DISTANCE</b>		
8:10 A.M.	<b>WAVE 26</b>	F15-19 / F40-49 / F50-59 / F60-ABOVE
8:20 A.M.	<b>WAVE 27</b>	F20-29
8:30 A.M.	<b>WAVE 28</b>	F30-39
8:40 A.M.	<b>WAVE 29</b>	M15-19 / M40-49 / M50-59 / M60-ABOVE
8:50 A.M.	<b>WAVE 30</b>	M20-29 / M30-39

**AQUAMAN**  
**AQUATHLON**  
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### AQUAKIDS START TIMES

AQUAKIDS WAVE			
TIME	WAVE #	AQUAKID #	AGE GROUP
6:00 A.M.	<b>WAVE 1</b>	700-709	F7-8
6:01 A.M.	<b>WAVE 2</b>	710-714	F7-8
6:02 A.M.	<b>WAVE 3</b>	715-724	M7-8
6:03 A.M.	<b>WAVE 4</b>	725-729	M7-8
6:04 A.M.	<b>WAVE 5</b>	730-739	F9-10
6:05 A.M.	<b>WAVE 6</b>	740-749	F9-10
6:06 A.M.	<b>WAVE 7</b>	750-759	M9-10
6:07 A.M.	<b>WAVE 8</b>	760-769	M9-10
6:08 A.M.	<b>WAVE 9</b>	770-776	M9-10
6:09 A.M.	<b>WAVE 10</b>	800-809	F11-12
6:10 A.M.	<b>WAVE 11</b>	810-820	F11-12
6:11 A.M.	<b>WAVE 12</b>	821-833	M11-12
6:12 A.M.	<b>WAVE 13</b>	834-843	F13-14
6:13 A.M.	<b>WAVE 14</b>	844-850	F13-14
6:14 A.M.	<b>WAVE 15</b>	851-860	M13-14
6:15 A.M.	<b>WAVE 16</b>	861-869	M13-14
6:16 A.M.	<b>WAVE 17-18</b>	RESERVE WAVE	

## WAVE STARTS



**AQUAMAN**

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### **TYPES OF STROKES ALLOWED**

- *Freestyle*
- *Backstroke*
- *Breaststroke (ingat sa sipa please)*
- *Sidestroke*
- *Survivalstroke*
- *Imbentostroke*
- *Langoy-Aso*
- *Langoy-Tiwala*
- *Gagamba Crawl*
- *Higop-Buga Technique*
- *Pikit-Tiwala Style*
- *Langoy-Bahala-Na*
- *Dapa Drift*



# **ALL TYPES OF STROKES ALLOWED!**



# AQUAMAN

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ALL AQUAMAN AQUATHLON FULL AND LITE PARTICIPANTS WILL START ON THEIR RESPECTIVE LANES AND WILL BE RELEASED VIA OUR SIGNATURE AGE GROUP MASS STARTS.

TAKE NOTE THAT AS PARTICIPANTS, IT'S YOUR DUTY TO KNOW THE COURSE AND KEEP TRACK OF YOUR LAPS.

PARTICIPANTS WILL START ON THE RIGHT MOST SIDE OF THE POOL, COMPLETE THE REQUIRED LAPS (8 LAPS PER 400M). AFTER FINISHING THEIR SET, SWIMMERS WILL TURN LEFT AND THEN TURN LEFT AGAIN TOWARDS THE TRANSITION AREA.

AQUAMAN FULL (800M) WILL DO THE SWIM COURSE TWICE WHILE AQUAMAN LITE (400M) PARTICIPANTS WILL ONLY DO IT ONCE.

AQUAKIDS AGES 11-12 / 13-14 (300M) AND AQUAKIDS 7-8 / 9-10 (100M) WILL BE RELEASED VIA GROUPS OF 10 1 MINUTE APART DEPENDING ON THE AGE GROUP COUNT. WAVE START TIMES TO BE POSTED IN A SEPARATE POST.

