



ITU Subic Bay International Triathlon 2010 Asian Cup &
 ASTC Junior & U23 Triathlon Championships 2010
 May 1-2, 2010 * Subic Bay, Philippines

EVENT INFORMATION

This is an International Triathlon Union (ITU) and Asian Cup Series event and is organized by TRAP and officiated by International Technical Officials under the supervision of ITU/ASTC.

SuBIT 2010 will be the 17th edition of the longest running and premier triathlon in the country. It has hosted the ITU Asian Triathlon Championships twice in 1997 and 2004. This year, it will host the 2010 Asian Junior & U23 Triathlon Championships which will be participated in by many ASTC member countries.

SuBIT has built a reputation as one of the best organized triathlons in the Asia Cup Series and continues to evolve to bring new challenges to its participants.

Event Venue:

Start at Dungaree Beach and Finish at Waterfront Rd., Central Business District

Race Dates:

May 1, Saturday, 6am	Female Elite Open/Under 23, Female Age Groupers, Junior Sprint, Adult Sprint, Mini Sprint Female Inter-Club Competition, Relay
May 2, Sunday, 6am	Male Elite Open/U23, Male Age Groupers, Male Inter-Club Competition

Getting to Subic Bay Freeport:

Subic is accessible by land travel from Metro Manila and is 130km from the Ninoy Aquino International Airport in Manila and travel time is about 2½ hours via SCTEx. There are also direct international flights from Taiwan, Korea, Kuala Lumpur, Kota Kinabalu, and Singapore to Clark Airfield, which is only about a 45 minute drive away from Subic via the Clark-Subic Expressway. Some chartered flights also land directly at Subic Bay Freeport.

Race Distances:

Standard Distance for Elite, Under- 23, & Age-Groupers –
 1.5k swim, 40k bike (30k + 10k), 10k run
 Sprint Distance for Juniors (16~19 years old) & Adults (20 & over) –
 750m swim, 20k bike, 5k run
 Mini Sprint (13~15) –
 350m swim, 10.5k bike, 2.5k run

Participants' Categories:

Elite Open; Elite Under-23, Junior Elite (16~19) - Male and Female
 Junior Elite & U23 Elite Team Competition- Male & Female, Team of 6, 3 to count
 Adult Sprint - Male and Female
 Male Age Groups: 17~19, 20~24, 25~29, 30~34, 35~39, 40~44, 45~49, 50~54, 55~59, 60 & over
 Female Age Groups: 17~24, 25~29, 30~34, 35~39, 40~44; 45 & over
 Inter-club Competition Relay Team Competition
 Mini Sprint (13~15) - Boys and Girls



Race Course Description: (Same as 2009 SuBIT)

The Swim will be done at Dungaree Beach at the far end of the Subic Airport.

T1 will be just outside Dungaree.

The Bike Course goes straight out of Dungaree Beach and up towards the Naval Magazine area. Turn - Around (TA) for the Sprint is at Bldg. 2070, 2.5k past the Naval Magazine Gate, while the TA for the SD is 800m past Shaw Bunker, near the 2nd wire mesh gate.

After the respective TA's, cyclists will head back to the airport, turn right at Argonaut (the road along the airport), take the left fork to Maritan, turn left at Rizal, left at Labitan, right at Dewey, left at Manila, then left at Waterfront to T2.

T2 is last year's Transition Area at the former Boardwalk Area.

Sprint participants will dismount at their 1st pass at T2, while SD will do an additional 10k loop, which is as follows: From T2 go down Waterfront to Sampson, left at Sampson. Go past the Spanish Gate, then the Police HQ, left on Burgos past the track oval, then right at Rizal. Go past the Yacht Club, right at the Petron station then turn around on Argonaut in front of the Asian International Auctioneers compound. Back towards Petron, left at Rizal until Subic International Hotel, left at Labitan, right on Dewey, left at Manila, left at Waterfront, & back to T2.

The Run will be around the loop defined by the following streets- Waterfront, Manila, Dewey, and Sampson - in a clockwise direction, i.e., all right turns. SD will do 4 loops and the Sprint 2.

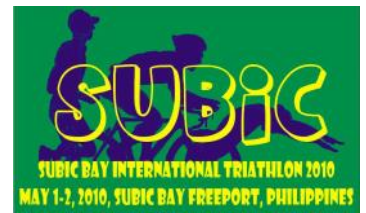
There will be no SuperTriKids (STK) races this year for the 9-12 year olds, but we are holding a Mini Sprint for 13-15 YO's. The swim will also be done at Dungaree. Out of T1, the kids will ride out to and take a left at Argonaut following the same route as the Adults to T2. They will then do 1 loop on the run.

