

TRIATHLON 2025





Athlete Information Guide

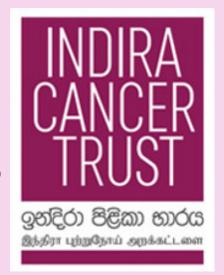
Colombo - Sunday 16th November 2025

Race Pack (T-shirt & Bib) Collection: Friday, 14th November '25 | 1 PM - 6 PM and Saturday, 15th November '25 | 10 AM - 5 PM | Entrance to the Town Hall



Hey there,

Welcome to the **TLC Triathlon 2025**, a life-saving initiative by the **Indira Cancer Trust**, together with the **Ministry of Health** and our national partners.



Every single day in Sri Lanka,

15 women are diagnosed with breast cancer and 3 die.

That could be your mother. Your sister. Your teacher. Your wife, Your friend.

It could be anyone.

But here is the good news: if breast cancer is found early, it can be cured 100%.

That is why we say TLC - Touch · Look · Check.

Touch your breasts once a month to feel for anything new or unusual.

Look in the mirror for any change.

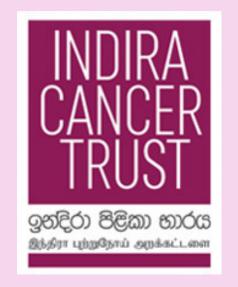
Check with a doctor if something doesn't feel right.

Every woman over the age of 20 must examine herself — every single month.



We're deeply grateful that you've chosen to be part of the Touch, Look, Check Triathlon 2025 -

A national movement of hope, courage, and strength, dedicated to spreading awareness about early detection.



Our unique Triathlon journey span the four corners of our beautiful island:

Kilinochchi - 5th October Batticaloa - 12th October Matara - 19th October Colombo - 16th November

Together, we move not just for fitness but for life, love, and the **women we care about most.**



Let's make every stroke, every pedal, and every step count!

Athlete Information Guide

To help you get the most out of your race day and truly enjoy every moment, we've prepared a short Athlete Briefing Doc just for you!

It walks you through what to do, how to do it, and what to expect so you can race smart, stay safe, and have fun.

Pause it. Screenshot it. Jot down the key points.

The more you know, the smoother it'll flow and the more confident, calm, and ready you'll feel at the flag-off.



TRIATHLON 2025



Categories:

Relay:

The event consists of SWIM • BIKE • RUN.



1st Member: Swim 200m at the NCC Pool

2nd Member: Cycle nearly 5km along the mapped route

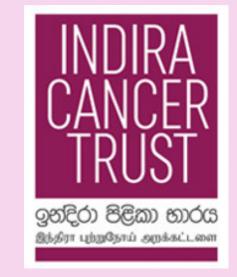
3rd Member: Run nearly 1km along the mapped route

Your team's wristband is the baton.

After the swim, hand it over to your cyclist, and finally, to your runner.

Solo:

Complete all three segments - Swim, Bike, and Run - one after the other.





Race Pack (T-shirt & Bib) Collection:

Relay:

3 Bibs (Green - Swimmer, Blue - Cyclist, Red - Runner)

1 Hand Band (Relay Baton)

2 Stickers (for bike and helmet)

Safety pins and 3 T-shirts

The hand band must be worn by the **swimmer first**, then passed to the cyclist, and finally to the runner.

Solo:

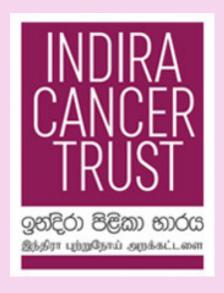
1 Bib

2 Stickers (for bike and helmet)

Safety pins and 1 T-shirt

All items are mandatory to wear on race day to enter the venues.

Race Pack (T-shirt & Bib) Collection: Friday, 14th November '25 | 1 PM - 6PM and Saturday, 15th November '25 | 10AM - 5PM | Entrance to the Town Hall





Parking on Event Day

Is Limited! Please carpool or get dropped off.

