



WOODY'S TRIATHLON

2023 RACE INFORMATION PACKAGE

NEW 1 DAY EVENT – SATURDAY, JUNE 24, 2023!

- Adults will race in the morning and the kids will race in the afternoon
- More details below

REMINDER – These race notes **will not** be put in race packages so please READ and print if you would like a copy.

EVENT LOCATION

The race will be held at the Michener Aquatic Centre located at 51A Street and 38th Avenue in Red Deer, Alberta.

REFUND POLICY

Sorry, no refunds or rollovers. Entries are non-refundable, non-transferable and non-deferrable. If for any reason you are unable to race, please email our Registration Captain at register.woodystriathlon@gmail.com.

PARKING

There will be a clearly marked unloading zone along 51A Street, next to the transition area. Parking for race day will be available on the street. Please pay attention to no parking signs at various locations.

CHANGE ROOMS

The Michener Centre Recreation Centre has lockers, washrooms and shower facilities.

RACE SCHEDULE (*subject to change)

Friday June 23rd

5:00pm – 8:00pm Race site set up. Volunteers are needed to help set up transition, finish area and race course
5:00pm – 8:00pm Race package pick up at Michener Centre Curling Rink (3910 - 51A Street)

Saturday June 24th

5:30am – 6:30am Late Race Package pick up
5:30am Race check in opens for try-a-tri, relay teams and adult/junior sprint (body marking, timing chip)
5:30am Transition area opens
6:10am Mandatory pre-race meeting for try-a-tri, relay teams and adult/junior sprint athletes (adjacent to transition area)
6:45am Transition area closed
7:00am TRY-A-TRI, RELAY & ADULT/JUNIOR SPRINT RACE BEGINS!
1. Try-a-Tri
2. Relay Teams
3. Junior/Adult athletes (slowest to fastest)
11:00am Draw prizes & Adult Awards



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11:00am	Transition re-opens for bike pick-up. Note: Athletes may be allowed to remove their bikes earlier depending on the finishing times of other athletes. Please check with the Transition Captain for directions.
11:30am	Race check in opens for youth athletes (race package pick up, body marking, timing chip)
11:30am	Transition area opens
12:10pm	Mandatory pre-race meeting for all youth athletes (adjacent to transition area)
12:30pm	The 5-7 year-old athletes (yellow wristbands) will be marshalled by the "colour captain". All remaining athletes will be led into the pool by their designated "colour captain" after the 5-7 year olds.
12:45pm	Transition area closed
1:00pm	YOUTH RACE BEGINS!
3:00pm	Transition re-opens for bike pick-up. Note: Athletes may be allowed to remove their bikes earlier depending on the finishing times of other athletes. Please check with the Transition Captain for directions.

SAMPLE CHECK LIST OF WHAT TO BRING ON RACE DAY

- Coloured wristband must be worn on right wrist (KOS only, provided in race package)
- Stickers (2 stickers - front of helmet & on frame of bike)
- Bib number
- Swimsuit
- Swim goggles (bring an extra pair just in case)
- Swim Cap (will be given out on pool deck)
- Towels (transition and post-race)
- Bike/run clothes (plan for various weather conditions)
- Bike
- Helmet (**must be CSA/ANSI approved**)
- Bike shoes
- Water bottle
- Running shoes
- Socks
- Hat
- Sunglasses
- Sunscreen (apply after body marking)
- Dry clothes to change into post-race

CHECK-IN & TRANSITION

- Once you arrive, check bike and race gear into transition area



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- Proceed to Body Marking and pick up your timing chip. Your timing chip will be worn on your **left ankle**. You are responsible for the return of the chip after the completion of the race. Volunteers will remove the timing chip as you cross the finish line. **Lost chips will result in a \$25 fee.** If you drop out of the race, please bring your timing chip to a volunteer at the Finish Area.
- Set up your transition area. Rack bikes in an alternating fashion, with front tires facing out. Race gear should be set up on the right side of your front tire. **Please remove any bags or excess belongings.**
- Know where **BIKE OUT**, **BIKE IN** and **RUN OUT** areas are located. Volunteers will be on hand directing traffic.
- Once race has begun, **athletes only** allowed in transition. Volunteers are on hand to assist younger athletes.

