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TOYOTA

SATTAHIP TRIATHLON

TOUR SERIES 2026 by

ATHLETE INFORMATION GUIDE

13-14 JUNE 2026

ROYAL THAI FLEET, THAILAND

WWW.THAILANDTRILEAGUE.COM

ORGANIZED BY Thailand Tri-League

CONTENTS PAGE

Section	Page
Race Referee Message	3
Event Schedule	4
Athlete Check List	7
Race Kit	8
Venue map	9
Pre Race Information	10
Athlete Check-In Timing Chip Bike Racking Helmet Check Bike Mechanics Race Briefing Massage Swim Practice Pre Race Training Welcome Party Parking Transport to/from Venue	
Parking	14
Bag Drop / Collection	15
Street Gear Bag Bike and Run Transition Bag	
Transition	16
Race Day During Race Post Race	
Aid Stations	17
Race Day Information	19
Cut Off Times Contingency Plan Race Day Services Withdrawal and Timing Chip Return	
Relay Team Information	21

Section	Page
Triathlon	24
Duathlon	30
Finish Line and Post Race	32
Race Rules	34
Awards	36
Additional Information	37
Volunteers Get Social Contact Us	

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To minimise the possibility of infringing the rules on race day and avoiding penalties, please observe the following:

- Ride on the left side of the bike lane
- Keep 6 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 30-seconds
- If passed, drop back immediately 6 metres and ensure you have dropped back the full 6 metres before re-passing

Triathlon is an individual race, and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:
Yellow card 4-minute penalties include:
•**Drafting –** following a leading cyclist closer than 6 metres and failing to pass in 30 seconds OR after being passed, failing to drop back 6 metres before re-passing
•**Illegal pass –** passing on the left
•**Littering -** discarding items, e.g. Tyres, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.
•**Blocking –** riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes.
•**Helmet –** failing to have your chin strap securely fastened when moving with your bike.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a yellow card. A 4-minute time penalty will be added to your final finish time.

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:
•Offensive and unsportsmanlike behaviour,
•Public personal toilet,
•Outside assistance (from anyone other than a race official),
•The use of electronic equipment including telephones, including the use of earphones or other communication devices.

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience, and achieve your goals.

Race Referee

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Event Schedule is up to date as of 10 June 2026 and is subject to change.
View the Event Schedule on the event website for the most up to date version.

FRIDAY 12 JUNE 2026		
Time	**Event**	**Location**
12:00pm	Tournament Office Opens	Dongtan Beach, Royal Thai Fleet
2:00pm – 8:00pm	Athlete Check-in / Race Pack Collection (All Categories)	Dongtan Beach, Royal Thai Fleet
2:00pm – 8:00pm	Amazing Race Festival Expo – Day 1	Dongtan Beach, Royal Thai Fleet
08:00pm	Tournament Office Closed	Dongtan Beach, Royal Thai Fleet

SATURDAY 13 JUNE 2026		
Time	**Event**	**Location**
5:00am	Tournament Office Opens	Dongtan Beach, Royal Thai Fleet
6:00am – 6:25am	Breakfast Run Check-in	Dongtan Beach Road
6:00am – 7:00am	Open Water Swim Check-in	Dongtan Beach, Royal Thai Fleet
6:30am	Breakfast Run 10K Start	Dongtan Beach Road
6:40am	Breakfast Run 5K Start	Dongtan Beach Road
7:00am - 12.00pm	Open Water Swim (10K, 1K) Start	Dongtan Beach
7:30am	Breakfast Run Award Ceremony	Festival Zone
12:00pm – 7:00pm	Athlete Check-in / Race Pack Collection (Triathlon / Duathlon)	Dongtan Beach, Royal Thai Fleet
12:00pm – 7:00pm	Amazing Race Festival Expo – Day 2	Dongtan Beach, Royal Thai Fleet
3:00pm – 7:00pm	Bike Check-in	Dongtan Beach, Royal Thai Fleet
5:00pm	Race Briefing	Festival Zone
5:30pm - 7.00pm	Welcome Party (Carbo Load)	Festival Zone
7:00pm	Tournament Office Closed	Dongtan Beach, Royal Thai Fleet

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Event Schedule is up to date as of 10 June 2026 and is subject to change.
View the Event Schedule on the event website for the most up to date version.

SUNDAY 14 JUNE 2026

Time	Event	Location
4:30am	Tournament Office Opens	
5:00am – 6:15am	Transition Open (Triathlon Standard, Sprint, Team Relay & Duathlon)	Transition Area
6:15am – 6:30am	Duathlon Check-in	Beach Road
6:15am – 6:35am	Triathlon Check-in	Beachfront
6:30am	Sprint Duathlon Start	Beach Road
6:40am	Standard S2, Team Relay & Sprint Triathlon Start	Dongtan Beach
8:00am-9:15am	Open Water Swim Check-in	Beachfront
9:00am* Approx	Award Ceremony (Triathlon/Duathlon)	Festival Zone
9:45am – 12:00pm	Open Water Swim (5K, 3K) Start	Dongtan Beach
10:15am – 1:00pm	Transition Open For Bike Check Out	Transition Area
12:05pm* Approx	Last Finisher	Finish Line
1:00pm	Transition Closed	Transition Area

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PRE-EVENT

- ❑ Book/confirm accommodation & flights (if applicable).
- ❑ Ensure event registration is confirmed (check for confirmation email).
- ❑ Familiarize yourself with Event Schedule (know all check- in/drop off times).
- ❑ Pack photo ID in your luggage.
- ❑ Familiarize yourself with the course - it is your responsibility to know this on race day.

ONCE I ARRIVE (PRE-RACE)

- ❑ Familiarize yourself with the event venue and key areas (Check-In, transition, swim start, finish line & presentations).
- ❑ Familiarize yourself with road closures.
- ❑ Check-In and collect race kit.
- ❑ Rack bike and drop off transition bags (see page 13 for suggested items in your transition bags).
- ❑ Pack items for race day.
- ❑ Relay Teams – Familiarize yourself with the team transition entry point.

RACE DAY

- ❑ Ensure you have all items for your race including, helmet, timing chip & trisuit.
- ❑ Enter Transition for last minute checks & drop off bike pump (if relevant).
- ❑ Start the race - be at the start line at least 15 minutes prior.
- ❑ Finish the race.
- ❑ Receive your medal..
- ❑ Recover.
- ❑ Collect your items – transition bags, street gear bag, bike pump, bike.

