

# **LANGFORD TRIATHLON 2018**

## **Athlete Guide**

Standard  
Standard Relay  
Sprint  
Duathlon

**Schedule of Events**



<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
Tuesday, 3 July	12:00am	On-line Registration Closes	
Friday, 6 July	3:00pm - 6:00pm	Race Package Pick-up	Belmont Secondary School, Glen Lake Rd, Langford
Saturday, 7 July	11:00am – 3:00pm	Race Package Pick-up	Belmont Secondary School, Glen Lake Rd, Langford
Sunday, 8 July	6:00am	Check in & Body Marking	Transition
	6:00am	Transition Opens	
	6:50am	Standard Tri/ Relay & Standard Duathlon Start	Langford Lake Leigh PI
	7:00am	Sprint & Sprint Duathlon Start	Langford Lake Leigh PI
	10:30pm	Bike Check -Out	Transition
	11:30pm	Awards and Presentations	Finish Line area/Podium

## Race Distance

<b>Event</b>	<b>Run</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
Standard Triathlon		1501m	38 km	10 km
Standard Relay		1501m	38 km	10 km
Sprint Triathlon		501m	20 km	5 km
Standard Duathlon	10 km		38 km	5 km
Sprint Duathlon	5 km		20 km	2.5 km

# Pre-Race Information

Race Package Pick-Up - all athletes and Relay must check in at the Transition Area, next to Belmont Secondary School,(3041 Langford Lake Rd) parking lot off Glen Lake Road to pick up your athlete kit, sign a waiver and confirm that you have purchase race day insurance (non-Tri BC members. Included in your race bag is an ankle strap timing-ship, bike & bib number, swim cap.

There will be no race package pick up on race day.

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|-------------|-------------|------------------|
| 1. Friday   | 6 July 2018 | 3:00pm – 6:00pm  |
| 2. Saturday | 7 July 2018 | 11:00am – 3:00pm |

**Please note:** You must pick up your own race package with a valid picture ID. If you are a current TRIBC member then you must provide your membership number. If not you will be required to purchase a day of race insurance, the fee is \$15.00 CAN (CASH ONLY)

## Athlete Pre-Race meeting

7 July 2018 at 3 pm – Athlete Pre-Race meeting – Transition Area, next to Belmont Secondary School, parking lot (3041 Langford Lake Rd)

Everyone is encouraged to attend the Pre-Race meeting, especially first time triathletes. Our meetings are not long, focus on safety and give competitors a chance to ask questions.

**No race packets will be given out race day.**

## Know the Course

This is an open course and there will be signage, but it's your responsibility to know;

1. The Bike and Run course;
2. The number of loops, and
3. The location of turn abounds for that distance.

**There will be no time or result adjustment to athletes who fail to follow the proper course.**

# Race Day Information

## Race Morning Procedure:

Athletes should arrive on race day with enough time to get checked in, body marked and set-up your transition area, which opens and 6:00am. You must have your body marking done and race number on bike before entering transition.

Complete your transition set-up then head to the swim or run start. Triathletes you must be in the water behind the start line 5 min before your heat starts, don't forget your; timing chip, swim cap and goggles. Duathletes you must be at the start line on Leigh Place road 10 min before your distance starts, don't forget your race number and timing chip.

## Race-Timing Cut-offs:

Although we endeavour to allow all athletes to complete the race, we are restricted by the times allotted in our permits, Please understand that we will allow you to continue as much as we can, but there may come a time when we must impose a cut-off to ensue everyone remains safe throughout the race.

## Aid Stations:

Transition: Run out gantry - water

Run: 5 km – water

## Personal Safety:

While the race officials, race captains and volunteers do our best to inspect the entry/exit points, road, trail and deck surface for hazards, we cannot guarantee that they will be completely clear of all debris. Please exercise caution when in bare feet and where you run and ride.

Medical - Please ensure you have up-to-date emergency contact information submitted to the race committee.

