

# STETTLE TRIATHLON & 5K RUN 2023



*Sunday July 16, 2023*

Adult Sprint / Tri-It

Junior Sprint / Tri-It

5km Run

Race Package

# STETTTLER TRIATHLON & 5K RUN 2023

## Race Package Pickup

Race packages will be available at the Stettler Rec. Center Saturday July 15, 2023 from 12:00pm to 7:00pm. Race packages can also be picked up the morning of the race at the registration table starting at 6:30am. In your package you will find your swim cap, swim heat info and race bib number. Ensure these items are with you the morning of the race. Timing chips will be issued as you enter the pool for your race heat.

## Race Day Schedule

Date: Sunday July 16, 2023

### Time

6:30am	Transition/Bike Check Opens (Stettler Rec. Center)
6:30am to 7:30am	Athlete check-in, Body Marking
7:30am	Athletes meeting outside the Stettler Rec. Center – near the finish arch area.
7:50am	5km run starts.
7:50am	Transition access closes to sprint and tri-it competitors.
7:50am	First 5 heats on pool deck
8:00am	First 5 heats of the sprint race go into the pool. Details on estimated swim heat start times will be posted outside the pool. Athletes will start slowest to fastest.
10:15am (estimated)	First 5 heats of the tri-it race go into the pool.
10:45am (estimated)	Kid Race Starts
1:00pm (estimated)	Sprint, Tri-It Race Results and awards. This time is subject to change depending on race day registration numbers. Updated information will be relayed on race day.

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## General Info

1. Photo ID may be requested the day of race during registration.
2. This bike portion of the race is on public roads, with open traffic and other users.
3. iPhones/iPods may be used for GPS purposes only – no headset are permitted. This is for your safety so you will be able to hear officials, volunteers, traffic and anything around you.
4. You will be provided with a race bib with a number that is optional on the bike and but mandatory on the run portion of the race. A race belt is recommended but the race number can be pinned as well. The number should be worn on the back during the bike and but must be worn on front during the run. If you do not have a race number belt or easy means of moving the number once affixed, you may wear the number on the front for the entire race.
5. There is 2 sets of bathrooms and 1 Bathroom/shower room available inside the Stettler Rec. Center.
6. Unfortunately, we cannot accommodate swim warm ups prior to the race start.
7. Lockers are available inside the Stettler Rec. Center bathroom/shower room at a cost of 50 cents (2 quarters) – please bring change with you.
8. If you have to withdraw from the race part way through, please return to transition and notify the race official.
9. You are responsible for managing own litter outside of the aid station areas.

## Transition

1. Athletes only in transition area.
2. 6 - 8 bikes per rack 3 - 4 bikes on each side.
3. Marking devices are not permitted to identify your bike's location (flags, strings, etc.)
4. After you check in, you may return to transition area to organize belongings beside your bike.
5. Your race day equipment is required to stay inside you bike space. Please make all effort to minimize any unneeded equipment in the transition area.
6. No riding bikes in the transition area.

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## Swim

Sprint Distance Swim - 750m / 30 lengths  
Tri It Distance Swim - 300m / 12 lengths

1. If you need to update your estimated swim time, send them to [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com) at least one week prior to the race.
2. The Stettler Rec. Center pool is 25 meters long.
3. Swim heats will have triathletes of similar times grouped together starting slowest and moving to fastest.
4. You cannot wear a wet suit for a pool swim. You can wear a swim suit, swim skin suit or tri suit.
5. You will find your heat times posted in the Stettler Rec. Center on race day.
6. Please be on the pool deck 15 minutes prior to your swim heat start time.
7. Swimmers will be typically grouped in 3 to 4 swimmers per lane with staggered starts.
8. No shoes on pool deck. They may be left at the pool entrance or left with you bike in transition. There will be mats between the pool exit and transition.
9. Only athletes, volunteers and race organizers allowed on pool deck.
10. The pool viewing area is small but open for spectators.
11. Athletes will cross the start timing mats and enter the pool feet first and start their swim. No diving starts permitted.
12. Swimming stroke preferences are front crawl or breast stroke. Back stroke and side stroke can be used if required.
13. Lane swim will be counter clockwise. Stay on the outside of your lane.
14. If you need to pass, gently tap the feet of the person in front of you.
15. Please count your own laps. Volunteers will also count your laps and will signal when you have 50 meters (2 lengths) remaining by putting a flutter board in the water.
16. After finishing your swim there will be mats on the pool deck you will follow to the west pool door. When you are off the pool deck and outside the door you can run to transition.
17. Return your swim cap if you do not want to keep it to the registration desk for a \$2.00 refund.