POST RACE

- ❑ Download your photos from photo.thai.run.

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1. RACE BIB NUMBER
Worn on the front during run and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND
Secured at Athlete Check-In with your race number to identify you as an official athlete and must be worn at all times until after award ceremony. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.

Triathlon wristband:

Duathlon wristband:

NO WRISTBAND = NO ACCESS.

3. TATTOOS
Number Tattoos: Place them on right and left bicep. If you are wearing a long sleeves top or short sleeves Tri-Suit, place the tattoo on your left and right forearm.
Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper..

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIM CAP
Provided swim cap must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex/Silicone.

SWIM CAP COLOURS AND WAVES

Wave 1 – Pro & Team Relay – Gold & Pink

Wave 2 – Fast Speed Swimmers – Silver

Wave 3 – Mid Speed Swimmers - Red

Wave 4 – Slow Speed Swimmers – Yellow

Wave 5 – Novice Swimmers - White

5. TRANSITION BAG
Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Must be handed in on Saturday during bike racking.

6. BIKE SEAT POST STICKER
Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER
Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER
Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER
Remove sticker from backing sheet and stick securely on the bag.

***Note**: Timing Chips are to be collected during bike racking. For more information see page 10*

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VENUE MAP

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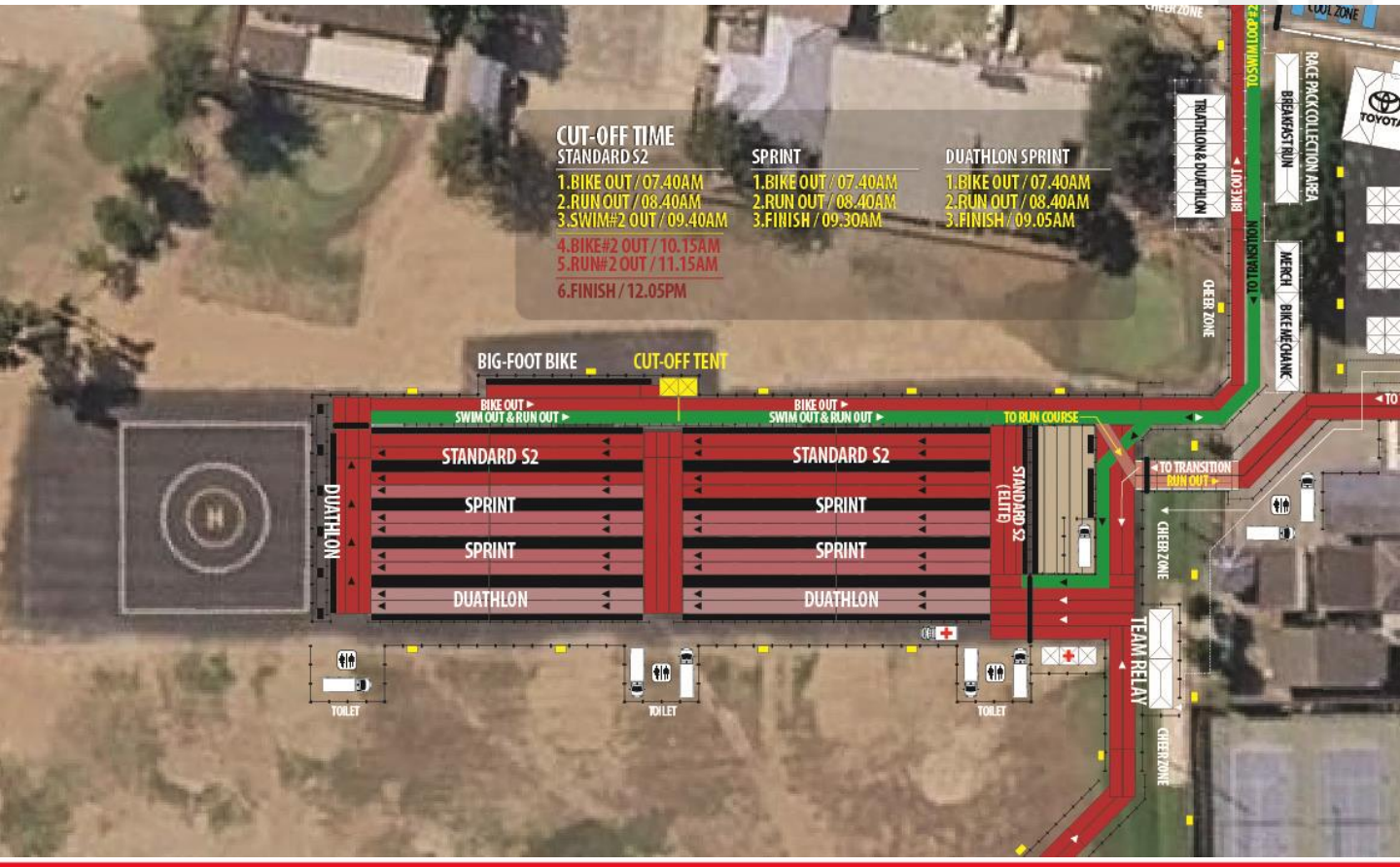
TOYOTA SATTAHIP TRIATHLON TOUR SERIES 2026 by ดีแทค

EVENT LAYOUT & FLOW OF THE TRANSITION



ATHLETE CHECK-IN

See page 4 for time and location.

All packs will need to be collected during Athlete Check-in opening hours. If you do not check-in during the designated Athlete check-in hours you will not be permitted to race. **Please note, no packs will be posted out prior to the event**.

ALL RACE PACKS MUST BE PICKED UP BY 8.00PM ON SATURDAY 13 JUNE 2026.

Where:

Royal Thai Fleet
2041,1 Sattahip, Sattahip District, Chon Buri 20180, Thailand

What you will need to bring:

- Photo ID (driver's licence or passport).
- Confirmation email with QR Code

Emergency Contact

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-in will not be available outside the posted times.

To inform Thailand Tri-League of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

+66 91 819 6397

Who can collect?:

Only the registered athlete or their authorized person can pick up the race kit at Check-in. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension and banning both parties from future Thailand Tri-League races and events.

Relay Team Check-In

At least one member of relay team must be present at Athlete Check-in.

TIMING CHIP

Pick Up: In the Transition upon exiting after bike checking. When collecting your timing chip, you will verify that your name matches your number.

Hot Tip: Place the timing chip somewhere safe after collection, eg with your helmet.

