



Kids of Steel Icebreaker – Course Overview

This provides an overview of the swim, transition, cycle, and run course for the RMC KOS Icebreaker event. Each major age category will be presented below with the route specifics. Note that age category is based on the registered age as of December 31st and may not be the same as the actual age of the youth on the event date.

Age Category Distance Summary

Age Category*	Swim	Cycle	Run
5 and Under	25m (1 Length)	250m	100m
6 – 7	50m (1 lap)	1.5km	450m
8 – 9	75m (1.5 laps)	5km (1 loop)	1km (1 lap)
10 – 11	100m (2 laps)	5km (1 loop)	1km (1 laps)
12 – 13	200m (4 laps)	8km (2 loops)	2km (2 laps)
14 – 15	200m (4 laps)	8km (2 loops)	2km (2 laps)

* Age determined as of December 31st of event calendar year. However, if necessary, a participant can race down to a younger age group for reduced distances - just choose the desired age category during registration.



Swim

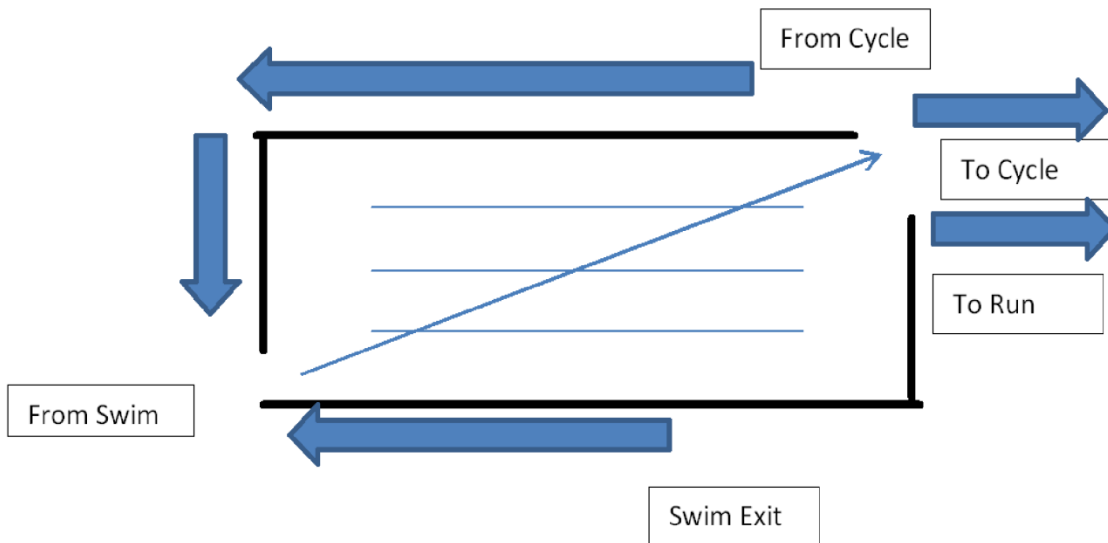
Each age group will be marshalled in the gym prior to entry into swim pool area. All youth should have swimsuit, swim cap, and goggles in-hand. Warm-up in deep tank is permitted, but the youth must return to the marshalling in the gym prior to the move to the pool deck. Youth will be led to their respective swim lane and positioned in order for a wave start. At the start, the first in queue will begin their swim, with subsequent swimmers departing at pre-set intervals. Only open (or also known as touch) turns are allowed – no flip turns. At the turn to complete the last lap, a flutterboard will be inserted into the pool end as an indicator that they are on their last swim lap. Age category, distance, and laps are shown in the table below.

Age Category	Swim Distance (Meters)	Pool Laps (1 Lap = 2 Lengths)
5 and Under*	25	1/2
6 – 7	50	1
8 – 9	75	1.5
10 – 11	100	2
12 – 13	200	4
14 – 15	200	4

* For the 5 and under category, parents have the option of joining their child in the pool and in transition.

Transition Area - Swim to Cycle (All Age Categories)

When the swim is complete, exit the pool through the doors at the northeast corner of pool area and proceed directly north through the building exit doors to the north side of Kinesiology building. Proceed into grassed transition area through the entrance marked for swim entry. Bicycle is not to be touched until the helmet is strapped on. Exit transition through the marked bicycle exit and push the bicycle on foot down the sidewalks to the mount line and cycle route start.



* For the 5 and under category, parents have the option of joining their child in the pool and in transition.