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## Bike

Sprint Distance Bike - 20km out and back

Tri It Distance Bike - 10km out and back

1. Your helmet must be fastened before you take your bike off the rack and the strap must stay fastened until your bike is put back on the rack at the end of the bike portion.
2. You are responsible for ensuring that your bike is mechanically safe prior to race day.
3. Disk brakes are acceptable.
4. You must wear a CSA or ANSI approved bike helmet.
5. You must use running shoes or cycling shoes. No bare feet on the bike.
6. You cannot get on your bike until you cross the mount line or you will be penalized. You must dismount your bike prior to the mount line and take you bike back into transition on foot. Your bike must be secured in bike rack before starting the run course.
7. This bike course is open to motor vehicles and other users. Stay to the right, stay alert, and pass only when it is safe.
8. At major intersections with turns and/or traffic lights traffic will be controlled by the fire department or volunteers. Caution is still required by the cyclist.
9. No drafting. For safety and fairness do not ride closely behind other bikes. Drafting will result in a stop start penalty (see penalty section).
10. Toe cages will be allowed on bikes. They are acceptable only if the straps are removed.
11. There is on railway crossing on the bike course.

## Run

Sprint Distance Run & 5 km Fun Run – 5 km – 2 loops

Tri It Distance Run - 2.5 km – 1 loop

1. The run paths and closed are paved and closed to all motor vehicle traffic.
2. Run/walk in a single file to allow others to pass beside you safely.
3. No run pacing is allowed from personnel not participating in the triathlon.
4. Place your Race Bib on your front during the run.
5. Only athletes are allowed to cross the finish line. Sorry - No family or friends are permitted to cross the finish line with the athletes.

## Spectators

1. Spectators are encouraged to watch as long as they are not a safety hazard to triathletes.
2. Swim spectators can watch from the viewing area.
3. Spectator vehicles are NOT allowed on the bike and run routes.

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## Water Stations

1. Transition at the bike/run.
2. 2<sup>nd</sup> station is located at the turnaround loop in West Stettler Park on the run course. See race maps for details.

## Weather

1. If the weather affects the race time or schedule you will be emailed with a schedule update. It will also be posted on Facebook and our web page.
2. Bring warm clothes in case the temperature is cool in the morning.

