25 AUG 2019

ATHLETE INFORMATION GUIDE

f @ironman.bintan
@ironman703bintan

#IM703BINTAN
WWW.IRONMANBINTAN.COM
Please note this document includes important event information, and it is your responsibility to read this information prior to the race. Information is correct at time of publishing. Please check online for updates.
Welcome Notes

Welcome to Indofood IRONMAN 70.3 Bintan on the stunning resort island in Indonesia.

I am thrilled that you have chosen to join us for this world-class race. Over the past two years we are very proud to be voted by AsiaTri the “Best Long Distance Race in Asia”, “Best Long Course Triathlon Run Course” and “Best Family Friendly Long Course race”. This has encouraged us to step up again this year. We have worked hard to enrich various areas of the event even further and make it an unforgettable experience for you.

The biggest enhancement for 2019 is the rolling swim start. This new format offers athletes a less congested race experience throughout the entire course. We also look forward to showcasing the best age group athletes through our new Elite wave. These men and women will be battling it out for finish line glory.

For the first time we will be offering trophies for the fastest men’s and women’s swim, bike and run splits. This should add some spice to the race, but remember you must finish the event to be eligible (sorry it’s not open to relay teams)!

MetaSport is the proud organiser of IRONMAN 70.3 Bintan. Our team is looking forward to looking after you and providing you with the best possible experience.

The event owes its numerous awards partially to the beauty of the destination. Expect a course of spectacular crystal-clear flat waters, rolling hills and lush green forests. Your journey will be spiced up by the friendly local crowd and joyful school kids lining up the roads.

I would like to thank very warmly in advance our volunteers who are going to work long hours to support you.

Our world famous one-lap bike route makes a comeback in an anticlockwise direction, highlighting the lush green hills and striking coastal stretches. Also returning is our two-lap run course, featuring the popular out and back section where you can see and cheer your fellow competitors. This is where our four IRONFAN spectator zones will be full of life to lift your spirits in the final leg of the race.

Take some time to appreciate this stunning holiday destination as you swim, cycle and run around Bintan. The water conditions, natural environment and road infrastructure are perfectly suited for triathlon.

I wish you a successful and enjoyable race, and I look forward to cheering you out on the course!

Choo Lin Hong
Race Director, MetaSport

And finally, I cannot be more grateful to our fantastic title sponsor, Indofood, and our very close partners from the Indonesian Ministry of Tourism, the Bintan Regency, Bintan Tourism Board and Bintan Resorts for their invaluable support to host this fabulous event.

Enjoy the journey and see you at the finish line!

Nathalie Marquet
CEO, MetaSport
## EVENT SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location in Plaza Lagoi</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRIDAY, 23 AUGUST 2019</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:00 – 15:00</td>
<td>Bike Course recce by bus</td>
<td>Meet at Block B</td>
</tr>
<tr>
<td>15:30 – 16:30</td>
<td>Swim Course recce</td>
<td>Lagoi Bay swim start area</td>
</tr>
<tr>
<td>17:00 – 18:00</td>
<td>Run Course recce by car</td>
<td>Transition Area entrance</td>
</tr>
<tr>
<td>10:00 – 18:00</td>
<td>Race Expo Opens</td>
<td>Race Expo tent, IRONMAN Village</td>
</tr>
<tr>
<td>10:00 – 18:00</td>
<td>Athlete Check-in</td>
<td>Race Expo tent, IRONMAN Village</td>
</tr>
<tr>
<td>11:00 – 18:00</td>
<td>Bike Check-in</td>
<td>Transition Area, IRONMAN Village</td>
</tr>
<tr>
<td>11:00 – 12:00</td>
<td>Race Prep Talk (for Individuals)</td>
<td>Race Expo tent, IRONMAN Village</td>
</tr>
<tr>
<td>12:00 – 12:30</td>
<td>Race Briefing (Session 1)</td>
<td>Main Stage, IRONMAN Village</td>
</tr>
<tr>
<td>12:30 – 13:00</td>
<td>Transition Tour 1</td>
<td>Transition Area entrance</td>
</tr>
<tr>
<td>14:00 – 15:00</td>
<td>Race Prep Talk (for Teams)</td>
<td>Race Expo tent, IRONMAN Village</td>
</tr>
<tr>
<td>15:00 – 16:00</td>
<td>Swim Course Open</td>
<td>Lagoi Bay beach front</td>
</tr>
<tr>
<td>15:30</td>
<td>Start IRONKIDS Run</td>
<td>Plaza Lagoi Block B</td>
</tr>
<tr>
<td>16:30 – 17:00</td>
<td>Transition Tour 2</td>
<td>Transition Area entrance</td>
</tr>
<tr>
<td>17:00 – 17:30</td>
<td>Race Briefing (Session 2)</td>
<td>Main Stage, IRONMAN Village</td>
</tr>
<tr>
<td>18:00 – 19:30</td>
<td>Welcome Dinner and IRONMAN talk show</td>
<td>IRONMAN Village</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location in Plaza Lagoi</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
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<tr>
<td><strong>SUNDAY, 25 AUGUST 2019</strong></td>
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</tr>
<tr>
<td>05:00</td>
<td>Transition Area Open</td>
<td></td>
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<tr>
<td>05:00</td>
<td>Information Booth Open, IRONMAN Village (Plaza Lagoi)</td>
<td></td>
</tr>
<tr>
<td>06:00</td>
<td><strong>IRONMAN 70.3 BINTAN – Age Group Elite Wave</strong></td>
<td></td>
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<tr>
<td></td>
<td><strong>Age Group – Elite Men &amp; AWA Gold</strong></td>
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<tr>
<td></td>
<td><strong>Age Group – Elite Women &amp; AWA Gold</strong></td>
<td></td>
</tr>
<tr>
<td>06:01 – 06:25</td>
<td>Age Group Rolling Start</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Transition Area Closing</strong></td>
<td></td>
</tr>
<tr>
<td>06:10</td>
<td>Transition Area Closed</td>
<td></td>
</tr>
<tr>
<td><strong>Course Cut Off Times</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim Cut-Off</td>
<td>1 hr 10 mins after final athlete start time</td>
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<tr>
<td>Bike Cut-Off</td>
<td>5 hrs 30 mins after personal start time</td>
<td></td>
</tr>
<tr>
<td>Finish Line Cut-Off</td>
<td>8 hrs 30 mins after personal start time</td>
<td></td>
</tr>
<tr>
<td><strong>Bike Check-Out</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:25</td>
<td>Bike check-out from Transition</td>
<td></td>
</tr>
<tr>
<td><strong>Awards</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:45</td>
<td>Awards Ceremony</td>
<td></td>
</tr>
<tr>
<td>15:15</td>
<td>2020 IRONMAN 70.3 World Championships Slot Allocation and Roll Down Ceremony</td>
<td></td>
</tr>
</tbody>
</table>
Please find below a checklist for your convenience:

- Read this Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Ensure you have received your email confirmation – check all personal details are correct, print and bring along with you to Athlete Check-in
- Book flights, ferries and accommodation ensuring you arrive in time for Athlete Check-in from 10:00-18:00, Saturday 24 August
- If traveling by ferry, book a ferry bike slot, regardless of whether your bike is packed in a box or being wheeled
- Check the athlete list online and ensure your name, country and details are correct (if incorrect please contact ironmanbintan@metasport.com)
- Bring your photo identification to Athlete Check-in
- Confirm that your Emergency Contact person will be contactable on race day and ensure that their full telephone number including area/country code is provided
- Confirm your Health Insurance details are current
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and the course – it is your responsibility to know this on race day
- The only currency accepted in Bintan is Indonesian Rupiah. An ATM and moneychanger are available at Plaza Lagoi and some hotels on the island
- If you qualify for and wish to accept a 2020 IRONMAN 70.3 World Championship slot then be sure to bring to the ceremony:
  - Photo identification
  - A valid credit card (Visa and MasterCard) - AMEX and Diners Club are not acceptable for USD payment
Map for Saturday’s activities

Legend:
1. Athlete Check-in
2. Information booth & Race prep talks
3. Bike Check-in
4. Welcome Dinner & Race Briefings
5. Shuttle Bus stop and Bike Depot
6. Bike Mechanic (Fri, Sat)
7. ATM
8. Money changer
9. IRONKIDS registration

Toilets
Pedestrian Crossing
Map for Sunday’s race day activities

Legend:
1. Information booth
2. Bag Deposit
3. Athlete Recovery
4. Awards and Roll Down
5. Shuttle Bus stop and Bike Depot
6. Bike Mechanic
7. ATM
8. Finish line
9. Swim Start
10. Finish line

Toilets
Pedestrian Crossing
The kids take the spotlight at the IRONKIDS® Bintan 1.5km Fun Run on Saturday, 24 August at 15:30! Let this be their first IRONMAN experience – racing out on the course the same as Mum or Dad, and running under the finish line to claim their fabulous IRONKIDS medal!

### PERKS
- IRONKIDS Bintan event singlet
- Finishers medal
- Indofood goodies

### GOODIE BAG ITEMS

#### SINGLET

#### MEDAL

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 – 14:30</td>
<td>Race kit collection</td>
<td>Athlete check-in @ Race Expo</td>
</tr>
<tr>
<td>10:00 – 14:30</td>
<td>Late entry purchase</td>
<td>Information booth @ Race Expo</td>
</tr>
<tr>
<td>15:30</td>
<td>Race start</td>
<td>Plaza Lagoi</td>
</tr>
</tbody>
</table>
Athlete Check-In

Check-in for all athletes participating in IRONMAN 70.3 Bintan and IRONKIDS® Bintan 1.5km Fun Run will take place at the IRONMAN Village, Plaza Lagoi at the following day and time:

**IRONKIDS® Bintan 1.5km Fun Run:** Saturday 24 August 2019, 10:00-14:30

**IRONMAN 70.3 Bintan (individual and teams):** Saturday 24 August 2019, 10:00-18:00

It is compulsory for all athletes (including all Relay Team members) to Check-in during these times.

No athlete will be able to check in after 18:00 on Saturday 24 August 2019.

You are required to show photo identification to check-in i.e. IC/FIN or Passport.

Please do not take your bike into the Athlete Check-in queue as this congests the area and makes it dangerous for other athletes. Bike racks will be located outside the IRONMAN Village Expo.

Parents will collect the **IRONKIDS® Bintan 1.5km Fun Run** kit for their child at athlete check-in.

**Note:** it is illegal for someone to race under your name or for you to race under someone else’s name: this will result in suspension from future MetaSport races and ineligibility to race in other IRONMAN events.

Pure Nutrition will supply on course energy gels in the fabulous new Orange flavor.

For all other pre, during and post-race nutrition and hydration, take advantage of this special deal:

From now until 26 August 2019, enjoy 20% off all PURE products at [PURE Sports Nutrition](#), using code Bintan2019 (for one time use only).