During Race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to a Event staff member or timing team member. Failure to do so may disqualify you from participating in future Thailand Tri-League events. It is essential that we know where you are on the course at all times for your safety.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected after the finish arch and prior to entering Recovery.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member or timing team member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged THB 3,500 for a replacement. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Thailand Tri-League Co., Ltd.
1567 Soi Town in Town 11
Sriwara Road, Wangthonglang
Bangkok 10310 Thailand

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future Thailand Tri-League events.

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PRE-RACE

BIKE RACKING

View the Event Schedule (page 4) for times and location.

Prior to entry:

- Attend Athlete Check-In
- Secure Bike Seat Post Sticker

Bike checks:

- Conducted by Race Technical Officials upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such thing as:
  - End plugs on handlebars
  - Tyres in reasonable condition
  - Stripped cabling
  - At least one water bottle cage
  - Brakes in working order
  - Compliance with Event Rules and Regulations.

How to rack your bike:
Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

HELMET CHECK

Helmets can be brought in Transition during bike check racking and left in Transition overnight. Alternatively athletes have the option to place their helmet on their bike on the race morning between 5:00am – 6:15am.
A compulsory Helmet Check will be conducted when bringing your helmet to the Transition.

You will have access to your bicycle from on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

BIKE MECHANICS

On Friday, 12 June from 2:00pm to 7:00pm and on Saturday, 13 June from 12:00pm to 7:00pm bike mechanics will be available to offer minor mechanic services. This is a free service, but required spare parts are to be paid for by the Athlete.

A limited 'emergency service' will be available on race morning at bike mechanics for all athletes.

See Bike Course information on page 24 for on course support.

RACE BRIEFING

The Race Briefing and the Race Director Q&A is your opportunity to ask any last-minute questions and it's a great opportunity for both seasoned triathletes or first timers. The briefings will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures for the disciplines and most importantly any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

View the Event Schedule (page 4) for times and location.

MASSAGE

Post race massage will be offered by the organisers for free in the post race area.

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SWIM PRACTICE

There is no official swim practice as the swim area is open to public and athletes can swim at your own risk at any time, please note there will be no lifeguards on duty.

PRE-RACE TRAINING

The race courses will be available for Pre-race training, however athletes can train on the courses at their own risk and athletes must respect local traffic rules.

WELCOME PARTY

The “AMAZING RACE FESTIVAL TOYOTA SATTAHIP TRIATHLON 2026 PRESENTED BY MAMA CARBO LOAD” will be held on Saturday, 13 June 2026 at Festival Zone. All athletes are kindly invited to attend. Access to food will be controlled through your wristband and a coupon which will be distributed during Check-in.

PARKING

Free parking will be available (with limited capacity) at the Sattahip Navy Stadium.

TRANSPORT TO/FROM VENUE

No parking is available at the venue due to the restricted zone of the Royal Thai Fleet area. For your convenience, please park your vehicle at the Sattahip Navy Stadium and use the shuttle bus service for transport to/from the venue.

Location:
https://maps.app.goo.gl/So57yFb7SmctvBnc6

Please see the shuttle service schedule below:

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PARKING AREA

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STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at Recovery. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- Change of clothes
- Different footwear
- *Please refrain from placing any valuables in your bag where possible.*

Drop bags shall be delivered to Street Gear Deposit Tent on Sunday, 14 June 2026 between 4:30am – 6:15am.

BIKE AND RUN TRANSITION BAG

Bike and run transition bags contain items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant bag.

be accessed during the transition process. See page 14 for transition process.

Note: No access to transition bags on race morning.

Example of Items athletes should consider:

- Bike shoes (or attached to bike pedals)
- Running shoes (compulsory)
- Helmet (or placed on bike)
- Race bib number (compulsory)
- Sunglasses
- Sunscreen
- Socks
- Hat/visor
- Change of clothes
- Nutrition and fluids (or on bike)
- Towel
- Vaseline

Note: When you collect your bike post race, all transition bags and bike pumps should be collected at the same time.

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
TRANSITION BAG **Swim to Bike** **Bike to Run**	**When:** Sunday, 14 June 4:30–6:15am **Location:** Transition Area	Collect your bag from your numbered hook. Remove your bike/run gear and place all your swim/bike gear into the bag.	**When:** Sunday, 14 June 10:00am–1:00pm **Location:** Transition Area
STREET GEAR BAG	**When:** Sunday, 14 June 4:30–6:15am **Location:** Street Gear Deposit Tent	No Use	**When:** Sunday, 14 June 10:00am–1:00pm **Location:** Street Gear Bag Deposit Tent
BIKE PUMPS	**When:** Sunday, 14 June 4:30–6:15am **Location:** Transition Area	No Access during race.	**When:** Sunday, 14 June 10:00am–1:00pm **Location:** Transition Area

RACE DAY

Transition will be open from 5:00am to 6:15am on race morning, 14 June 2026. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:15am.

HELMET CHECK

Race officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

If you leave the Transition with your helmet on on pre race day, it will have to be checked again on the race morning from 5:00am to 6:15am.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. See Event Rules.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

You will have the opportunity to make any last-minute tweaks/adjustments to your bike. Ensure all items are either attached to your bike, or transition rack. No items will be allowed on the ground next to your bike. This includes any tubs, bags etc.

DURING RACE

SWIM TO BIKE TRANSITION

After the swim you will be directed through the swim finish chute to the bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike. You may leave your shoes and bike gear by your bike. You will then head out onto the run course.

POST RACE

BIKE CHECK-OUT

Bike check-out is from 10:15am to 1:00pm at transition. Ensure you are aware of the closing time as, after this time Transition will become unsecure. You must have your athlete wristband on to claim your gear.

When collecting your bike, please ensure all transition bags and bike pumps are collected at the same time.

If your bags are not reclaimed by 1:00pm, the organizer will not be responsible for any items left overnight.

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SWIM START AID STATION

Will Offer:

- Water

TRANSITION AID STATION

(Transition Area & Swim to Bike)

Will Offer:

- Water
- Electrolyte
- Cola
- Fruits
- Sponge

BIKE AID STATIONS

Aid stations will normally be positioned on the left-hand side of the course.

Aid Station Locations:

The Bike Course has one aid station for the Standard S2 distance only, located at KM 5 of the second bike loop.

Will offer:

- Water
- Litter Zones

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the volunteer by calling out your needs.

