AMAZINGKIDS

DUATHLON 2026

ATHLETE GUIDE

RUGBY SCHOOL THAILAND

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GET READY WITH

We are thrilled to announce the AmazingKids Sports Series, a premier sporting event for kids that will take place throughout Thailand.

Each AmazingKids event presents its own unique and captivating elements, and we sincerely hope that all athletes, parents, guardians, coaches, and team leaders enjoy participating in the AmazingKids Sports Series.

Following each AmazingKids race, the Event Champions will be awarded to the top-3 finishers in every race category and age group. Additionally, athletes can earn points based on their race results. At the season finale, the top male and female athletes with the highest point total in each individual age group category within the same race series will be crowned the overall winners of the AmazingKids Series Champions.

Race weekends are filled with numerous activities, and this athlete guide serves as a go-to resource to ensure that all athletes, parents/guardians, coaches, and team leaders are well-informed about event procedures.

The AmazingKids Sports Series ensures the accuracy and up-to-date of the information provided in this guide as of its production date. Nevertheless, we recommend that everyone stays informed about any updates or changes through our official website at https://amzkidsevents.com/

On behalf of the entire AmazingKids team, we wish you the best of luck, or as we say in Thailand, "โชคดี" (Chokh dī), and hope you have an amazing time at the Amazing Sports Series.

Take care, reach for your full potential, and always remember to enjoy every moment!

