

VOLUNTEER GUIDE

THANK YOU for volunteering your time, we are thrilled to have you as part of the Wasa VOLUNTEER crew, YOU are the backbone to the success of these events!

Any questions please reach out to wasavolunteer301@gmail.com

PLEASE review this guide carefully.

Wasa Lake Triathlon Weekend 2026

Use the **parking map below** to park at one of the designated parking lots. If you are RACING, please enter Wasa Park using the NORTH entrance to the Lake. If you are VOLUNTEERING, you can enter via the south park entrance and park at campers beach. Camper’s beach is set for those who are just volunteers and not competing, parking attendants will be directing you to a parking lot as outlined in the maps. Please be cautious as all areas will be congested due to the event.

Once parked, **ALL VOLUNTEERS must check-in** to the VOLUNTEER TENT at Horseshoe Beach Bay lot (allow 10-15 mins for this). **If you are ill and need to stay home**, if possible, please text or email volunteer coordinator wasavolunteer301@gmail.com the night before. After you check in, verify time/place to meet your area coordinator as some last-minute meeting places may change, see meeting locations below (**do not arrive to meeting or volunteer area without going through check-in first**). Some of you may receive emails with more specific details regarding your role from your coordinator. A summary of when, where, who to meet will be sent out before the event from wasavolunteer301@gmail.com as well.

At check-in you’ll receive a volunteer vest or shirt, coffee vendor coupon, food vendor discount, name tag, specific gear for your role if need be, option to grab snacks/drinks. Proceed to your volunteer meeting location for some quick coaching/safety information at the confirmed time given when you check in.

Volunteer roles: MANDATORY CHECK-IN at Volunteer tent prior **to reporting to any meeting location or starting any specific duties.**

Volunteer Role	Volunteer Check in Time	Duties
Saturday -Event Set up	9:30 am in Transition – meet Barb	Unload equipment/set up transition/course areas that lead into transition/Finish line
Saturday - Race Bag Pick-up	1:30 pm meet at Just Liquid Sports in CBK (Saturday volunteers)	Greet registrants/Verify ID/hand out caps/bibs/shirts
SUNDAY - Parking attendant	5:45 am the Wasa Lions club, Parking lot	Park vehicles in designated spots
Check-in	6:00 am check in, meet Coordinator at Check in tables after you check-in	Greet, verify ID, Body mark, timing chips
Swim course	7:00 am meet Holger. Follow his email instructions	Monitor swimmers and cheer

Run course	7:00-7:30 am check in meet at Volunteer tent after you check-in	Cheer & direct runners/safety/water stations
Transition Area and Bike Security	7:30 am check in meet at Volunteer Tent after you check-in	Cheer & direct racers/safety
Wetsuit Strippers	7:30 am check in meet Cindy at Grassy area / Kids pools after you check-in	
Foods + Finish-line	7:45 am check in meet at Foods tent near Finish line	Prep and display food

VOLUNTEER GUIDE - Wasa Lake Triathlon & Events – Saturday/Sunday June 13/14, 2026

Suggested items to bring:

Backpack, sun block & hat, bug repellent, rain gear, appropriate clothing, re-fillable drink bottle, if desired, foldable lawn chair & umbrella for (run course marshals encouraged to bring chair), good shoes and cell phone for emergencies. --- And your Volunteer Guide!

Event INFO you should know:

Many participants will be excited and nervous, unfortunately some will be scrambling and not as well prepared as a race director would like. Here's some basic info that you may be able to provide when **participants or spectators** ask you for information. They will be very thankful for your knowledge and the fact that getting info was easy. They will boast that "WASA VOLUNTEERS ROCK" as usual! Please do not offer info on rules or course specifics, they should know this, or they can ask a 'STAFF'. Refer to Transition Map below for flow of Transition. Race maps available here: [Standard](#), [Sprint](#), [TriKids](#).

SUNDAY Race Schedule:

7:45 am Super Sprint START: swim 300m/ bike 7km/run 3km

8:00 am Sprint Triathlon START: swim 750m/bike 20km/run 5km

8:15 am Standard Aquathon START: swim 1.5km (2 clockwise loops)/ bike 40k

8:15 am Standard Triathlon Solos & Teams START: swim 1.5km (2 clockwise loops)/ bike 40k/run 10k

11:45 am- 1:00 pm Volunteer for TRIKIDS check in

12:20 pm TRIKIDS check-in

1:15 pm TRIKIDS START

RACERS and VOLUNTEERS ONLY in Transition - NO spectators.

The Finish Line Food is available for **racers only** to help with their post-race recovery. Volunteers receive snacks/drinks from volunteer tent.

Parking only takes places in the **designated areas**. Pay close attention to the instructions received from parking attendants. See parking map below for all parking information. There is **absolutely no stopping** in front of the Transition Area on Wasa Lake Park Drive any time after 6am and no parking on the residential streets or any grassy areas. If a parking issue is reported to you, please inform the race director or volunteer booth staff ASAP. Vehicles will be towed.

TRANSITION ZONE MAP

Horseshoe Bay

LEGEND	
	Finish Line Arch
	Large Pavilion Tent
	Podium
	Bike Racks
	Delineators
	SARS/First Aid
	Toilets