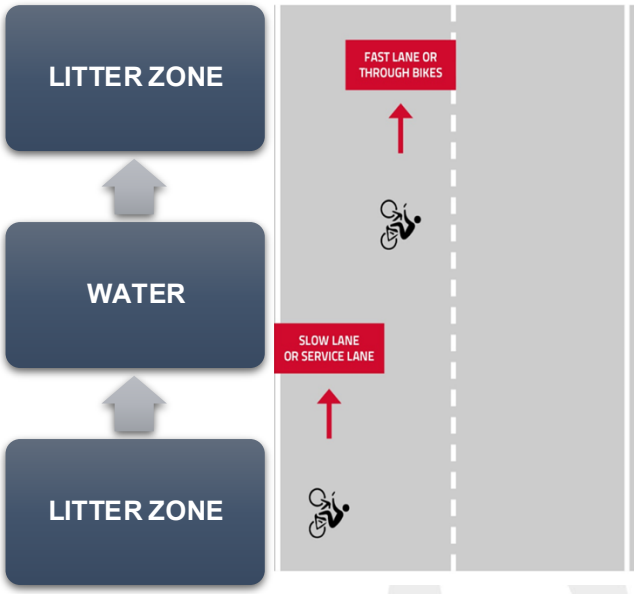
BIDON/ RUBBISH DISCARD

Please ensure bidons and any trash are only discarded in Aid Station Litter Zones. Don't discard anywhere else on course. Strict time penalties will apply.

MEDICAL

First Aid will be available at the aid station on the bike course.

AID STATION LAYOUT



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RUN AID STATIONS

The Run Course has 3 aid stations.

- R1 – 0.1km
- R2 – 1.7km
- R3 – 3.3km

Will offer:

- Water
- Electrolyte
- Fruits & Snacks
- Sponge
- Litter Zones

Process:

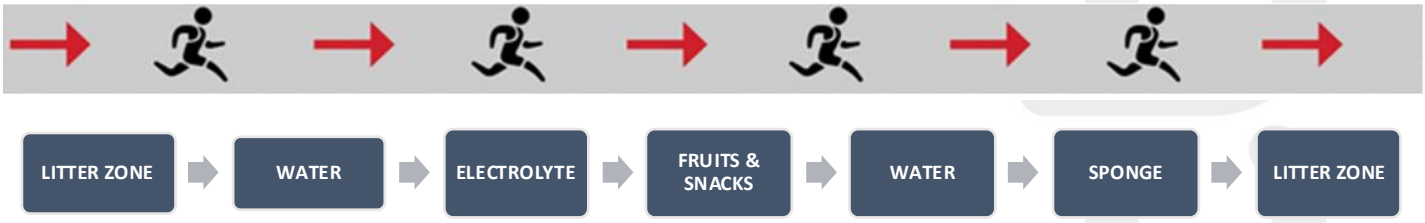
Keep right when approaching a run aid station, don't stop! If you do not require any product from a run aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise them by calling out as per your needs.

RUBBISH DISCARD

Please discard any unwanted items after the Litter zone start sign and before the Litter zone finish sign. Anything discarded outside this area will be penalized.

MEDICAL

First Aid will be available at all aid stations on the run course.



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim: The swim course for the first round will close at **07:40 AM** at the Transition exit (Cut-off tent). Each athlete or relay team member must complete the swim and exit the transition area by this designated time. Any athlete or relay team member who fails to meet the **07:40 AM** cut-off will not be allowed to continue and will receive a **DNF** status. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the second swim cut-off for Standard S2 participants at **10:15 AM** at the Transition exit (Cut-off tent).

Bike: The bike course for the first round will close at **08:40 AM** at the Transition exit (Cut-off tent). Each athlete or relay team member must complete the swim, T1, and the bike course and exit the transition area by this designated time. Any athlete or relay team member who fails to meet the **08:40 AM** cut-off will not be allowed to continue and will receive a DNF status,. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the second bike cut-off for Standard S2 participants at **11:15 AM** at the Transition exit (Cut-off tent).

Run/Finish: The run course for the first round will close at **09:40 AM** at the Transition exit (Cut-off tent). Each athlete or relay team member must complete the required run distance and reach this designated point by this designated time**.** Any athlete or relay team member who fails to meet the **09:40 AM** cut-off will not be allowed to continue and will receive a DNF status. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the final finish cut-off for Sprint participants at **09:30 AM** and Standard S2 participants at **12:05 PM** at the Finish Line.

Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

The course will officially close at 12:05pm to all athletes, based on the predicted last athlete to start the swim.

Note: Thailand Tri-League officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Relay Teams

If a relay swimmer or cyclist does not meet their leg cut off time, the transition team will advise the next team member when they can proceed on course, the team will receive a DNF in the results, but each relay member will have an opportunity to complete their leg.

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CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by the organizer.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed in the relevant bike and run sections of this document. Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate travel or personal insurance that will provide coverage for participation in the event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG Vehicle

The SAG vehicle will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG vehicle at any time, please wave down a motorbike official and they will contact Thailand Tri-League for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG vehicle transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG vehicle has been requested as this could affect their ability to locate and transport you.

WITHDRAWAL AND TIMING CHIP RETURN

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the event information tent and turn in their timing chip immediately. It is essential that race official know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any Thailand Tri-League event in the future.

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Please note the below information relates to the Relay Teams and outlines specific team details and differences to the Individual race.

Relay Teams must still read the complete AIG for all relevant information but please note the team specific information below.

RACE KIT

Please refer to page 8 to see all inclusions in your race kit.

Please note the team differences:

- **Race Bib Number** – worn by the runner.
- **Athlete Wristband** – each team member will receive their own wristband.
- **Street Gear Bag** - each team member will have to bring their own Bag.
- **Tattoos:** Number Tattoos to be worn by all members.

CHECK-IN

At least one of team members must be present during Athlete Check-in to pick up their assigned race packs.

Relay teams should look for the Relay Check-In table upon arriving at Athlete Check-in. All relay members must have a photo ID.

TIMING CHIP

Timing chips will be picked up at Bike Check In. There will only be one timing chip per team.

TRANSITION

The timing chip change over between team members will occur at the **Team Relay Tent** in transition. Team members will meet at the tent and exchange the timing chip. Your timing chip is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of the transition flow.

During the race, team members will enter the team relay tent to meet their racing team member.

Relay Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

Swim to Bike

The swim leg athlete will exit the swim and head to the team relay tent to exchange the timing chip before the cyclist can collect their bike and head onto the bike course.

