**2023 Dawson Creek Triathlon**

**KOS Athlete's Guide**

**Date: Sunday July 16, 2023**

**Start and Finish: Kenn Borek Aquatic Center, Dawson Creek BC, Maps will be posted on our website and at the race site.**

 7:15 AM Check-in, Package Pickup (Pool Lobby)

If a parent and a KOS athlete are racing on the same day they may wish to check in together.

 9:15 AM KOS Check-in/Body Marking/Orientation-tour

 9:45 AM KOS Pre-Race Meeting/Marshalling

 10:15 AM KOS start all races

 11:00-12:00 AM BBQ Lunch

 ASAP Awards Ceremony

New for 2022. 4-5, 6-7 and 8-9 swimmers may use flotation devices such as kick boards, water wings etc if it will decrease stress and make the swim portion possible.

1) Athletes will need to have their bib pinned to the front of a shirt that they put on after the swim. Bib colors are Green(4-5), Yellow(6-7), Blue(8-9), Red(10-11), Brown(12-13), Purple(14-15)

2) Race organizers try to keep the Transition area clear of all but athletes and officials. KOS 6-7 and 8-9 athletes may have a family member assist them in Transition to put on shoes and shirts. Helmets must be fastened before the bike is picked up. Athletes must wheel their bike to the mount/dismount line before mounting. If a family member wishes to accompany/run beside KOS 6-7 and 8-9 cyclists they may. KOS athletes must ride or push their own bike. There will be lots of signage and volunteers to make the course clear.

3) KOS 10-11 and 12-13 should be able to put on shoes, shirt and helmet and wheel their bike to the mount/dismount line without assistance.

4) Good sportsmanlike conduct is expected of all participants.

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

6) 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.

Swim Rules

12-13 (300m-12 lengths), 10-11(200m-8 lengths) 8-9(100m-4 lengths) 6-7(50m-2 lengths), 4-5(25m - 1length)

There could be four athletes in a lane in the pool. They will start on 5 second intervals. If you wish to pass, tickle the feet of the swimmer in front and they should let you pass by waiting at the wall. Only pass in the middle of the lane if you are a strong swimmer and can pass quickly. Swimmers will be given different coloured bathing caps and lap counters will use the colours to keep track of laps.