



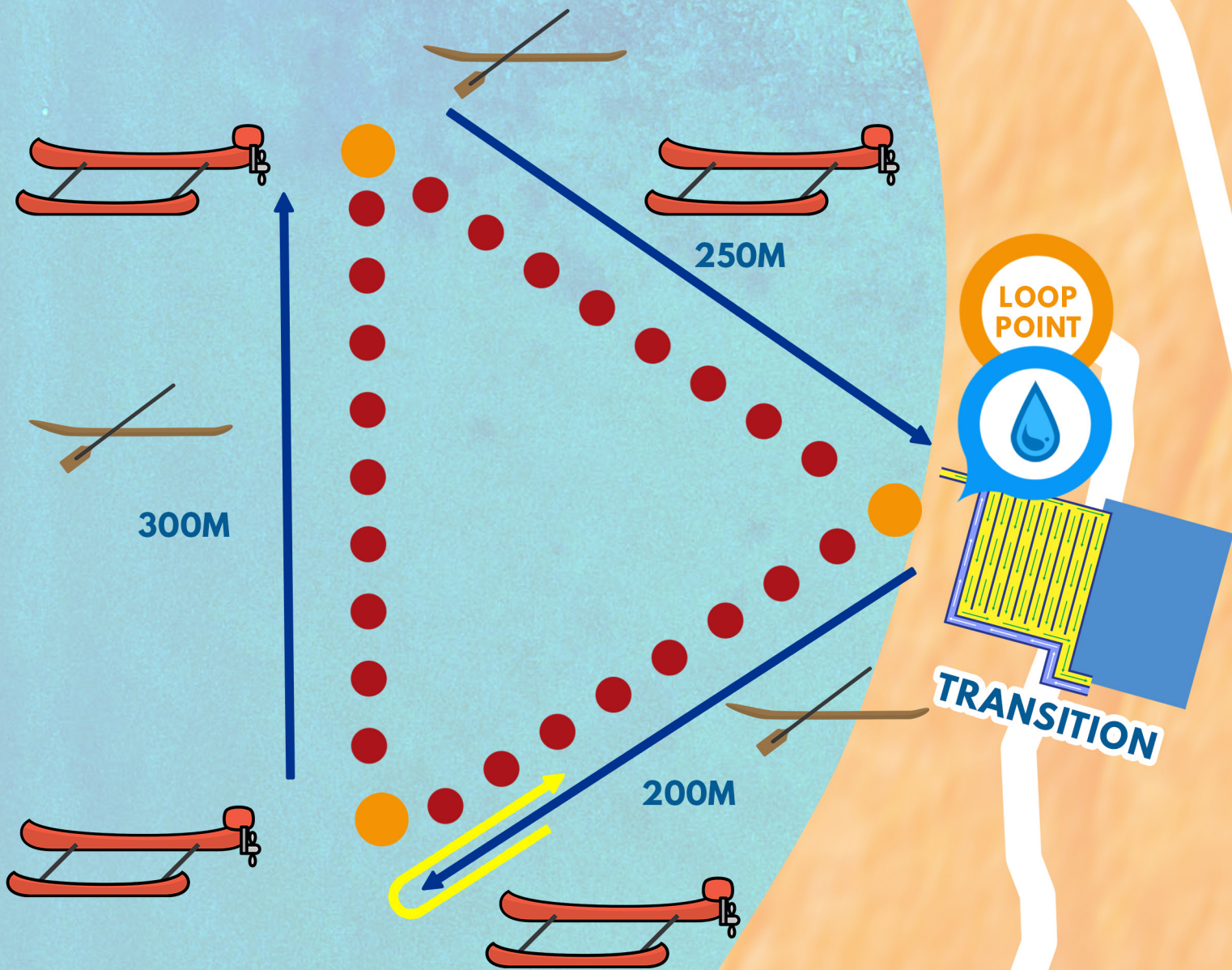
MASTER SCHEDULE

MARCH 17, 2018 (SATURDAY)

TIME	ACTIVITY / EVENT	VENUE
8:00 am to 12:00 nn 1:00 pm to 4:45 pm	Start of Registration Opening of TINMAN Fair	Pangil Beach Resort
9:00 am to 11:00 am 2:00 pm to 4:00 pm	Swim Course Open (should be registered first to gain access to the course)	
6:00 pm - 8:00pm	Race Briefing	
	Dinner	
	Short Program • Raffle and Special Awards • Announcements • Photo Ops	
8:30 pm	Program Ends	

MARCH 18, 2018 (SUNDAY)