Recommended areas:

Maitland Crescent, Independence Avenue, Sri Lanka Foundation Road, Dharmapala Mawatha, C.W.W Kannangara Mawatha

Travel light. Bring only the essentials for a smooth, stress-free start.

Encourage your **family and friends** to **wear pink** and come to support the cause!





Follow the 12 Steps to Get Race Ready!



TRIATHLON 2025



Step 1 - Reporting Time:

Report at **5AM**

Swimmers & Cyclists: NCC Pool Area

Runners: In front of the Town Hall (in full race attire)

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Flag-off: 7AM

Arrive early to avoid congestion, soak up the atmosphere, and get race-ready!



Head to the **Bike Racking** Station at **NCC** and place your bike in the slot matching your Bib number. Dont forget to lock it.

Step 3 - Check-In

Show your Bib number pinned to your T-shirt.

- Swimmers: Report to the pool deck.
- Cyclists: Wait at the pool pavilion.





Step 4 - Swimmer Marshalling

Swimmers will be lined up one behind the other on the pool deck. We'll be using both pools — stay alert, wristband on, and ready!



After a quick warm-up, swimmers will start every 10 seconds in a "Snake formation". Lifeguards and support crew will be present throughout.

You may use kick boards or noodles if needed.

Step 5 - Cyclists on stand by

Be race-ready! Helmet on, route memorized, and ears open for instructions.

Step 6 - Runners on stand by

Runners will be guided to the Town Hall area for warm-up before the start.



Step 7 - Swim Start

At flag-off, swimmers will enter the pool every 10 seconds one behind the other and complete a 200m snake swim.



Swim Route:

- 8 lengths of 25m (up and back in each lane, shifting right after each lane).
- After Lane 4, exit the pool and hand over the wristband to your cyclist.

Safety Tips:

- Lifeguards are on duty at all times.
- Overtake safely (tap the swimmer ahead and pass on the right).
- You may rest briefly by holding the lane rope if needed.

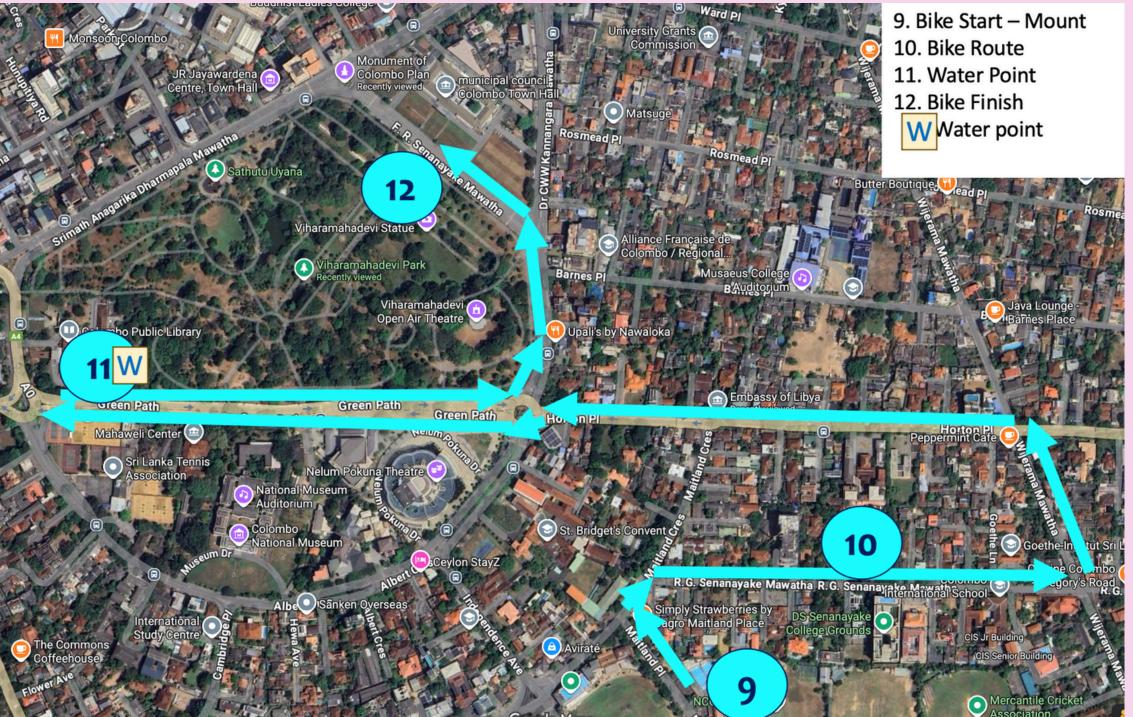
After your swim, change quickly and take the **shuttle** to Town Hall (pick-up just outside NCC Gate).