Pure Nutrition products will also be available at the race expo at the same discount.
**RACE KIT ITEMS**

<table>
<thead>
<tr>
<th>ID WRISTBAND</th>
<th>RACE BIB</th>
<th>SWIM CAP</th>
<th>BODY TATTOOS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will need to be worn through to the end of the event. This grants access to Transition Area, Welcome Dinner and Recovery Area</td>
<td>Race Bib Number to be worn on the front during the run leg</td>
<td>Official swim cap will be provided. Compulsory for swim leg.</td>
<td>Race number to be placed on both upper arms</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIMING CHIP</th>
<th>BIKE SEAT POST STICKER</th>
<th>HELMET STICKER</th>
<th>BAG DEPOSIT &amp; BIKE STICKER</th>
</tr>
</thead>
<tbody>
<tr>
<td>To be securely strapped on the left ankle throughout the race</td>
<td>To be wrapped around the seat post of your bike <em>Do not cut or tamper with it!</em></td>
<td>Placed on the front of your helmet</td>
<td>Bike sticker with bike course directions may be pasted on the top tube of your bike. Bag deposit sticker is to be attached to your street gear bag.</td>
</tr>
</tbody>
</table>

During Check-In, athletes will receive the following:
- ID wristband (this will be secured to your wrist during Athlete Check-In and will need to be worn through to the end of the event)
- Race bib (compulsory on run leg)
- Swim cap
- Race number tattoos (to place on both upper arms)
- Timing Chip
- Bike seat post sticker (wrap around the seat post of your bike)
- Helmet sticker (to place on the front of the helmet)
- Bag Deposit sticker & Bike course direction sticker
- Athlete perks ([check the full list of perks here](#))

**GOODIE BAG ITEMS**

- BACKPACK
- LUGGAGE TAG
- BIKE BOTTLE
Relay Teams Check-In

All Relay Team members are required to check-in together at the same time to confirm their personal information (including medical), sign their waiver and collect their race items. A Relay Team member cannot sign a waiver on another member’s behalf. It is important that all Relay Team information is amended and up-to-date prior to the event.

Participant information updates and Team member changes are allowed until 5 August only. A fee of USD15 applies for change of team member.

For more information please view the Rules & Regulations on the website. If you have any issues regarding Athlete Check-in please contact the race office at +65 6838 0873 or email ironmanbintan@metasport.com

Athlete ID Wristband

Your athlete ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’

This is your only means of entry to the Transition Area to rack your bike pre-race and to collect your gear and bike after the race. IRONMAN will not allow access into these areas to athletes who are not wearing their wristband. Your wristband is also your pass for the Welcome Dinner on Saturday 24 August 2019
Timing Info

You will collect your Timing Chip and confirm your identity during Athlete Check-In. At this stage you will confirm your personal information and ensure that your race number matches your timing chip. Please ensure you put it in a safe place and remember to have it with you on race morning.

- The Timing Chip must be worn on your left ankle, with the transponder facing outwards
- On race morning, your timing chip must be affixed to your left ankle to enter the Transition Area. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason you are required to return the Timing Chip to the Information Desk.
- Timing results will include swim split, bike split, run split and finish time—overall and category results.

If timing chips are not worn throughout the duration of the race, race results will not be available for that athlete. If a timing chip is lost during the race, the athlete needs to inform an official in Transition, so that officials can provide a replacement.

Withdrawal & Timing Chip Return

If you withdraw from the race at any time (pre or during), please inform us via the Information Desk or a race official. It is the athlete’s responsibility to return their timing chip to the Information Desk. If you fail to return your timing chip or strap by 1 September 2019, a US$100 replacement charge applies. It is extremely important for all timing chips to be returned to ensure all athletes are accounted for during the event.
After Athlete Check-In be sure to pop by the race expo at the IRONMAN Village, Plaza Lagoi, where you can check out our new merchandise lines and say hello to our vendors.

Take a sneak preview of some of our items...

Please note: Visa, MasterCard and Indonesian Rupiah are the only forms of payment accepted.

**Additional Welcome Dinner Tickets & IRONKIDS entries**

You can purchase additional Saturday night Welcome Dinner tickets, and IRONKIDS entries before you leave home! Simply go online before Tuesday 20 August 2019 to make your purchase.

**Welcome dinner:** Simply log back in to your [Active.com entry (MyEvents page)](https://www.active.com) and add the dinner tickets under “additional purchases”

**IRONKIDS:** To register your little ones for the IRONKIDS 1.5km run please [click here](https://www.active.com).

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Transition Hours

On race day, transition opens at 05:00 and closes at 06:10. Athletes may collect their bikes from 12:25 to 16:00, after they have finished their race. Please be considerate and use only a 60cm wide space, to the left of your bike for your race gear.

Transition 1 (Swim To Bike)

Upon finishing the swim and exiting the water, athletes will pass through a timing chute with showers and run approximately 20m before entering the Transition area to find their bike which is racked in numerical order.

Athletes are able to equip themselves for the bike leg at their allocated bike rack location, or otherwise change in the allocated male and female change tents located at the swim entry to Transition.

Athletes must fasten their helmet before taking their bike off the rack and pushing it to the mount line. Athletes are not allowed to ride their bike in transition.

Transition 2 (Bike To Run)

After dismounting their bike at the dismount line, athletes must push their bike to their numbered rack in the Transition area and place it on the rack correctly. Helmets must remain secured until the bike is racked. Failure to do so may result in disqualification.

Athletes are able to equip themselves for the run leg at their allocated bike rack location, or otherwise change in the allocated male and female change tents located near the run exit.

Upon exiting Transition, athletes will find the first run aid station 0.5km after the start of the run course.

Transition - Relay Teams

Transition will be open from 05:00 to 06:10 on Sunday morning for the cyclist only. At 06:10, all athletes must exit the Transition area. Transition will re-open at the discretion of the Transition Manager after all Elite Athletes have exited for the cycle. There will be a Relay Handover area in transition where all team members will meet to exchange the timing chip before starting the next leg of the race. The timing chip acts as the relay baton, the swimmer must start with the timing chip and the runner must cross the Finish Line wearing this around their left ankle.