TIME	ACTIVITY / EVENT	VENUE
3:00 am	Bike Check-In Opening of Transition Area	Playa Tropical Resort
5:30 am	Closing of Transition Area	
5:45 am	Final Announcements	
6:10 am	6:10 – Start of 113km (Individual and Relay) 7:00 – Start of 51.5km (Individual and Relay) 7:30 – Start of Sprint	
10:00 am – 12:00 nn	Awarding of Sprint and 51.5km Categories	
12:00 nn – 2:00 pm	Lunch	
1:00 pm – 2:00 pm	Awarding of 113km Category	
1:00 pm	Bike Checkout for All Participants	
2:30 pm	Event Completion	



LOOPS

-  SPRINT = 1 LOOP
-  51.5km = 2 LOOPS
-  113km = 2 LOOPS OF BLUE, 1 LOOP OF YELLOW

#TINMAN2018

1. PLAYA TROPICAL RESORT



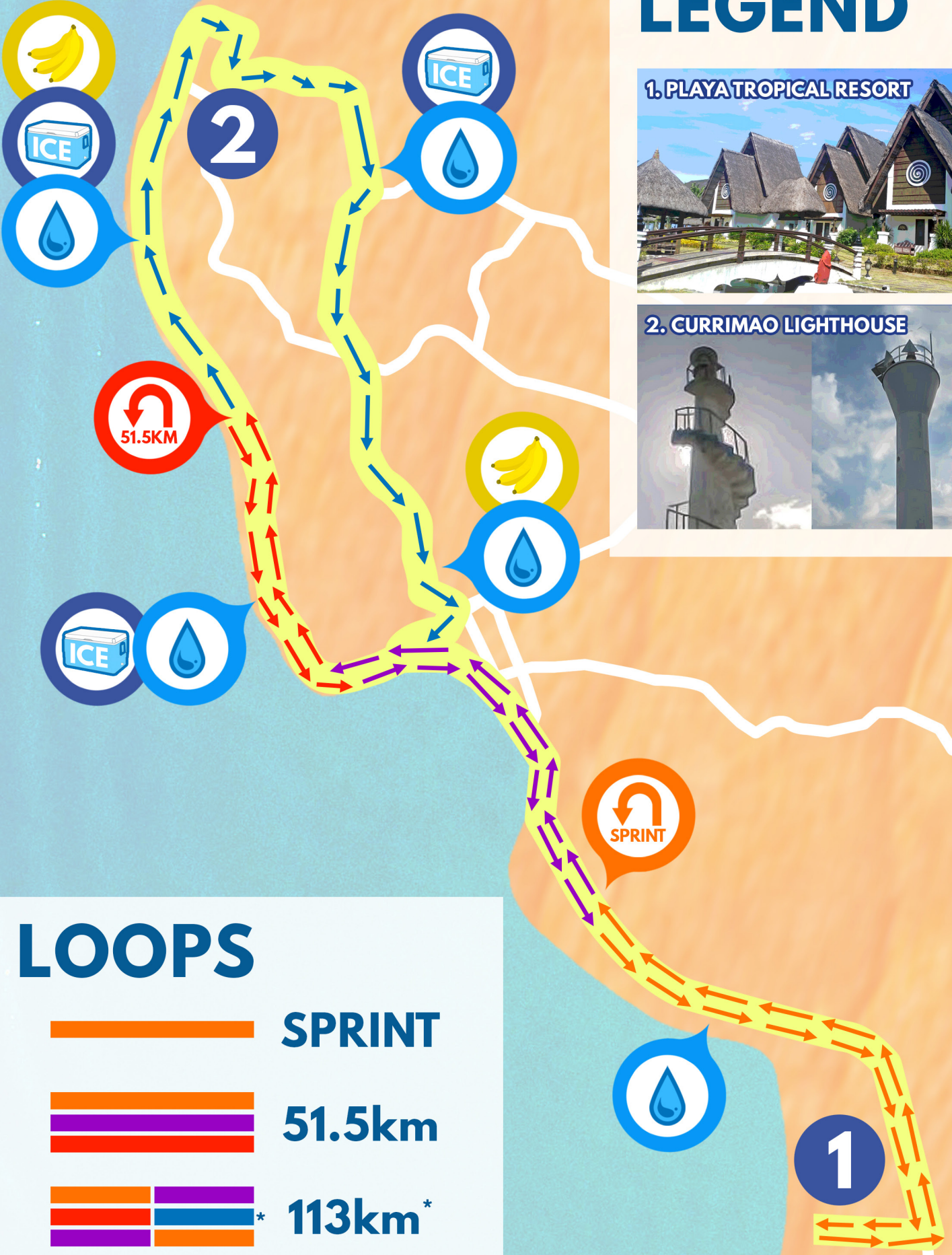
LOOPS

51.5km






113km

LEGEND



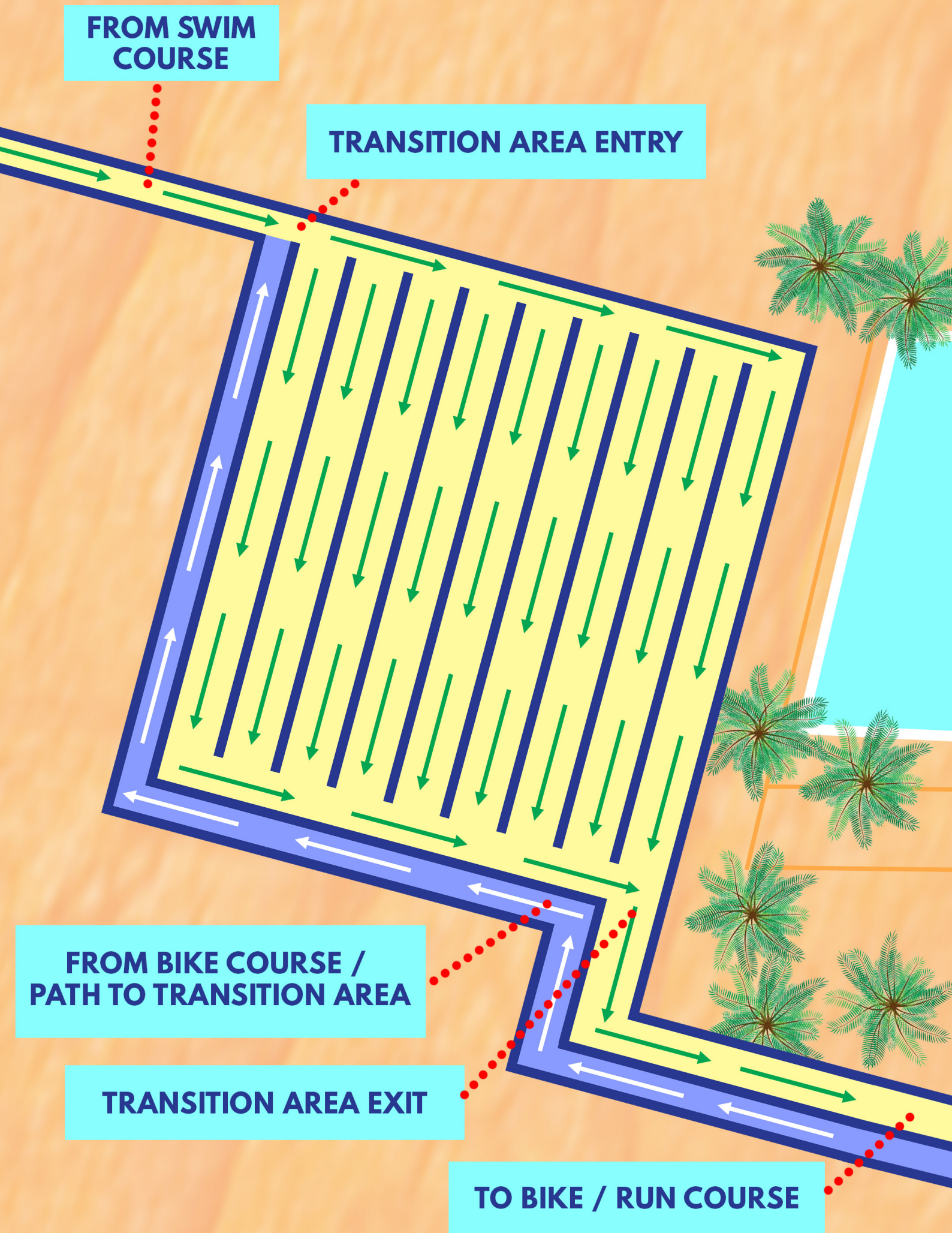
LOOPS

-  SPRINT
-  51.5km
-  * 113km*

*DO RED AND BLUE LOOP TWICE

TRANSITION AREA

#TINMAN2018



RULES AND REGULATION

THE TINMAN RULES

Race rules are created in an aim to provide a safe race environment and to have an atmosphere of sportsmanship, equality, and fair play amongst all the participants.