Bike to Run

The cyclist must properly rack their bike before moving to the team relay tent to exchange the timing chip with their runner who will then head out onto the run course.

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SWIM START

Deep-water Start: Team swimmers will sort themselves into the correct start group based on their cap color (pink).

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Meeting Point'.

If the runner only proceeds down the finish line, they will be required to collect the other Team Members medal. Each relay athlete will be given 2 or 3 medals (depending on the size of the team) once finished.

RELAY TEAM CUT-OFFS

If a relay team member drops out of any leg or fails to meet the given the course cut-off time, the relay team will be able to continue the race, but the team will receive a DNF in the official results.

The transition team will communicate with the team members at the team relay tent and send them onto course when it is safe with a new timing chip to track their progress.

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SWIM COURSE MAP

COURSE

Start on the sandy beach of Dongtan, a non-wetsuit swim of 750m counter clockwise in the beautiful clear and calm waters. A one-loop triangular course in the temperature averaging between 25 degrees Celsius

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the canoes, kayaks, buoys, and aquatic crafts that line the course.

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WARM UP SWIM

No swim warm up will be available.

SWIM START

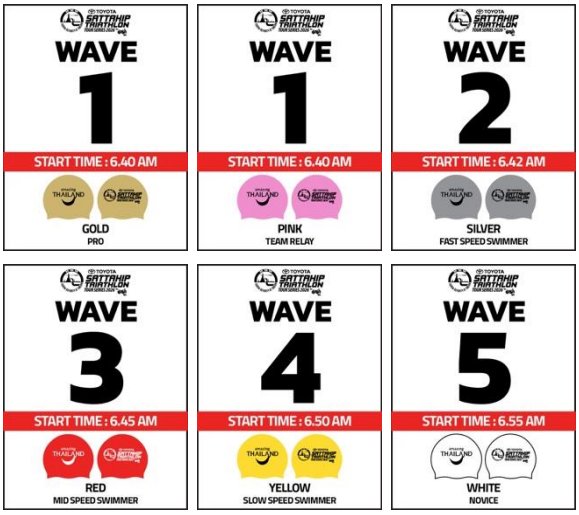
View the Event Schedule (page 4) for start times.

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Five different Start Waves are available, depending on an athlete's expected swim time:

- Wave 1 – Pro & Team Relay – Gold & Pink
- Wave 2 – Fast Speed Swimmers – Silver
- Wave 3 – Mid Speed Swimmers - Red
- Wave 4 – Slow Speed Swimmers – Yellow
- Wave 5 - Novice Swimmers - White

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.



At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat. As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Wave 1 to Wave 5 until all athletes have crossed the timing mat and begun the race.

SWIM CAPS

All swim caps provided will be latex/silicone based. In the case you are allergic, please contact us at thailandtrileague@gmail.com.

SWIM CUT OFF

The swim course for the first round will close at **07:40 AM** at the Transition exit (Cut-off tent). Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the second swim cut-off for Standard S2 participants at **10:15 AM** at the Transition exit (Cut-off tent).

SWIM TO BIKE TRANSITION

After the swim you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line

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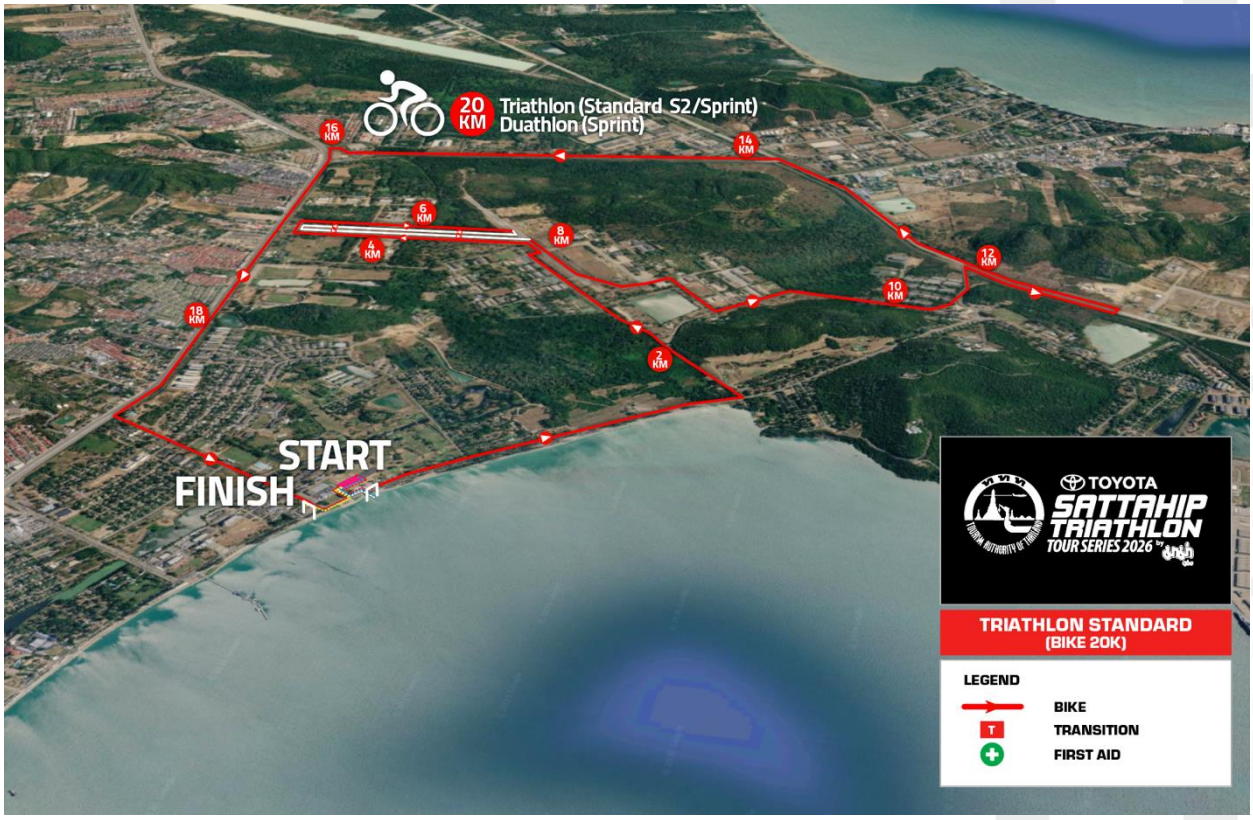
BIKE COURSE MAP



COURSE

Athletes will make their way from the Transition along the beach road of the Royal Thai Fleet before turning left at intersection to enter the Air and Coastal Defense Command (ACDC) area. Within the ACDC, competitors shall keep to the left as they complete the required loops around the median along the designated path before returning via the original route.