The swimmer will exit the water and meet the cyclist at the Relay Handover area and hand the timing chip to the cyclist. The cyclist must have the timing chip around their ankle before leaving the Relay Handover area.

Once the swimmer has handed over the timing chip they must leave the Transition area immediately. Once the cyclist commences their bike leg, the runner is allowed into the Transition area. Please follow directions of all race officials and volunteers.

When the cyclist returns, they will rack their bike back in its allocated numbered position before handing the timing chip to the runner at the Relay Handover area. The cyclist must then leave the Transition area immediately once they have handed the runner their timing chip.

Be sure to familiarise yourself with the flow of Transition and the location of entries, exits, your bike rack and the Relay Handover area.

There will be a “relay team waiting area” before the finish chute, where team members may wait to cross the finish line together. All relay teams will receive their finisher towel and medal upon finishing. The runner may collect these items on a team members’ behalf if not all members cross the finish line together.
The Transition Area is located beside Plaza Lagoi Block A. Bike racks will be arranged in race number order.

Please note you MUST complete the Athlete Check-in process before accessing Transition for Bike Check-in. You must check-in your own bike during the allocated times.

Your bike and helmet MUST be checked (with the bike flag pasted on the seat post and helmet sticker placed on the front of the helmet) into the Transition area between 11:00 and 18:00 ONLY on Saturday 24 August. Your bike must display your seat post sticker and correspond with your ID wristband. If you do not have either of these you will not be allowed in or out of Transition.

After racking your bike, please allow plenty of time to walk through the routes that you will take through the Transition area. There are two transition tours scheduled that you may wish to join.

Volunteers will be available for race specific questions and Technical Officials will be available for any queries surrounding rules and regulations.

Pre-race Bike Checks

Your bike will be visually inspected by a marshal and only allowed into Transition upon passing this inspection. This is not a guarantee of safety. It is the athletes responsibility to ensure their bike, as well as their helmet, is in safe working order before presenting it at Transition to avoid rejection. Inspectors will be checking for such thing as:

- End plugs on handle bars
- Tyres in reasonable condition
- At least one water bottle cage
- Brakes in working order
- Compliance with IRONMAN rules

If in doubt of passing this visual inspection please visit our bike mechanics prior to Bike Check-in. They will be available onsite outside the Transition area.

Bike Check-in Helmet Checks

Bike helmets are compulsory. Officials will be conducting helmet checks as you enter the Transition Area for bike check-in on Saturday 24 August 2019 - please ensure you wear your helmet into the entrance of Transition. This is NOT a guarantee of safety.

Helmets must meet the following specifications:

- Must be approved by a recognised testing authority (e.g. AUS/UK/US Standards Certified).
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.
The below cut-off times are for all athletes across the race. Should an athlete be unable to reach one of these cut-off times, they will no longer be able to continue competing. Race results will be classified as a Did Not Finish (DNF). Event personnel will assist in transporting the athlete back to the event precinct via Sag Wagons. The below information outlines each leg’s cut-off policy in further detail.

### SWIM
1 hour 10 min AFTER THE LAST ATHLETE START time

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each swimmer (individual or relay team) will have 1 hour and 10 minutes to complete the course regardless of what time they started the swim. Athletes who take longer than this will receive a DNF. Athletes who receive a DNF are allowed to continue the bike and run phase as long as they start the bike phase before 07:40.

### BIKE
5 hours 30 min AFTER THE LAST ATHLETE START time

The bike course will close 5 hours and 30 minutes after the last athlete starts the swim. Each athlete (individual or relay team) will have 5 hours and 30 minutes to complete both the swim and bike course regardless of what time they started the swim. Any athlete or relay team that takes longer than this will receive a DNF, and will not be allowed to begin the run.

### FINISH
8 hours 30 min AFTER THE LAST ATHLETE START time

The run course will close 8 hours and 30 minutes after the last athlete starts the swim. Each athlete (individual or relay team) will have 8 hours and 30 minutes to complete the entire course. Individual athletes or relay teams who take longer than this to complete the entire course will receive a DNF, and will not be eligible for age group awards or IRONMAN 70.3 World Championship slots.

**Intermediate Cut-Off (Run Course)**
- **Km 0**: 5 hours 35 mins after last athlete start: Athletes must have exited transition and started the run course
- **Km 10.5**: 7 hours 6 mins after last athlete start: Athletes must have started their second lap
- **Km 14.5**: 7 hours 38 mins after last athlete start
- **Km 17**: 7 hours 58 mins after last athlete start

**Finish**: 8 hours 30 mins after last athlete start: Athletes must have passed under the finish arch.

In addition to the above cut-off times, athletes may be cut-off at any time based on the Race Director’s discretion and judgement. Reasons for this may include, but are not limited to: medical, contingency, logistical and/or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario’s, the Race Director also reserves the right to announce new cut-off times.
**Street Gear Bag**

**Pre-Race Drop-off**

You will have the opportunity to store your post-race clothing in the **Bag Deposit tent** at the IRONMAN Village from 05:00 onwards on Sunday 25 August. You will receive a sticker in your race kit with your athlete race number. Please secure your race number sticker clearly on your bag.

You can use a bag of your choosing for your street gear bag, however we suggest using the back pack you receive at Athlete Check-In.

Bike pumps may be handed in with the Street Gear Bag, but will be stored separately to the bag.

**Post-Race Collection**

Your bag will be available for collection post-race.