Warm regards,

AmazingKids Team

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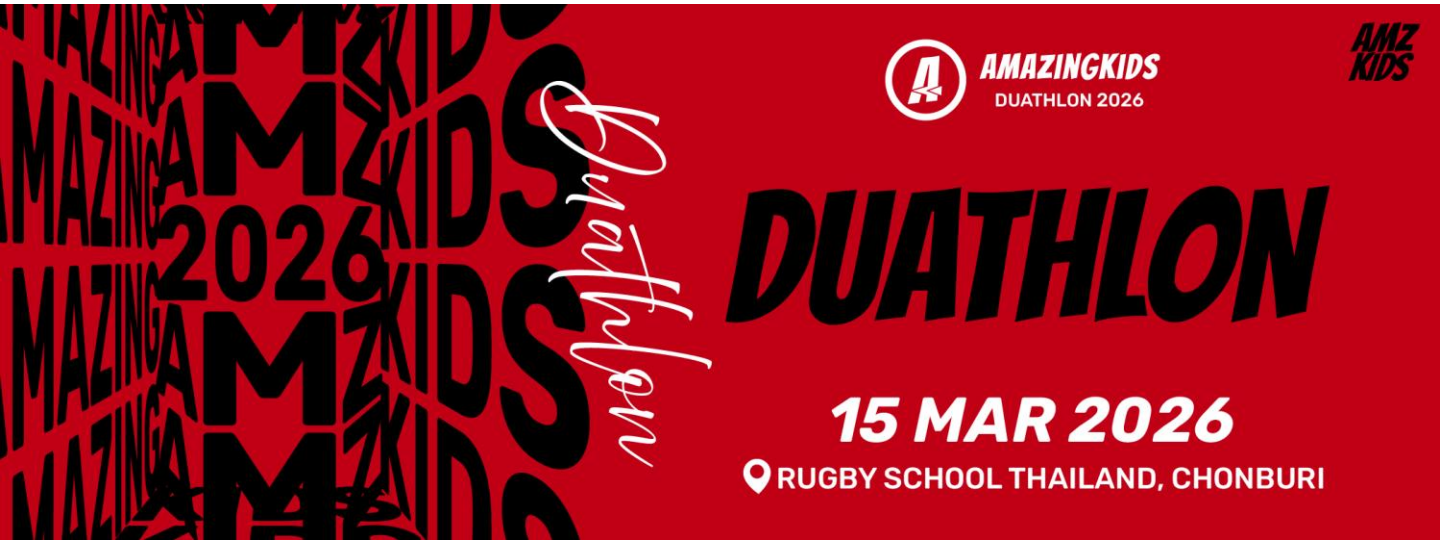
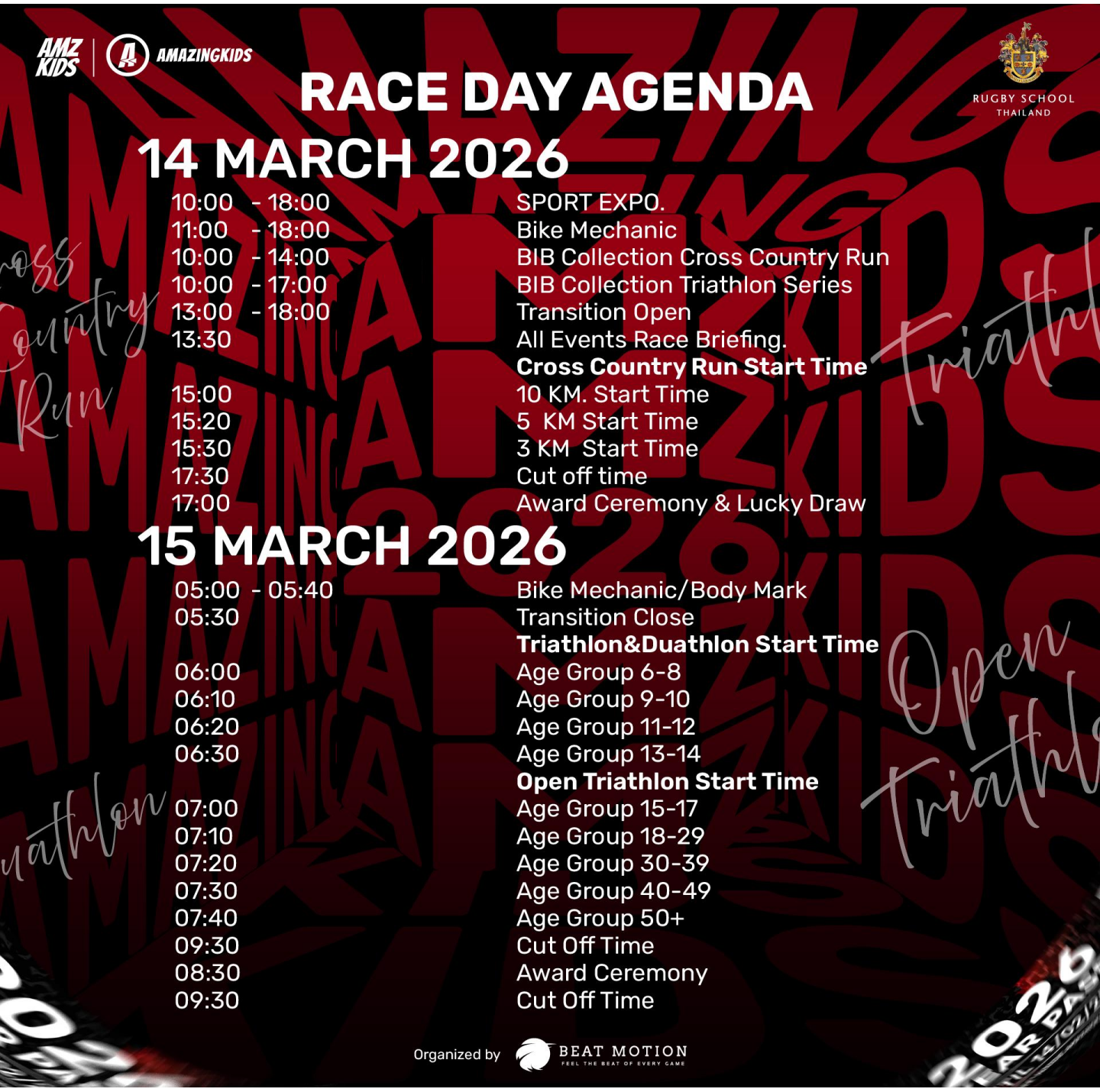
The athlete guide provides detailed information about event procedures for athletes, parents, coaches, and team leaders. The Local Organizing Committee ensures the accuracy and up-to-date of the information in this guide as of the production date. Nevertheless, we recommend that everyone stays informed about any updates or changes by contacting our event office.

Please visit the official website www.facebook.com/AmazingKidsTriSeries for the latest information and updates.

To stay up-to-date with last-minute news, photos, and videos, be sure to follow us on our social media channels!

Visit www.facebook.com/AmazingKidsTriSeries for more details.





Cut Off
A time limit of 3 hours will be in effect from each of the race start time.

IMPORTANT:
Please visit the official website at https://amzkidsevents.com/th/
for the latest information and updates.

For last minute news, pictures and videos please visit
www.facebook.com/AmazingKidsTriSeries.

Race Venue: RUGBY SCHOOL THAILAND

Rugby School remains committed to nurturing the whole person who will thrive amidst modern-day challenges. The School environment is forward-looking and innovative, and uses interactive learning resources. At the same time, children and their parents continue to choose Rugby School for its old-fashioned house-dining and playing for the house. Students talk about belonging to a large, warm extended family and about being a part of a long and impressive history.

