

QF Qualicum Beach Triathlon Racer Information

Welcome to the QF Qualicum Beach Triathlon! Whether you are a first time triathlete or a seasoned veteran, we hope you have a fun and rewarding experience.

NEW THIS YEAR:

1. TIMING

This year we are using Chip timing from Startline Timing. The “chip” will be worn around your ankle. A number of “timing mats” are located throughout the transition area, pool and finish line. Your time will be automatically recorded once you pass over a mat. Athletes will be picking up their timing chip on Sunday morning at body marking. Relay teams pass the timing chip from one member to the next. (wearing on ankle)

2. POOL ORGANIZATION for the SWIM

- Athletes will be organized in HEATS based on your estimated swim time that you provided us at race registration
- Prior to the start of your heat, athletes will be given a bathing cap (three different colours) that will assist officials in counting laps
- TRIATHLON heats will begin at 8:15
- Only 3 athletes will swim in a lane at one time
- Athlete lane assignments will occur on the pool deck
- An Athlete’s “time” begins when they cross the starting mat on the pool deck
- Exit the pool after the completion of your event distance
- Cross the timing mat which then gives you your swimming split time.

3. DUATHLON

- Competitors in the Duathlon will START their race at the FINISH LINE. (Grassy knoll behind Civic Center).
- 5 km Run, 20.5 km Bike, 2.5 km run.
- Duathlon Athletes will run the first 5 km running CLOCKWISE on the run course after which they will enter the transition area to proceed to the bike section.
- 5 laps of the bike course = 20.5 km
- Duathlon Athletes will complete the final run in a COUNTERCLOCKWISE direction, finishing the run at the FINISH line.
- Duathlon Start will be at 8:00 am

4. RESULTS and AWARDS

- Results will be available immediately via the Startline website
- Awards will take place at approximately 1:30 pm

General Triathlon Information

1. Triathlon Race Walk through

There will also be a 'race walk through' at 1:00 pm on Saturday June 29th for anyone who wants to see how the race will be run and to have any questions answered.

2. Triathlon BC Rules

Please review the Tri BC rules posted on the website. We will have two TriBC officials on the course enforcing rules.

Rules of Note:

NO CELL PHONES are allowed on the course, not even as a bike computer

NO CAGED PEDALS ALLOWED (with or without straps). Cages must be removed or the pedals changed

3. PARKING:

Parking at the Ravensing Aquatic Centre is limited. Alternate parking can be found on the east side of Jones Road, along Fern Avenue, and at Qualicum Beach Elementary School. PLEASE DO NOT PARK ALONG THE BIKE ROUTE

4. TRANSITION AREA:

The transition area is a very busy place, so please adhere to the transition rules. For added security we have adopted a policy of bike stickers that match participant bib numbers. Only those with matching bib and bike numbers will be allowed to remove bikes from the transition area.

Transition will be open at the following times:

Adult: 7:00-7:45 am

Youth and minor: 9:00-10:00 am

Only athletes are allowed in the transition area except for minor and youth where parents may assist in transition set up.

We ask you keep the transition area as clear as possible in respect to the other racers. Please give racers the right of way!

5. BODY MARKING:

Only team swimmers and athletes completing the entire race need to be marked. Body marking is by the registration table and needs to be done prior to entering the pool area.

6. SWIM:

Athletes will be notified of their swim Heat start time at Race Package Pickup.

Athletes may proceed to the pool deck 15 minutes prior to their heat start time.

Once swimmers are body marked and have received their Timing Chip they may proceed to the pool deck for their HEAT.

Swimming warm up will not be possible.

Swimmers will be given a swim cap when they report to their lane assignment. You must wear the swim cap provided.

Once a lane has been cleared of swimmers the next group of 3 athletes will be martialled to the lane.

Swim starts will be "continuous" and may not match the published heat time.