The course continues with a left turn past Coast Guard Regiment 1, heading towards the 5-way intersection where a right turn leads onto Highway 3126; here, athletes should stay close to the sidewalk to perform a U-turn. After turning back, cyclists will stay close to the median before turning left at KM 14 onto Highway 3573, continuing past the Royal Monument and onto Sukhumvit Road. Finally, turn left back into the Royal Thai Fleet area at KM 19, making your way back to the Transition.

AID STATIONS

The Bike Course has one aid station for the Standard S2 distance only, located at KM 5 of the second bike loop.

BIKE CUT OFF

The bike course for the first round will close at **08:40 AM** at the Transition exit (Cut-off tent).

Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the second bike cut-off for Standard S2 participants at **11:15 AM** at the Transition exit (Cut-off tent).

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

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DRAFTING PENALTIES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 6 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (3 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the right-hand side
- Must complete your pass within 30 seconds
- Must be making forward progress at all times
- A started pass must be completed – NO Slip Streaming
- After being passed drop 6 metres back
- Cannot pass until 6 metres back
- A competitor passing on the inside (left-hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty.

If you receive 3 yellow card penalties, you will be DISQUALIFIED.

For safety reasons, the following cycling positions are prohibited:

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike. You may leave your shoes and bike gear by your bike. You will then head out onto the run course.

BIKE MECHANICS

Bike Mechanics at aid station will be available to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

There will be SAG vehicles stationed on the bike course if you cannot continue on course.

Should you require a SAG vehicle at any time, please wave down a motorbike official and they will contact staff for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Vehicle transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG vehicle has been requested as this could affect their ability to locate and transport you.

4 mins

DRAFTING VIOLATION
YELLOW CARD
Four-minute time penalty
Added to finish time

4 mins

LITTERING VIOLATION
YELLOW CARD
Four-minute time penalty
Added to finish time

4 mins

BLOCKING VIOLATION
YELLOW CARD
Four-minute time penalty
Added to finish time

DISQUALIFICATION (DSQ)
RED CARD
3 Yellow Card violations will results in race disqualification

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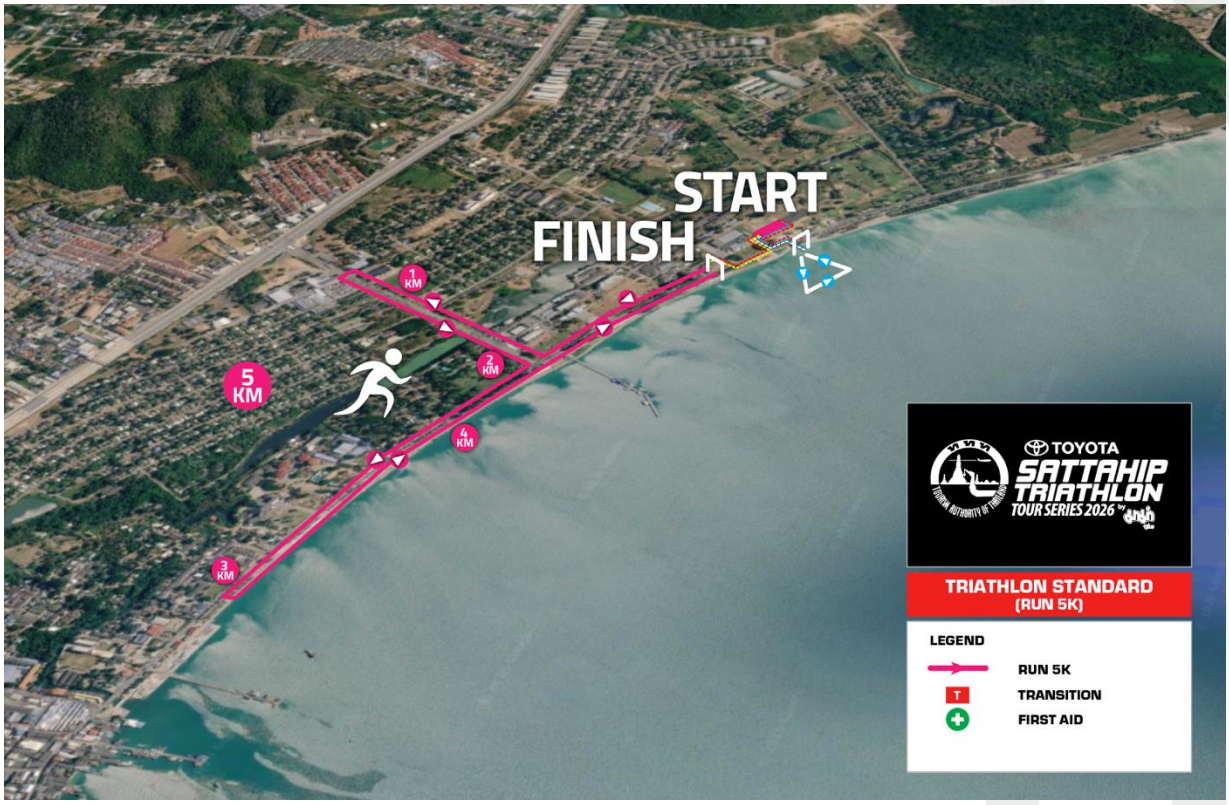
RUN COURSE MAP



COURSE

The course starts at the Transition, making its way along the beach road past the Royal Thai Fleet Headquarters. Thereafter, turn right at the junction towards the Royal Thai Fleet entrance, where a small lighthouse marks the U-turn point.

After the turn, pace along the median on the right and turn right at the intersection to rejoin the beach road. Finally, keep right until reaching the U-turn in front of the Sattahip District Office before heading back to the Transition or Finish Line.

RUN CUT OFF

The run course for the first round will close at **09:40 AM** at the Transition exit (Cut-off tent).

Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the final finish cut-off for Sprint participants at **09:30 AM** and Standard S2 participants at **12:05 PM** at the Finish Line.

AID STATIONS

The Run Course has 3 aid stations.

