



— WESTERN CYCLE —
ECHO VALLEY
— MULTISPORT FESTIVAL —



Athletes' Guide

July 4 & 5, 2026

Disclaimer: The Athlete Information Guide is as accurate as we can make at the time of distribution; it will continuously be updated to reflect the current venue and course conditions. Please check our website for any changes made to the race day.

reginamultisport.com

Thank you to our sponsors!



East Quance Chiropractic Clinic



Welcome

On behalf of the Regina Multisport Club Board, welcome to this year's Echo Valley Multisport Festival. We appreciate your continued support as our team works to deliver another great event.

We are excited to once again partner with Western Cycle to bring this event to Echo Valley Provincial Park in the beautiful Qu'Appelle Valley.

Whether you are an experienced triathlete or lining up for your first race, we recognize the dedication it has taken to get here. Your commitment and preparation do not go unnoticed.

We acknowledge that we gather on Treaty 4 Territory and the Homeland of the Métis, and we are grateful for the opportunity to host this event here.

This event would not be possible without our volunteers, sponsors, race officials, medical teams, and support crews. Please take a moment to thank them on race day.

We are again offering two race days to build community spirit, with Kids of Steel and National Development Series relay events on Saturday, followed by National Development Series and Age Group racing on Sunday, including World Championship qualification opportunities.

If you're able, we encourage you to volunteer, please contact volunteers@reginamultisport.com

From all of us at the Regina Multisport Club, best of luck in your race. May your training carry you strong to the finish line.

Happy racing,
Jennifer Masur
Race Director



Preparations BEFORE race day

Athlete Briefing:

Athletes' Briefing will be held on **Thursday, July 2, 2026, Teams meeting.**

- **6:00 pm to 6:45 pm SK time for Dev Series Athletes**
- **6:50 pm to 7:30 pm SK time for Age Group Athletes**

Join Teams Meeting - [link coming soon](#)

It will be recorded and uploaded to the club website for those that cannot attend.

Pick up your race kit:

Dev Series Athletes

Race Kit Pick-up Options

Echo Beach

Saturday, July 4, 2026

6:30 AM – 7:00 AM

Race Morning Pick-Up

Registration Tent – Echo Beach

Sunday, July 5

6:00 AM – 7:00 AM

Age Group Athletes

Race Kit Pick-up Options

Western Cycle Source for Sports

1550 8th Avenue, Regina

Saturday, July 4

2:00 PM – 6:00 PM

Race Morning Pick-Up

Registration Tent – Echo Beach

Sunday, July 5

6:30 AM – 7:00 AM

We encourage athletes to pick up their race kits in advance at Western Cycle Source for Sports whenever possible to help streamline race morning registration.

Your race kit includes:

- Race bib (must be worn on bike and run)
- Numbered swim cap (must be worn during swim)
- Finishing T-shirt

Your timing chip is not in your race kit. Pick this up race morning at the registration tent.

NOTE: The racer must show a government-issued photo ID for package pickup. If you are coming from out of town and unable to make the pickup, please contact president@reginamultisport.com to arrange an alternative pickup.

Know the Course:

- It's your responsibility as an athlete to know the course
- Review course information and race maps online on the Regina Multisport Club page

Learn triathlon rules and safety information:

- Know the rules - Review Triathlon Saskatchewan rules
- Be Prepared for All Water Temperatures - Depending on water temperature and race conditions, wetsuits may be mandatory, optional, or prohibited. Athletes should be prepared for all possibilities. The final decision will be made by race officials one hour before the start and will be posted on-site.
- Remove Non-Competition Equipment from Your Bike - Items such as kickstands, mirrors, baskets, and other non-competition accessories are not permitted during the race. Please remove any prohibited equipment from your bike before race day.

