



**Campbell
& Haliburton**
INSURANCE & INVESTMENTS



2019 Brent Gibson Memorial Icebreaker Triathlon Race Day Schedule

5:00am	Course set-up begins
6:30	Transition opens
6:30	Registration check-in opens
7:00	Draft Legal Super Sprint WSGQ mandatory pre-race briefing
7:15	Pool opens for warm-up
7:30	Registration closes
7:30	Pre-race athlete meeting in the gym
7:15	Pool opens - Heat 1 warm-up in deep pool
7:45	Transition closes
7:45	Heat 1 start Heat 2 warm-up
8:10	Heat 2 start H3 warm-up
8:25	Heat 3 start H4 warm-up
8:30	Duathlon start
8:50	Heat 4 start H5 warm-up
9:05	Heat 5 start
10:00	Bike course closes
10:30	Run course closes
10:45	Lunch opens in gym
11:00	Awards Ceremony

Heats 2 to 5 may start earlier than listed. Please be ready to go at least 15 mins prior to your scheduled time.

Transition will reopen once the last racer clears the bike to run transition. Please pack up and remove all of your items from the transition area as soon as possible as we need to set-up for the Kids of Steel race in the afternoon.



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RACE-DAY GENERAL

- Parking lot assigned to use for this event is lot 8 and 10 at the UofR
- <https://www.uregina.ca/fm/parking/events/2019/05/Icebreaker.html>
- No ipods, mp3 players, earphones, etc.
- Smart devices (phones, watches, etc.) can be used during the race for its GPS/bike computer, pace calculator/heart rate capabilities, etc. but cannot be used for any purpose that would be distracting to other athletes (eg texting, phone calls, taking videos or pictures or using social media).
- There are maximum time limits for the swim to keep the race moving along. Have no fear; you can still keep on racing!
- **Thank your volunteers!!! Remember this is fun ☺**
- Have a great race and enjoy the day!

SWIM

- All swimmers start individually – please see the swim lane document for details.
- Warm up time will be allowed in the deep tank when the previous heat begins their race. Please be careful, there are no lane ropes.
- No one is allowed on pool deck unless your heat is next.
- No flip turns (except for the Draft Legal Super Sprint event)
- You may touch the bottom, but no walking/forward movement while doing so.
- To pass, touch the person's feet ahead of you. If you feel your feet touched, swim to the end of the lane, step aside and allow the person to pass. Continue behind them. (Keep in mind you will be faster drafting behind someone and it may feel slower than your normal pace although you are actually going faster.)
- No running on pool deck.
- You will be given a BGMI swim cap, which you must wear so the lap counters can accurately count laps.
- Max. time limit for the Super Sprint distance will be 20minutes and Sprint will be 30minutes. You will be signalled to stop once the time is up. You will not be disqualified and can move on to transition.



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TRANSITION

- **Helmets must be on and buckled** before unranking your bike.
- Bikes are mounted at the mount line, and dismounted at the dismount line.
- **Helmets must remain on and buckled** until your bike is racked after completing your cycle.

BIKE

- Note: Part of the bike course is open to traffic – **please be careful!**
- SLOW DOWN on all corners and watch for potholes.
- The streets have not been swept – be careful!
- Ride single file only.
- Ride on the right, pass on the left. Please notify rider as you pass by calling out "On your left!"
- No drafting (10m rule) - *Except the draft legal super sprint.*
- Super Sprint do 3 complete loops on Wascana Parkway,
- Sprints, Duathletes, and Aquabike do 6. See maps for details.
- Aquabike will enter transition, rack bike, then run/walk through finish line.
- Bike course will close at 10am.

RUN

- Run course has 1 aid station with water and first aid supplies.
- Super Sprints will pass it once, Sprints & Aquathlons will pass it twice, Duathletes will pass it once on the first run and twice on the second run.
- A pylon near the aid station is the Super Sprint turnaround.
- The top of hill is the turnaround point for the 5km run.
- Every 5 km racer must run around the circle at the top.
- Run course will close at 10:30am.

POST-RACE

- Transition will be re-open as soon as the last racer leaves for the run. Please remove your bike ASAP as we need to begin set-up for the kids of steel triathlon in the afternoon.