## HUUB SWIM COURSE

# AQUAMAN

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AFTER THE SWIM, PARTICIPANTS WILL ENTER THE VITAR-GO TRANSITION ZONE IN THE DESIGNATED ENTRY, CHANGE INTO THEIR RUNNING GEAR, AND EXIT ON THE OTHER END (ONE WAY ONLY).

RELAY PARTICIPANTS WILL WAIT AT THE RELAY TENT LOCATED AT THE ENTRANCE OF TRANSITION.

## VITAR-GO TRANSITION ZONE

# AQUAMAN

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**1 LAP ONLY FOR ALL RACE DISTANCES! WE MADE THIS AS EASY AS POSSIBLE. THE RUN COURSE IS A CLOCKWISE LOOP!**

**AFTER EXITING THE TRANSITION AREA, AQUAMANS WILL TURN LEFT AT CHAMPIONS LOOP, TURN RIGHT AT VERMOSA BOULEVARD AND MAKE A U-TURN AT THEIR DESIGNATED TURNAROUND POINTS.**

**U-TURN FOR AQUAKIDS 7-10 YEARS OLD WILL BE JUST ALONG CHAMPIONS LOOP.**

**FINISH LINE WILL BE ALONG CHAMPIONS LOOP RIGHT BESIDE THE TRANSITION AREA!**

**BE PREPARED FOR UNPREDICTABLE WEATHER CONDITIONS! IT CAN BE HOT AND HUMID, OR WINDY AND/OR RAINY IN AN INSTANT!**

**AID STATIONS WILL BE PROVIDED ALONG THE COURSE SO MAKE SURE YOU STAY HYDRATED AND STAY COOL!**

## RUN COURSE

# AQUAMAN

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**SBR**  
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U-TURN ONLY FOR  
**FULL DISTANCE  
& RELAY**

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Red rectangular sign with white text and a white U-turn arrow icon in the top right and bottom left corners. The SBR logo is in the top left and bottom right corners.

**SBR**  
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U-TURN ONLY FOR  
**LITE DISTANCE**

**SBR**  
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Red rectangular sign with white text and a white U-turn arrow icon in the top right and bottom left corners. The SBR logo is in the top left and bottom right corners.

**SBR**  
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U-TURN ONLY FOR  
**AQUAKIDS 11-12  
AQUAKIDS 13-14**

**SBR**  
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Red rectangular sign with white text and a white U-turn arrow icon in the top right and bottom left corners. The SBR logo is in the top left and bottom right corners.

**SBR**  
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U-TURN ONLY FOR  
**AQUAKIDS 7-8  
AQUAKIDS 9-10**

**SBR**  
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Red rectangular sign with white text and a white U-turn arrow icon in the top right and bottom left corners. The SBR logo is in the top left and bottom right corners.

*EACH RACE CATEGORY HAS ITS OWN U-TURN POINT ON THE RUN COURSE. THESE WILL BE:*

- CLEARLY MARKED
- INDICATED BY SIGNAGE

*BUT REMEMBER:*

- IT IS YOUR RESPONSIBILITY TO KNOW YOUR U-TURN.
- DO NOT RELY ON MARSHALS TO TRACK YOUR LAPS OR GUIDE YOU.
- MARSHALS ARE THERE FOR SAFETY AND COURSE CONTROL—NOT LAP COUNTING.