Register for a chance to qualify for world championships:

This year's race is:

2027 World Triathlon Canada Age Group World Qualifiers for Multisport Events:
Sunday, July 5th:

Sprint Triathlon - Non-Draft (1 spot per age group, per gender)

Aquathlon – Non-Draft (1 spot per age group, per gender)

Standard Triathlon - Non-Draft (1 spot per age group, per gender)

Standard Duathlon - Non-Draft (1 spot per age group, per gender)

Standard Aquabike - Non-Draft (1 spot per age group, per gender)

To be eligible for Worlds, complete an [Expression of Interest online](#) before race day
(the deadline is July 3, 2026)

Race Schedule

Thursday July 2		
18:00	18:45	Dev Series Briefing (Online – will record)
18:50	19:30	Age Group Briefing (Online - will Record)
Friday July 3		
14:00	18:00	Dev Series – Course Familiarization
Saturday July 4		
6:30	7:00	Dev Series Package Pick up – Echo Beach
14:00	17:00	Age Group Package Pick up -Western Cycle
Saturday July 4		
7:00		Dev Series Check-in, Transition open
7:15		Wetsuit Announcement
7:15	7:45	Swim Warmup
8:00		Dev Series Transition Close
8:00	8:15	Dev Series Pre-Race Athlete Briefing
8:15		Dev Series 2X Aquathlon Relay
9:30		Kids of Steel (KOS) Check-in/Transition/ Wrist band assignment & Body marking
9:30	9:45	KOS Swim Warmup
9:45		14-15 (375m swim/1.5 km run) -Red
10:00		12-13 (375m swim /1 km run) - Blue
10:15		10-11 (200 m swim/500 m run) -Orange
10:30		8-9 (100 m swim / 400 m run) - Purple
10:45		6-7 (50 m swim/200 m run) - Yellow
11:00		4-5 (25 m swim/100 m run) - Black

Note: All athletes must attend their mandatory race briefing.

Sunday July 5		
6:30	7:45	Development Series Transition Open & Body Marking
6:40		Wetsuit Announcement
7:00	7:20	Dev Series Swim Warm up
7:30	7:35	Dev Series (12-15) Mandatory Briefing
7:30	8:30	Standard Triathlon & Aquabike Transition Open & Body Marking
7:40		Dev Series 12-15 Male Super Sprint Draft Legal Start
7:45		Dev Series 12-15 Female Super Sprint Draft Legal Start
7:50	7:55	Dev Series 16-19, U23 Mandatory Briefing
8:00		Dev Series 16-19, U23 Male Sprint Draft Legal Start
8:00	9:00	Sprint Triathlon, Aquathlon Transition Open & Body Marking
8:10	8:30	Age Group Athlete Swim Warm Up
8:20		Dev Series 16-19/U23 Female Sprint Start
8:30	8:40	Standard Triathlon, Aquabike, Standard Duathlon Mandatory Briefing
8:45		Standard Triathlon & Aquabike Start
8:55		Standard Duathlon Start
9:10	9:20	Sprint Triathlon and Aquathlon Mandatory Briefing
9:30		Sprint Triathlon & Sprint Aquathlon Start
11:00	12:30	Pancake breakfast
11:30		Awards Ceremony
11:55		Bike Course Closes to all athletes
13:30		Run Course Closes to all athletes

Note: All athletes must attend their mandatory race briefing.

Wetsuit announcement will be made at 6:40 AM and will apply to all races. Please arrive early to allow sufficient time for body marking, transition setup, and warm-up.



Swim

SWIM CAP

The swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color-coded to assist race management in organizing you at the swim start. If you choose to wear a secondary cap, it MUST be worn under your official race cap.

Swim Cap Colors:

Super Sprint Distance - White

Sprint Distance - Green

Standard Distance - Blue

WETSUITS

The wetsuit decision (mandatory, allowed, or forbidden) will be announced on race morning by a Tri Sask Official one hour before race starts.

Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory
Up to 1500m	20 °C and above	15.9 °C and below

Age-Group from the youngest to 55-59 category:

Swim Length	Forbidden	Mandatory
Up to 1500m	22 °C and above	15.9 °C and below

Age-Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

NOTE: We know that as an athlete you are concerned about the lake temperature for race day, but we will not respond to emails regarding wetsuit temperature. Athletes should be prepared for all possible scenarios.

The swimming course will be monitored by boats, kayaks, and paddle boarders who each cover a particular section of the course. Medical personnel will be standing by at the swim start/finish area for the duration of the swim should anyone require medical assistance.

Swim Course Cut off:

Standard: 1 hour 10 mins after the final Standard athlete enters the water. Super Sprint 30 mins after the final Super Sprint, and Sprint: 30 minutes after the final Sprint athlete enters the water. NOTE: Athletes exiting out of the water after the cut-off will not be allowed to continue.

Swim Course Map: Open water (lake) swim moving clockwise around the swim buoys. The start and finish areas of the swim are the main beach. Swim Course distances as shown on the following map.