The most convenient way to travel is by private car.
Please see the driving distances and routes to **Rugby School Thailand** below:
From **Suvarnabhumi Airport** (approximately **110–120 km**)
From **Don Mueang Airport** (approximately **150–160 km**)
From **Pattaya** (approximately **25–30 km**)
From **Bangkok (city center)** (approximately **130–140 km**)

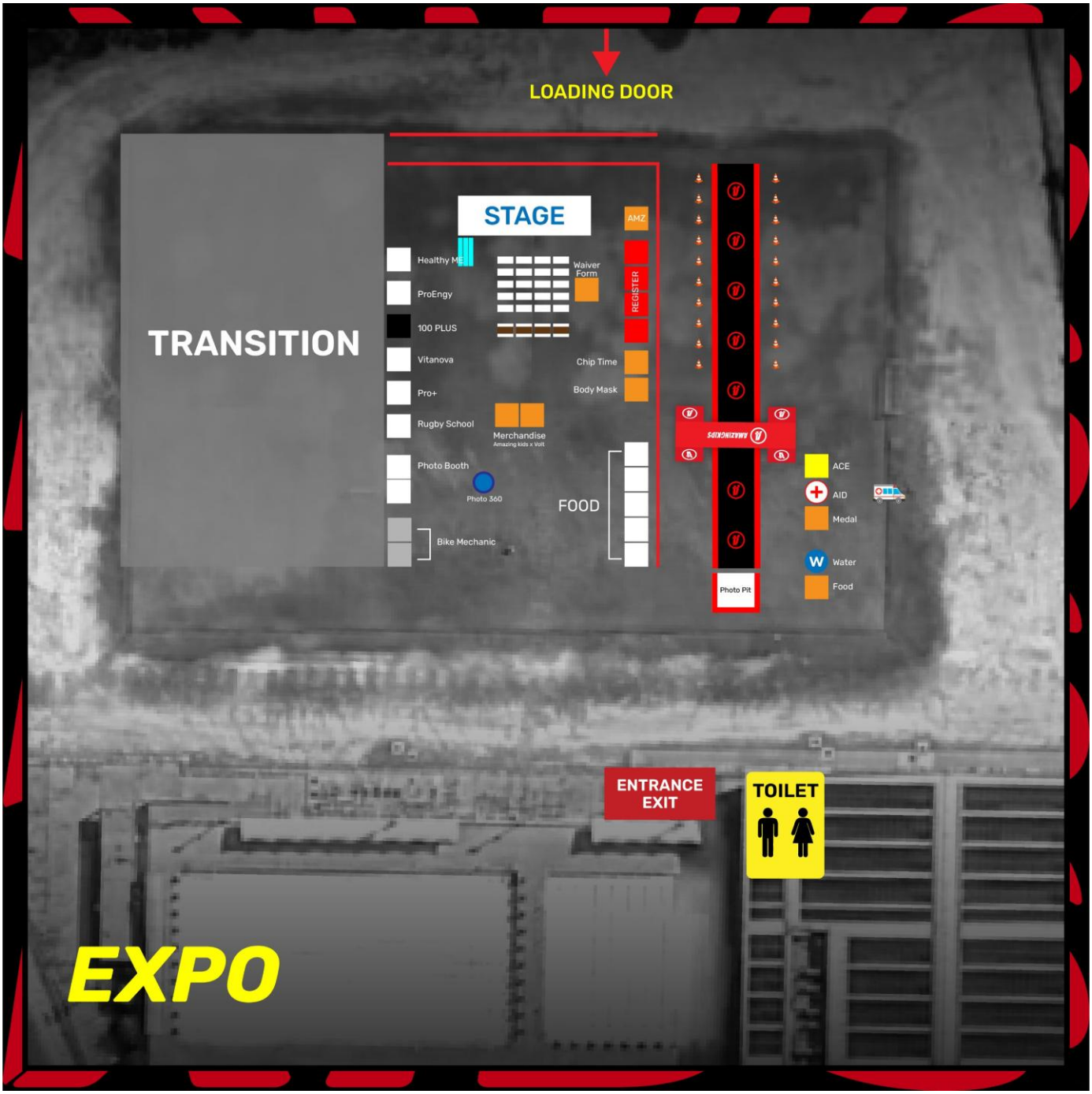
📍 **Click here to view directions and start navigation on Google Maps:**

👉 https://maps.app.goo.gl/gnukDoGF7nsMezSA7

Parking

Upon arrival at Rugby School, kindly park your vehicle in the specified parking area outlined below:

AMAZINGKIDS VILLAGE



RACE CATEGORIES

Age Groups	Male/Female Individual		
	Swim	Bike	Run
6-8 years	500m	4km	1km
9-10 years	500m	6km	1km
11-12 years	1km	6km	2km
13-14 years	1km	12km	3km
15-17 years	2km	12km	4km

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.