*STUDY YOUR CATEGORY'S COURSE MAP BEFORE RACE DAY. DON'T LET CONFUSION COST YOU YOUR FINISH.*

*TRAIN HARD. RACE SMART. KNOW YOUR COURSE.*

## RUN COURSE



## **RULES AND REGULATIONS**

- **AQUATHLONS, DUATHLONS, TRIATHLONS AND OTHER RELATED MULTI-SPORT EVENTS INVOLVE MANY ATHLETES. RACE TACTICS ARE PART OF THE INTERACTION BETWEEN ATHLETES.**
- **ATHLETES WILL PRACTICE GOOD SPORTSMANSHIP AT ALL TIMES.**
- **ATHLETES WILL BE RESPONSIBLE FOR THEIR OWN SAFETY AND THE SAFETY OF OTHERS.**
- **KNOW, UNDERSTAND AND FOLLOW THE COMPETITION RULES.**
- **OBHEY TRAFFIC REGULATIONS AND INSTRUCTIONS FROM RACE OFFICIALS.**
- **TREAT OTHER ATHLETES, OFFICIALS, VOLUNTEERS, AND SPECTATORS WITH RESPECT AND COURTESY.**
- **AVOID THE USE OF ABUSIVE LANGUAGE.**
- **INFORM A RACE OFFICIAL AFTER WITHDRAWING FROM THE RACE.**
- **COMPETE WITHOUT RECEIVING ASSISTANCE OTHER THAN FROM EVENT PERSONNEL AND OFFICIALS.**

**VIEW COMPLETE LIST ON OUR WEBSITE**

**[WWW.SWIMBIKERUN.PH/EVENTRULESANDREGULATIONS](http://WWW.SWIMBIKERUN.PH/EVENTRULESANDREGULATIONS)**

# AQUAMAN

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**PACING MATTERS — DON'T BLOW UP EARLY** - THE SWIM IS NOT YOUR SHOWDOWN MOMENT. RELAX, FIND YOUR RHYTHM, AND CONSERVE. SAVE YOUR LEGS FOR THE RUN. NO ONE WINS THE AQUAMAN IN THE FIRST 200 METERS.

**START AT THE BACK (FOR FIRST TIMERS)** - UNLESS YOU'RE GUNNING FOR A PODIUM, LET THE FASTER SWIMMERS GO AHEAD. STARTING BEHIND GIVES YOU CLEAR SPACE, LESS PRESSURE, AND THE CHANCE TO FIND YOUR RHYTHM. STAY RELAXED, SWIM YOUR PACE, AND FOCUS ON WHAT YOU TRAINED FOR — NOT THE CHAOS UP FRONT.

**TRANSITION LIKE A NINJA** - HAVE A PLAN. LAY OUT YOUR GEAR PROPERLY. NO FUMBLING, NO GUESSING. EVERY SECOND COUNTS. KNOW IF YOU'RE GOING SOCKS FIRST OR SHADES SECOND — THEN PRACTICE IT.

**REMEMBER YOUR RACK SPOT** - VISUALIZE WHERE YOUR STUFF IS BEFORE RACE DAY. COUNT RACKS. SPOT LANDMARKS. DON'T BE THAT ATHLETE RUNNING AROUND SHOUTING, "WHERE'S MY SHOES?!"

**RUN SMART, THEN RUN HARD** - START THE RUN STEADY. ONCE YOU'RE HALFWAY IN, THAT'S WHEN YOU LET IT RIP. EMPTY THE TANK ONLY WHEN IT'S TIME. BE A CLOSER.

**ZIP UP AND SHOW UP** - LOOKS MATTER. IF THERE'S A CAMERA NEARBY, ZIP THAT SUIT, LIFT THAT CHEST, AND OWN THE FRAME. YOU TRAINED FOR THIS — NOW LOOK THE PART.

**BE COOL, STAY COOL** - USE THE WATER STATIONS. DOUSE YOUR HEAD. SIP, DON'T CHUG. HEAT MANAGEMENT CAN MAKE OR BREAK YOUR RACE.

**SHARE THE ENERGY** - HIGH FIVE A KID. THANK A MARSHAL. CHEER YOUR FELLOW ATHLETE. GOOD VIBES MULTIPLY — AND THEY'LL CARRY YOU TO THE FINISH.



