

# RACE DAY

## PROCEDURES

### IMPORTANT ADDRESSES:

REGISTRATION: **McInnes Field, 6131 University Blvd, Vancouver, BC V6T 2A1**

BIKE TRANSITION & FINISH LINE: **UBC Student Union Building (AMS Nest) Plaza 3500- 6133 University Boulevard Vancouver, BC, V6T 1Z1**

SWIM START: **UBC Aquatic Center 6080 Student Union Boulevard Vancouver, BC, V6T 1Z1**

### REGISTRATION

Registration will be available on race day in the Registration area, located on McInnes Field. Please allow for enough time to register, prepare your gear in the transition areas and get ready for your race start.

**(We recommend at least 60-75 mins before your race time minimum)**

Remember to bring government issued photo identification. At registration a wristband will be affixed to your wrist, please refrain from removing or tampering with it. The wristband will grant you entry into the UBC Aquatic Center, as well as all of the transition areas. Do not remove your wristband until after you have collected all your gear from the transition areas (ie. bicycle & wetbag), without it you will not be permitted to enter.

### TIMING

You will be given a timing chip on the pool deck. Your times will be recorded with an ankle timing chip. Aid station stops, transitions, etc., will be included in your total elapsed time.

### SWIM CUT-OFF

Standard (Olympic): 45 mins

Sprint, Collegiate, & Relay: 28 mins

Short, Youth Triathlete, Kids Aquathlon: 15 mins

### RACE RULES

For the safety of all participants and spectators, all competitors must follow the rules of Triathlon BC. It is recommended that participants visit the Triathlon BC website and familiarize themselves with the rules. <https://www.tribc.org/officiating-rules/>

### Highlights:

- **No headsets or headphones** on the run or cycle
- Helmet must be securely fastened from the time you remove your bicycle from the rack at the start of the cycle, until after it is placed on the rack at the finish of the cycle
- Competitors must mount and dismount their bicycle at the designated area or line
- Cycling is not permitted in the Cycle Transition area
- Drafting (riding within 10 meters of another participant) is not permitted
- For passing on the cycle route, participants are asked to ride on the right side of the lane and to pass on the left side of the lane
  - Turn around points - there are a number of 180-degree turn around points on the cycle course, reduce speed and use caution.

### PERSONAL SAFETY

While we make safety on the race course a priority, and carefully inspect the routes, we advise you to exercise caution at all times and be mindful of potential hazards. The running and biking portions take place in public areas and you might encounter unexpected vehicles, as well as pedestrians and other commuters. We do our best to minimize the impact of such factors, but we ask you to always be alert and cautious. Best efforts will be made to highlight and mark any dangerous or uneven sections of the courses, but always traverse on the roads with caution.

First and foremost, always be mindful of and respectful towards other racers while on any course.