No iPods & mp3's can be used during any portion of the race.

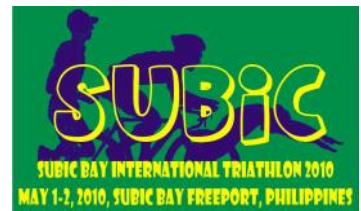
The Finish will be at the center of Rojas St. between El Centro and Courtyard Inn.

Inter-Club Triathlon Competition Guidelines (Male & Female Categories)

- Each triathlon club may field one or more teams composed of 5 members, with at least of one female. 4-member teams will also be accepted. Only 2 of a club's teams are qualified for the Top 3 podium awards.
- The aggregate time will include the best 3 male members plus the time of the female member.
- Only age groupers are eligible for this race.
- Current members of the National Triathlon Team are NOT allowed to join the team competition.
- Filipinos who are NOT current members of the National Triathlon Team but join the Elite category are also NOT allowed to join the team competition
- A maximum of one former national triathlon team member can join a team.
- NO DRAFTING allowed.
- Team members are still qualified for individual awards.
- DNF (did not finish) will be assigned a time of 4:00:00, in case less than 4 members and/or no female finishes.
- Each of the 5 members of the top 3 teams (maximum of 2 teams from the same club) gets a medal.
- To register, just email the team name and names of 5 members to : fabiedavid@yahoo.com
- Deadline for submission: Apr 28, 2010.
- The members must already be registered as individual entries.
- There are no separate fees for team entries.
- Changes in the team composition will be allowed until 5pm, Apr 30, 2010.
- Team Captains must attend a Captain's Meeting after the race briefing on May 1. By this time, the woman member's time would already have been established.



Team Relay Competition Guidelines



- Each relay team will be composed of two or three members, with each member doing one or two legs
- Beginner triathletes who are not yet confident with one or two sports disciplines are encouraged to join this competition.
- Tap-off from one teammate to the next will be done inside the Transition Area, beside the bicycle at T1 (swim to bike), and prior to exit at T2 (bike to run).
- Members of the National Duathlon Team may join the team relay race on a non-bearing basis.

Awards and Prizes: over US\$5,500 in prize money

Medal and Cash Prize for Top 5 Overall – Standard Distance, Open, Male & Female

Champion – P30,000, 2nd – P20,000, 3rd – P10,000, 4th – P8,000, 5th – P6,000

Medal and Cash Prize for Top 3 – Standard Distance, Under 23, Male & Female

Champion – P6,000, 2nd – P5,000, 3rd – P4,000

Medal and Cash Prize for Top 3 – Junior Sprint, Male & Female

Champion – P5,000, 2nd – P3,000, 3rd – P2,000

For Male & Female Elite: Best Swim Split - P5,000., Best Bike Split - P5,000., Best Run Split - P5,000.

- Gift certificates from SPEEDO and DAVID'S SALON for top finishers and Age Group winners Medal for Top 3 Finishers each of the age group category
- Medal for all the 5 members of the Top 3 teams in the Inter-Club Competition
- Medal for Top 5 Finishers in the Adult Sprint race
- SPEEDO Dri-Fit T-shirt for all Finishers

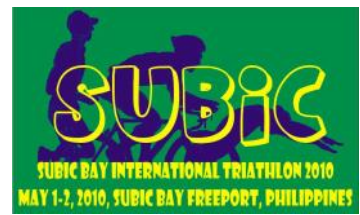
Schedule of Activities/Waves:

April 30, Friday

10~12nn/ 2~8pm	Race Packet Distribution	Secretariat
1~4pm	Optional Bike Check for AG's	
1~3pm	Bike & Helmet Inspection for Elite (by ASTC)	
2pm	Race Officials Meeting	
3pm	Bike & Run Course Familiarization	
6pm	Race Briefing for Women Elite & U23, Women Age Groupers, Sprint, & Mini Sprint	Travelers Hotel
6~8pm	Deposit of T2 equipment & special needs	

May 1, Saturday

4:30am	Transport of Bikes to T1	
5:00am	Check in, Body Marking	Dungaree Beach
6:00am	Wave 1 Mini Sprint	Dungaree Beach
6:05	Wave 2 Junior (Male)	
6:10	Junior (Female)	
6:15	Adult Sprint (Male)	
6:20	Adult Sprint (Female)	
6:30	Wave 3 Female Elite	
6:35	Female Elite U23	
6:40	Female Age Groupers/Relay	
8~11am	Brunch (Walk-in Price for Brunch- P300)	
10:00am	Awarding for Women Elite & U23 & Sprint Races	
1~4 pm	Optional Bike Check for AG's/Bike Check for Elite	
5~6 pm	Media/Race Briefing- Men Elite & U23, Men Age Groupers, & Relay Teams	Travelers Hotel
6~8 pm	Pre-Race Dinner	
	Walk-in Price- P450	
6~8 pm	Deposit of T2 equipment & special needs	