Swim Course – kayakers and a Safety Boat will be on the swim course.

Bike Course – Please ride single file as biking side by side is illegal, as well respect and obey the traffic laws during your race.

Any athlete electing not to race must notify a Race official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer.

### **Medical Support:**

First Aid - St John Ambulance will be available on site.  
Life Guards – Life guards will be stationed in the Safety Boat.

## **Swim Information**

Swim times are determined by distance, athletes will be provided a swim cap, which must be worn for the duration of the swim. **If weather conditions dictate, wet suits may not be allowed, Triathlon BC Head Official will make the call.** Snorkels, fins, gloves & boots, paddles or any floatation devices will not be used. The swim is one loop so keep the marker buoys on your right.

### **Start Line**

This is a deep water start, the start line runs from the left side of the floating dock to west side of the swim area. All swimmers must be behind this line before the start.

### **Warm-up**

Competitors will be allowed to warm-up in the designated warm-up area, but will not be allowed to warm-up on the swim course. Warm-ups will be completed 10 min before the official start.

### **Wetsuit Rules**

Wetsuits may be worn in water temperatures up to and including 24.5 degrees C, (76.1 degrees Fahrenheit), if the water temperature is warmer than this cut off, wetsuits will NOT be permitted. Wetsuits will be prohibited in water temperatures greater than 28.8 degrees C/ 83.8 degrees F.

## Swim Exit

Athletes exit the lake on soft sandy beach to the right of the swim start; proceed through the cones up the beach then on to the carpet, follow red brick path up to transition, distance 160m. There will be volunteers at the exit to assist you if needed.

## Swim Safety

A safety boat with life guards and support Kayaks will be available on the course.

## Bike Information

This is an open course; it's the athlete's responsibility to know the bike route.

- Helmets must be on before you un-rack your bike and at all time while on the bike.
- Individual drafting is not permitted.
- Athletes must obey all traffic laws while on the course, unless directed by an race official, marshal or a traffic control staff
- Shoes may be clipped into peddles
- Athletes may walk their bike, but at no time can they proceed without their bike.
- Headphones, headsets, cell phones, go pro's, or radios are not permitted on the course at any time.
- Athletes are responsible for the repair and maintenance of their own bike while on the course, you should be prepared to handle any basic mechanical malfunction (a flat).
- No fixed gear, tandems, recumbent or penny-farthing bikes are permitted

For full information on drafting rules and regulations, refer to the Triathlon BC website.

## General Race Rules

- Communication or recording devices of any type are strictly prohibited;
- Medical personnel shall have the authority to remove an athlete from the race if the athlete is physically incapable of continuing.
- Fraud, theft, abusive treatment of volunteers, staff or other acts of poor sportsmanship will result in immediate disqualification and may result in an athlete being suspended from Triathlon BC sanctioned events.
- If you decide to withdrawal from the race at any time, it is your responsibility to report to the timing tent to inform the race staff of your intentions.

# Run Information

This is a closed loop run course on hard pack gravel trail, road and bridge surfaces. All athletes must be wearing a race number while on the run course

- Water & Aid station are located 5km.

Note: The Run course may change due to completion of major construction projects around Langford Lake.

# Duathlon Run

Sprint Distance Duathlon; your second run leg (2.5 km) turnaround is located at the boat launch on the Ed Nixon trail stay to the right of the trail on the out and return legs.

# Post-Race information

## Bike Check Out:

Athletes will be able to check their bike out of transition after 10:30am. We will need to verify your race number matches your bike.

## Post-Race Nutrition & Hydration:

There will be fruit, baked goods, bananas, water, coffee etc available in the finishing area.

## Awards

- Adult athletes, there will be a small medal ceremony commencing 1100 ish for the top three finishers in each age category.

**Note:** *If you are to receive an award and are not present during the ceremony, we will not mail or deliver it to you.*

Have a great race!