Please note it is the responsibility of the athlete to hand in and pick up their bag from the appropriate location at the appropriate time, as well as ensuring it is marked correctly.
Rasa Rempah Asli, Bikin Semangat

INDOMIE

INDOMILK
DENGAN NUTRIKEEP
BUKA KEBAIKANNYA

INDOMILK
OFFICIAL MINERAL WATER FOR
INDOFOOD IRONMAN BINTAN
2016 - 2019

Club Air Mineral

INDOMILK FULL CREAM
SUSU SEGAR

Indofood Nutrition
Individual Cut-off time: 1 hour and 10 minutes after swim start time

Course Cut-off time: 1 hour and 10 mins after the LAST ATHLETE START time

The water temperature is expected to be around 29 degrees Celsius, so wetsuits are not permitted. Participants have to complete 1 lap of a triangle shaped 1.9km anti-clockwise swim course. There are marker buoys every 50m. No currents or swell are expected and under water visibility is generally very good.

The swim start and finish are in close proximity to the transition area and event venue.
Swim Start Process

The swim will be a rolling start, based on expected swim time, with the fastest swimmers off first. The rolling start will release four athletes at a time, every six seconds. All athletes are to self-seed and select an appropriate start pen, split by expected swim times.

Please know your expected swim time based on your training or previous races, and seed yourself accordingly. Listen to the announcer and event staff in this area as it may be very crowded. It is the athlete’s responsibility to select the correct start pen.

Athletes who arrive to the beach after the last athlete has started, will not be allowed to start their race, and will receive a DNS.

<table>
<thead>
<tr>
<th>Swim cap colours</th>
<th>Elite Men and Women AWA athletes</th>
<th>Age-Group Men: Green</th>
<th>Age-Group Women: Red</th>
<th>Relay Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start time 06:01</td>
<td>Estimated swim time of:</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>&lt;35 minutes</td>
<td>36-40 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Estimated last start 06:25</td>
<td>41-45 minutes (&amp; Relay Teams)</td>
<td>46-50 minutes (&amp; Relay Teams)</td>
<td>&gt;50 minutes (&amp; Relay Teams)</td>
<td></td>
</tr>
</tbody>
</table>
Race Morning - warm-up swim

Age Group Athletes & Relay Teams

A good swim warm up is encouraged prior to the race. Age group athletes & relay team swimmers will be able to warm up in an area to the right of the start pillars. No swimming is allowed directly in front of the start line for safety reasons. The warm-up area will be open from 05:30, once the Race Director has determined it is safe to do so. Please follow the directions of water safety staff at all times during this period.

IRONMAN 70.3 Swim Course Rules

Swim Course Rules

- All athletes must walk across the timing mat at the entrance of the start pen to activate their timing chip.
- Swimwear must not extend below the elbow or knee.
- Calf guards and calf compression sleeves are not permitted in the swim.
- Regulation swim skins are permitted (must be 100% textile material).

For more information visit the website.
Top 10 Checklist

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it’s important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to get you ready.

1. Prepare for Race Conditions
   Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature and proximity to other swimmers.

2. Race in Shorter Events
   Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare for open water conditions. Try talking to a coach or your local triathlon club.

3. Learn about the course
   It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarise yourself with the course. Keep in mind, every body of water is different, so educate yourself on water conditions.

4. Ensure Heart Health
   As an athlete in training, take the proper steps to assess your health with your physician. If you have any concerns about your heart health, we recommend you consult with your GP prior undertaking the event.

5. Pay Attention to Warning Signs
   If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. Don’t Use New Gear on Race Day
   You should never race in equipment you haven’t trained in as this is not the time to test new gear. Make sure your goggles, swim cap and other items work properly. Bring backups of all your gear.

7. Warm Up on Race Day
   Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water. If you aren’t able to warm up in the water, spend between 5 and 10 minutes getting loose.

8. Checkout the Course
   Check out water conditions, the swim entry and exit layouts along with the turning buoy locations. Identify basic navigation points so that you know what you are swimming towards.

9. Start Easy– Relax and Breathe
   Don’t race at maximum effort from the start. Relax and focus on proper breathing technique as you settle into a sustainable pace.

10. Be Alert and Ask For Help
    In a race setting always stop at the first sign of a medical problem. If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat. Race rules allow for competitors to stop or rest at any time during the swim. Feel free to hold on to a static object like a buoy. You may also rest by holding on to a kayak or boat. As long as you don’t use it to move forward, you won’t face disqualification.
BIKE COURSE
90KM

Individual Cut-off time: 5 hours and 30 minutes after swim start time
Course Cut-off time: 5 hours 30 minutes AFTER THE LAST ATHLETE START time
Traffic

The bike course will not be completely closed from traffic. Police will be out in great force to give you a clear route. However, normal road rules apply, and athletes are required to stay alert at all times. And be sure to stay on the left side of the road.

Bike Course profile

The bike course consists of a single 90km lap of Bintan Island (with a loop at point A and B marked on the map). The route meanders anti-clockwise through the north-western part of the island, where you will enjoy a few villages full of enthusiastic flag-waving spectators, and scenery which changes from lush, dense green forest to fantastic coastal views. The elevation of the course varies between rolling hills inland and fast flat sections trailing the coast. The hills are short, nothing over 60m, but numerous. Total elevation is approximately 700m. The road surface is mostly smooth tarmac with a low rolling resistance.

For more information visit the [website](#).

Penaga Point

You will arrive at this T-Junction (Point A on the Bike Course map Page 23) a total of two times as you negotiate the 90km bike course. Upon arrival at this T-Junction at the 57.2km mark, athletes will need to make a left turn to head towards Point B (see map), and on the second approach at 69.5km, athletes make a right turn to complete the remaining 20km of the course and return to Transition.