GENERAL CONDUCT:

Triathlon and other related multi-sports involve numerous athletes. Participating in this kind of event requires interaction amongst other athletes. In order to make this a safe and enjoyable race to all, each are expected to:

- Be responsible for their own safety and the safety of others.
- Know, understand and abide by the Competition Rules.
- Obey traffic regulations and instructions from race officials and marshals.
- Treat other athletes, officials, volunteers, and spectators with respect and courtesy.
- Respect all people, participants, spectators and marshals and avoid the use of abusive language.
- Inform the organizers upon withdrawal from the race.
- Race without receiving assistance other than from event marshals/personnel and officials.
- Not share/provide any item or equipment to another participant competing in the same race which will affect the other participant to unable to continue their own race. This includes but not limited to shoes, bike, frame, wheels, and helmet. The penalty for this will be disqualification for both participants.

HEALTH:

- Multisports such as Triathlons are strenuous, specially to one's cardiovascular system. To be able to have a safe race, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By joining this race, athletes declare they are in good health and are in appropriate physical condition to complete the race;
- All athletes are encouraged to perform periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport.

ELIGIBILITY:

- An athlete's age is determined by their age on December 31st in the year of competition.
- An athlete who competes in a category different from his/her age or in a distance will not be allowed. Should this happen, any awards, and prizes should be returned and this will result in disqualification.

INSURANCE:

- Each athlete must have their own personal insurance coverage. This insurance will cover any accident occurring during the race period.

REGISTRATION:

- All participants must provide a Government issued valid ID at race registration pick-up prior to competition.
- All participants must pick up their own racekits at the race registration area during a designated schedule.

RACE NUMBERS:

- Race number (bib number) must be worn by athletes at all times.



- Athletes are to be numbered or go through body marking process.
- On the bike segment, it should be visible on the back. And on the run, it should be worn on the front.

TIMING AND RESULTS:

1. A race will be won by the athlete who has the shortest time from the start signal to the moment when the athlete crosses the finish line.
2. All participants will be ranked according to their times, from fastest to slowest manner.
3. The official results will list the athletes according to their finish time.

Time splits to be included are:

- Swim - Start of swim to exit of transition 1
- Bike - Exit of transition 1 to exit of transition 2 as part of the run course
- Run - Exit of transition 2 to finish line
- Overall finish time

4. Results will also include participants who do not finish the race and will be marked "DNF", those who do not start will be marked "DNS", those who are disqualified will be marked "DSQ".

SAFETY GUIDELINES:

- Any participants who appear to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

ILLEGAL EQUIPMENT:

1. Headphones and headsets, mobile phones or any other electronic listening communication device is not allowed.
2. Any glass containers
3. Bikes with missing front or rear brakes
4. Wet Suits

TRANSITION AREA CONDUCT

GENERAL RULES:

1. All participants must have their helmet securely fastened from start until they leave their bikes on the rack.
2. All must use only their designated bike rack and must rack their bikes on the allocated space accordingly.
3. All equipment already must be deposited in the bin and inside the transition bags if provided. Only equipment to be used during the competition can be left in transition.



4. Athletes must not obstruct the progress of other participants in the Transition Area.
5. Cycling is not permitted inside the Transition Area and all should follow mounting and dismounting areas.
6. Nudity or indecent exposure is not allowed.

COMPETITION CATEGORIES:

1. 113 Distance 1.9 km – 90 km – 21.1 km
2. Standard Distance 1.5 km -40 km -10 km
3. Sprint Distance .75 km – 20 km – 5 km
4. Age Group for Standard and Sprint Distance:
Male and Female
12-15, 16-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55 & above
5. Relay: Mixed, All Female and All Male for Sprint and Standard Distance will be in 1 category only.

TEAM COMPETITION:

Athletes must enter their Team affiliation upon registration. The time of the team will be the accumulated time of the top 5 members of the team with a minimum of 1 Female athlete. All female team are eligible for this category.

PROTESTS:

A protest may be against the conduct of an athlete, Technical Official, the conditions of the competition, or result of the race. All protest must be filed within 30 minutes after the finish of the protester. Only participants may file a protest or in the cast of minor participants, corresponding guardian/coach is permitted to assist/file protest. A jury comprised of 3 to 5 people from the technical operations will be called and take part in addressing the protest.

• **Contents of a Protest:** The protest must be accompanied by a deposit of PHP 3000. The deposit will be refunded if the protest is successful and will be retained by the race organizers if the protest is not successful.

• **Protest must include:**

1. The alleged rule violated;
2. The location and approximate time of the alleged violation;
3. Persons involved in the alleged violation;
4. A statement, including a diagram of the alleged violation, if possible;
5. The names of witnesses who observed the alleged violation.