RUN COURSE

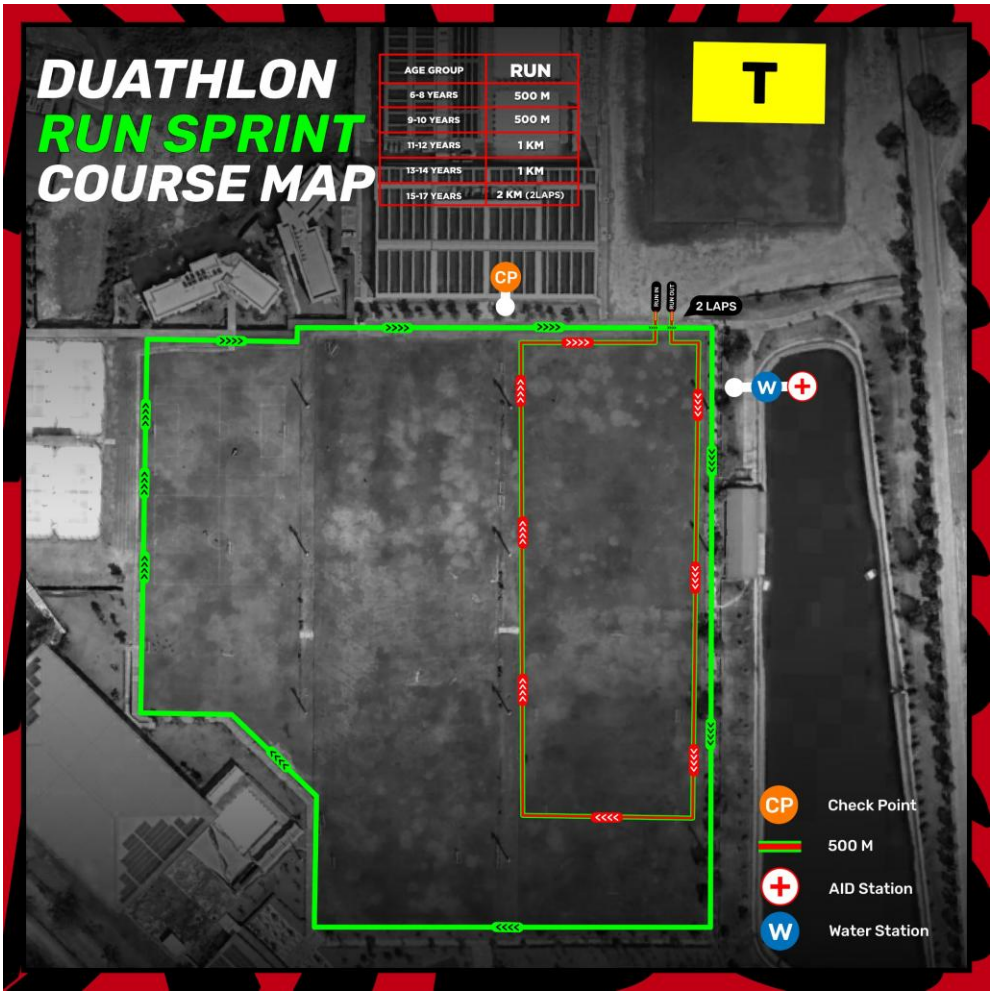
The entire run course is situated within Rugby School.and is completely traffic-controlled.

The Duathlon run course includes one or more laps around the stadium's running track and football field. Lap bands will be provided at the starting point of the run course.

Age group 6-8 years	: 500 m	
Age group 9-10 years	: 500 m	
Age group 11-12 years	: 1 km	(1 laps)
Age group 13-14 years	: 1 km	(1 laps)
Age group 15-17 years	: 2 km	(2 laps)

Run Aid Station

There is 1 aid station on the 1 km run lap, and/or the distance between aid stations passages is a maximum of 2.5 km.



TRANSITION AREA

The transition area is where athletes transition between different legs of the Duathlon. Athletes will find their designated spot to rack their bikes and set up their gear. It's crucial to familiarize yourself with the layout and rules of the transition area to ensure a smooth and efficient transition between legs.

IMPORTANT INFORMATION FOR PARENTS AND GUARDIANS:
Parents/guardians with wristbands (of athletes in age group 6-10 years) are permitted in the transition area to assist their athletes in setting up their bicycles and running equipment. However, once the race has started, parents/guardians are NOT allowed to provide any assistance to their athletes in the transition area during any part of the race.

Trained volunteers are stationed in the transition area to lend any assistance needed.

Bike Course

The entire bike course is situated within Rugby School. and fully traffic-controlled.

The bike course must be completed as follows for the different age group categories.

Age group 6-8 years : 4km (2 laps)
Age group 9-10 years : 6km (3 laps)
Age group 11-12 years : 6km (3 laps)
Age group 13-14 years: 12km (6 laps)
Age group 15-17 years : 12km (6 laps)

Bike Aid Station

There are no bike aid stations available on the course. Athletes are responsible for preparing and filling up their own bike bottles before the race.

Bike Course Signage
Road signs are placed along the bike course for athletes to follow. Athletes must adhere to the instructions provided on these signs at all times.