Sprint - Large Loop = 750 m

Standard – Large Loop X 2 = 1,500 m

Super Sprint – Small Triangle = 375 m



Super Sprint



Super Sprint Athletes will swim in a clockwise direction around the first two buoys before returning to the red buoy on the beach, forming a triangular swim course.

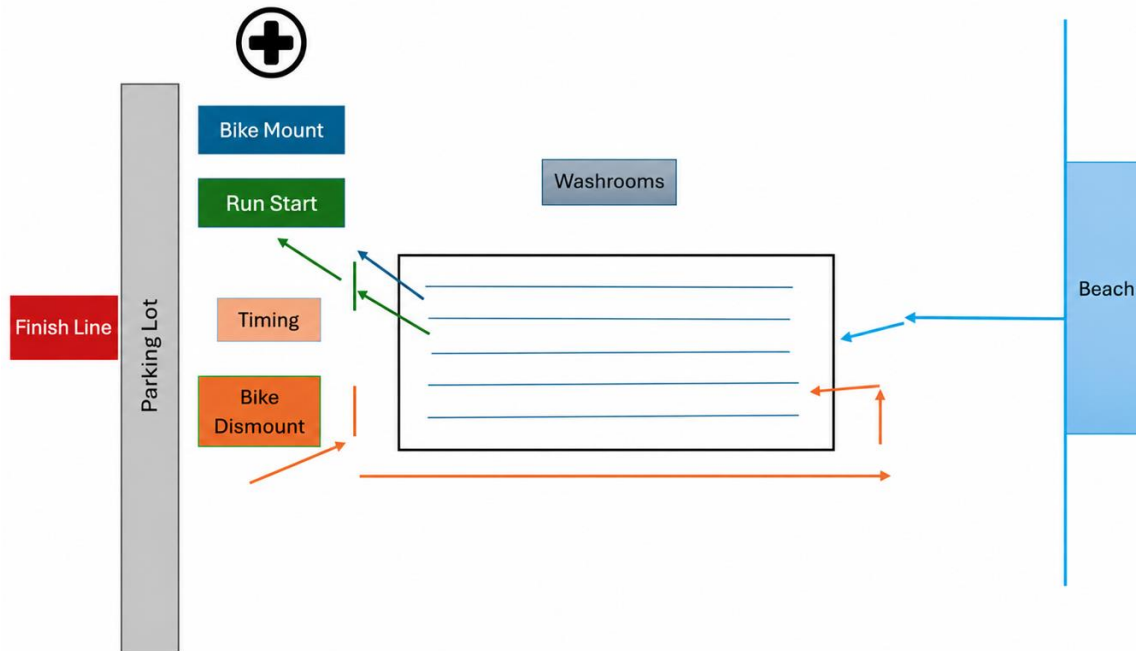
Transition

Transition is located on Echo Lake Beach, approximately 25m from the swim start/finish area.

Transition will open at 6:30 AM on race morning for Development Series athletes, and at 7:30 AM Standard distance and 8:00 AM for Sprint distance athletes.

A bike mechanic from Western Cycle will be on site and available for assistance.





Transition Area Conduct

Have your chip on and number marked on body with number on bike and helmet before entering to set up transition.

Athletes must rack their bike only in the designated area assigned to their race category. Bike racks will be clearly marked by event (e.g., Standard Triathlon, Sprint Triathlon, Super Sprint, Relay, etc.), and athletes will be grouped together according to their event.

Please ensure your bike is placed on the correct rack during transition setup.

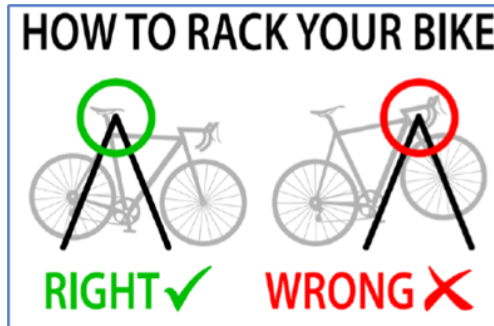
For safety reasons, you will not be permitted to ride your bike in or out of the transition area. There will be mount and dismount lines marked on the parking lot area, as well as by a volunteer.