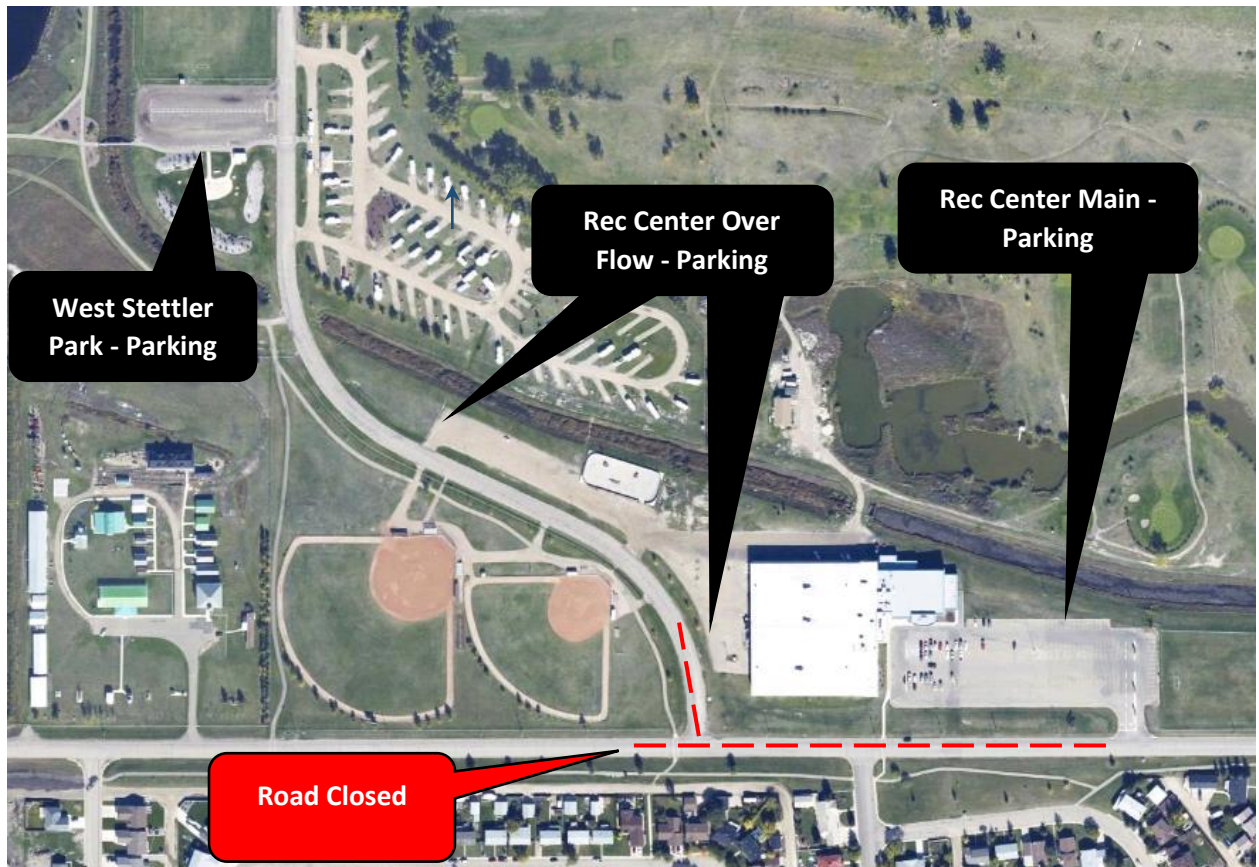
## Penalties

1. We do not want to issue penalties in this race and sportsmen like conduct is expected. We want to have a fair race for all athletes.
2. The race officials will have the authority to issue all penalties.
3. Drafting – 1<sup>st</sup> offence, 2 minutes in the drafting penalty box at the end of the bike leg. 2<sup>nd</sup> offence, 4 minutes in the penalty box. 3<sup>rd</sup> offence disqualification.
4. Not wearing a bike helmet when with your bike - stop and go up to 2 minutes.
5. Verbal abuse of volunteers - 4 minutes in the penalty box or disqualification.
6. Intentional littering on the course outside of aid stations - 4 minutes in the penalty box.
7. Using iPods or headsets - 4 minutes in the penalty box.
8. Cutting the course short – disqualification.

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## Parking & Road Closures

1. Portions of 44<sup>th</sup> Ave will be closed race day for run and bike safety. Please enter the Stettler Rec Center at 44<sup>th</sup> Ave off Hwy 56 by the RCMP station.
2. There is 3 places to park on race day. The Stettler Rec Center will have 150 parking spots. There is an overflow accessible from the west side of the facility. There is also parking at west Stettler Park about 1 km away. All parking is free.



## Volunteers

1. Volunteers will be placed throughout the course to assist you. Please thank them for their time when you are out on the course.
2. There is no tolerance for verbal abuse of volunteers. Such incidents will be reported to the race official and participants may be penalized or disqualified depending on the circumstance.



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## Post-Race Activities

### Rec Center

1. Showers are available in the change rooms.
2. The hot tub can be used but requires you to go through the same entrance as pool deck for the race. Check with the volunteers before entering the pool deck since the race will still be progress.

### Food

1. There will be snacks and water available after the race and a post-race lunch will start around 10:00am and is included in the race entry for Athletes and Volunteers.

### Awards

1. All participants will receive a finishing medal.
2. Awards for the top 3 male and 3 female overall fastest finishing times in the Adult Sprint, Junior Sprint, Tri It and 5K run races will receive awards.
3. This will start around 1:00pm after the kids race is complete.

### Prize Draws

1. We have a bunch of great prizes - Steam Train tickets, hoddies, and towels. Prizes will be pre drawn and given out when you pick up your race package.

### Race Results

1. Ensure you wear you timing chip and move over all of the mats during the race.
2. Results will be posted inside and outside the Stettler Rec. Center.
3. Please return all chips to the timing desk once you have completed the race.
4. Downloadable race results will be available on race day at <https://www.racepro.ca/races/stettlertri/> and there is a link on the [www.stettlertri.com](http://www.stettlertri.com) web page.

If you have a specific question feel free to e-mail me at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com)