Cycle Route

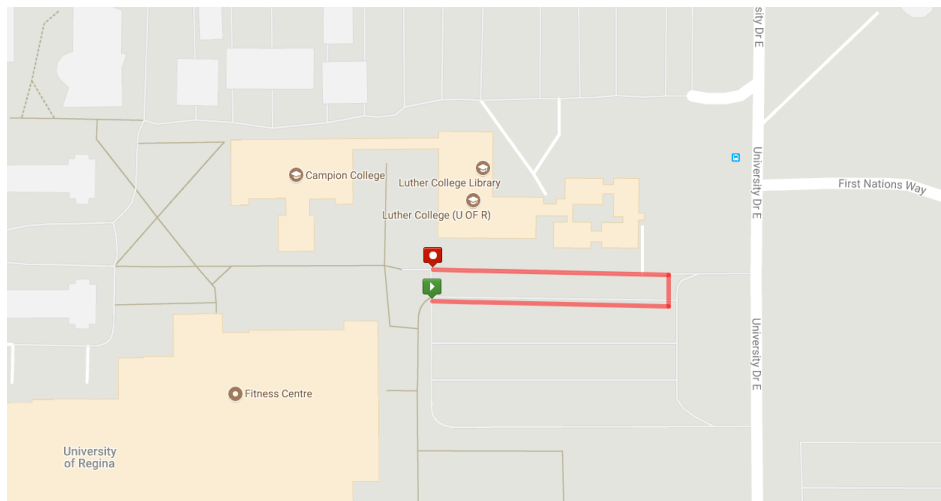
The overall cycle route will start off as a volunteer-controlled course shared with vehicles on the University grounds to a loop on Wascana Parkway – which is closed to traffic.

Age Category*	Cycle
5 and Under	250m (shortened lap)
6 – 7	1.5km (shortened lap)
8 – 9	5km (1 loop)
10 – 11	5km (1 loop)
12 – 13	8km (2 loops)
14 – 15	8km (2 loops)

Youth in the 5 and under and 6 to 7 year age division will do a portion of the course and the kids 8 to 19 will do one or more loops depending on the distance for the age division entered. The out and in from transition to Wascana Parkway is 2km, and one complete loop on Wascana Parkway is about 3km. Multiple laps on Wascana Parkway will make the total cycle distance either 5km (1 lap) or 8km (2 loops on Wascana Parkway). The youth should keep track of their loops to ensure that the proper number were completed. In all cases, bike is to be mounted AFTER the mount line, and dismounted BEFORE the dismount line. Refer to the image of the route, and follow the route with the provided directions for each age category.

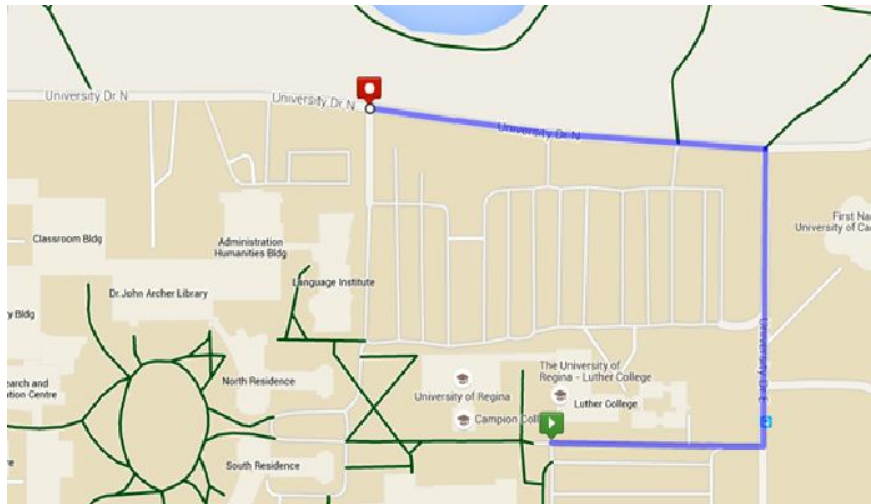
5 and Under Age Category Cycle (250 Meters)

The route will be an out and back from the mount line, using the first parking lane in Lot 10, turning left around the lane end, and then return to dismount area. Dismount and return on foot with bicycle to the transition area.