Please remove any bags or other equipment not needed for the race and place them back in your vehicle or place them on the perimeter fencing inside the transition area. Any bags, bins, or other items placed beside your bike that exceed the allowable space will be moved to the perimeter of the transition area during the first leg of the race once the transition has closed.

Any markings used to make sighting your bike easier (balloons, towels, markings on the ground) will be removed during the first leg of the race.

Please remove all your personal items at the end of your race day and deposit any garbage in the bins provided before leaving the transition area.

In T1 (before the swim) rack your bike by its seat with your transition race stuff (and only race stuff) on one side or the other of the front wheel, and no further out than the front wheel.



When touching your bike in transition (T1), you must have your helmet on and clipped up.

For T2 (returning from bike), rack your bike back in your same spot with front wheel pointing in or out, and by the seat or by both brake levers. Do not unclip or remove your helmet until your bike has been properly racked.

For security purposes, athletes will be required to show their race number in order to remove their bike and personal gear from the transition area following their event. This helps ensure that all equipment is collected by the correct athlete.

Please listen for announcements and follow volunteer instructions regarding when the transition area is open for clearance. Follow volunteer instruction when announced to retrieve items.

Bike

The course features a transition from rolling to flat terrain, set in the scenic Qu'Appelle Valley, with rolling hills surrounding beautiful Echo Lake.

Participants will depart from Echo Beach, travel north around the lake, pass through the town of Fort Qu'Appelle, and continue south on B Say Tah Road toward the park entrance and transition area. One loop is approximately 20 km and includes approximately 115 metres of elevation gain. Sprint athletes will complete one loop of the course, while Standard athletes will complete two loops for a total of approximately 230 metres of elevation gain.

The course is located on the east side of Highway 210, and **roads will remain open to traffic**. Athletes are required to always stay aware of their surroundings and follow instructions from traffic control personnel.

Standard AQUABIKE athletes will complete the same bike course as Standard athletes.

Standard DUATHLON athletes will complete the same bike course as Standard.

Dev Series Super Sprint Bike Course

Dev Series Super Sprint athletes will complete a simple out-and-back bike course on Highway 56. Athletes will ride approximately 3 km from the transition area to the designated turnaround point before returning along the same route.

The total bike distance is **6 km**.

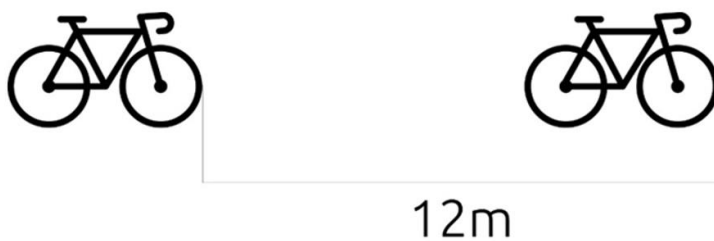
Roads will remain open to traffic. Athletes must stay to the right, remain aware of their surroundings, and follow all instructions from traffic control personnel and course marshals.

Bike Drafting

For the age group non-drafting races, the draft zone is 12 meters from your front bike wheel to the front bike wheel of the athlete in front of you.

You must pass within **25 seconds** of entering the draft zone.

