**Dawson Creek Triathlon**

**Athlete's Guide 2023**

**Date: Sunday July 16, 2023**

**Start and Finish: Kenn Borek Aquatic Center, Dawson Creek BC**

**Race Day Schedule:** 6:30 AM Access for organizers, volunteers begin parking lot setup

 7:30 AM Transition opens

7:45 AM Check-in, package pickup, body marking, (Pool Lobby)

 8:15 AM Mandatory Pre-Race Meeting

 8:30 AM 15 min swim warmup

 8:45 AM Marshalling swimmers on deck

 9:00 AM Wave #1 Sprint Triathlon Start

 9:00 AM Duathlon Start

 9:30 AM Wave #2 Try A Triathlon Start

 9:15 AM KOS Check-in/Body Marking

 9:45 AM KOS Pre-Race Meeting/Marshalling

 10:15 AM KOS start all races

 11:00 AM BBQ Lunch

 11:30 AM Awards Ceremony

**Please note that athletes will be arranged on deck by swim times and lane assignments. The chart with swim lane assignments will be posted in the Pool Lobby on race morning. The swim director and marshalling aides will assure that you are in the right lane.**

**Rules**

These are the rules that every participating athlete is expected to follow. It is worth repeating that any athlete that drafts on the bike course will risk a disqualification because it may be unsafe. All participating athletes are responsible for knowing the course. Course marshalls will be directing athletes to stay on the proper course at most intersections.

**General Rules**

1. Registrations are non-transferable and non-refundable.

2. Competitors must obey all race officials and course marshals.

3. Good sportsmanlike conduct is expected of all participants.

4. The use of any type of headset or earphones on any part of the course is prohibited.

5. All athletes must wear a top during the bike and run segment of the race.

6. Unauthorized outside aid/support or escorts are grounds for disqualification.

7. All athletes are responsible for knowing the race route. Digital course maps are available at www.dawsoncreektriathlon.ca. If you have the time you can drive the bike course the day before.

8. Only athletes and officials will be allowed in certain designated areas (i.e. transition areas, finish line area)

9. Participants are not allowed to have assistance during transitions or at any other point during the race.

10. The transition area will be dismantled 30 minutes after the last KOS athlete has completed the course. Please remove all equipment from the transition area ASAP.

11.The Chief Course Marshall/Race Director and medical personnel have the ultimate and final authority to remove a participant from the race if (a) they have violated any of the rules of the race or (b) the individual is judged incapable of finishing the race safely.

12. Participants who drop out of the race must notify the nearest course marshal. Those who drop out for medical reasons should also check with medical personnel.

13.Failure to comply with any or all of these rules may result in immediate disqualification.

**Swim Rules (Your swim cap colour indicates your start order)(please check the wave lists for your lane)**

1. Swimming aids (fins, floats, boards, hand paddles, etc.) are not permitted.

2. Walking is not permitted during the swim segment. Swimmer must rest at the end of the pool.

3. Should assistance be required during the swim, it may result in disqualification.

4. Swimmers must wear assigned swim caps as lap counters identify swimmers by cap colour.

5. **NO RUNNING ON THE POOL DECK AT ANY TIME**.

6. No backstroke permitted.

7. If you find that you are swimming faster than the person in front of you it is common to tickle their feet as you approach the wall. The person ahead of you should wait at the wall momentarily and let you pass.

**Bike Rules**

1. CERTIFIED CYCLING HELMETS ARE MANDATORY(ANSI APPROVED). Helmets must be on and the chin strap done up before removing the bike from the rack, and must remain securely fastened until bike is placed back on the rack at the end of the bike segment.

2. Assistance is not permitted during the bike segment. Any repairs are to be done by competitors.

3. DRAFTING IS NOT PERMITTED. Cyclists must stay on the shoulder where possible.

4. Cyclists must obey all officials. Cyclists may move through stop signs and traffic lights when marshals and flaggers are there to control traffic. This is not a closed course, cyclists must obey the rules of the road in their interaction with motorists.

5. All cyclists(individual and relay) must slow down as they enter the transition zone. Cyclists must dismount at the mount/dismount line and walk the bike to the rack. No one will ride bikes in the transition area. Cyclists must rack their own bike. After the bike is racked the helmet may be removed.

6. Relay cyclist must wait for their swim partner at the designated spot and are not to mount their bikes until they are at the mount/dismount line.

7. Bikes must be in safe working condition.

8. No audio devices/earphones allowed on course during the race.

9. Only athletes may pick up their bikes from the transition area after the race.

**Running Rules**

1. All competitors must exit transition at the marked exit.

2. No accompanying runners or cyclists are permitted.

3. Relay runner are to wait at the designated area for cycling partner to arrive and tag the runner (cycling partner must dismount at the designate mount/dismount line).

4. Obey all officials and marshals. Watch for vehicles as this is an open course, you must follow the rules of the road.

**MOST IMPORTANT OF ALL: BE SAFE AND HAVE FUN!**

**RELAY TEAMS**

Cyclists will wait in the designated area in Transition. When in the waiting area, the cyclist may have cycling shoes and helmet on but may not have his/her bike unracked. Once the swimmer has tagged the cyclist he/she must walk to the mount line before beginning to ride. Upon completion of the ride, the cyclist will re-rack his /her bike and tag the waiting runner.

**DUATHLON**

The duathlon will start at approximately 9:00 AM (at the same time as the first swim wave) and will begin in a designated spot in the transition zone..

**BODY MARKING**

Body marking will happen at approximately 7:45AM. Athletes will have their race numbers written on one upper arms and one calf. Please ensure that you give the correct number to the marking volunteer. Race officials and marshals must be able to see your numbers.

**POST-RACE ACTIVITIES**

Post-race snacks for athletes and volunteers will be located in the pool parking lot. Please bring your own chair or blanket. There will be a free BBQ for athletes and volunteers. Medal Ceremonies will occur as soon as possible.

**OTHER INFO**

1. 4th Street and 122nd Avenue will be closed to all but emergency traffic. Please park in front of the Encana Events Center and walk around or park in the back on the gravel next to the pool parking lot.

2. When racking bikes, alternate bike direction if space is limited and this allows room for other participants to store necessary equipment (please keep equipment to a minimum and move bags away from bikes when you are done preparing).

3. After the medal ceremonies race results will be posted on our website and on our FB page.