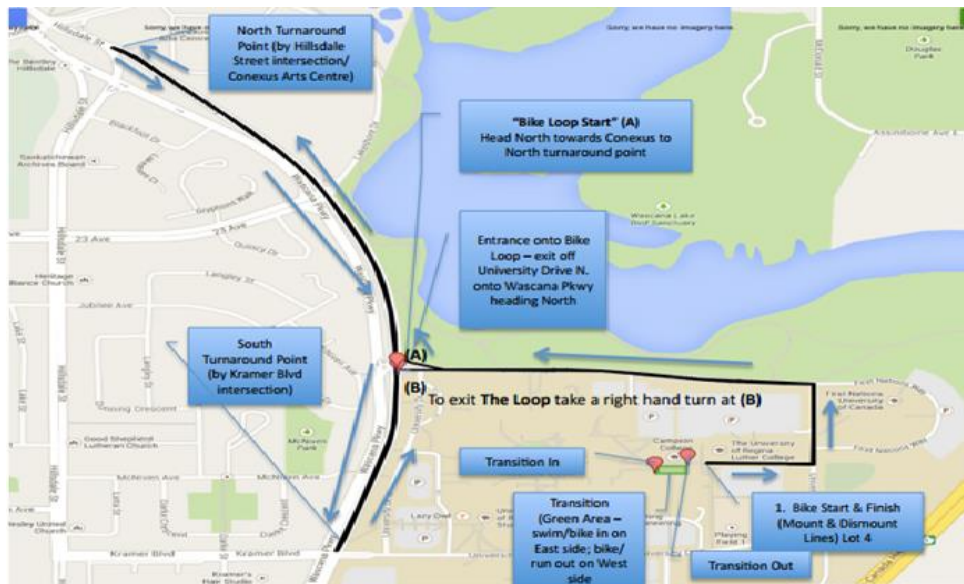
6-7 Age Category Cycle (1.5 KM)

The cycle route starts in Lot 10 (parking lot south of Luther College building) heading east. The cycle route will proceed through Lot 10 turning left (north) onto University Drive East and then left (east) onto University Drive North. Proceed West down University Drive North up to a turnaround point. Turn around at this point and return East down University Drive North turning right (south) into the lane just west of the new student residences, and then proceed to the dismount area. Dismount and return on foot with bicycle to the transition area.



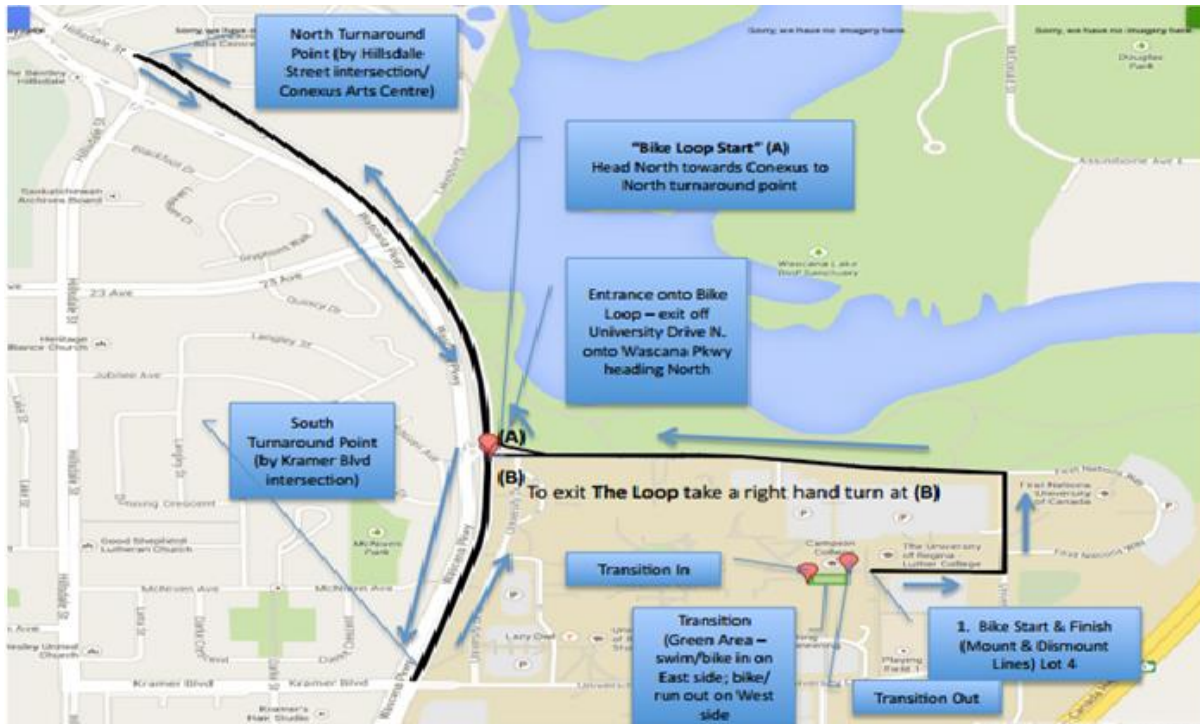
8 and 9, 10 and 11 Age Categories Cycle (5 KM)

The cycle route starts in the northern lane of Lot 10 (parking lot south of Luther College building) heading east. The cycle route will proceed through Lot 10 turning left (north) onto University Drive East, and then left (west) onto University Drive North. Proceed west down University Drive North and take the right exit onto Wascana Parkway (east side). Continue on a closed course proceeding north up to the intersection with Hillsdale (just west of the Conexus Centre of the Arts building). The cyclists will then do a 180 degree turn and return south on Wascana Parkway (east side) to the Kramer Boulevard intersection. The cyclists then do a 180 degree turn, proceed north on Wascana Parkway (east side) and turn right (east) onto University Drive North. They then proceed east down University Drive North turning right (south) into the lane just west of the new student residences, and then proceed to the dismount area. Dismount and return on foot with bicycle to the transition area.