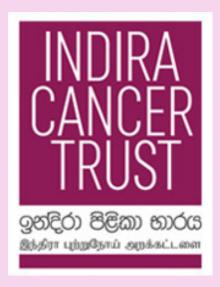


Step 8 - Bike Start

Once you receive your wristband, collect your bike and head towards the NCC Gate. Mount up and start your ride at **9** along the cone-marked route. Ride smart, stay alert, and put safety first!







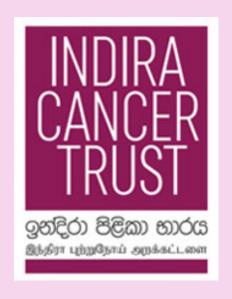
Enjoy the ride. It is not a race!

Stay safe, as the road may be slippery. Look out for yourself and others. it is no fun if anyone takes a fall.



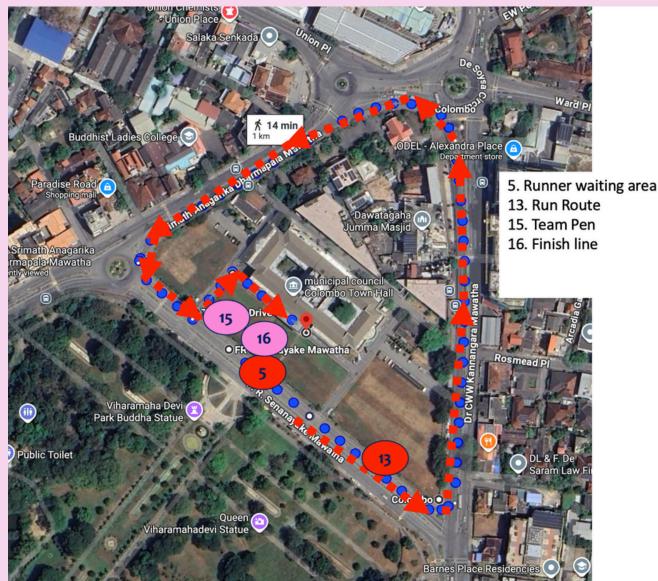
Step 9 - Team Pen

- After finishing your segment, head to the Team Pen at 15.
- When your runner approaches the finish line, join them for the final stretch and cross together as one team!



Step 10 - Run Start

• The Runner receives the band from the cyclist at **5** and begins the run around the Town Hall.





Step 11 - Team Celebration & Photos

Collect your Finisher Medals and capture the moment!



Step 12 - The Most Important Step

- Don't rush off after collecting your medal.
- Stay with us to pledge your support for this life-saving cause.
- Then visit the Awareness Booths, explore the kiddies area, and enjoy some refreshments as we celebrate hope, strength, and community together.