## AQUAMAN PRO TIPS FROM COACH DG

### FINAL REMINDERS FOR RACE DAY

- **KNOW YOUR COURSE! CHECK YOUR U-TURN POINTS AND LOOPS — DON'T JUST FOLLOW THE PERSON IN FRONT OF YOU (THEY MIGHT BE LOST).**
- **ARRIVE EARLY. GIVE YOURSELF TIME TO SET UP, STRETCH, HYDRATE, AND LOCATE THE NEAREST BATHROOM.**
- **RACE BIB? CHECK. TIMING CHIP ON YOUR LEFT ANKLE? CHECK. CONFIDENCE? OPTIONAL — BUT WE BELIEVE IN YOU.**
- **AQUAKIDS & FIRST-TIMERS: DON'T WORRY, WE'VE GOT EXTRA MARSHALS CHEERING YOU ON. PARENTS, RELAX — YOUR KIDS WILL BE FINE!**
- **RELAY TEAMS: MAKE SURE YOUR TEAMMATE KNOWS WHO YOU ARE (AND WHAT LEG THEY'RE DOING).**
- **NO LITTERING — PLEASE HELP KEEP AYALA VERMOSA CLEAN AND RACE-READY FOR THE NEXT WAVE.**
- **SMILE WHEN YOU FINISH — THAT PHOTO'S GOING ON FACEBOOK WHETHER YOU LIKE IT OR NOT.**
- **MOST IMPORTANT OF ALL... ENJOY THE MOMENT. YOU TRAINED FOR THIS. YOU SHOWED UP. THAT'S ALREADY A WIN.**
- **LET'S RACE HARD, RACE SAFE, AND RACE HAPPY.**



## AQUAMAN PRO TIPS FROM COACH DG



- **CAN I REST IF I GET TIRED?**  
**YES. IT IS ACTUALLY RECOMMENDED.**
  - **CAN I BRING MY OWN HYDRATION?**  
**YES, PERSONAL BOTTLES ARE ALLOWED. PLEASE DO NOT LITTER.**
  - **WHAT IF I MISS A WAVE?**  
**MISSING A WAVE WON'T GET YOU DISQUALIFIED. JUMP IN ON THE NEXT WAVE BECAUSE YOUR TIME ALREADY STARTED.**
- YOU'LL GET DISQUALIFIED ONLY IF YOU STARTED IN AN EARLIER WAVE.**
- **CAN I CHANGE CATEGORIES ON RACE DAY?**  
**NO CATEGORY CHANGES ALLOWED ON RACE DAY.**
  - **WILL THERE BE MEDICAL ASSISTANCE?**  
**YES, TRAINED LIFEGUARDS AND MEDICS ARE ON STANDBY FOR THE ENTIRE EVENT.**

## FREQUENTLY ASKED QUESTIONS (F.A.Q.'S)

- ***NO SPECTATORS ALLOWED INSIDE THE SWIM DECK OR TRANSITION***
- ***VIEWING ALLOWED FROM DESIGNATED BLEACHERS AND OPEN LANES***
- ***FOR SAFETY, PLEASE DO NOT BLOCK RUN COURSE OR TURNAROUND CONES***
- ***PLEASE STAY CLEAR OF THE MEDIA TENT AT THE FINISH LINE SO PARTICIPANTS CAN HAVE CLEAR PHOTOS.***
- ***PARENTS OF AQUAKIDS MAY ASSIST ONLY BEFORE THE SWIM***

## **SPECTATOR REMINDERS**

**QUESTIONS**  
**EVENTS@SWIMBIKERUN.PH**

**TAG YOUR PHOTOS**  
**@SWIMBIKERUNPH / @AQUAMANAQUATHLON**

**OFFICIAL HASHTAGS**  
**#AQUAMANAQUATHLON2025 #SBRPHTRISERIES2025**

**TAG US AND**  
**COLLABORATE ON SOCIAL!**

**GOOD LUCK!**

**SEE YOU AT THE RACE!**