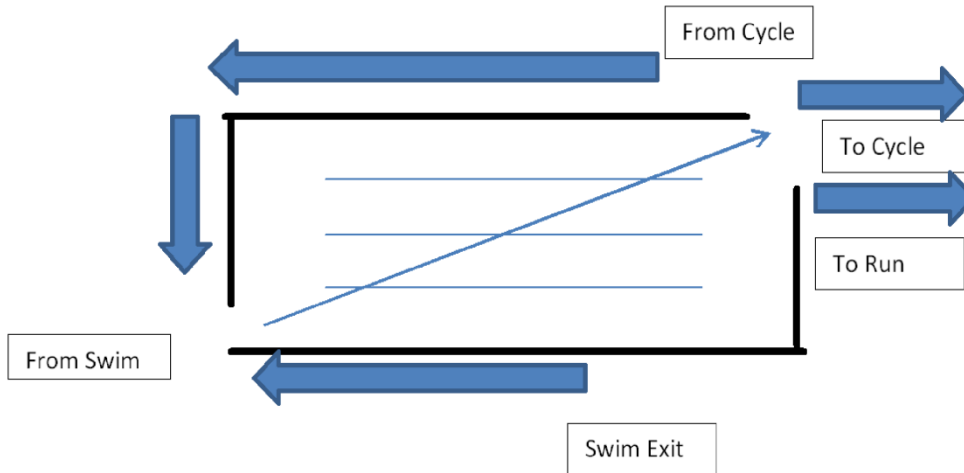
12 and 13, 14 and 15 Age Categories Cycle (8 KM)

The cycle route is the same as the 8/9 and 10/11 age categories when proceeding out to Wascana Parkway to begin the loop. However, the youth will do two loops of Wascana Parkway before returning to the dismount. On the second loop, the cyclist will turn right (east) onto University Drive North. They would then proceed east down University Drive North turning right (south) into the lane just west of the new student residences, and then proceed to the dismount area. Dismount and return on foot with bicycle to the transition area.



Transition Area – Cycle to Run (All Age Categories)

When the cycle is complete after dismount, proceed back to the transition area pushing the bicycle by foot down the sidewalks. Proceed into grassed transition area through the marked cycle entrance. Helmet is not to be removed until the bicycle is placed on the rack. Exit transition area through the run exit (far end of transition).



* For the 5 and under category, parents have the option of joining their child in the pool and in transition.

Run Route

The run route will be a volunteer-controlled course loop on the University grounds. Youth in the 5 and under and 6 to 7 year age division will do a portion of the course and the kids 8 to 19 will do one or more loops depending on the distance for the age division entered. The complete route lap is a 1km distance loop. Refer to the image of the route for the age category, and follow the route with the provided directions.

Age Categories (Distances and Laps in Table Below)

Age Category	Run Distance	Laps
5 and Under	100 Metres	Shortened Lap
6 – 7	450 Metres	Shortened Lap
8 – 9	1 km	1
10 – 11	1 km	1
12 – 13	2 km	2
14 – 15	2 km	2

5 and Under Age Category Run (100 Metres)

From the transition area, the participant will proceed east. A short course will be run and then through the finish arch. Ensure the timekeepers have noted your race number.



6 and 7 Age Category Run (450 Metres)

From the transition area, the runner will run in the second north lane of Lot 10 (parking lot south of Luther College building) heading east. The run route will proceed through Lot 10 turning left (north) onto University Drive East. Follow the run route to the 225m turnaround, return back on same route, and then through the finish arch route. Ensure the timekeepers have noted your race number.



8 and 9, 10 and 11, 12 and 13, 14 and 15 Run

From the transition area, the runner will run in the second north lane of Lot 10 (parking lot south of Luther College building) heading east. The run route will proceed through Lot 10 turning left (north) onto University Drive East. Follow the run route to the corner of University Drive North and First Nations University loop entry. Follow the FNU loop to University Drive East, turn left, and return back on same route coming out. One loop is 1km. Repeat loop to run the multiples of 1km run loops for the age category. On the final lap, proceed through the finish arch. Ensure the timekeepers have noted your race number.