<table>
<thead>
<tr>
<th>KM</th>
<th>DIRECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
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</tr>
<tr>
<td>2.2</td>
<td>RIGHT</td>
</tr>
<tr>
<td>2.6</td>
<td>RIGHT</td>
</tr>
<tr>
<td>4.1</td>
<td>LEFT</td>
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<tr>
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</tr>
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<tr>
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<td>DRINKS</td>
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<td>86.6</td>
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<tr>
<td>87.0</td>
<td>LEFT</td>
</tr>
<tr>
<td>89.4</td>
<td>DISMOUNT</td>
</tr>
</tbody>
</table>
Non-drafting event

We believe in a fair and enjoyable race for all, so the non-drafting rule is strictly enforced. It also makes the race safer, so we all win!

All athletes must keep six (6) bike lengths apart, from the back edge of the first cyclists rear wheel, to the beginning of the front wheel of the second cyclist.

Rules

- Athletes have 25 seconds to make a pass
- Once passed, a cyclist must drop back out of the draft zone before attempting to pass again
- Athletes may not ride side-by-side (blocking)
- Penalty box is located inside transition (all bike course penalties must be served here)

Full rules are available [www.ironmanbintan.com](http://www.ironmanbintan.com)
Bike Aid Stations

The Bike Course has four Aid Stations located approximately 20km apart.

<table>
<thead>
<tr>
<th>Bike Aid Station Locations</th>
<th>Bike Aid Stations will offer:</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1 – 20km</td>
<td>Water (in 700ml <strong>GREEN</strong> bike bottles)</td>
</tr>
<tr>
<td>B2 – 40km</td>
<td>Pocari Sweat Electrolyte drink (in 700ml <strong>RED</strong> bike bottles)</td>
</tr>
<tr>
<td>B3 – 57.7km</td>
<td>PURE Energy Gels</td>
</tr>
<tr>
<td>B4 – 75km</td>
<td>Bananas</td>
</tr>
<tr>
<td></td>
<td>Toilets</td>
</tr>
</tbody>
</table>

**Bike Aid Station Procedure**

Slow down when entering Aid Stations to ensure you get what you need. Don’t stop in front of the Aid Station. If you do not require any product from a Bike Aid Station please stay to the right of the lane.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating your needs politely. Please discard any unwanted items between the “Discard Zone Start” and “Discard Zone Finish” signs. Anything discarded outside this area will be penalised.
The run consists of two laps of 10.5km and takes place on concrete paths (around the lake), tarmac roads (near the far end U-turn) and a short section of pavement (for the final 500m). The route has varied scenery and allows athletes to see their fellow competitors on the out-and-back section. The IRONFAN zones ensure lots of spectator support and encouragement along the way.

**Run Course Rules**
For more information visit the [website](#).
Run Aid Stations

The first opportunity for drinks is the 500m mark of the run course. There is a sunscreen station in transition manned by volunteers before you start your run.

The Run Course has eight Aid Stations per 10.5km lap, located approximately 1.5km apart.

<table>
<thead>
<tr>
<th>Run Aid Station Locations</th>
<th>Run Aid Stations will offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>R1 – 0.5km</td>
<td>Water</td>
</tr>
<tr>
<td>R2 – 1.8km</td>
<td>Pocari Sweat Electrolyte</td>
</tr>
<tr>
<td>R3 – 2.7km</td>
<td>Cola</td>
</tr>
<tr>
<td>R4 – 4.4km</td>
<td>PURE Energy Gels</td>
</tr>
<tr>
<td>R5 – 6.0km</td>
<td>Bananas</td>
</tr>
<tr>
<td>R6 – 7.8km</td>
<td>Watermelon</td>
</tr>
<tr>
<td>R7 – 8.7km</td>
<td>Cake</td>
</tr>
<tr>
<td>R8 – 9.8km</td>
<td>Ice</td>
</tr>
</tbody>
</table>

Run Aid Station Procedure

- Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the right.
- There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely. Feel free to move through the tables at your leisure and help yourself.

Discards / Drop Zones

Please discard any unwanted items between the “Discard Zone Start” and “Discard Zone Finish” signs. Anything discarded outside this area will be penalised.
The IRONMAN Global Competition Rules apply to this event. Please see below some recent changes to the rules and the most common rule infringements.

- The Yellow Race Penalty Card is a 30-sec Penalty. Blue (5 min Time Penalty) and Red (Disqualification). Note that three blue cards will also result in a disqualification (Red Card).
- Smart helmets (i.e., helmets enabled with Bluetooth technology) are not permitted to be worn.
- Unless otherwise pre-approved by the Event Director or Head Referee, no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. Common ‘Yellow Card’ rule infringements:
- Wearing head sets
- Helmet not strapped – always have your chin strap securely fastened when moving with your bike.
- Wearing compression socks during the swim leg – tri suits should also not reach beyond the knee.
- Not wearing a shirt / sports top on the bike or run leg.
- Tops with zippers may be worn with the zip down, the zip must be connected.
- Not wearing your race bib visibly on the front during the run. If not remedied promptly, this could lead to disqualification (Red Card).

The most common ‘Blue Card’ rule infringements:
- Drafting – The draft zone is 12 metres long, measured from leading edge of the front wheel of the first cyclist to front wheel of trailing cyclist. Athletes must continuously progress through the draft zone. A maximum of 25 seconds is allowed for each pass. Once passed, an athlete must drop back 12 metres before re-passing.
- 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.
- Illegal Pass – Passing on the left side.
- Littering – Discarding items, e.g. tyres, bidons, gel wrappers etc. on any part of the course except within sight of an Aid Station.

