



North Shore Triathlon

2019 ATHLETE GUIDE

Race Package Pick-up

Athletes must pick-up their race packages at the following locations/times (race day pick up only for out of town athletes):

Saturday May 18th, 12-4PM, Jim Pattison Subaru Northshore (809 Automall Dr.)

Sunday May 19th, 12-4PM, Jim Pattison Subaru Northshore (809 Automall Dr.)

Adult Orientation meeting (not mandatory), 5PM on Sunday May 19th at Ron Andrews

If you are not a member of TRIBC, and did not pay the day-of-race fee with your registration, then you will be required to pay the day-of-race \$15 fee.

Race Day Parking

Street parking is available in the neighborhood around Ron Andrews Rec Centre, please park northwest of the course. **No parking is allowed in the Ice Sports parking lot.**

Timing Chips

Timing chips will be handed out at Race Package pick-up.

Transition and Body marking

Transition and Body Marking will both open at 6AM, body marking is in the gymnasium at Ron Andrews Rec Centre –Please be body marked & ready to race 15 minutes before your start time.

Volunteers

Our race is supported by close to 150 volunteers who will be doing their best to make sure you have a safe and enjoyable race – please be kind to them and show your gratitude.

Awards

Age Group awards will take place at approximately **12:30pm** in the gym (top 3 in each 5-year age group).

Swim Course

Our swim will continue as a course format:

Athletes will swim up and down each lane (counter clockwise) ducking under the lane rope in the shallow end to enter the next lane, refer to map on next page

- For consistency, athletes should touch the wall in their current lane before going under the lane line to the next lane
- Flips turns are possible although the pool is quite shallow at one end
- At the completion of 6 laps (12 lengths) athletes will exit via the stairs and head to transition (no second lap this year)
- For the start of the race athletes will be staged along the back wall arranged by estimated swim time
- Athletes will be called to enter the pool every 6-7 seconds
- DIVING is not permitted, you will step into the pool and then push off the wall to start
- A timing mat will be on the pool deck to mark your start time

Waves are assigned based on estimated swim time. Your wave is printed on your race bib or can be found on the web site.

8:25am	Wave A
8:50am	Wave B
9:03am	Wave C
9:14am	Wave D
9:25am	Wave E
9:35am	Wave F
9:43am	Wave G
9:52am	Wave H

Bike Course

The adult bike course consists of 4 laps of Mt. Seymour Parkway totaling 17.6km in the south lanes between Emerson and Roche Point Drive then back to transition.

Please note:

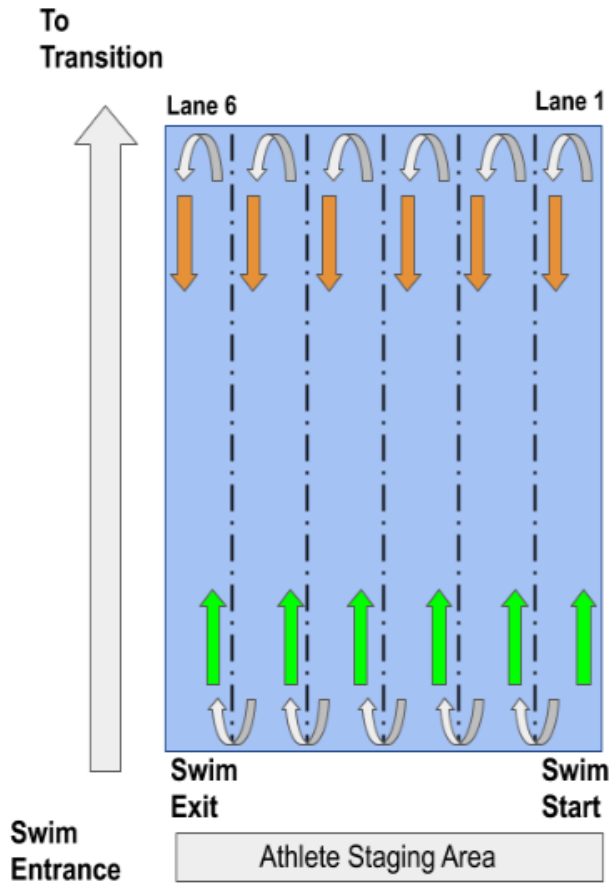
- Athletes must keep track of their own laps!
- Ride to the right of the lane at all times except when passing and do not draft.
- **Bike course will close at 11:20AM, you must be on your last lap at that time!**
- The course will have RCMP/professional flaggers controlling traffic crossings however, **please be aware of vehicles crossing and protect yourself.**

Run Course

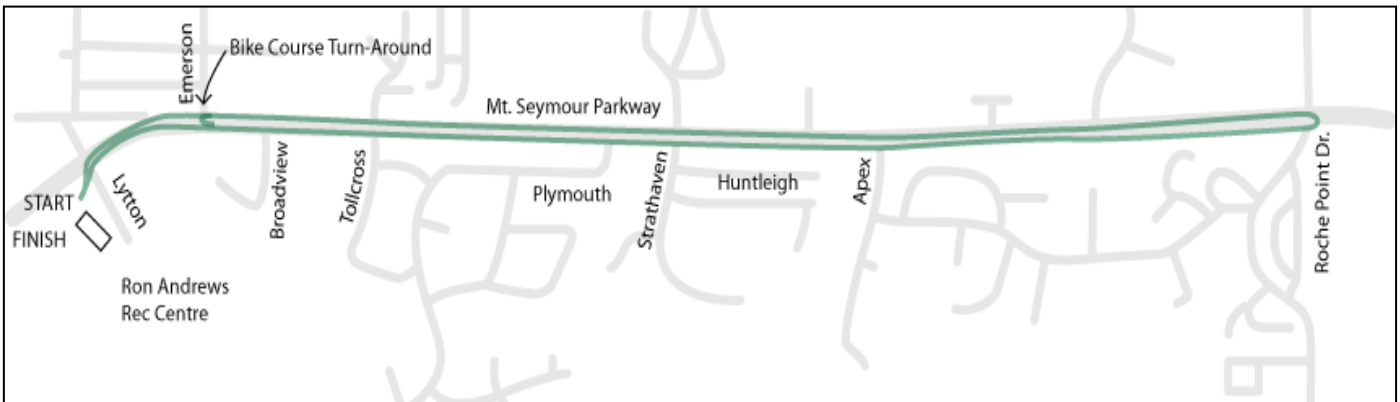
Undulating run on the neighborhood trails & roads around Ron Andrews Rec Centre. **Use of headphones is not permitted on either the bike or run portion of the race.**

**PLEASE SEE NEXT PAGE
FOR ALL COURSE MAPS**

SWIM COURSE (444 metres)



BIKE COURSE MAP (17.6k, four loops)



RUN COURSE MAP (5k)