Draft zone



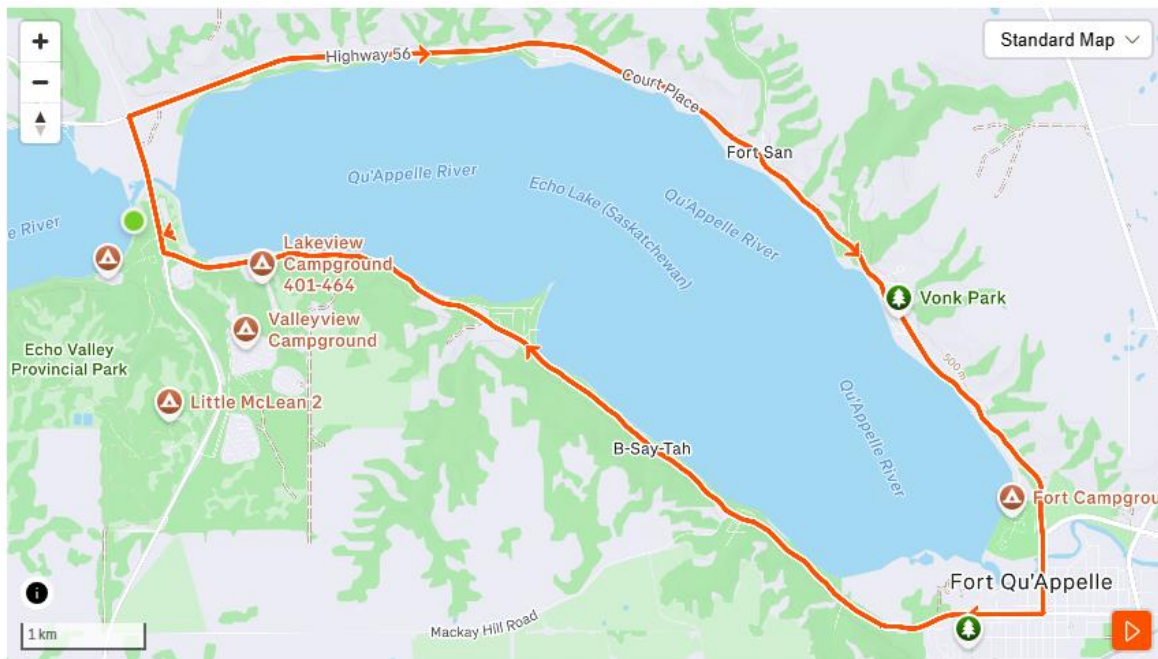
Blocking another athlete from passing you is also prohibited. The penalty for drafting is 1 minute for standard distance and 30 seconds for sprint, to be served in T2.

For the safety of all participants, headphones and earbuds are not permitted during either the bike or run portions of the event.

Athletes are to carry hydration on the bike course.

Penalty: If you are given a penalty on the bike course, you must stop in transition (T2), find and notify a Technical Official in transition, and then serve your penalty time.

Bike Course Cut Off Time: 3:10 hours after Standard swim starts (approximately 11:55)



<https://www.strava.com/routes/3496665443291938700>

Dev Series 12-15 Super Sprint= 6 km (Thunderbird Lodge Turn around)



Sprint and Standard = 19.04 km

<https://www.strava.com/routes/3497736333129261440>

Run

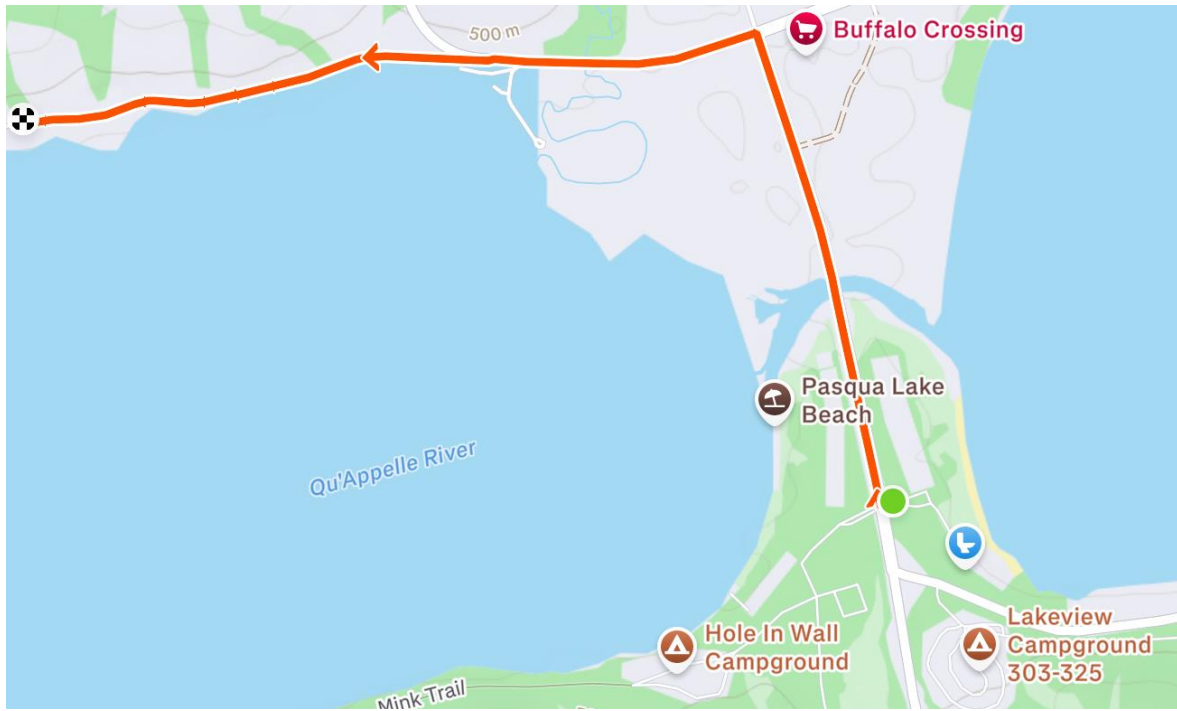
RUN COURSE:

Super Sprint Distance= the Run Course:

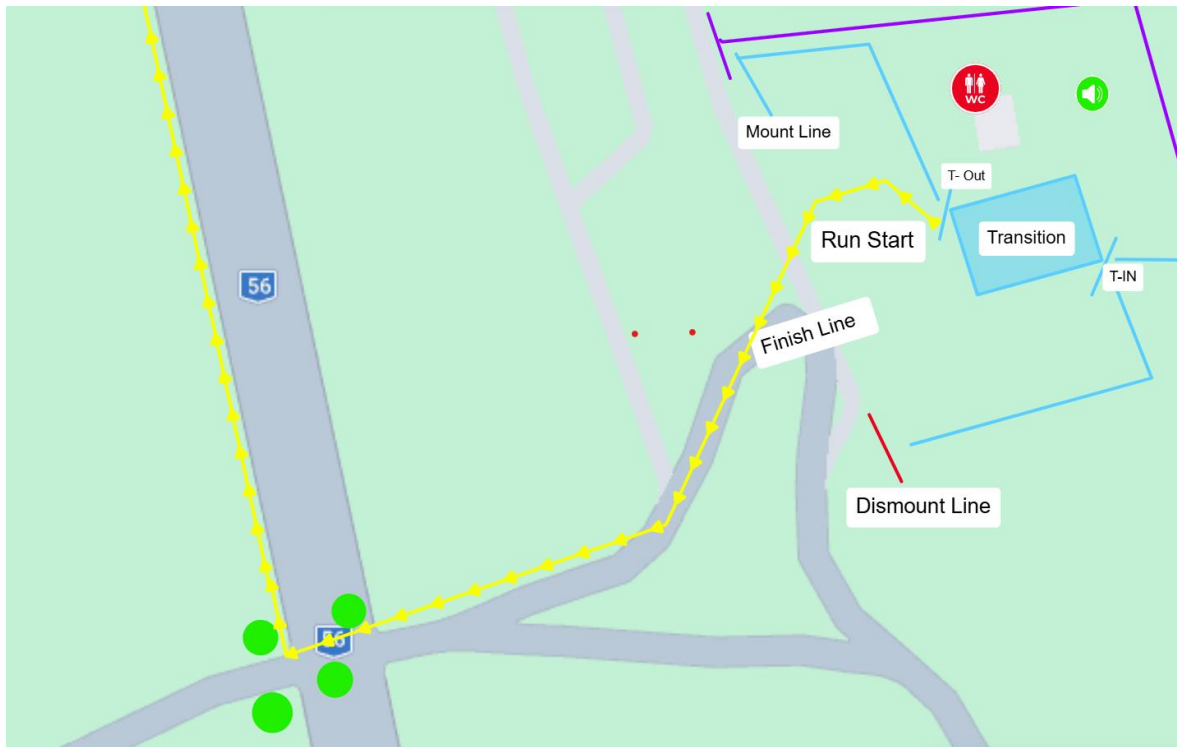
Distance: 3 km

- Exit Transition from the same location used for the bike exit.
- Turn slightly left onto the sidewalk and proceed through the parking lot toward the park entrance.
- Cross the park entrance road and turn right, running alongside Highway 56.
- Continue to the intersection with the stop sign.
- Turn left onto Pasqua Lake Road and head west.
- Follow the course to the turnaround point.
- Return along the same route to the park entrance.
- Continue straight to the **Finish Line**.

Course Format: 1.5 km out-and-back. Be sure to follow all course signage and directions from volunteers and race officials.