- R1 – 0.1km
- R2 – 1.7km
- R3 – 3.3km

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ผลิตภัณฑ์ที่คิดค้นมาเพื่อรองรับสภาพอากาศเมืองร้อนชื้น พร้อมมอบสัมผัสความรู้สึกเย็น สดชื่นทุกครั้งที่รับประทาน

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CARB 42g | CLUSTER DEXTRIN 8000mg | 170 Kcal

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CLUSTER DEXTRIN | BCAA 1400mg | 110 Kcal

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V POW ELECTROLYTE INSTANT POWDER

ช่วยลดโอกาสเกิดตะคริว เติมความสดชื่น

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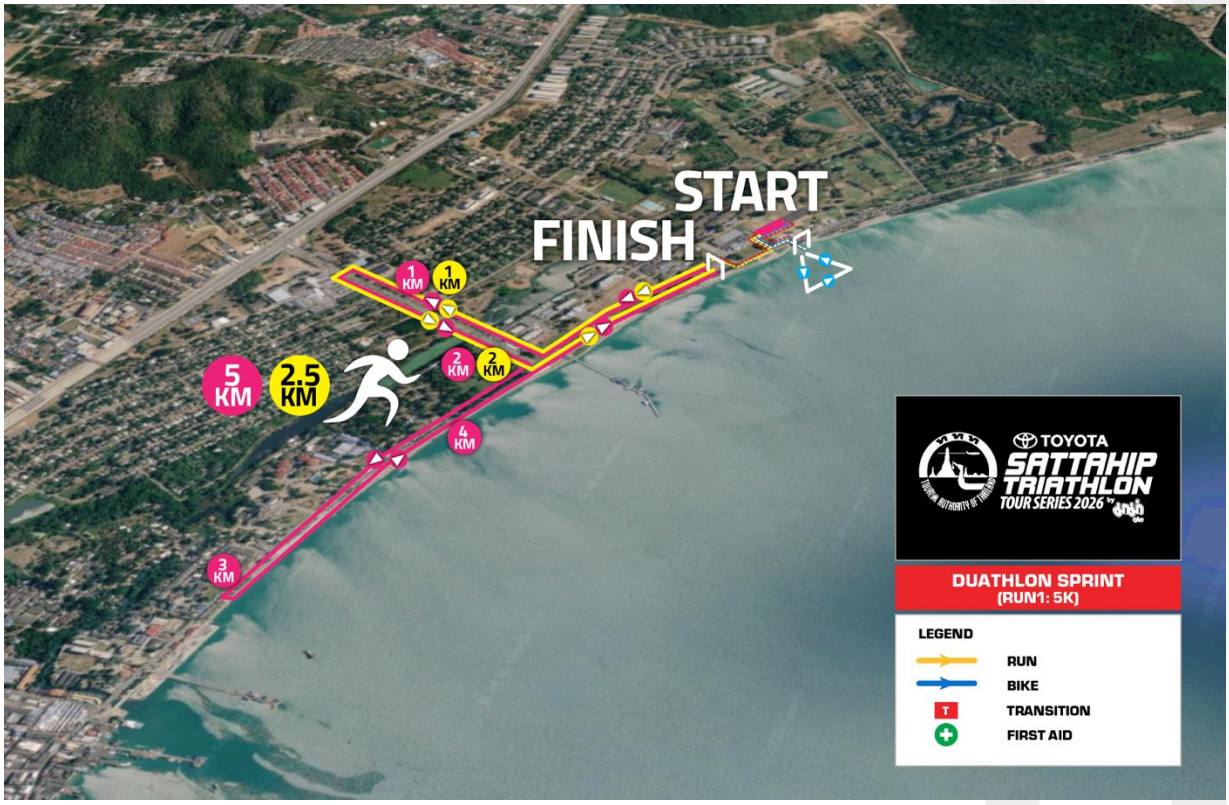
RUN COURSE MAP



COURSE

Duathlon start **Run#1 (5 km)** at the Start Arch, making its way along the beach road past the Royal Thai Fleet Headquarters. Thereafter, turn right at the junction towards the Royal Thai Fleet entrance, where a small lighthouse marks the U-turn point. After the turn, pace along the median on the right and turn right at the junction to rejoin the beach road. Finally, keep right until reaching the U-turn in front of the Sattahip District Office before heading back to the Transition.

After finishing the Bike, **Run#2 (2.5 km)** starts at the transition area, making its way along the beach road past the Royal Thai Fleet Headquarters. Thereafter, turn right at the junction towards the Royal Thai Fleet entrance to make a U-turn. After the turn, pace along the median on the right and turn left at the junction to head back to the Finish Line.

RUN CUT OFF

The run course for the first round will close at **07:40 AM** at the Transition exit (Cut-off tent).

Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs, including the final finish cut-off for Duathlon participants at **09:05 AM** at the Finish Line.

AID STATIONS

The Run Course has 3 aid stations.

- R1 – 0.1km
- R2 – 1.7km
- R3 – 3.3km

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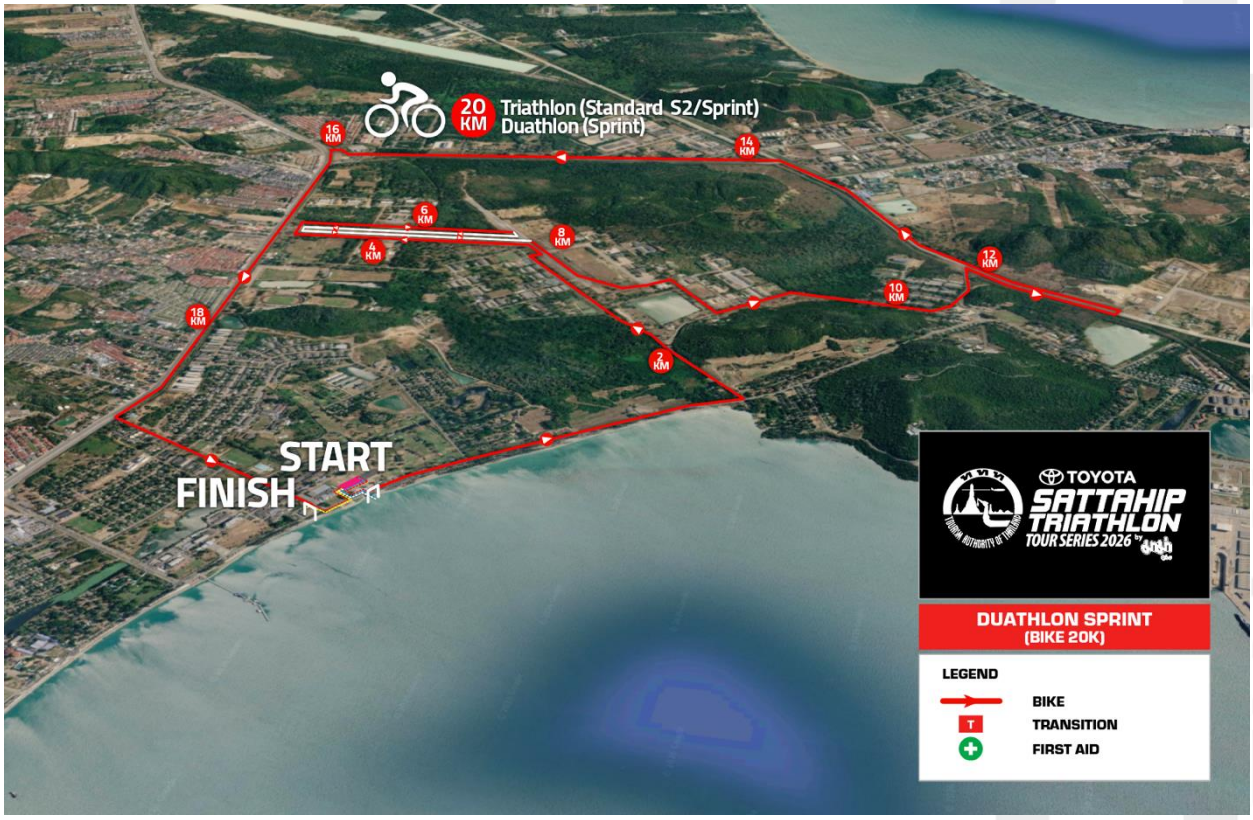
BIKE COURSE MAP



