



Storm the Wall FAQ: General

**Note that all answers below apply to Iron Persons as well as teams*

RACE DAY

What happens if I'm late for my race?

The Registration captain will attempt to move your team into an open heat. There is **no guarantee** that your team will be able to race. Your team will not be allowed to advance (Competitive).

Can I wear open-toed shoes?

No. You must wear closed-toed shoes for both the practice day and your race.

Do I need to have a physical student card?

Yes. We do NOT accept digital student cards.

Note: If you are already on your team's roster, we will also accept a physical government-issued photo ID at check-in.

Can I change my heat time?

Possibly. Send requests to storm.the.wall@ubc.ca as soon as possible and we will do our best to accommodate you. Please note that we cannot guarantee that we will be able to move your heat time, as it is dependent on availability.

Where do I sign in?

It depends on what role you play on your team! If you are the:

Swimmer, Sprinter & IronPerson: Sign in at the UBC Aquatic Centre

Cyclist, Runner, Wall-Person: Sign in at the Registration tent next to the fountain at Martha Piper Plaza

Ironpeople: Racer signs in at the UBC Aquatic Centre. Bike holder/Wall Person signs in at Martha Piper Plaza.

How long is the race?

Competitive & IronPerson: Swim: 175m, Sprint: 500m, Bike: 3.5km, Run: 1.5km

Just for Fun: Swim: 125m, Sprint: 500m, Bike: 2km, Run: 1.5km

Bikes

Teams must be able to procure their own bikes. The Storm the Wall team does not have bikes to rent. Mobi is a great option on campus. You **MUST** have a helmet to participate!

ADVANCEMENTS – Competitive teams and IronPeople only

How does my team advance?

Competitive teams: The first and second place teams from each heat will advance to semi-finals, and the first place team from semi-finals will advance to finals.

WTWW IronPeople and Open Ultra IronPeople: Top two individuals in each heat will advance to semi-finals, and the top two individuals in each semi-final will advance to finals.

Open IronPerson: First and second place individuals will advance to finals.

Where do I find the advancement information for my team?

At the Timing and Advancements tent, next to the wall. Emails will be sent to our advancing teams the evening after races

Do we have to compete in our advancement heat?

No, you do not. A member of the Storm the Wall crew will ask you whether you wish to compete in your advancement heat when your initial heat finishes.

CLINICS

What is a safety clinic?

A Storm the Wall clinic has two components:

1. A **mandatory** 30-minute classroom session.
2. A **highly recommended** on-wall practice session.

The **mandatory** classroom session will occur on the UBC Vancouver campus and will provide your team with all of the necessary information about how the race works that is needed in order to ensure that your team knows what to do come race day.

The on-wall practice session is optional but **highly recommended**. It is an opportunity for your team to get comfortable with the race procedure, event location, and the wall. It also gives your team an opportunity to practice the actual wall so that your team is familiar beforehand.

When do the Storm the Wall clinics happen?

The **mandatory** classroom sessions will occur on the UBC Vancouver campus every 30 minutes from 9:00AM to 4:00PM each day from Monday, March 16th to Friday, March 20th. The optional but **highly recommended** on-wall practice sessions will occur after your classroom session has concluded.



What happens if my whole team is not available to attend clinics?

Only one person per team is required to attend the classroom clinic.

You will need your entire team (5 people) if you wish to practice at the wall. If you do not have five (5) people, come to the wall, and we will do our best to combine your team with another incomplete team. Not that we can not guarantee this.

I missed my clinic time. Can my team attend a different clinic?

Email storm.the.wall@ubc.ca and we will try to fit you in pending capacity – also, if you come later in the day, we will try to fit your team in pending capacity. We cannot guarantee that your team will be able to fit in if you come later in the day. Note that we may not be able to fit you in at the wall if you come to a different classroom session.

WAIVERS

I did not receive an email about the waiver, what should I do?