<https://www.strava.com/routes/3498374586640031104>



Sprint Distance Run Course:

- **Distance:** 5 km
- Exit Transition from the same location used for the bike exit.
- Turn slightly left onto the sidewalk and proceed through the parking lot toward the park entrance.
- Cross the park entrance road and turn right, running alongside Highway 56.
- Continue to the intersection with the stop sign.
- Turn left onto Pasqua Lake Road and head west.
- Follow the course to the turnaround point.
- Return along the same route to the park entrance.
- Continue straight to the **Finish Line**.
- **Course Format:** 2.5 km out-and-back. Be sure to follow all course signage and directions from volunteers and race officials.

Standard Distance

Distance: 10 km (2 × 5 km Loops)

- Exit Transition from the same location used for the bike exit.
- Turn slightly left onto the sidewalk and proceed through the parking lot toward the park entrance.
- Cross the park entrance road and turn right, running alongside Highway 56.
- Continue to the intersection with the stop sign.
- Turn left onto Pasqua Lake Road and head west.
- Follow the course to the designated turnaround point.
- Return along the same route to the park entrance.
- Continue straight past the finish area to the turnaround point located in front of the Finish Line.
- Complete a second loop by following the same 5 km out-and-back course.
- After completing your second loop, continue straight to the **Finish Line**.

Course Format: Two loops of a 5 km out-and-back course for a total distance of 10 km. Please follow all course signage and instructions from volunteers and race officials. Athletes should remain aware of fellow participants and always stay on the designated course.



Run Course Cut Off: 1:30 pm

AID STATIONS: You will pass Aid Stations multiple times on the Run Course, serving water. Aid stations are at the turn around on the run course.

Aquabike/Duathlon/Aquathlon

Aquabike

1500m swim, 40km bike

Bike (40 kms) follows the same **swim** and **bike** courses as the Standard Triathlon.

Upon completion of the bike course, athletes must:

1. Enter Transition and rack their bikes in their assigned spot.
2. Change footwear if desired.
3. Proceed directly to the Finish Line.

Official Aquabike results and rankings will be based on the athlete's recorded time at the **Finish Line**, not upon entering Transition. Timing will stop only when the athlete crosses the Finish Line after racking their bike.

Standard Duathlon

10 km Run – 40 km Bike – 5 km Run

- **Run 1 (10 km):** Complete the Standard Distance run course (two 5 km loops).
- **Bike (40 km):** Complete the Standard Distance bike course.
- **Run 2 (5 km):** Complete one loop of the Standard Distance run course.
- Finish at the designated Finish Line.

Sprint Aquathlon

750 m Swim – 5 km Run

The Sprint Aquathlon combines a single-lap swim with a 5 km run and follows the same swim and run courses used for the Sprint Triathlon.

- **Swim (750 m):** Complete the designated Sprint swim course.
- Proceed through Transition to the run course.
- **Run (5 km):** Complete one loop of the Standard Distance run course (5 km out-and-back).
- Finish at the designated Finish Line.

Important: Athletes must follow all course signage and instructions from race officials and volunteers. Be prepared for varying water temperatures, as wetsuit use may be mandatory, optional, or prohibited based on race-day conditions.

