TRIATHLON ASSOCIATION OF SINGAPORE

1. ATHLETE PROFILE

SPORT	
(TRIATHLON / DUATHLON /	
AQUATHLON / LONG DISTANCE)	
NAME	
GENDER NRIC	
CITIZENSHIP	
PLACE OF BIRTH	
DATE OF BIRTH	
RACE	
MARITAL STATUS	
OCCUPATION	
OCCUPATION	
HEIGHT	
WEIGHT	
BLOOD GROUP	
MEDICAL CONDITION	
DRUG ALLERGY	
DIGO MELLINO!	
PASSPORT NAME	
PASSPORT NUMBER	
DATE OF ISSUE	
DATE OF EXPIRY	
CONTACT NUMBER (HOME)	
CONTACT NUMBER (MOBILE)	
EMAIL ADDRESS	
HOME ADDRESS	
NEXT OF KIN NAME	
RELATIONSHIP	
CONTACT NUMBER	
EMAIL ADDRESS	
SCHOOLS ATTENDED 1	
SCHOOLS ATTENDED 2	
SCHOOLS ATTENDED 3	
SCHOOLS ATTENDED 4	
SCHOOLS ATTENDED 5	
(please include year)	
OTHER CHALLESOATIONS	
OTHER QUALIFICATIONS	
OTHER QUALIFICATIONS	
OTHER QUALIFICATIONS	
OO A OLUC NAME	
COACH'S NAME	
COACH'S ACCREDITATION	
CITIZENSHIP	
NRIC	
CONTACT NUMBER	
EMAIL ADDRESS	
HOME ADDRESS	

2. COMPETITION PROFILE (LAST 24 MONTHS)
(Note: Please include all competitions and time trials results sanctioned by the National Governing Body, or any certified coaches)

	l distances)				
Date	Competition	Category	Distance	Position / No of participants	Time
Bike: (all	distances)				
Date	Competition	Category	Distance	Position / No of participants	Time
	distances)		_		
Date	Competition	Category	Distance	Position / No of participants	Time
	rts (Aquathlon, Duath		n Time		
	rts (Aquathlon, Duath ovide both the Overal Competition	vim/Bike/Rur	n Time ance	Position / No of participants	Time Swim:

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3. Weekly Training / Any Other Matters:

Training Type	Number of Sessions	Duration per Session	Remarks
Swim			
Bike			
Run			
Brick			
Strength			
Fitness			
Testing			
Sports Massage			
Physiotherapy			