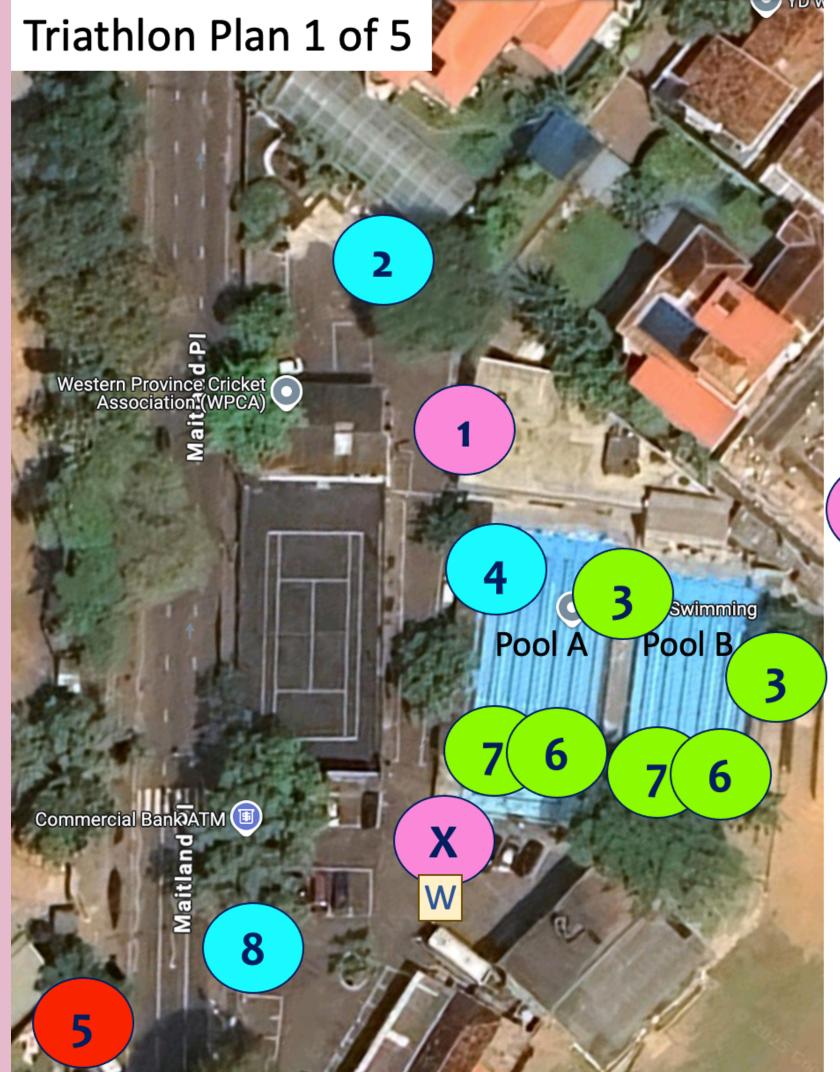
Triathlon maps for your easy reference



TRIATHLON 2025







Colombo

NCC & Colombo Municipal Council

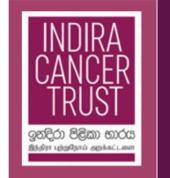


- 1. Team Check in
- 2. Bike Park
- 3. Swimmer Waiting & Warm up Area
- 1. Cyclist Waiting & Warm up Area
- 5. Runner Waiting for shuttle to CMC Warm up Area
- S. Swim Start
- 7. Swim Finish
- 8. Bike Dismount