COURSE

Athletes will make their way from the Transition along the beach road of the Royal Thai Fleet before turning left at intersection to enter the Air and Coastal Defense Command (ACDC) area. Within the ACDC, competitors shall keep to the left as they complete the required loops around the median along the designated path before returning via the original route.

The course continues with a left turn past Coast Guard Regiment 1, heading towards the 5-way intersection where a right turn leads onto Highway 3126; here, athletes should stay close to the sidewalk to perform a U-turn. After turning back, cyclists will stay close to the median before turning left at KM 14 onto Highway 3573, continuing past the Royal Monument and onto Sukhumvit Road. Finally, turn left back into the Royal Thai Fleet area at KM 19, making your way back to the Transition.

BIKE CUT OFF

The bike course for the first round will close at **08:40 AM** at the Transition exit (Cut-off tent).

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

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FINISH LINE POLICY

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Search for your race at photo.thai.run.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Massage
- Medical support (if required)
- Official finisher photo

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Electrolyte
- Fruits
- Food

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POST RACE

RESULTS

Results can be viewed at the following locations:

- Event website - **https://my.raceresult.com/**

No access to online services? Visit our Event Information who can assist.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact Thailand Tri-League thailandtrileague@gmail.com.

All Athletes should read and understand the complete rules prior to race day. Below highlights some of the Competition Rules.

Conduct of Athletes

General Behaviour

- Practice good sportsmanship at all times;
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes). Receiving assistance will result in disqualification;
    (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

SWIM

General

- The use of snorkels, fins, gloves, paddles is prohibited. Flotation devices of any kind (including pull buoys) are only allowed for athletes registered as Novice Swimmers. (Those who are willing to use the buoy must change their swim cap before the swim starts at the swim start help desk, which is located at the swim start area.)
- Individual paddlers or escorts are prohibited; (DSQ)

Wetsuit Rules

- Wetsuits are prohibited for all athletes due to the high water temperature.

Illegal Equipment

- Headsets or headphones are prohibited during the swim segment of the race.

BIKE

General

- The bicycle shall be propelled solely, through a chain set, by the legs moving in a circular movement, without electric or other assistance.
- Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes); (DSQ and indefinite suspension)
- It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race.

Equipment

Illegal Equipment

- Headsets or headphones are prohibited during the bike segment of the race.

RUN

General

- Athletes may run, walk, or crawl;
- It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);
- Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race, DSQ if not remedied promptly)

Illegal Equipment

- Headsets or headphones are prohibited during the run segment of the race.

Continued over page..

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FINISH LINE

Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: Thailand Tri-League desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators).

RACE FINISH, TIMING, AND RESULTS

- An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:
- Did not start ("DNS") – Enters an Event but fails to start;
- Disqualified ("DSQ") – Starts an Event and was disqualified;
- Did not finish ("DNF") – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and
- Results will include athletes who do not finish the Race ("DNF"), and those who are disqualified ("DSQ"). All available splits will be listed for DNF athletes.

PROTESTS

Right of Protest or Appeal

- For prize winners or possible prize winners, appeals of disputes must be made on-site in person, in a written format with an appeal fee of THB 3,500, within 30 minutes of the published results on the results notice board on-site or immediately after the prize presentation, whichever is earlier. For all other Participants, appeals over disputes regarding the results must be submitted in a written format with an appeal fee of THB 3,500, including electronic mail within 7 days of race day.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

TRANSFERRING REGISTRATION

We do not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any Thailand Tri-League event.

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PRESENTATIONS

View the Event Schedule (page 4) for time and location.

- Standard S2 Individual race – top 5 athletes (1st – 5th) in each Overall category will be awarded.
- Standard S2 Individual race – top 3 athletes (1st - 3rd) in each age group will be awarded
- Sprint Individual race – top 3 athletes (1st - 3rd) in each age group will be awarded
- Relay Teams - top 5 teams(1st – 5th) in each team category will be awarded.
- Duathon Individual race - top 5 athletes (1st – 5th) in Male Overall category will be awarded.
- Duathon Individual race - top 3 athletes (1st - 3rd) in Female Overall category will be awarded.
- Duathlon Individual race – top 3 athletes (1st - 3rd) in each age group will be awarded.

If you are a place getter and unable to collect your trophy, please contact our staff after the event on +66 (2) 957 5880 or thailandtrileague@gmail.com to arrange collection.

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VOLUNTEERS

We encourage you to say THANK YOU to the Volunteers whenever possible!

GET SOCIAL

www.facebook.com/thailandtrileague

When posting about the event, please use **#Amazingracefestival #thailandtrileague**

CONTACT US

If you have any further questions, please don't hesitate to contact us at thailandtrileague@gmail.com.

Our team is here to support you along your journey, and we look forward to seeing you at the finish line!

See you soon,

Thailand Tri-League Team

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