

What are the race distances?

ADULT TRIATHLON CATEGORIES

RACE CATEGORY	AGE	SWIM	BIKE	RUN
Try-a-Tri	14+	300 m	10 km	3 km
Sprint	16+	750 m	20 km	5 km
Team Sprint (teams of 2 or 3)	16+	750 m	20 km	5 km

KIDS OF STEEL TRIATHLON CATEGORIES

RACE CATEGORY	SWIM	BIKE	RUN
5 Years & Under	25 m	1 km	0.5 km
6 – 7 Years	50 m	1.5 km	0.5 km
8 – 9 Years	100 m	3 km	1 km
10 – 11 Years	200 m	5 km	2 km
12 – 13 Years	300 m	10 km	3 km

What is the protocol if there is inclement weather?

- **Rain:** in the event of rain, the triathlon will continue. The bike portion of the race will be cancelled if the road conditions are unsafe due to rain and the race will become a swim and run event.
- **Lightning:** The triathlon will be delayed or stopped immediately if there is lightning. The race will not resume until 30 minutes after the last lightning strike.
- There are no rain dates, refunds or transfers if a race is modified or cancelled due to weather.
- Participants will still receive their t-shirt, race swag and medal in the event of inclement weather.

Can I use cage pedals?

- Race participants are not permitted to use cage pedals.

Will I be timed?

- As a Triathlon Alberta sanctioned event, the Grande Prairie Centre Triathlon is timed. All finishing times will be posted on the Zone4 website.

How will I know where to run and bike?

- Traffic cones, signs and volunteers are placed throughout the triathlon course to help provide direction and support to athletes. We also recommend participants and parents do the following prior to the triathlon to get familiar with the race route:
 - Carefully read the maps provided on our website at cityofgp.com/triathlon and on-site at the Eastlink Centre detailing the routes, bike and run exits, turnaround points, transition points and more.
 - Walk the course at least once a few days prior to the event.
 - Attend the pre-race meeting on the morning of the event.

What happens when I cross the finish line?

- All triathletes will remove their timing chip, receive their finisher medal and other swag items. Recovery Row is at the end of the race for athletes to get snacks and beverages and visitors can meet them there.

Can I remove my shirt during the race?

- No, all participants must keep their shirts on during the bike and run portions of the race.

Are headphones allowed?

- No, headphones are not allowed in the Grande Prairie Triathlon.