May 2, Sunday

4:30am	Transport of Bikes to T1	
5:00am	Check in, Body Marking	Dungaree Beach
6:00am	Wave 1 Male Elite	Dungaree Beach
6:30am	Wave 2 Male Elite U23	
7:00am	Wave 3 Male Age Groupers	
9am~1pm	Brunch	Travelers Hotel
	Walk-in Price- P450	
10:30am	Awarding Ceremonies	

Official Event Hotel and Residence/Local Transportation :

Subic Bay Travelers Hotel (the former and refurbished Majestic Hotel)

- Deluxe Room (Single/Twin 64 Rooms) PhP 3,410.00 net/room/night
- Deluxe Triple PhP 3,880.00 net/room/night
- Deluxe Quad PhP 4,350.00 net/room/night
- Executive Suite (06 Rooms) PhP 4,464.00 net/room/night

Subic International Hotel (SIH)

- Single/Twin, Delta Bldg. - P 3,600/night, Additional person up to 4 - P600.
- Single/Twin, Bravo Bldg. - P 2,250/night, Additional person up to 4 - P500.

These rates are available only to participants duly registered with TRAP for SuBIT 2010.

For airport shuttles to & from Subic (foreign participants only) and to avail of the above special rates , contact:

Ms. Carol Tobias- e-mail: enilorac825@yahoo.com.ph, Mobile #: +63-919-401-8272

Registration Centers:

TRAP Head Office - Room 101, Building B, Philsports Complex (ULTRA), Pasig City
Mobile phone: +63-915-643-0822 (Fabie), Fax: +632-809-2713 or +632-850-5254
Tel. #: +632-710-8259; +632-974-2104/5/6

E-mail: fabiedavid@yahoo.com, Website: www.triathlon.org.ph

BikeKing at Bonifacio High Street (c/o Raul Cuevas and Che): Tel # +632-856-3362

SPEEDO Concept Stores at Ayala Alabang Town Center, SM Megamall, Podium, Glorietta 4 Makati, Bonifacio High Street, MOA, Iloilo City, Cebu City

Registration Fee:

Standard Distance: P2,500 until February; P3,000 (March); P3,500 (April 1-29)
US\$80 for foreign non-residents until March 31; US\$100 from April 1-29

Sprint Distance: P1,500 until February; P2,000 (March); P2,500 (April 1-29)
US\$60 for foreigners until March 31; US\$80 from April 1-29

Relay Team: P3,000 for 2 members; P4,000 for 3 members

Mini Sprint: P1,000 until February; P1,100 (March); P1,300 (April 1-29)
US\$ 50 for foreign non-residents
No student discounts for SuperTriKids (Mini-Sprint) participants.

10% discount for TRAP-registered athletes; 20% discount for students & senior citizens (only one type of discount applies)

Additional 10% discount will be extended to TRAP -registered athletes who will do the sprint and Standard distance race back-to-back (Example: P2500 + P1500 = P4000; less 10%+10% or P400 +P400 = P3,200 for 2 races).

Paid fees are non-refundable and non-transferable.

Fees will cover cost of participation, pre-race dinner, race packet, SPEEDO Finishers t-shirt and post-race brunch.

Peso payment can be made through:

- BPI (T. Carrasco C/A No. 0081 -0483-63) or
- PNB (Triathlon Association of the Philippines, C/A No. 1002 -3310-0013)

Event Sponsors and Supporters:

Co-Presentors- Subic Bay Metropolitan Authority (SBMA), Philippine Sports Commission (PSC)

Major Sponsors- SPEEDO Swimming Apparel, Citibank, David's Salon, Globe Telecom, Sunkist, Vitwater, Asian Centre for Insulation Philippines, Gatorade, Fitness First, Rudy Project

Media Partners:

DZSR Sports Radio 918 Khz, Channel 4's TeleDyaryo Program, Solar Sports, other television channels, all major newspapers, tabloids and sports magazines

Event Organizers:

The Triathlon Association of the Philippines (TRAP) in cooperation with the International Triathlon Union (ITU), Philippine Sports Commission (PSC), Subic Bay Metropolitan Authority (SBMA), and the Asian Triathlon Confederation (ASTC)

Technical Delegate: Daniel Sng, Singapore

Race Referee: Mark Sungkar, Indonesia

TRAP Contacts:

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