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 Coloured Card. It will be then your responsibility to serve the time penalty at the Penalty Box located in the Transition Area. 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.

Some infringements that may result in a ‘Red Card’:
- Offensive and unsportsmanlike behaviour.
- Public toilet-stop.
- Outside assistance and.
- The use of electronic equipment; cameras, phones.
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.

As you cross the line, you will be presented with your finishers medal and towel and your timing chip will be removed. Chaperones will be there to escort you to the secured recovery area.

Finish Line Photos

FinisherPix is proud to be selected as the Official Photo Service of the event. FinisherPix will have photographers working at the swim exit, on the bike course, the run course and at the Finish Line!

Did you purchase the service? Here’s what do you need to do:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online
- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your cycling photos
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos
- 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
- Visit www.finisherpix.com within 24–48 hours after the race to view, order, and share your photos from your 2019 IRONMAN 70.3 Bintan race!
Recovery Area

After you have finished, you will be escorted into the Recovery area to take advantage of the post finish facilities available. This area is an athlete's only area that includes the following facilities:

- Cold recovery pools
- Male & Female change tents, toilets, open shower
- Access to your street gear bags (Bag Deposit)
- Medical & Massage support
- Food and drinks

The Recovery Area will be open from 10:15am. Relay team members may enter the recovery area at the completion of their leg after this time. However be reminded that there is a one-time-entry policy so you may not re-enter again later. You may want to consider waiting for your runner to cross the line to enjoy the experience together.

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 following food & drinks options will be on offer:

- Hot and cold food options
- Fruit
- Club Mineral Water
- Pocari Sweat Electrolyte
- Coconuts

Finisher Polo

You can collect your finisher polo in the Recovery Area. Please be reminded that you must collect the finisher polo before leaving the Recovery Area due to the no re-entry policy.

Massage

The complimentary massage provided at the Recovery Area consists of a 5-10 minute session. Massage services are also available at Plaza Lagoi and most Official Partner Hotels. You can make advance bookings through your hotel.
Swim Safety

There will be a large number of water safety personnel and craft on the water pre and during the swim. They will be resourced with an array of kayaks, jet skis and rescue boats. 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 an athlete decide at any point to abandon the swim, they will be taken to one of the swim evacuation points. From there they will be required to confirm their athlete number and be checked over by medical staff. Once an athlete receives assistance in the swim they will be a DNF. It the athlete’s responsibility to walk back to the Information Desk and hand in their timing chip.

Bike Mechanic

The Official Bike Mechanic for the event is Bike School Asia. They will be set up at the IRONMAN Village – Plaza Lagoi on Saturday. They will be available for ‘minor mechanicals’ during these times. A fee will be charged for consumables, spare parts, more complex installations, repairs and rescues, bike assembly and disassembly, and availability will depend on demand.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>10:00 – 18:00</td>
<td>IRONMAN Village – Plaza Lagoi</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 – 18:00</td>
<td>IRONMAN Village – Plaza Lagoi</td>
</tr>
<tr>
<td>Sunday</td>
<td>04:45 – 16:00</td>
<td>Transition Area</td>
</tr>
<tr>
<td></td>
<td>06:55 – 12:00</td>
<td>Bike Course</td>
</tr>
</tbody>
</table>

A limited ‘emergency service’ will be available inside Transition on race morning for athletes. A limited number of floor bike pumps will also be available. To minimise queuing, you may bring your own bike pump.

During the race, Bike School Asia mechanics will be circulating around the bike course. They are equipped with basic tools and spares, and can assist with repairs. Please note that delays are expected for the mechanics to reach your location. Each aid station will have a floor pump and a set of allen keys for athletes use.

Lost and Found

Lost and Found will be at the event Information Desk during race week and on race day. Please check the schedule of events for Information Desk hours and location. After the conclusion of the event, please email ironmanbintan@metasport.com to locate any missing items and schedule returns.
Shuttle Services

Free shuttle service is available between the Official Partner Hotels and the race venue on Friday, Saturday and Sunday of race weekend. Check the shuttle schedule on the website.

Medical

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race, or are not feeling physically fit in the lead up to the event, MetaSport highly recommends you seek medical advice from your doctor.

Basic first aid is available at the Bintan Resorts Tourist Clinic year round. If you require medical attention we recommend that you contact our Information Desk, the Tourist Office at Plaza Lagoi (Block A #01-8) or your hotel.

The Event Medical Team will be situated in a variety of positions on race day. These locations are as follows:

- Swim Exit
- Roaming the Bike & Run courses
- Finish line & Recovery

It is strongly advised that you have adequate personal insurance regardless of whether you are a Singapore or Indonesian resident, or from further abroad.

All athletes are required to fill in a waiver at Athlete Check-In to inform us of the whereabouts of their passport during the race, should you require medical evacuation to and hospitalization in Singapore. Athletes are reminded that all costs relating to medical evacuation (to a local hospital or to a Singapore hospital) will be borne by the athlete, so athletes should ensure their Health Insurance policy suitably covers instances of this nature.

Sag Wagon

The sag wagon 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 to the closest aid station, and from there onwards to Transition/Finish Line.

Should you require a sag wagon at any time, please wave down a motorbike official and they will contact the bike or run course manager for sag wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please note that delays in sag wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a sag wagon has been requested as this could affect their ability to locate and transport you.
Awards Presentation

Presentations will be held on Sunday 25 August at 13:45 on the main stage at the IRONMAN Village.

Awards will be presented to:
Top-3 finishers in each Age Group category
Top-3 Male and Female Elite Athletes
Top-3 Indonesian Male and Female athletes
Top 3 Teams (Men, Women and Mixed)
Top Male and Female swim/bike/run splits

If you are a podium placer but are unable to collect your trophy, please contact MetaSport after the event on +65 6838 0873 or email ironmanbintan@metasport.com to arrange collection.