If a red flag is spotted on the bike course, athletes must dismount their bikes and proceed on foot.

A yellow flag indicates a potential danger, requiring athletes to reduce their speed.

The bike lane is narrow. Athletes must bike on the left side. To pass a slower rider ahead, shout "Pass Pass" and always overtake on the right side.

Race officials will also be present on the course to guide and direct athletes. Please ensure that you follow their directions and instructions throughout the race.

IMPORTANT INFORMATION FOR PARENTS AND GUARDIANS:
Parents/guardians are strictly prohibited from entering the bike course. Trained volunteers are stationed along the bike course to offer any necessary assistance to ensure the safety and well-being of the athletes.

RUN COURSE

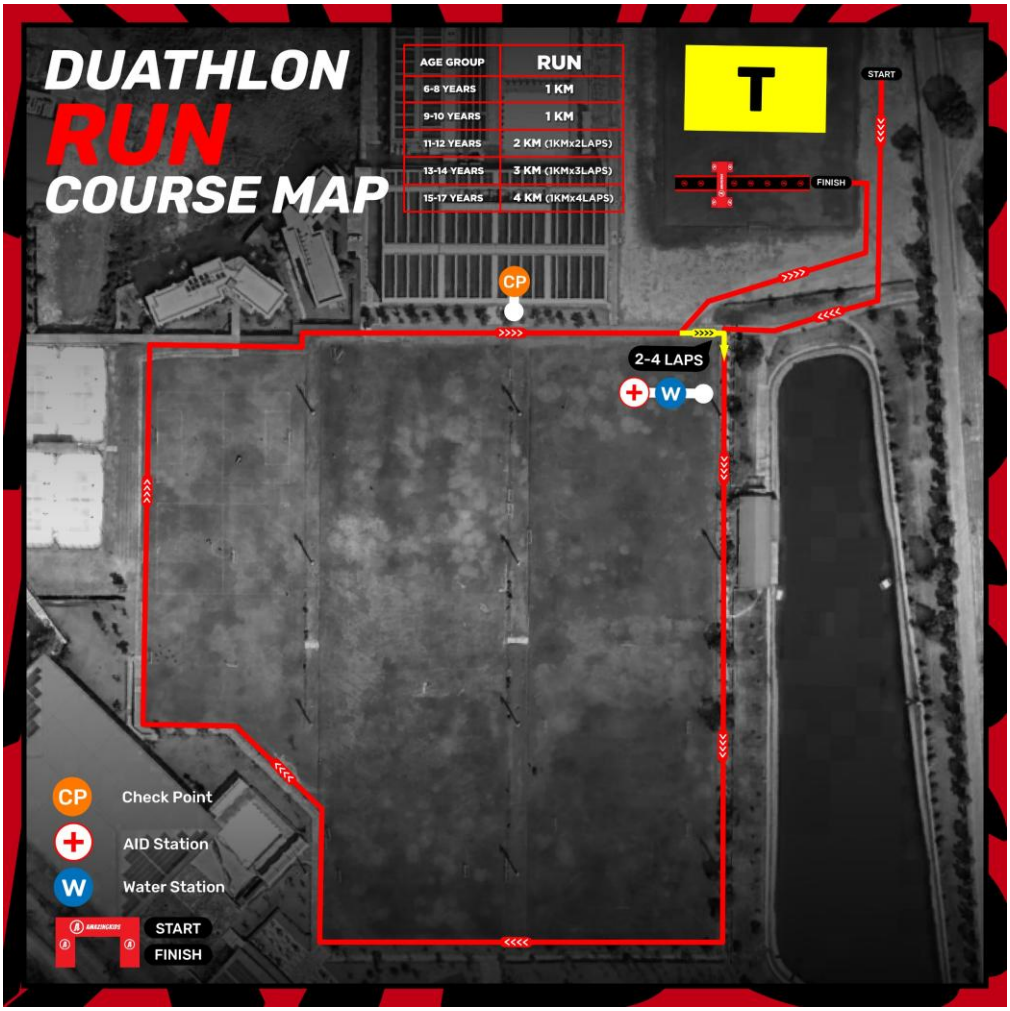
The entire run course is situated within Rugby School.and is completely traffic-controlled.

The Duathlon run course includes one or more laps around the stadium's running track and football field. Lap bands will be provided at the starting point of the run course.

Age group 6-8 years	: 1 km	(1 laps)
Age group 9-10 years	: 1 km	(1 laps)
Age group 11-12 years	: 2 km	(2 laps)
Age group 13-14 years	: 3 km	(3 laps)
Age group 15-17 years	: 4 km	(4 laps)

Run Aid Station

There is 1 aid station on the 1 km run lap, and/or the distance between aid stations passages is a maximum of 2.5 km.



RUN COURSE

Run Course Signage
Road signs are placed along the run course for athletes to follow. Athletes must adhere to the instructions provided on these signs at all times.

