

# 2024 ATHLETE RACE GUIDE

Welcome to the WASA LAKE TRIATHLON & EVENTS.

Our goal is to provide you with the most enjoyable time at the event at Wasa Lake Provincial Park. Plan to arrive early to pick up your Race Bag Saturday 3-7pm at Just Liquid Sports in Cranbrook. There is no race day or late race bag pick-up (this includes the TriKids). Just Liquid will be open for any of your swim or water adventure needs and we will have a few local Sponsors set up there as well. We hope you enjoy your time in the Kootenays!

**The event needs VOLUNTEERS!** The best view as a spectator or supporting family member is through volunteering. Family and friends can go to <http://www.rmevents.com/volunteers/> for the TriKids and Adult sign-up links or send us an email (wasavolunteer301@gmail.com). Volunteers will receive drinks, snacks and included in draw prizing, a bonus of lots of smiles and THANK YOUs from us and the participants!

## Weekend Schedule (Wasa Lake & area is on Mountain Standard Time)

Race Package pick-up: Saturday (June 8) 3-7 pm at Just Liquid Sports in Cranbrook.

### Sunday, June 9

6:00 am – 1:15 pm VOLUNTEER check-in open (see volunteer guide on website)  
6:30 am: Transition Zone is open  
6:30 am: CHECK-IN open for Super Sprint/Sprint Triathlon/Teams/Aquabike/Standard Triathlon  
7:40 am: CHECK-IN closes  
7:50 am: Super Sprint START  
8:05 am: Sprint Triathlon START  
8:20 am: Standard Tri Solos & Relay Teams/Aquabike Waves START  
10:00 am -12:30 pm Medals available at Medal tent near Finish-line (no formal awards presentations) otherwise available for pick up after event.

### Con't Sunday events

12:00 to 1:00pm TriKids Volunteers check-in at Volunteer tent in transition  
12:15 – 1:00pm: TriKids Check-in/ No race day registration.  
12:30 pm: Transition OPEN for TriKids to set up  
1:00 pm: TriKids to be set up Transition Zones for Pre race meeting (will be color coded as per POD group)  
1:15 pm: TriKids POD waves START

## **RACE BAG PICKUP INFORMATION**

- PLEASE come early. We cannot process everyone within the last hour, thank you.
- Everyone **MUST bring PHOTO-ID** for verification and proof of your 2024 annual TriBC or ATA or SASKTRI membership card if you're a member to avoid paying the extra Race-Day TriBC membership insurance coverage. No photo ID = No Bag = No Race 😞
- At least one member of each **relay team** must be present to pick up the team's race package. Remaining team members MUST bring photo ID to be verified at the Racer Check-in on Sunday morning.

- Participants are **not allowed** to have a replacement pick-up bag on their behalf, unless you send a request to race director and must have a very valid reason.
- If you owe money – purchased extra items, insurance fee, etc., bring **CASH** or **CHEQUE** only, payment must be made before getting race bag.
- We will not have credit card or interact processing at the bag pick up.

**RACE MORNING...**this is what YOU can control to help your race start on time.

- Arrive via the NORTH entrance to Wasa Park, park in designated 2 lots (Main beach/Grey Change). There will be parking guides helping everyone get parked.
- No vehicle unloading in front of the Transition Area.
- All vehicles MUST enter the NORTH park entrance and go until directed by the **volunteer** parking marshal. There is ABSOLUTELY no parking anywhere on Wasa Lake Park Drive, or on roads used by the run course, or on the residential streets. Do not park on grass at the entrances of the parking lots. We have space, but we need your co-operation to make parking work. See the **PARKING MAP**. BC Parks will be on hand to issue tickets and have authority to call a tow truck if necessary. Campers Beach lot is being left for Park visitors and Volunteers. We will be utilizing 2 lots at the North end of the lake.
- **BEFORE ANYONE ENTERS THE RACE VENUE OR TRANSITION you MUST CHECK-IN.** To enter transition, you are required to wear a specific wristband you receive at check-in. Go to Check-in to sign in, receive a wristband, bike number, body marking and timing chip.
- Anxious/nervous swimmers may request a red/pink-colored swim cap to make personnel aware of you on the water.
- Timing chip: to be secured onto your ankle for the entire triathlon using the strap provided.
- In Transition, all racers must rack their bike & set up on the north wing on Sunday (TriKids will be setting up behind the finish line side). This will help with flow during & after the races. Thank you in advance for your cooperation with this set-up.
- Each athlete is responsible for and is the only person who can handle their gear, no sharing gear/equipment. Be mindful and keep your gear/items in your space.
- Be as self-sufficient as you can, volunteers will be around if need. There is an aid/water station in transition and on the run course.
- Do your best to listen for your chips 'beep' signal as you step on each timing mat.
- Warm-up: bike warm-up must be completed with bikes racked by 7:40 am, run warm-up on the Wasa Lions Trail north of transition or on roads until 7:45 am, and you may do a swim warm-up, away from swim start/finish area.
- It's highly recommended to get wet prior to your swim start, this will benefit your swim start.
- Be mentally ready for your race by envisioning yourself having lots of fun with your fellow competitors and embrace the challenges of triathlon!
- **NOTE** – this event is Sanctioned by Triathlon BC and follows these **rules and guidelines**.  
[2023 World Triathlon Competition Rules](#)  
[2023 Provincial Competition Rules Appendix K, X, Y](#)