W Water point

Colombo		
SWIM	200m	4 lengths
BIKE	≅ 5km	2 loops
RUN	≅ 1.25km	3 loops



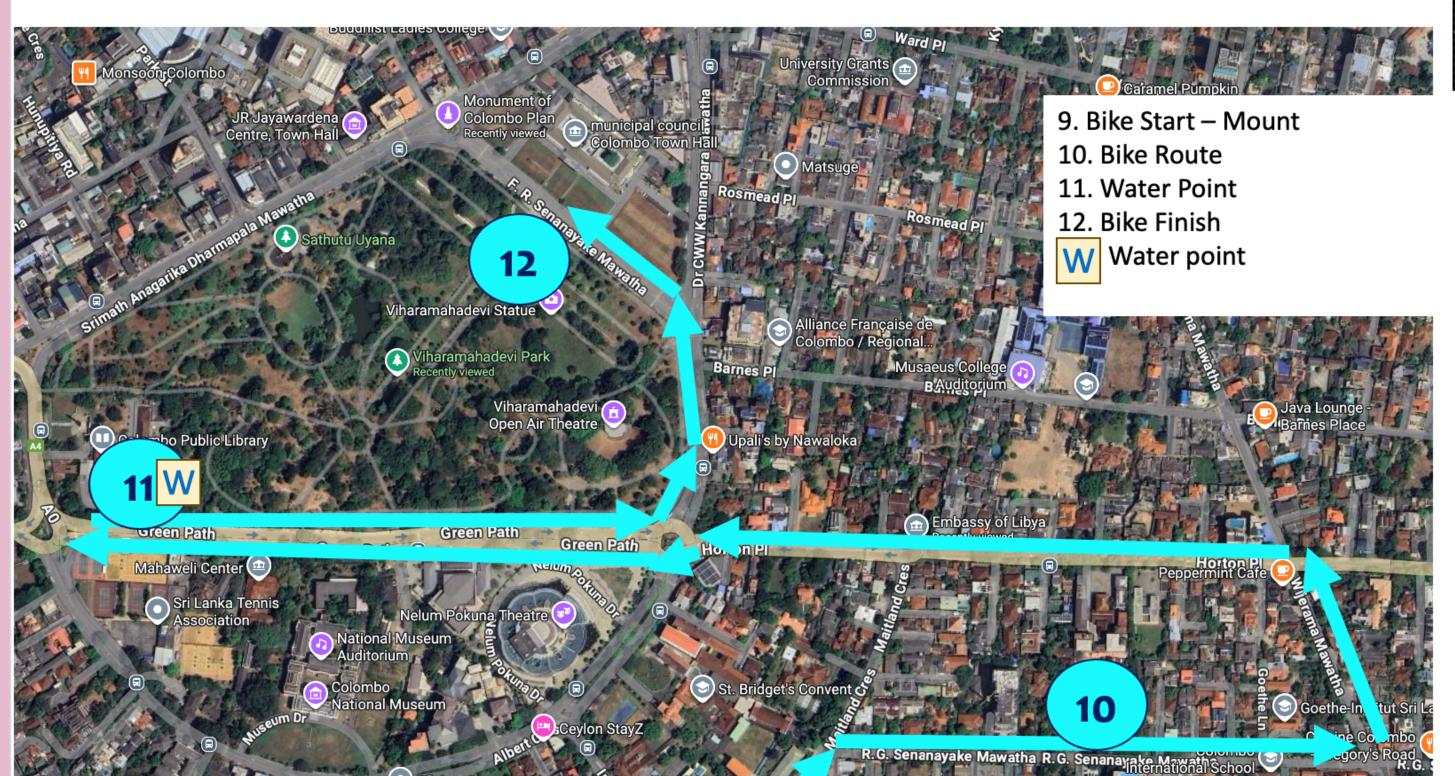