Race officials will also be present on the course to guide and direct athletes. Please ensure that you follow their directions and instructions throughout the race.

IMPORTANT INFORMATION FOR PARENTS AND GUARDIANS:
Parents/guardians of athletes in age group 6-8 years are permitted to accompany their athletes on the run course provided that they do not block, obstruct, or interfere with other athletes.

For age groups 9-10, 11-12, 13-14 and 15-17 years, it is not permitted for the parents/guardians to join the athletes on the run course.

Parents/guardians are NOT allowed to cross the finish line or enter the finish line chute with the athletes. They must exit the run course at least 30m before the finish line.

FINISH LINE

Spectator Area
Spectators are invited to join in the celebration at the finish line. There are several opportunities for you to get close to the finish line.

IMPORTANT INFORMATION FOR PARENTS AND GUARDIANS:
Family members, friends, supporters, private photographers (non-official), or other spectators are strictly prohibited from crossing the finish line or entering the finish chute alongside the athletes. Please be aware that AmazingKids has implemented this policy to ensure the safety of all event participants, volunteers, and spectators.

Parents/guardians who are accompanying their athlete in age group 6-8 years on the run course are NOT allowed to cross the finish line or enter the finish line chute with the athletes. They must exit the run course at least 30m before the finish line.

EVENT AWARDS

Event Championship
Awarded to the first 3 male and female individual finishers in each individual age group after each race on race day.

POINTS COLLECTION SYSTEM

Points are awarded to the top-10 individuals in each age group. The following point tables show the points assigned to each age group for each rank in the individual category.
Individual Category:

Rank	Points per race
1	100
2	90
3	80
4	70
5	60
6	50
7	40
8	30
9	20
10	10

Throughout the season, athletes can accumulate points in individual based on their performance in each race. These accumulated points contribute to an athlete's overall point standing and eligibility for the Series Championship. Athletes can check their points from the official announcement on our facebook page www.facebook.com/AmazingKidsTriSeries.

For detailed points collection system and championship determination, please refer to the complete official Competition Rules (Appendix B) here

COMPETITION RULES

AmazingKids follows the rules outlined in the AmazingKids 2026 official Competition Rules.

For the complete official Competition Rules, click here

Please be aware that the use of MP3 players and other electronic entertainment devices during the race is strictly prohibited. Athletes found in violation of this rule will be subject to disqualification.

Family members, friends, coaches, and supporters are not allowed to accompany athletes during the race, and athletes cannot receive any outside assistance. Failure to follow this rule will result in penalties.

For safety reasons, if an athlete decides to withdraw from the race at any point, it is the athlete's responsibility to report a race official.

Athletes must follow the directions and instructions provided by race officials, race marshals, and race management. Only the race director has the authority to disqualify an athlete.

All lifeguards and medical personnel have the authority to remove an athlete from the race if they believe the athlete is physically incapable of continuing without risking serious injury or death.

Athletes are prohibited from using alcohol, illegal substances, or any performance-enhancing drugs or procedures. Violation of this rule will result in immediate disqualification.

Engaging in fraudulent activities, theft, mistreatment of volunteers, or displaying poor sportsmanship will also lead to immediate disqualification and suspension from future AmazingKids races.

AmazingKids reserves the right to modify rules and course details at any time. Athletes will be informed of the changes through email and/or during the race briefing.

COMMON RULE VIOLATIONS AND PENALTIES

The AmazingKids Sports Series 2026 Competition Rules apply to all participants. The following is a summary of the official Competition Rules. Please note that this summary is not comprehensive and is referred to as the "Summary". In situations where there is a discrepancy or conflict between this Summary and the official Competition Rules, the official Competition Rules will take precedence. For the complete official Competition Rules, click here

It is the responsibility of every athlete, as well as their parents/guardians, to be familiar with and comprehend all Competition Rules, including any supplementary rules outlined in the Event-Specific Athlete Information Guide.

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure.	DSQ
Using unsportsmanlike behavior.	DSQ and potential suspension
Failure to follow the prescribed course.	DSQ
Failure to wear a shirt or sport top during the bike and run segments.	DSQ if not remedied promptly
Accepting assistance from anyone other than race referees, race officials or other athletes in accordance with the Competition Rules.	DSQ
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other equipment that results in the donor athlete being unable to continue with their own race, or assisting the physical forward progress of another athlete on any part of the course during the race.	DSQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information.	DSQ and potential suspension
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner, during the race.	DSQ

COMMON RULE VIOLATIONS AND PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ
SUMMARY OF BIKE RULES	**PENALTIES**
Drafting violation.	3-Minute Time Penalty
Blocking (side by side riding).	DSQ
Once overtaken, re-passing prior to dropping out of the draft zone.	3-Minute Time Penalty (as applicable)
Once overtaken, remaining in the draft zone for more than 25 seconds.	3-Minute Time Penalty
Front zipper of the uniform is not connected at the bottom or if the top does not cover the shoulders.	DSQ if not remedied promptly