### **Relay Teams:**

- During the race, the timing chip is transferred from the swimmer to the cyclist, then from the cyclist to the runner in the transition area.
- Find an appropriate spot near the cyclist's racking spot to do the exchange.
- The runner is to wear the provided race bib on the front.

**IMPORTANT -> Transition Area:** the transition area is a large “**round-about**” where you will always travel in a counter-clockwise direction, this includes after the swim when travelling bare feet to the bike rack, pushing the bike to the mount line, after the dismount line on the way to bike rack, and with shoes on to the start of the run course. Essentially, all athletes will complete 2 transition laps as part of the racecourse. This flow will help minimize collisions, create an exciting atmosphere, and allow the race announcer to call your name more often! See the Transition Map for reference.

**JUST LIQUID SPORTS Swim Course:** Swim caps provided must be worn during the swim. Timing chips must be worn and securely attached. Swim warm-up will take place at the swim start area 10 min prior to your triathlon start. Swimmers will be asked to exit the lake at the end of their warm-up for final instructions on the beach. Swimmers are expected to seed themselves. Slower swimmers please take positions at the back. Swimmers must stay to the outside of the buoys, or will be disqualified. At the end of the swim, look for the beach-arch that will indicate the end of the swim course. If you encounter difficulties, raise and wave one arm and a paddle boat will assist. Resting on the canoe, kayak or board is allowed, but any forward progress results in disqualification.

Swimmers will run up the beach back into transition (little pools on grass will have water in to run through to clean sand off your feet) and follow the flow (arrows on ground) towards the crossover on the median just before the bike mount line, then run down to your racked bike. Reminder to keep your swim gear in your space not in the way or in the space of others. Thank you in helping others feel safe and being respectful.

**Wet Suit Stripping Zone:** **We are hoping to have this in place again for 2024.** During your beach run to transition area, raise your goggles on top of swimcap, lower your wetsuit below your waist and at the stripping zone (carpet) drop on your back and point feet to the sky and your wetsuit will be pulled off!

**CRANBROOK TOURISM Bike Course:** Your bib number provided can be worn on your front or back. The helmet chin strap must be secured for the entire time that you're touching your bike. Bike must not be ridden until bike is across the mount line, or before or at the dismount line. Support vehicles or other assistance is strictly forbidden. Headsets, headphones, **ear buds or anything that could restrict normal hearing is strictly forbidden** (= disqualification). Course is not closed to traffic. Avoid riding too close to the white line. You need to be aware of traffic if you plan to pass. Pass slower riders on the left and advise them verbally of your intention to pass. Each athlete is individually responsible for the repair and maintenance of their bike. Be

well prepared. A cyclist may walk a bike if necessary. Please cycle on the shoulders of the highway and AVOID the vehicle-travelled portion of the highway. Upon entering the transition zone, cyclists must dismount at or before the dismount line and push bike to their rack (**helmet stays on and strap clipped in until bike is racked!**).

**Official Bike Course Rules & Penalties:** (for *rules* for penalties refer to **regulations** below)

**Drafting:** Drafting off another cyclist or motor vehicle is forbidden. The draft zone of a cyclist is 10 meters long (equivalent to 6 bike lengths measured from the leading edge of the front wheel of the leading cyclist to the front wheel of the approaching cyclist) by the width of the road (this means no side-by-side riding). An approaching cyclist may enter the draft zone of the leading cyclist but must be seen to progress through that zone. A maximum of 20 seconds will be allowed for an approaching cyclist to pass the front wheel of the leading cyclist. The 20 seconds begins when the approaching cyclist is within the 6 bike lengths to the leading cyclist. If a cyclist is unable to pass within the allotted time, they must immediately move out of the draft zone. They may then attempt another pass if they wish. Draft zones may not overlap. The vehicle draft zone is 35 meters long.

