

2023 Race Day Schedule



Saturday - July 15, 2023

Time	Adult / Junior / Relay	Kids Race	Time
12:00pm-7:00pm	Race Package Pick Up at the Stettler Rec. Center & Pre -Registration	Race Package Pick Up at the Stettler Rec. Center & Pre -Registration	12:00pm-7:00pm

Sunday - July 16, 2023

Time	Adult / Junior / Relay	Kids Race	Time
6:00am	Race Package Pick Up, Registration, Check In & Body Marking	Race Package Pick Up, Registration, Check In & Body Marking	6:00am
6:30am	Transition Open	Transition Open	6:30am
7:30am	Athletes Meeting Outside near the finishing arch		7:30am
7:50am	5 KM Run Starts		7:50am
7:55am	Transition Closed to Adult / Junior Athletes		7:55am
7:55am	Junior & Relay Sprint Tri on pool deck		7:55am
8:00am	Junior Relay Sprint Triathlon go into the pool.	Transition remains open to Kids race – But requires assistance from volunteer since Adult / Junior Race is in progress	8:00am
8:15am	Sprint Triathlon heats go into the pool - slowest to fastest. Details on estimated swim heat start times will be posted outside the pool.	Transition Remains Open – But requires assistance from volunteer since Adult / Junior Race is in progress	8:15am
10:00am	InterPipeline BBQ starts	Transition, Race Package Pick Up, Registration Closes to KOS Athletes Meeting (inside the Rec. Center)	10:00am
10:30am	Estimated start time for the Tri-It Heats.		10:30am
11:00am		KOS event 12-15 Start	11:00am
11:45pm	10 minute window for Bike removal from Transition	KOS 10-11 Start	11:45pm
12:20pm		KOS 8-9 Start	12:20pm
12:45pm		KOS 5-7 Start	12:45pm
1:00pm	Access for Bike removal from Transition	KOS Event Complete	1:00pm
1:10pm	Adult / Junior Race Results Awards	KOS Race Results Awards	1:10pm
1:30pm	Event Complete	Event Complete	1:30pm
Time	Adult / Junior / Relay	Kids Race	Time