1. First, check your junk/spam folder for the email.
2. If it's not there, contact your team captain and make sure that they put you on the team roster.
3. If you have successfully been added onto the team roster but still have not received the email, please email us at storm.the.wall@ubc.ca. Include your name and student number, as well as your team name. If you can include a screenshot or description of the issue you're facing, that will help us to solve the issue faster!

Storm the Wall FAQ: Teams

TEAM TYPE AND COMPOSITION

What different team types does Storm the Wall offer?

There are two types of teams that participants can be a part of:

1. *Just For Fun* – If you're here to try something new, or you just want to have fun completing the event, the Just For Fun category may be right for you! Gender composition requirements for teams do not apply in the Just For Fun category. These teams do not qualify for advancements or championships.
2. *Competitive* – Competitive teams are eligible for advancements and ultimately the potential for winning a championship shirt!

What do I do if I feel like I have an exceptionality when it comes to participating in Storm the Wall?

UBC Intramurals works hard to provide an accommodating and inclusive program experience. Please fill out [this form](#) so that we can work together to ensure you have a positive experience.

What team compositions Storm the Wall offer?

Team captains should think about their team members and how they all self-identify when choosing which team composition is best for them. There are three options to choose from:

1. **Open** – This category welcomes all individuals to participate regardless of gender.
2. **Women (Trans Women Welcome)** – This category welcomes all trans and cis women who are comfortable in a space that centers the experiences of women.
3. **Mixed** – Teams may have no more than two (2) self-identifying males on the course (Swim/Sprint/Bike/Run). The wall person can be of any gender. Failing to adhere to gender policies will result in your team being ineligible to advance.

How many people participate in the race?

You will have five (5) people participating on your team. They are:

1. Swimmer
2. Sprinter
3. Cyclist
4. Runner
5. Wall Person

I have a friend who is not a UBC student, but would like to race. Can they participate?

Yes – but you will have to participate in the community heat and pay the community price. This goes for the entire team, even if there are some UBC students on the team.

ROSTERS

Can I be on more than one team?

Yes! Just be aware that if you are on multiple competitive teams in the same gender category, your advancement heats may overlap. We will not move races to accommodate potential race conflicts.

How do I submit my team's roster?

After registration is closed (March 13th at 11:59PM), the team captain will receive an email (the Captain's Package) containing information on how to submit your team's roster. This email will contain the Team Access Code and Team ID. With this information, rosters can be submitted via the Roster Portal, which will be included in the Captain's email.

How many people can I add to my roster?

We recommend adding up to seven (7) individuals to your roster, in case a member of your team is unable to participate on race day. Only five (5) people are able to participate in the race however. We recommend adding 7 people, especially for advancements. For example, if one team member is able to race in your initial heat but not your advancement heat, you can use another person from your roster with no penalty.



I'm having issues inputting my team roster online, what do I do?

If you are experiencing issues inputting some team members' student numbers, it is possible that your teammate is not eligible to participate.

1. Double check with your team member that the student number they gave is correct. Only students currently enrolled in classes are eligible to participate
2. If you still cannot add them to your roster, email storm.the.wall@ubc.ca with your team name, heat time, AND the names and student numbers of the team members who can't be added to the roster online.

I can no longer input my roster. How do I do it?

Please send an email to storm.the.wall@ubc.ca with your team name, heat time, and the name and student number of each team member on your roster (**Including yourself!**) and we will update your roster for you.

Note that if you are a competitive team and send this to us after the roster deadline: your team will be ineligible to advance, but you will still be able to race.

I'm the team captain and I forgot to add myself to my roster. Can I still participate?

Yes, if you bring your PHYSICAL UBC Student Card. You will be allowed to participate, but your team will be **ineligible to advance** if you are in the competitive category.

Where can I see my team's roster?

You will be able to see your team's roster on our website using your team ID and access code. The link to the team listings will be provided in your captain's package.