COMMON RULE VIOLATIONS AND PENALTIES

SUMMARY OF BIKE RULES	PENALTIES
Wearing the helmet unfastened or insecurely fastened.	DSQ if not remedied promptly
Wearing headsets or headphones during the race.	DSQ if not remedied promptly
Not wearing a helmet when the athlete rides the bike: e.g., competition, familiarization, and training sessions.	DSQ if not remedied promptly
Make forward progress without the bike during the bike segment.	DSQ if not remedied promptly
SUMMARY OF RUN RULES	PENALTIES
Wearing headsets or headphones during the race.	DSQ if not remedied promptly
Front zipper of the uniform is not connected at the bottom or if the top does not cover the shoulders.	DSQ if not remedied promptly
Crossing the finish line with a non-athlete.	DSQ if not remedied promptly
SUMMARY OF TRANSITION AREA RULES	PENALTIES
Blocking the progress of other athletes.	DSQ if not remedied promptly
Interfering with another athlete's equipment.	DSQ

ATHELTE CHECK IN

Registration for athlete check-in will take place at the Expo within the AmazingKids Basketball Court.

Please refer to the event schedule on page 7 for specific timing details.

Late registrations will not be accommodated.

Athlete Check-In Process

It is mandatory for all athletes to complete their registration and collect their race packs during the times specified in the event week schedule on page 7.

To complete your registration, you will need to follow these steps:

1. Check the athlete's bib number on the board at the registration point.
2. Fill out and sign the waiver form (provided at the registration point)
3. Present ID cards or passports, or driver's licenses of both the athlete and the guardian

Both the athlete and their parents/guardians must collect the race pack together during the athlete check-in process. Please note that it is not permissible for anyone else to compete using your name, nor for you to participate under someone else's name.

Upon successful check-in, both the athlete and one of the athlete's parents/guardians of athletes in age group 6-10 years will be provided with race wristbands.

Additionally, please take into account that competing under a different athlete's name, bib number, or registration information will result in a suspension from future AmazingKids races. This policy is in place to ensure your safety, as in case of an emergency, we have on record the medical and emergency contact details of registered athlete only.

WaiveAthleter

Every athlete and their respective parents or guardians are required to sign the athlete waiver form. The signed waiver form must be presented at the Race Pack Collection point.

RACE PACK COLLECTION PROCESS

The race pack collection process will proceed as outlined below:

1. Present signed the waiver form.
2. Check athlete and parents/guardians' ID cards.
3. Pick up race pack.
4. Attach wristbands to both the athlete and the parents/guardians.
5. Check-in bike in the transition area.

All athletes are required to check-in and collect their race packs no later than 17.00 on Saturday, 14 March 2026. Please note that check-in and race pack collection will not be possible after this time.

RACE PACK ITEMS

During the registration process, you will receive your race pack, which will include the following items:

- Bib number
- Race number stickers
- Wristbands for the athlete and parents/guardians (of athletes in age group 6-10 years)
- Timing chip
- Race t-shirt

During race pack collection, each athlete will be provided with a color-coded bib number.corresponding to their age group. The color-coding scheme is as follows:

Age Groups	Color	Bib Design
6-8 years	Blue	
9-10 years	Red	
11-12 years	Orange	
13-14 years	Green	
15-17 years	Dark Blue	

Bib Number

Each athlete will receive a bib number to be worn on your back during the bike segment and on the front during the run segmen. There is no need to wear the bib number. It is strongly recommended to consider getting a race belt for ease of transition from bike to run. Race belts are not provided by the event.

Failure to display your bib number correctly may result in disqualification. Please complete the medical details on your bib number so that volunteers and medical staff can access this information if necessary. Ensure that you have these items in place before entering the transition area on race day.

Race Number Stickers
A sheet of stickers with your race number will be provided. Please place the relevant stickers on your bike, helmet and personal belongings.

Bike sticker:
Attach the sticker to your bike's seatpost as shown below. Refrain from removing it until after the race and checking your bike out of the transition area.

Helmet stickers:
Attach to the

Wristbands for Athletes and Parents/Guardians
Wearing your wristband on either your left or right wrist is essential, as failure to do so will restrict access to the transition area.

The athlete and one of their parents or guardians (of athletes in age group 6-10 years) will receive their race wristbands.

Timing Chip
Each athlete will be provided with a timing chip equipped with a velcro strap for attachment. Secure it to your left ankle before the swim and keep it in place until you finish the race.

If you misplace your timing chip, seek guidance from the nearest race official as soon as possible.

To be worn on the left ankle.

