



GRANDE PRAIRIE TRIATHLON

**ATHLETE PRE-RACE
BRIEFING**

Adult Triathlon Categories

	TRY-A-TRI	SPRINT/TEAM SPRINT
SWIM DISTANCES	300 M	750 M
BIKE DISTANCES	 10 KM (2 LOOPS)	 20 KM (4 LOOPS)
RUN DISTANCES	 3 KM	 5 KM

SWIM

RACE	TRY-A-TRI	SPRINT/TEAM SPRINT
SWIM DISTANCES	300 M	750 M
LAPS	6	15

Swim Instructions – 25m Lengths

One Lap = 2 lengths (down & back in the same lane, touch both walls)

Staging: Line up **numerically** beside the **FlowRider**

Swim Caps: Provided on deck – **must be worn**

Start: No jumping/diving – **rolling start only**

Lane Max: **4 swimmers** per lane

Follow all Swim Marshal instructions

SWIM VENUE & STAGING

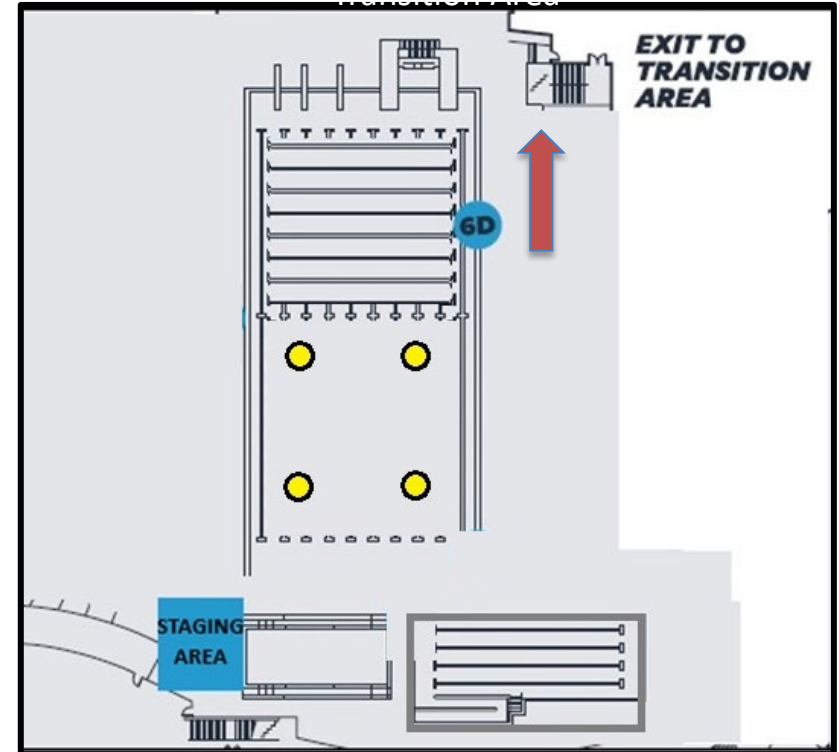
Important Reminders

Lap Counter: Flutter board placed when **1 lap** remains

Exit Pool: Use **NE door** beside the diving board

Transition: Along north side of Ring Road

**YOU ARE RESPONSIBLE FOR COUNTING
YOUR OWN LAPS**

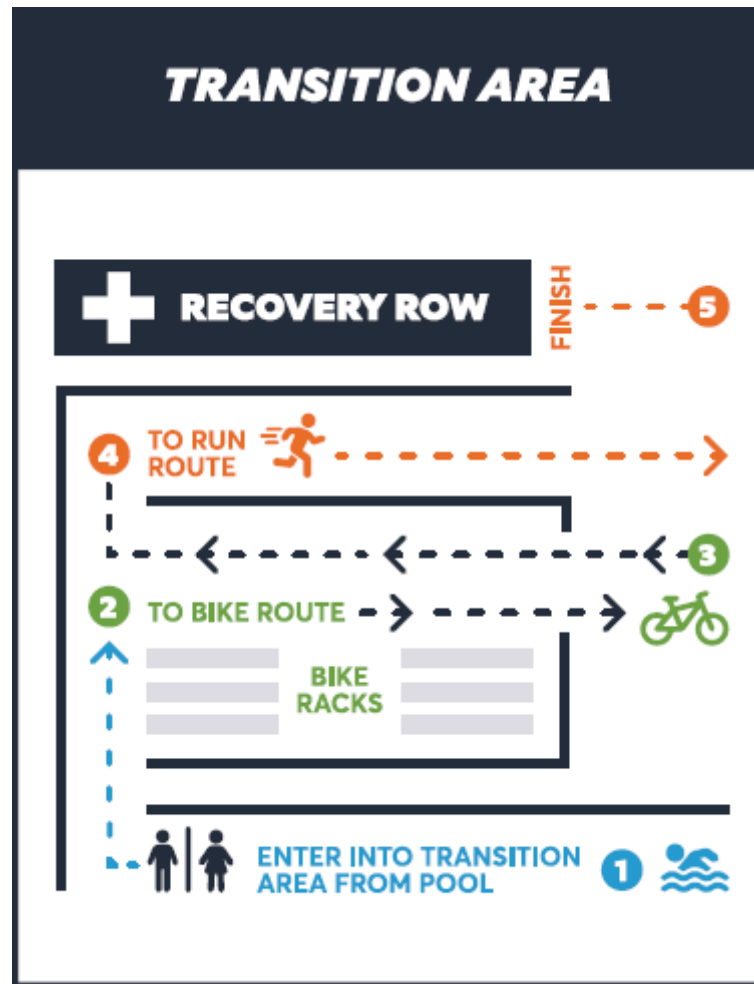


TRANSITION AREA #1 – Swim to Bike



- Exit the pool and head **directly to your bike rack**
- Place **goggles and swim cap neatly** beside your bike
- **Helmet must be on and buckled** before touching your bike
- Cross the **Mount Line before** getting on your bike
- Exit the transition area with your bike and proceed onto the road