Kids of Steel (KOS) and Wrist band assignments

Age 14-15 - 375m swim/1.5 km run -Red

Age 12-13 - 375m swim /1 km run – Blue

Age 10-11 - 200 m swim/500 m run -Orange

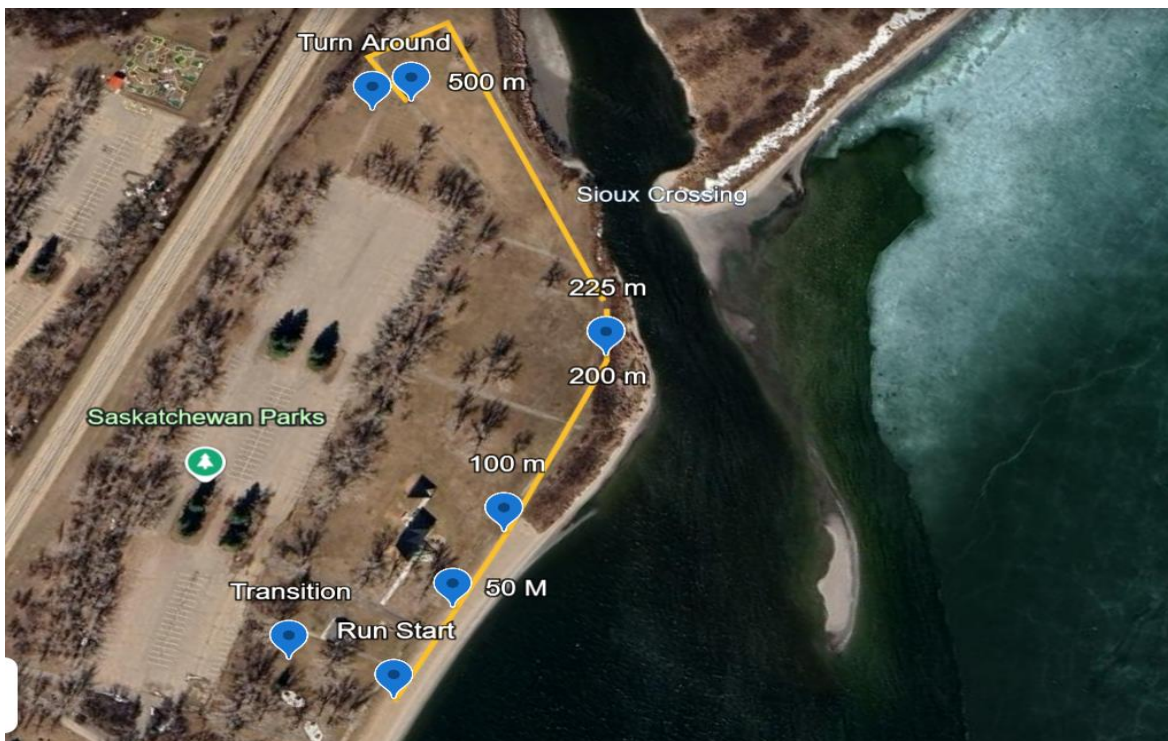
Age 8-9 - 100 m swim / 400 m run – Purple

Age 6-7 - 50 m swim/200 m run – Yellow

Age 4-5 - 25 m swim/100 m run - Black

The swim will be along the beach shore (no deeper than standing depth) with multiple loops depending on age/distance.

The run will take place in the grassy area on Lakeside only, multiple loops depending on the age/distance.



KOS: 1.5 km loop completed twice (2 loops)



Timing & Results

Unofficial results will be posted on Zone4.ca web site, in real time.

DROPPING OUT: Please notify a race official and return your timing chip at the finish line if you drop out of the race. Please do not cross the timing mat at the finish.

Parking

Where to park on race day?

Parking will be available in the Parking lot, South of the race site. (Fishing Parking Lot)

Please do not park in lots on the north side of the highway, as these are part of the course.

Race Items

Wristband

A wrist band will be affixed to your wrist that will match in same color as your swim cap. This band will help officials and volunteers identify the event athletes are participating in.

Timing Chips

Timing chips will be provided by Zone 4 at the Echo Lake athlete check-in from 6:30 to 9:00 am. Body marking will be completed during this time. On Sunday, your left arm and left leg will match your bib number.

Where Does the Timing Chip Go?

The chip should be affixed on your left ankle prior to swim start and must be worn during the entire event. If you lose your timing chip, please go see the timers. There will be a charge for lost chips, and they will be invoiced from our timing company.

Washrooms/Toilets

Park bathrooms will be open at 6 am at the beach area for your convenience.

Race Day/ Medical & Post Race

For any athletes needing medical assistance, we will have medical set up in the finish line area, as well as roving on the bike and running courses. Should you need medical assistance on the course, please let one of the race staff or volunteers know and we can call in for medical assistance.

Post Race Day

We are excited to offer a free pancake breakfast for competitors starting between 11am to 12 PM on Sunday. (Please show your wrist band to receive your pancake breakfast). Once you've completed your race and had time to cool down, you can refuel with some delicious pancakes and fruit.

2026 World Championship Qualifier Spots

A reminder to all registrants about Triathlon Canada's 2027 World Championship Qualifier spots. Specifically, you must complete Triathlon Canada's Expression of Interest (EOI) form to be considered for a World Qualifier spot in this event.

The following qualifier events are available:

- Standard Triathlon
- Standard Aquabike
- Sprint Triathlon
- Sprint Duathlon

The EOI online registration is available on the Triathlon Canada web site using the link below. The online EOI registration form **must** be completed by July 3, 2026.

[ECHO LAKE MULTISPORT CHAMPIONSHIPS- Triathlon Canada 2026 Age Group EOI | CCN](#)