**Escorting:** No cyclist shall have an "escort" vehicle beside, in front or behind the cyclist, for which the vehicle is not making forward progress away from the cyclist and is within 35 m of a cyclist for more than 15 sec. Officials will instruct the vehicle to clear the race course, as it creates a safety hazard.

**Blocking:** A cyclist may not intentionally "block" another cyclist and impede their forward progress.

**Centre line violation:** Cyclists may not, at any time, cross the centre line of the road. An automatic disqualification of the cyclist will be issued.

### **ITU/Tri CAN Regulations – Revised for 2023**

[2023 World Triathlon Competition Rules](#)

[2023 Provincial Competition Rules Appendix K, X, Y](#)

[2022 Triathlon BC Rule Change Summary](#)

**Your bike:** Make sure that your bike will not let you down on race day. Pack 1-2 spare tubes, a pump or CO<sub>2</sub> cartridge inflator and tire levers. Practice changing a flat tire, have your bike serviced prior to race day to ensure brakes, chain etc. are all in good working order. Before racking your bike, check your gearing, tire pressure and brakes!

**F2C Run Course:** Bib numbers MUST be worn on the FRONT during the run. The course uses the Wasa Lions Trail and other trails in the Wasa Provincial Park. The surface varies from asphalt, grass and sand. Outside assistance with an escort or pacer is not permitted and will result in automatic disqualification. Stay on the run course at all times. The trail will be shared by 2-way traffic. Stay on the right side of the trail while encouraging other racers. 2 water stations for the Sprint and 4 water stations for the Standard will be available in both directions on the course. Water and F2C nutrition will be available. Stay hydrated!

**Medical:** Search and Rescue's first aid attendants will be available in the transition area. If you have any special medical issues and have not already advised the event, please do so immediately. SARS will also be present on the swim course.

**NOTE:** As per the Communicable Disease Plan – ANYONE feeling ill or has symptoms of fever, fatigue, cough, headache will not be permitted to remain at or participate in any form at the event. Please notify First Aid of your symptoms, give your race # and name to report you are leaving the event/venue. Make sure your timing chip is turned in.

**Finish line food:** Athletes can enjoy fruit and snacks located at the recovery table at the Finish line. This is "racers only food".

**Awards Presentations: Medal and award presentations will be less formal for 2024 to accommodate TriKids start time after adult events.** Race results will be posted in transition, there will be a table near Finish-line and podium where you can pick up your medal and take a photo on the podium.

**BC Parks** provide us with this opportunity to recreate and celebrate in a very beautiful area of BC. Thank you in advance for respecting the following guidelines as we are imposing on the Park's open season and need to respect the Park Visitors and reduce our event impact!

- **Please leave your dog at home**, or keep it away from the race, beaches and Day-Use Areas.
- Late campground check-out: you **MUST** notify staff if you plan on vacating your site past your check-out time. This may be done when you check-in.
- Noise: thanks for respecting the quiet hours in the Park.
- Park your vehicle only in the designated parking areas and not on the residential streets or on the grass (these are tow zones), stay on pavement!
- No littering please: It's a privilege to race at such a beautiful location!
- Be mindful of other's as we are sharing the park and happy to be able to have a live event!

**BC Health Requirements** – We are required to have a Communicable Disease Plan and operate the event with safety protocols.

- Please be mindful as not everyone may be vaccinated, especially children.
- Social Distancing of participants is appreciated, reduce gathering in groups unless with family or regular associated with.
- ALL participants/volunteers/services/staff **must CHECK-IN** EACH DAY you are present.
- NO spectators to be in VENUE or create congestion on event courses within the venue/event for safety concerns. Best to volunteer to spectate to get the best viewpoints! Be respectful and keep SAFE DISTANCE FROM PARTICIPANTS!
- Sanitizing stations will be located in Transition and at AID/WATER stations.

- No one is to share gear or handle other's gear or equipment. Bike check will be in place when leaving transition.
- **IF YOU become ill or unable to complete the event**, please report to FIRST AID and you are expected to withdraw/leave venue/event. Ensure you have notified First Aid or Check-in that you are leaving venue. Return chip to Timing tent.

MAPS ARE AVAILABLE ON WEBSITE: Please review regulations and know your course!  
<http://www.rmevents.com/triathlon>

HAVE A GREAT RACE, SMILE, AND ENJOY YOUR DAY 😊