Slot Allocation and Rolldown ceremony
2020 IRONMAN 70.3 World Championship, Taupo, New Zealand

Sixty (60) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship (on 28-29 November 2020, in Taupo, New Zealand) will be awarded to the top Age Group finishers.

Qualified athletes are required to claim their IRONMAN World Championship slot in person on Sunday 25 August, 2019 from 15:15. The Slot Allocation and Rolldown ceremony will be held on the main stage at the IRONMAN Village.

Please bring a valid form of Photo ID with you and be prepared to pay the full entry fee USD$500+ 8% Active fee with Credit Card only. No cheque or cash payments will be accepted.

Final Slot Allocation will be determined on race day based on the number of official starters. The Slot Allocation will be available at the Information Desk two hours after the last wave start.

Notice regarding eligibility:
Only Age-Group Athletes are eligible to receive Age-Group World Championship qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.
Transition

- Transition opening times 05:00 – 06:10
- Athlete ID Wristband
- Timing Chip (securely strapped to left ankle)
- Race Number tattoos applied (both upper arms)
- Bike pump
- Nutrition to strap/secure to your bike
- If in a Relay Team, ensure your team mates are ready!

Swim

- Event swim cap
- Goggles
- Sunscreen

Bike

- Bike racked and ready in Transition with bike seat post sticker attached
- Bike shoes safely clipped onto your bike, or on the ground next to your bike
- Bike helmet placed onto or next to your bike
- Two drink bottles pre-filled with water or sports drink
- Cycling shoes
- Sunglasses

Run

- Running shoes
- Sunglasses
- Hat
- Race number bib
- Gels or other nutrition

Recovery

- Street Gear Bag, containing all of your post-race requirements & personal belongings
Spectators are in for a treat!

Don’t forget to bring your family and friends along, we have loads of fun activities planned for them across the weekend!

- IRONFAN spectator zones on the run course with dress-ups and music
- A spectator boat travelling across the lake to take you to the run course turnaround
- IRONKIDS 1.5km run on Saturday 24 August – ages 6-14 years
- Mini train rides for kids around Plaza Lagoi
- Lots of food and drink for sale
- Beautiful beach for kids to swim and play
- Band playing great tunes all weekend

WiFi on the island

All partner hotels offer WiFi service within the hotel grounds. Your best bet when you are out of your hotel is to subscribe to an Indonesian data pack through your home country. Most plans have an option to get roaming in Indonesia for only a few dollars. Check your plan thoroughly though to avoid excessive charges!
Information Desk: IRONMAN Village

There will be an Information Desk located at the event. Opening hours are: Saturday 10:00 to 18:00 (at Race Expo – IRONMAN Village), Sunday 05:00 to 16:00 (in the IRONMAN Village)

Our friendly staff will do their best to help you with any questions you may have. The Information Desk will have maps of the event and surrounding areas, as well as internet and a phone if required. They can also assist you in booking services as part of the event.

General Event Enquires

Please contact us via one of the channels below for any event information:

Website: www.ironmanbintan.com

Phone: Singapore +65 6838 0873 (until Wednesday 21 August)
       Bintan +62 0813 7815 5148 (from Thursday 22 August)

E-mail: ironmanbintan@metasport.com

Emergency Services

Police Tel: +62 770 692 110

Medical

Bintan 24-hr Clinic: +62 770 691 911
Tanjung Pinang General Hospital: +62 771 313 000 ext.1 | Address: Jl. Rumah Sakit
Tanjung Pinang Province Hospital: T+62 771 335 201 | Address: Jl. Raya Pinang
Changi General Hospital: +65 6788 8833
Singapore General Hospital: +65 6222 3322

General Contacts

Tourist Information

Bintan Resorts
Web: www.bintan-resorts.com | +65 6389 3535 | bintan@bintan-resorts.com

Bintan Resorts Ferries
Web: www.brf.com.sg; +65 6542 4369 | helpdesk@brf.com.sg

Singapore Changi Airport
Web: www.changiairport.com | Tel: +65 6595 6868

Transport Services

(Singapore) Comfort Taxi Cab: +65 6551 1111
(Singapore) SMRT Taxi: +65 6555 8888
(Singapore) Maxi Cab (7-seater): +65 6535 3534
(Bintan) Global Bintan: +62 770 691818 / +62 770 691838 | reservation_bintantours@hotmail.com
### Event Organiser

**META SPORT**

### Title Sponsor
- **Indofood**
- **wonderful indonesia**
- **bintan**
- **BINTAN RESORTS**

### Destination Partner
- **Indofood**
- **wonderful indonesia**
- **bintan**
- **BINTAN RESORTS**

### Official Nutrition Partner
- **PURE SPORTS NUTRITION**
- **POCARI SWEAT**
- **sunwise**
- **BikeSchool ASIA**

### Official Hydration Partner
- **PURE SPORTS NUTRITION**
- **POCARI SWEAT**
- **sunwise**
- **BikeSchool ASIA**

### Official Bike Mechanic
- **Cuore of Switzerland**
- **COMPRES SPORT**
- **ViZo rides**
- **GOFIT**

### Prize Sponsor
- **Cuore of Switzerland**
- **COMPRES SPORT**
- **ViZo rides**
- **GOFIT**

### Official Media Partner
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- **SINDONEWS.com**
- **ACTIVE**

### Official Merchandise Partner
- **TRIBE SOLUTIONS**
- **FinisherPix**

### Official Photographer
- **TRIBE SOLUTIONS**
- **FinisherPix**