•Protest Procedures:

1. Protests will be filed with the Race Referee, signed by the protester, within the time limits specified above;
2. The Race Referee will announce on the notice board in the finish area that a protest has been filed;
3. The protester and the accused and/or their national coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid; Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them; A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Competition Jury; The hearing will not be open to the public; The Competition Jury Chair will explain the process and everyone's rights; The Competition Jury Chair will read the protest; The protester and the accused will be given adequate time to give their accounts of the incident; Witnesses (up to two each) may speak for up to three (3) minutes each; The Competition Jury will hear the evidence and render a decision, by simple majority; The decision will be posted immediately and delivered in writing to the parties upon request; The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted filed by the Race Organizers.

OUTSIDE ASSISTANCE:

Medical assistance, food and liquid are permitted at designated aid stations only. All other outside assistance is prohibited.

PENALTIES:

1. A Stop and Go penalty of 5 minutes in the penalty area at the transition 2 will be imposed for violation of the drafting rule.
2. If an athlete receives 2 drafting penalties, he/she will be disqualified.

DRAFT ILLEGAL:

It is forbidden to draft to any another athlete or motor vehicle. Athletes must reject attempts by others to draft. An athlete is entitled to any position on the course, provided they get to that position first. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing. To draft is to enter the bicycle or vehicle drafting zone: An athlete may enter the draft zone of another athlete, but must be seen to be progressing

A maximum of 25 seconds will be allowed to pass through the zone of another athlete;

Standard and sprint distance events bicycle draft zone: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel (6 bike lengths of clear space between bikes).

Bicycle/Motorbike/Vehicle Draft Zone:

The draft zone is a rectangle 12 metres long and 3 metres wide created by every athlete in which other athletes can enter for a limited period of time and for overtaking purposes.

FREQUENTLY ASKED QUESTIONS

1. DO I NEED TO ATTEND THE RACE BRIEFING?

Yes, wave assignments will be announced during the briefing. Race course updates or any changes regarding the race will be communicated during this time.

2. IS DRAFTING LEGAL?

No. However, there will be no roving marshals on the race course and each participant is expected to demonstrate honesty and the spirit of fair play.

3. WHEN IS THE BIKE CHECK IN AND REGISTRATION?

Bike check in on the race day March 18, 3:00 to 5:30 am. Registration, race kit collection and body markings will be on March 17.

4. WHAT DO WE NEED TO BRING?

Your government issued IDs which will be used during the registration, Swim suit/Triathlon Suit, Goggles, Road/Mountain/Tri-bike, Running Shoes, Personal Nutrition needs (Bananas, Power Gels, Electrolyte Drinks), Running shoes, Sun glasses, Visors, Bike (Mountain, Road or Tri-Bikes).

5. ARE THERE ANY WATER STATIONS ON THE COURSE?

On the bike course, the 113KM distance will have access to water station approximately on the 30thkm U-turn and at the 60th km of the course. The 51.5 distance will have water station on the 20th km point. Plastic bottled water with removed caps will be offered and not on the bike squeeze bottles. If you are doing the sprint, you will not have access to any water station and it is advised that you bring enough hydration for the whole 20km bike leg. On the run course, there will be water stations every 2 to 3KM of your run leg for all distances.

6. ARE THERE ANY NUTRITION/FOOD STATIONS ON THE RUN COURSE?

There will only be bananas. Electrolyte drinks and local chocolate bar (such as cloud 9) on the run course.

7. IS THE BIKE/RUN COURSE HILLY AND WILL THE ROAD BE CLOSED?

No. It is mostly flat with slight elevation. The roads will not be closed but traffic will be controlled.

8. IS THERE A CUT-OFF TIME FOR EACH LEG?

For 113 race distances, cut off times are the following:

Swim – 70 minutes after the final swim wave
Bike – 5:30 hours after the final swim wave
Run – 8:30 hours after the final swim wave

For 51.5 race distances, cut off times are the following:

Swim – 60 minutes after the final swim wave
Bike – 3:30 hours after the final swim wave
Run – 5:30 hours after the final swim wave

For Sprint race distances, cut off times are the following:

Swim – 30 minutes after the final swim wave
Bike – 1:45 hours after the final swim wave
Run – 2:15 hours after the final swim wave

9. WHAT IS INCLUDED IN THE RACE KIT?

Race kit includes, freebies, swim cap, race bib, number sticker, event information kit.

10. WHAT KIND OF BIKES ARE ALLOWED?

Road bike and Tri-Bikes are ideal for this race course. We are also allowing mountain bikes on this event. Have your bikes prepared as we will not have any bike mechanics around.



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