

Race Number – Helmet & Bike Tags

Your race number is included in your race package – **DO NOT LOSE IT!**

Before arriving on Race Day:

- **Helmet Sticker** – Attach the race number sticker to the *front* of your helmet



- **Bike Frame Number** – Securely attach the bike number to your bike frame. Adhesive is provided: use additional tape if needed to ensure it stays in place.



Athlete Check-In – WEST FRASER FIELDHOUSE

Division	Check-In Time
Sprint / Team Sprint / Try-a-Tri	7:00 am – 7:30 am
Kids of Steel	10:15 am – 11:15 am

At Check-in:

- **Body Marking** – Your number will be marked on *both arms and legs*
- **Timing Chip** – You will receive a timing chip that must be worn on your ankle for the entire race.
 - **Team Relay Athletes:** The swimmer starts with the timing chip. In transition, the chip must be passed to the next teammate, who must put it on before touching the bike or starting the run.
 - Timing chips will be removed by volunteers at the finish line.
 - **Lost timing chips will result in a \$25 replacement fee**
 - If you withdraw from the race, please return your chip to a volunteer at the finish line.



Mandatory Pre-Race Meeting

LOCATION: WEST FRASER FIELDHOUSE

Division	Meeting Time
Sprint / Team Sprint / Try-a-Tri	7:30 am – 7:45 am
Kids of Steel	11:15 am – 11:30 am

ATTENDANCE AT THE PRE-RACE MEETING IS MANDATORY FOR ALL ATHLETES. IMPORTANT RACE-DAY INSTRUCTIONS, SAFETY INFORMATION, AND COURSE DETAILS WILL BE REVIEWED.

Rules & Regulations

SWIM

- Athletes may use any swim stroke you are comfortable with.

CLOTHING

- A shirt is mandatory during both the bike and run portions of the race.

TRANSITION AREA

- Bring only the gear you need and keep your transition space tidy (approximately 1 square foot)
- Bikes may **NOT** be ridden in the transition area
- Mount your bike only after crossing the designated Mount line
- Dismount your bike before crossing the Dismount line

HELMETS

- Must be certified, well-fitted and in good condition
- Your helmet chinstrap must be fastened before removing your bike from the rack

BIKE

- All handlebars must have end plugs installed
- Drafting is not permitted. Always maintain a safe distance behind other cyclists.
- Pass other cyclists on the left and clearly call out "On your left" when passing

PROHIBITED EQUIPMENT

- The following items are not permitted during the race:
 - Cell phones
 - Headphones or earbuds
 - e-bikes or scooters
 - Snorkels
 - Bike toe cages
 - Electronic devices

SPORTSMANSHIP

- Be respectful to other athletes, volunteers, and referees
- Unsportsmanlike conduct = possible **disqualification**

LITTERING

- Dispose of trash only in designated **garbage bins**

OUTSIDE ASSISTANCE

- No outside help during the race
- Exceptions:
 - 7 & under – may have one adult in the transition area
 - 5 & under – may have one adult with them for the entirety of the race

Know Your Course!

ATHLETES ARE RESPONSIBLE FOR COUNTING THEIR OWN LAPS, KNOWING THEIR OWN DISTANCES AND TURNAROUND SPOTS. CHECK POSTED SIGNAGE AND ASK OFFICIALS IF UNSURE.