If you choose not to start the race, it is mandatory to return the timing chip either to a race official or to the information booth at the transition area.

BIKE CHECK IN

Bike check-in will take place at the football field in front of transition area on Sunday, 15 March 2026 rom 05:00-05.30.

Athletes are required to check-in the following items:

- Bike with the provided bike stickers attached.
- Bike helmet with the provided helmet sticker attached.

Bike check-in will not be possible without these specified items.

It is prohibited to mark your bike in any manner using balloons, signs, or similar items.

During the bike check-in on the day preceding the race, bike mechanics will be present to offer minor adjustments and services to bikes.

IMPORTANT INFORMATION FOR PARENTS AND GUARDIANS.
Only parents/guardians with a wristband (of athletes in age group 6-10 years) are permitted to enter the transition area and assist their athletes in setting up their equipment. Once the race has started, parents/guardians are NOT allowed to assist their athletes in the transition area during any part of the race.

Security
All bikes placed in the transition area overnight will be securely guarded by Pattana personnels.

RACE BRIEFING

Attendance at the race briefing is compulsory to ensure that athletes are fully informed of all the latest details regarding courses, locations, rules, and more.

The Race Briefing is scheduled to occur at the main stage located in the Expo Arena on Saturday, 14 March 2026, from 13.30

THE RACE

Please prepare your arrival at the race venue on race day in accordance with the event schedule on page 7. The transition area opens at 05:00 and closes at 05:30.

During race morning, bike mechanics will be available to provide last-minute adjustments and services. Please be aware that if you bring your own floor pump, it cannot be stored in the transition area and must be handed to your supporters.

Only parents/guardians with wristbands (of athletes in age group 6-10 years) are permitted to enter the transition area to assist their athletes in setting up their bicycles and preparing their running equipment. All athletes and parents/guardians must exit the transition area by 06:30 at the latest. Failure to comply with this rule will result in a time penalty. Once the race has started, parents/guardians are prohibited from aiding their athletes in the transition area throughout the race.

Bib Number, Swim Cap and Timing Chip

- Attach the bib number to your bike and running attire before the swim start.
- Secure the timing chip to your left ankle before the swim start.

If the timing chip is lost, you will be disqualified from the race.

ROLLING START

Transition Area
Before run athletes are required to run to the transition area, This run is mandatory for all age groups. Upon entering the transition area, athletes will proceed to change into their biking apparel and prepare for the bike segment of the race.

Please securely fastened your bike helmet chinstrap and wear your bib number before removing your bike from its place at the bike rack. The chinstrap must remain fastened whenever you are in contact with your bike. Failure to comply may result in a disqualification imposed by one of the race marshals.

Your bib number must be worn on the bike course and should be visible from the back.

Before mounting your bike, it is essential to cross the designated bike mount line. This line will be clearly marked as "BIKE MOUNT" and is positioned at the exit of the transition area. After completing the bike portion of the race and beginning the run portion, athletes must dismount their bikes at the "BIKE DISMOUNT" line before entering back into the transition area.

Athletes should securely rack their bikes, remove their bike helmet and any other biking gear. Ensure all necessary running gear are in place and wear the bib number at the front of the torso before exiting the transition area to start the run.

The Finish

(a) The finish line zone is located on the main running track.
(b) An athlete/team is considered finished the moment any part of their torso crosses a vertical line extending from the leading edge of the finish line.

ATHLETE GARDEN

The Athlete Garden in the Basketball Courts offers the following amenities:

- Food and beverage services
- Changing facilities
- Toilets

Feel free to spend as much time as you like in the AmazingKids Basketball Courts. Relax, enjoy the refreshments, and make room for other athletes who have completed the race and are making their way to the Basketball Courts .

AWARDS CEREMONY

The awards ceremony will take place at the main stage in the Basketball Courts. The Event Champion awards will be given to the first 3 finishers of all age group. Athletes who are placed in top-3 in their respective age groups will receive a trophy on stage.

TIMING RESULTS

On event day, athletes can check the race results posted on the event board. Post-event, the results will be available for athletes to access on the official announcement at www.facebook.com/AmazingKidsTriSeries and on the website at https://my.raceresult.com/338944/

RACE PHOTOS

Race photos will be available for download in 14 days after the race at https://www.facebook.com/AmazingKidsTriSeries/

E CERTIFICATE

E-certificate can be downloaded

LOST & FOUND

AmazingKids will not be held responsible for lost belongings. Any items found and collected by race officials in various zones or along the course will be turned in and retrieved at the Lost & Found counter near registration area on race day.

All lost and found items may not be immediately available for collection immediately after you finish the race. We appreciate your patience.

Unclaimed items will be held by AmazingKids for 45 days after the race day. Athletes can retrieve them by covering the shipping costs and an administration fee. Any items left unclaimed after the deadline will be discarded.

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