TRANSITION AREA LAYOUT



BIKE

RACE	TRY-A-TRI	SPRINT/TEAM SPRINT
BIKE DISTANCES	 10 KM (2 LOOPS)	 20 KM (4 LOOPS)

- 1 Loop = **Eastlink -> Poplar Dr -> Eastlink**
- **Closed course** on 68th – watch for uneven pavement
- Ride East on the south side, return West on the north side
- Turn-around point is at Poplar Drive
- **No drafting** - stay to the left
- Pay attention to bike marshals, volunteers and surroundings

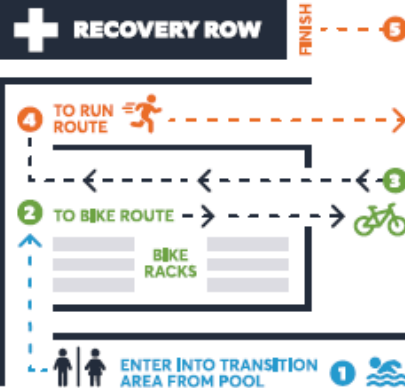
YOU ARE RESPONSIBLE TO COUNT YOUR OWN LOOPS!

BIKE COURSE MAP

GRANDE PRAIRIE TRIATHLON

JULY 12, 2026

TRANSITION AREA



	TRY-A-TRI	SPRINT/TEAM SPRINT
SWIM DISTANCES	300 M	750 M
BIKE DISTANCES	(A) 10 KM (2 LOOPS)	(A) 20 KM (4 LOOPS)
RUN DISTANCES	(1) 3 KM	(2) 5 KM

THANK YOU TO
OUR SPONSORS



TRANSITION AREA #2 – Bike to Run

- **Dismount** at the **Dismount Line** – you **must be off your bike** before crossing
- Walk your bike to your designated **bike rack spot**
- **Rack your bike** before removing your helmet
- Place your helmet and any other gear (bike shoes, etc.) **neatly by your bike**
- **Exit transition** and begin your **run**

RUN

RACE	TRY-A-TRI	SPRINT/TEAM SPRINT
RUN DISTANCES	① 3 KM	② 5 KM

- Follow the **paved trail system in Muskoseepi Park**
- **Turnaround points** will be clearly marked
- **Water & Aid Stations** available at **3K** and **5K** turnarounds
- This is an **open course** – be aware of **public and pets** on the trail
- Use **proper running etiquette** – call out "**passing on your left**"

RUN COURSE MAP



GRANDE PRAIRIE TRIATHLON

JULY 12, 2026

TRANSITION AREA



RECOVERY ROW

FINISH

4

TO RUN
ROUTE



2

TO BIKE
ROUTE



BIKE
RACKS



ENTER INTO TRANSITION
AREA FROM POOL

1



	TRY-A-TRI	SPRINT/TEAM SPRINT
SWIM DISTANCES	300 M	750 M
BIKE DISTANCES	10 KM (2 LOOPS)	20 KM (4 LOOPS)
RUN DISTANCES	3 KM	5 KM

THANK YOU TO
OUR SPONSORS



GRANDE PRAIRIE
TRIATHLON

TRIATHLON
ALBERTA

TEAMS

TRANSITION AREA

- **Bike Athlete** waits in transition for the **Swimmer**
 - Cannot put on gear until **timing chip is passed off**
- **Run Athlete** waits for the **Bike Athlete**
 - **Bike must be racked** and **helmet off** before chip handoff
- Timing chip must be **physically passed** and securely fastened to the **ankle**

! No chip handoff = Disqualification

RACE RULES & REMINDERS



Mount AFTER the mount line

- At least one foot must touch the ground **after** crossing the line



Dismount BEFORE the dismount line

- One foot must touch the ground **before** the line



Keep belongings within 0.5m of your designated transition spot



No drafting

- Stay outside the **3m wide x 12m long** draft zone



Relay Team Penalties

- May be served by **any team member**



No headphones allowed on course

RESULTS

ZONE4

Race Timing Services

Online Registration System

Home ▶ 2025 Grande Prairie Triathlon ▶ Overall Results

2025 Grande Prairie Triathlon

Categories ▼

Race Tools...

Click a Racer's name to see more information or to keep them highlighted on the results.

Try a Tri

300m Swim, 10km (2 x 5km) Bike, 3km Run

Time ▼



THINGS TO REMEMBER

🚫 **No jumping or diving** into the water

➤ Wait for the **official** to start you

🔄 **Lap Counters** will be present, but...

➤ **YOU are responsible for counting your own laps**

✅ **Bike laps** will be verified at the turnaround point

⚠️ **Safety First!**

➤ Call out “**on your left**” when passing

➤ **Listen** to instructions from **Marshals**

🚻 **Washrooms** are located in the **transition area**

💧 **Water stations** are available on course – **stay hydrated!**

👏 It takes a **team of volunteers** to keep you safe

➤ **Please thank them** for helping make this event possible!

Thank you on behalf of the Race Directors, Officials
and the organizing committee.

Good Luck & Have Fun!