Triathlon Plan 2 of 5

Colombo

NCC & Colombo Municipal Council

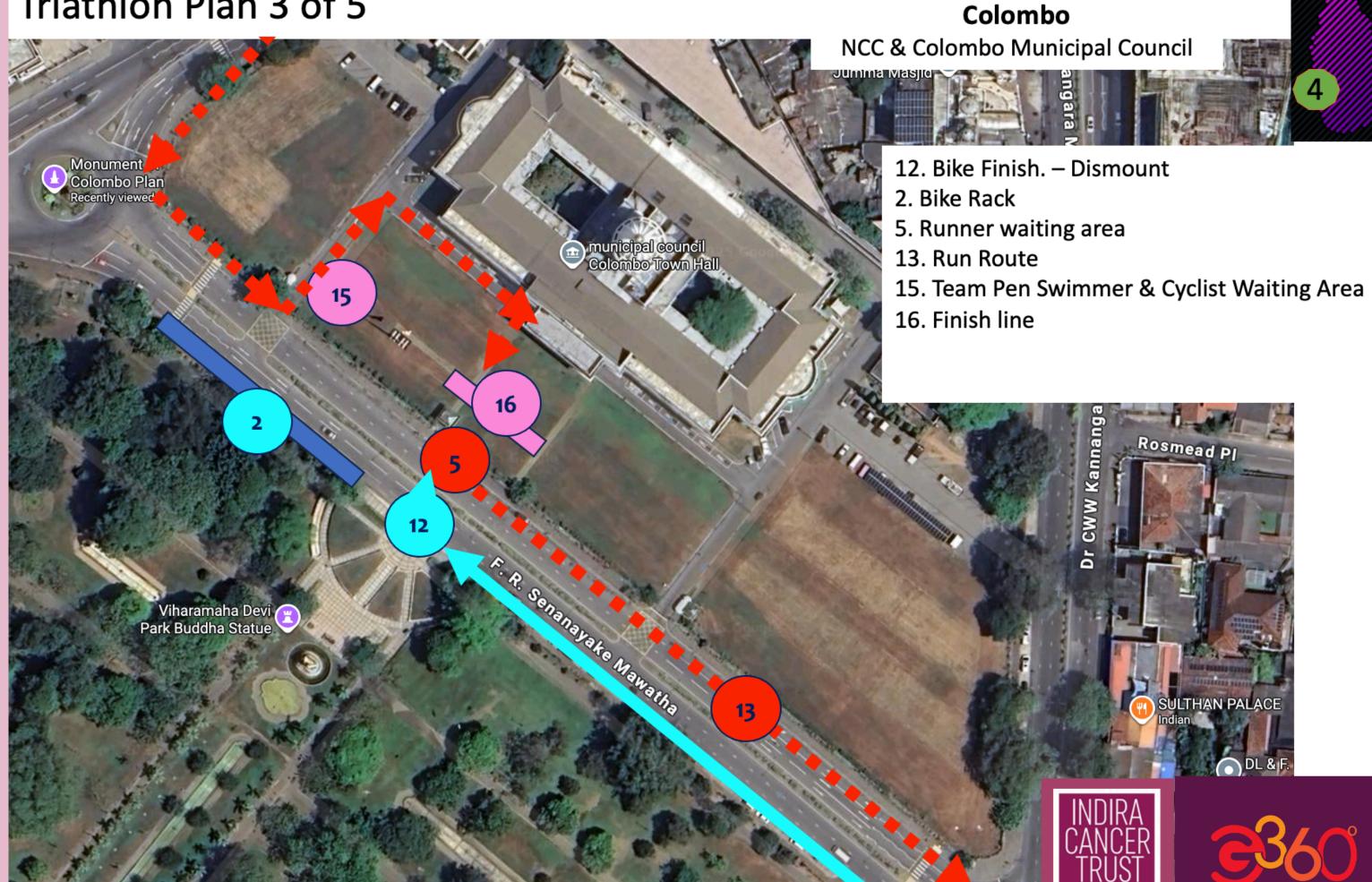


NCC Grounds 🔾

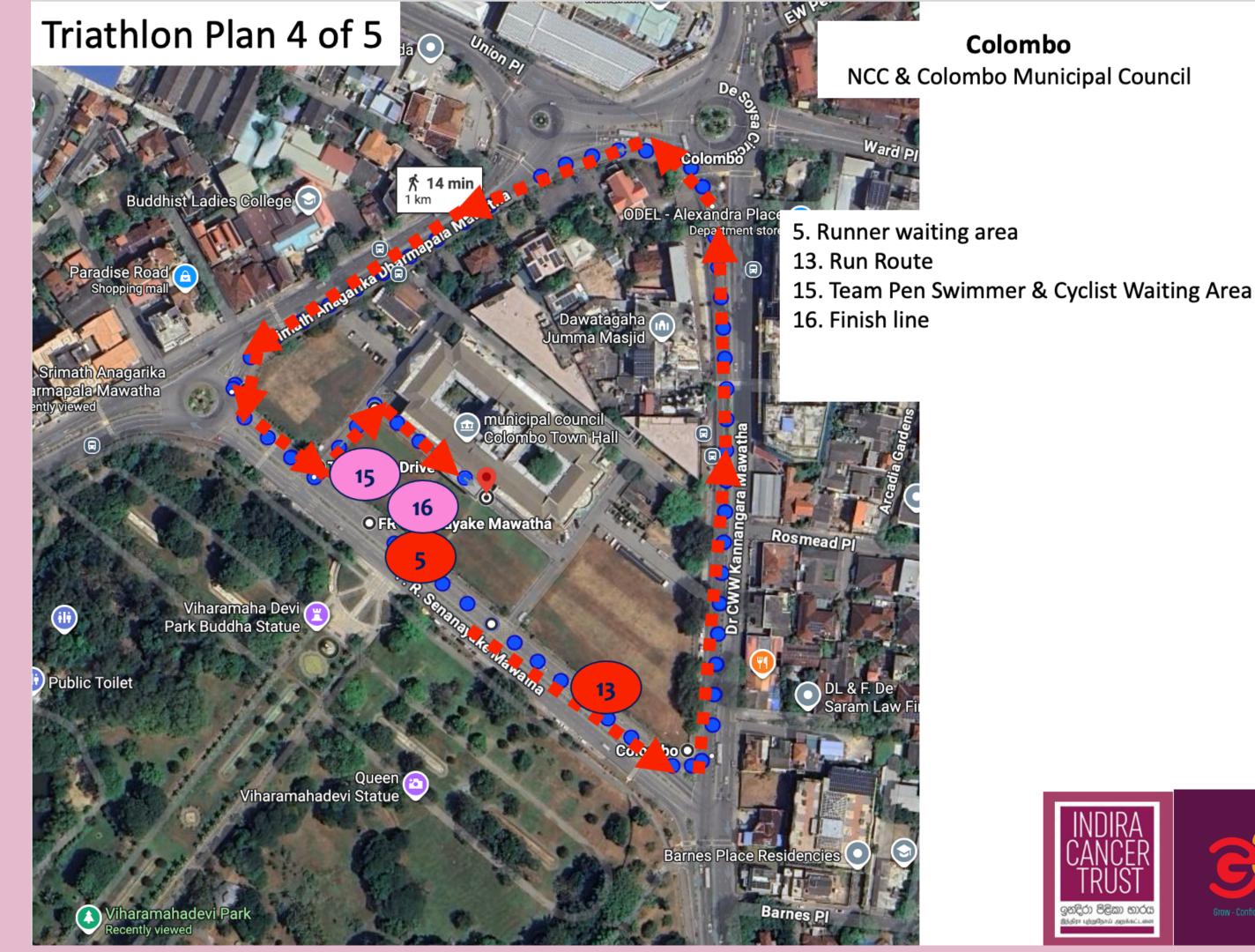