For safety reasons, no running on pool decks as you proceed to your lane, leave the water and exit the pool until you are past the carpeted area. Thank-you for following this safety rule!

Swimmers may rest by holding onto the lane ropes or by standing, but are not permitted any forward movement while resting.

When you are beginning your last 50 meters, a kick board will be placed in front of you as you turn. In the event of a discrepancy between the lap counter and the athlete, the OFFICIAL LAP COUNTER'S DECISION WILL BE FINAL.

Swim Distances: Minor 100m (4 lengths) Youth 200m (8 lengths) Adult 400m (16 lengths)

7. BIKE:

Cyclists wear their race number on the back of their shirts.

Bikes must be walked out of, and back into transition area. There is NO RIDING in the transition area.

There are mount and dismount lines at the exit and entry to transition.

Helmets must be on and fastened before you may remove your bike from the rack, and your bike must be racked before unfastening your helmet after the ride.

For teams, the cyclist must have their helmet fastened and timing chip transferred from swimmer to biker before they remove their bike from the bike rack.

THIS IS AN OPEN COURE BIKE COURSE and roads will be open to traffic, so ALL traffic rules must be followed. Keep to the right side of the road and allow faster moving bikes to pass on the left. Proceed through the controlled intersections only if directed to do so by the bike marshals. Use caution at all turns; especially from Jones onto Rupert, from Rupert to Arbutus, and from Arbutus to Mill Rd. Any cyclist crossing the centre line WILL BE DISQUALIFIED.

Drafting is not allowed.
Athletes must carry their own water on the course.

Athletes are responsible for COUNTING THEIR OWN LAPS.

Bike distances: Minor 1 lap (4.1 km) Youth 3 laps (12.3 km) Adults 5 laps (20.5 km)

HELMETS MUST STAY FASTENED UNTIL YOUR BIKE IS RACKED!

8. RUN:

All runners wear their race number on the front of their shirt. There are two water stations; one just outside bike transition at the start of the run, and one at the entrance to the trail system on Larch Street.

For teams: Runners must wait at their team bike rack to avoid clogging up the pathways in the transition area.

The bike must be racked and timing chip transferred from Biker to Runner.

Once transfer is completed the runner proceeds onto the run course.

Approximate run distance: Minor: 1.5km Youth 1 - 2.5 km loop Adults 2 - 2.5km loops

10. TINY TRI:

Tiny Tri will begin at approximately 12:45.

Athletes will be assigned a colour at package pick up. This will be the area they will marshal at on the grass area behind the pool before the race; find your flag colour and line up accordingly. Parents may set up tiny tri athletes in transition from 12:00 - 12:45pm

11. MEDICAL SERVICES: First aid attendants will be on site in the event of an emergency. Medical services are located by the transition area at the entrance to Ravening Pool.

12. POST RACE ACTIVITIES:

Food and refreshments are available to all volunteers and competitors following the race. There will also be a FOOD TRUCK available for the event.

Draw Prizes will be randomly assigned to racers. Please check your name on the list by the registration table. ALL ATHLETES MUST BE PRESENT TO WIN A DRAW PRIZE.

There will also be FREE SHOES donated by Fronrunners. The winners will be announced just before the Tiny Tri race begins.

13. AWARDS:

Athlete results will be available immediately via Startline.com.

Awards will be presented at 1:30

THANK-YOU!!! A HUGE thank-you goes out to all of our volunteers. This is a non-profit event that is run by a large number of volunteers. The Qualicum Triathlon Executive, body markers, lap counters, course martials, finish line and transition workers; this event is solely run by volunteers. So please take the time to say thank-you to those that have given up their Sunday (or a lot more) to make sure this is the best race possible!

We also couldn't run this event without our amazing sponsors. THANK-YOU so much to all of the local businesses that see the value in local events and generously donate to help us make this happen every year.

Above all, HAVE FUN!! This is a local, community event... enjoy the day, encourage other racers, and be sure to smile at the finish line!!