



Kids' 250m Swim and 1.5K Run
Adults' 500m Swim and 5K Run

Venue:

SIA Group Sports Club

Registration Fees:

Free for Club Members
\$5.00 for SIA Group staff

Closing Date: 1 SEP 2012

Category

- Men's Veteran (40 yrs and above)
- Women's Veteran (35 yrs and above)
- Men's Open (17 yrs and above)
- Women's Open (17 yrs and above)
- Youth Mixed Team (13 yrs - 16 yrs)
- Junior 2 (10 yrs - 12 yrs)
- Junior 1 (6 yrs - 9 yrs)



To register, please contact Ms. Jacqueline Phua @ 6214 8165 or email Jacqueline_Phua@siasportsclub.sg

Registration Forms are available at the Club reception and our website: www.siasportsclub.sg

RULES AND REGULATIONS

1. Race Format

- 1.1 Race starts at 7:30 am.
- 1.2 The run/swim course for Adults' category consists of 500m Swim followed by a 5K run around Upper Changi Road East and SIA Group Sports Club. The Kids' category will consist of 250m Swim followed by a 1.5K run at the club soccer field.



- 1.3 All participants should be 6 years old and above.
- 1.4 The categories are as follows:

Category	Age <i>as at 1 Jan 2012</i>	Registration Fees <i>(inclusive of GST)</i>	
		Club Member	Guest
Men's Veteran	40 and above	Free	\$5.00 per participant
Women's Veteran	35 and above		
Men's Open	17 and above		
Women's Open	17 and above		
Youth Mixed Team	13 - 16		
Junior 2	10 - 12		
Junior 1	6 - 9		

- 1.5 SIA Group Sports Club reserves the right to combine events dependent on the number of entries.

2. Registration

- 2.1 Biathlon 2012 is only open to all Club Members and Guest
- 2.2 Registration forms are available at SIA Group Sports Club reception counter or visit our website http://www.siasportsclub.sg/events_sports.php
- 2.3 All registration form shall be filled and submitted to SIA Group Sports Club before closing date via fax/email/by-hand at the reception counter.
- 2.4 No substitutions will be allowed once registration form has been submitted.
- 2.5 The closing date for all registration shall be on 1st September 2012.

3. Event Details (Race Day)

Registration

- 3.1 Participants to register 30 minutes before the designated flag-off time with the **Race Confirmation Email**. Latecomers may be considered disqualified.
- 3.2 Race number tag (with safety pins) will be issued upon registration. Race number will also be marked on the participant's arms and thighs.
- 3.3 Participants to ensure that next-of-kin's particulars are clearly written on the back of the name tag using the markers provided.

Transit area

- 3.4 Participants to look for the designated 'basket' allocated to the event and race number.
- 3.5 Participants to place running gear in the designated 'basket' before commence of the race.

Swimming pool

- 3.4 A warm up period in the water will be permitted from 6:30 am to 7:00 am (during check-in).
- 3.5 The race consists of two waves - the first at 7:30 am and the second at 8:00 am. Heats will be assigned at check-in. There will be 16 participants in each heat.
- 3.6 Two swimmers will share each lane (circle swimming).
- 3.7 Each lane will be provided with someone to count numbers of laps swum. Counters will signal each swimmer when he or she has 50m (last lap) remaining. There is no diving allowed. All swimmers will start in the water. No fins, paddles, or pull buoys will be permitted during the swim.

Change-over at the transit area

- 3.8 Participants to change and place swim gear (swim goggles, swim cap etc) in the designated 'basket'.
- 3.9 Participants must ensure that number tags are displayed on the front of the running top and properly secured with the safety pins provided (at all 4 corners).
- 3.10 Participants not wearing a Race Tag Number will be taken off the course by the Officials. The form on the reverse side of your Race Tag Number must be completed in full and accurately.
- 3.11 Support vehicles or pacers are not allowed.
- 3.12 Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
- 3.13 Running with bare torso is not permitted.
- 3.11 In the event of inclement weather, the race will be called off and everyone will be asked to clear the course and pool area immediately.

4. Results of the race

- 4.1 The final race results shall be time-based. Hence, there shall be no heats for all. The champion/winners shall be determined by the placing and timing produced.

5. Prizes

- 5.1 Awards will be given to the top 3 female and top 3 male finishers for each category and award presentations will take place after the race.
- 5.2 All Participants who successfully completed the race will be awarded a Finisher's Medal at the Finish Line.
- 5.3 Prizes for each completed event will be presented soon upon completion of the last event for the morning and afternoon. All medallists are requested to report to the Medal Ceremony holding area immediately after being advised by officers-in-charge or Prize Steward. If competitors are required to report to the Competitors Marshall, a representative shall collect the prize on behalf of the competitor.

6. Protest

- 6.1 Any technical protest or objection by a participant against the conduct, eligibility or placing of another participant, shall be made to SIA Group Sports Club within thirty [30] minutes following the conclusion of the respective event. Only the responsible participant shall lodge the protest. A Jury Panel shall resolve such protests, and its decision shall be final.

7. Medical Advice

- 7.1 Participants are to ensure that they are well-rested and well-hydrated before the race.
- 7.2 Participants are advised against consuming alcohol, stimulants or any kind of drugs within 24 hours of their race.

- 7.3 Participants are advised to dress lightly.
- 7.4 If a participant is feeling unwell during the race, he/she should stop and seek immediate medical attention from the Race Officials.
- 7.5 SIA Group Sports Club reserves the right to stop any participant deemed physically incapable (i.e. severe physical harm) in continuing the race.

For any enquires please contact:

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Singapore 486046

Contact Person:

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