SWIM

- Location – Michener Aquatic Centre (6 lane, 25-meter indoor pool)
- Distances

AGE	COLOUR	SWIM
5-7	Yellow	50 meters 2 lengths
8-9	Blue	100 meters 4 lengths
10-11	Green	200 meters 8 lengths
12-13	Pink	300 meters 12 lengths
14-15	Orange	500 meters 20 lengths
16+ Try-a-Tri	White	300 meters 12 lengths
16-19 Junior Sprint	White	750 meters 30 lengths
20 + Adult	White	750 meters 30 lengths

- There will be no warmup allowed in the pool due to time constraints
- Heats are based on estimated swim times (submitted during registration)
- Heats will be a maximum of 4 athletes per lane in the same age group
- Heats will start each time there is an open lane
- **Heat times will be posted at Race Package pick up and at Race Check In**
- All athletes must wear the race swim cap provided. Each cap is a different colour to help volunteers with lap counting.
- Feet first entry – **NO DIVING!**
- Swimmers will swim in a counter clockwise format
- If you need to pass, please pass on the left-hand side and when safe to do so
- If you need to rest, please stop at the end of the lane, on the right side
- Lap counters will notify athletes when there is 1 lap (2 lengths) remaining by putting a flutter board in the water
- You will exit the pool at the same end you entered
- 5-7 year old athletes may use a life jacket or flutter board to make them feel more comfortable
- If the athlete wishes to wear a life jacket or needs a flutter board, **parents please tell a volunteer at check in and they will mark their hand with an "L" or "F".**



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- We will also have volunteers in the water to offer any assistance for the younger age groups.
- No parents or spectators allowed on the pool deck. There is a small viewing area located just past the Men's change room. **There is no access to the 2nd floor.** Please be respectful and give viewing access to parents with athletes in the water.

BIKE

- Bike course maps are available online www.woodystriathlon.com
- KOS bike course is **CLOSED** to all traffic
- Distances

AGE	COLOUR	BIKE
5-7	Yellow	1.5 km 1 loop
8-9	Blue	5 km 2 loops
10-11	Green	5 km 2 loops
12-13	Pink	10 km 3 loops
14-15	Orange	10 km 3 loops
16+ Try-a-Tri	White	6.7 km 1 loop
16-19 Junior Sprint	White	20 km 3 loops
20 + Adult	White	20 km 3 loops

- Helmets must be CSA, Snell or ANSI approved
- There will be no bike check. We recommend having your bikes properly inspected at your local bike shop. However, we will have our sponsor, Wipe-Out Ski & Bike on hand race morning for any minor repairs such as flat tires.
- Your helmet must be secured and completely fastened before you remove your bike.
- Please make sure you ride on the far-right hand side of the road as possible.
- The bike course is completely closed for our KOS athletes and partially closed (40th Ave/55th Street) for the Try-a-Tri/Junior/Sprint race. Please pay attention and follow instructions from volunteers.
- Relay Teams will "tag" the cyclist in front of their bike in transition

RUN

- Run course maps are available online www.woodystriathlon.com
- Distances

AGE	COLOUR	RUN
5-7	Yellow	500 meters 1 loop
8-9	Blue	1 km 1 loop
10-11	Green	2 km 1 loop
12-13	Pink	3 km



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		1 loop
14-15	Orange	4 km 2 loops
16+ Try-a-Tri	White	2.5 km 1 loop
16-19 Junior Sprint	White	5 km 1 loop
20 + Adult	White	5 km 1 loop

- Watch for flags, directional arrows and follow volunteer instructions.
- Turn around areas will be clearly marked with a large sign with your age group (same colour as wristband for KOS athletes).
- 14-15 year olds – you are responsible for counting your laps.
- Aid stations will be located at the Run Exit and at every turn around. Water will be provided by Culligan.
- Race number must be worn on the front.
- Relay Teams will “tag” the runner in front of their bike in transition
- **Absolutely no family members or spectators allowed in the finish line chute.**

POST RACE

- An assortment of snacks will be available for athletes at the finish line.
- A BBQ will be provided by Olymel & Costco. Show your wristband.

TOP RULE INFRACTIONS

Triathlon Alberta will have officials on site to provide a safe, fair and fun race by providing guidance and watching for rule infractions. Please refer to the website for a complete list of rules.

1. Helmet straps to loose
2. Riding in transition
3. Mount/Dismount lines
4. Headphones/headsets/electronic listening device
5. Mobile phones
6. Too much equipment in the transition area (no duffle bags, backpacks or containers)
7. Open tube ends on handlebars. Must be plugged or taped.
8. Drafting
9. Mirrors
10. Littering
11. Unsportsmanlike conduct
12. Bare torso
13. Cameras and video cameras need to have Race Director and Head Official approval

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