Triathlon Plan 3 of 5

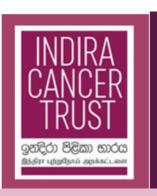






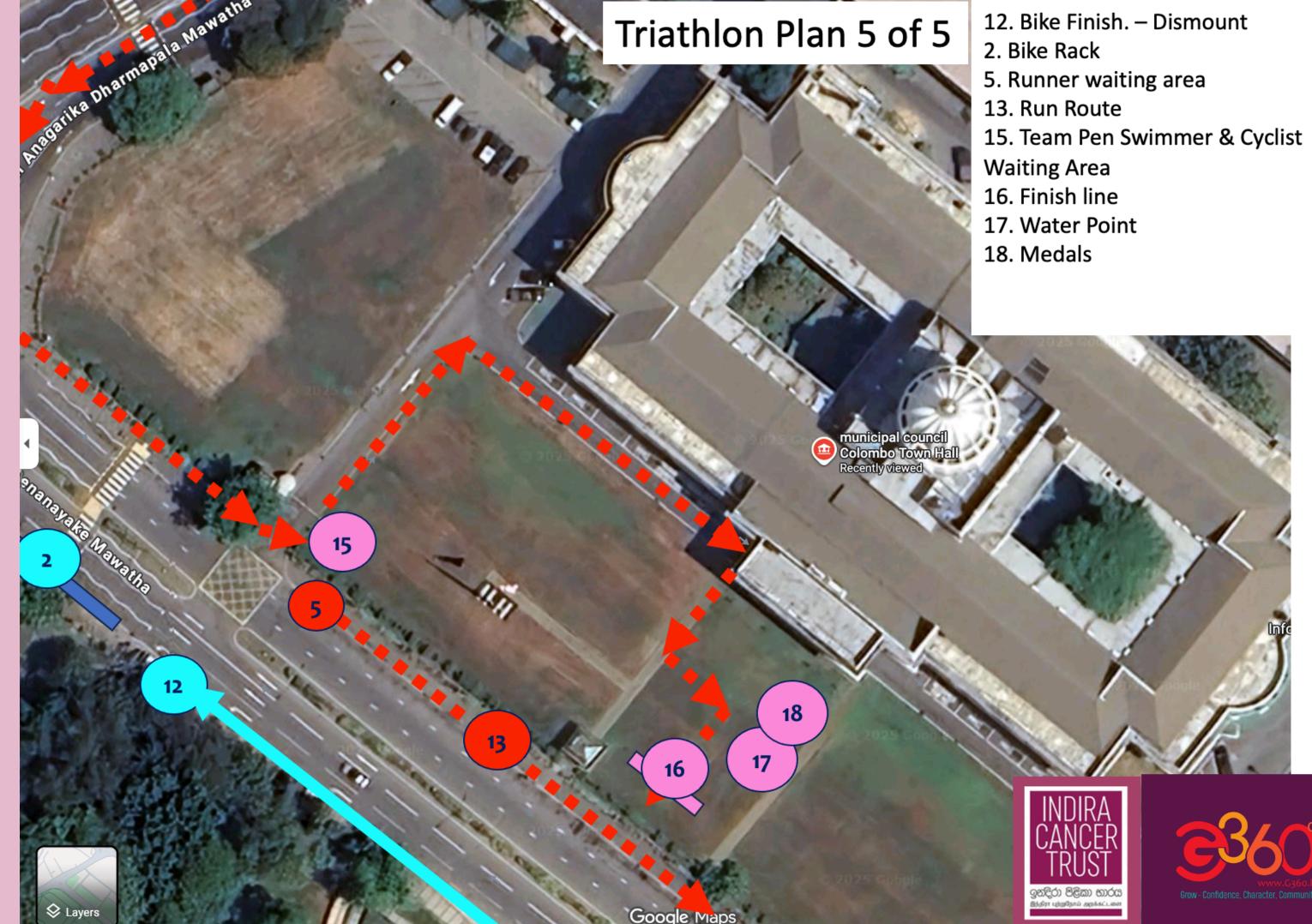






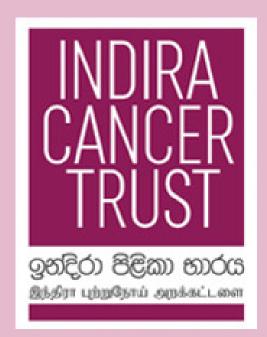








Rain or Shine, See You at the Start Line



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