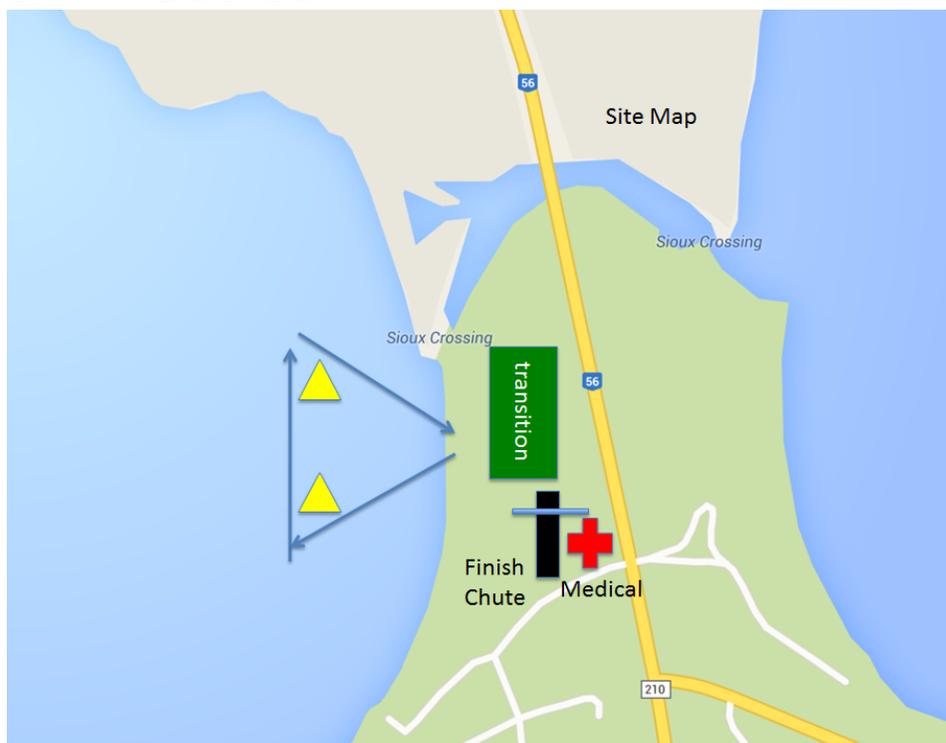


Echo Lake Triathlon Course Overview

Swim Course



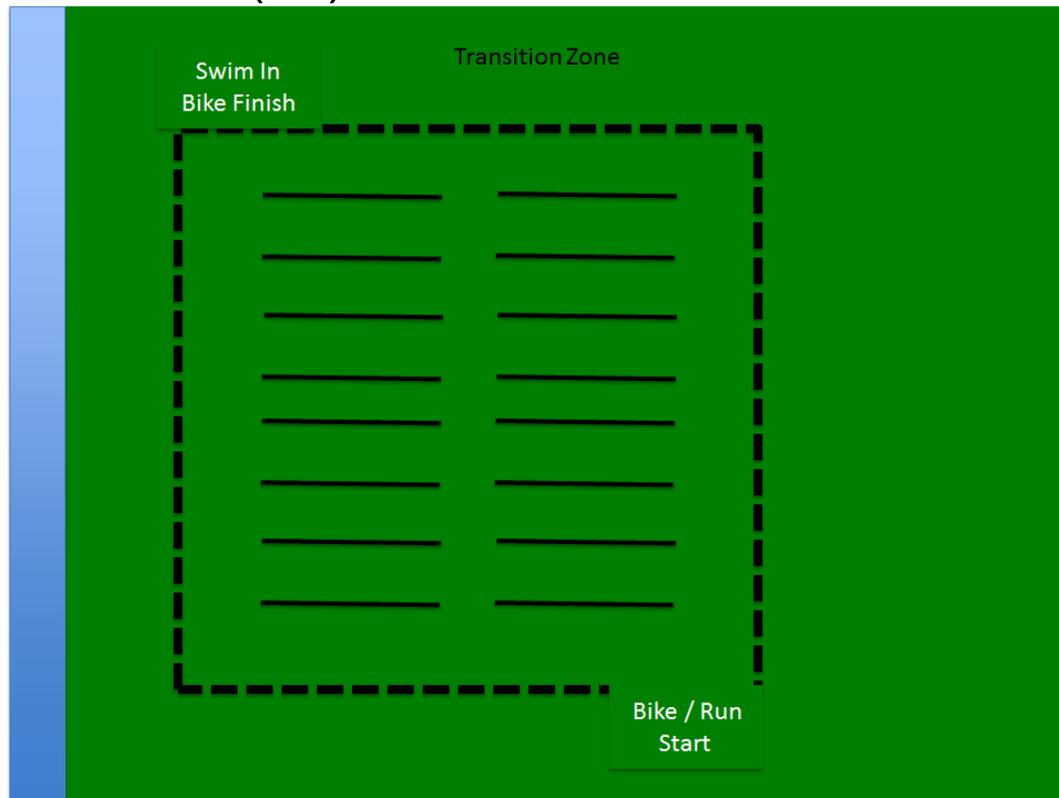
The swim course will be an open water course with a beach start on the Pasqua Lake side of the land bridge between Echo Lake and Pasqua Lake. The course will be clockwise in a 750m triangle with the first turn at 250m. Sprint distance will be one lap, Standard distance (1,500m) will be two laps.

Decisions on allowing wet suits will be in accordance with the ITU rules (see section 4.2 in the ITU Rules document at http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf with amendment http://www.triathlon.org/uploads/docs/itusport_competition-rule-amendments-2016_%28002%29.pdf). Final decision will be based on water and air temperatures measured one hour before race start. The water temperature of Echo Lake in mid-July is expected to be on or above wet suit allowance thresholds.

Exit from water will be across carpet over sand onto a grass area, and then proceed to T1 transition.

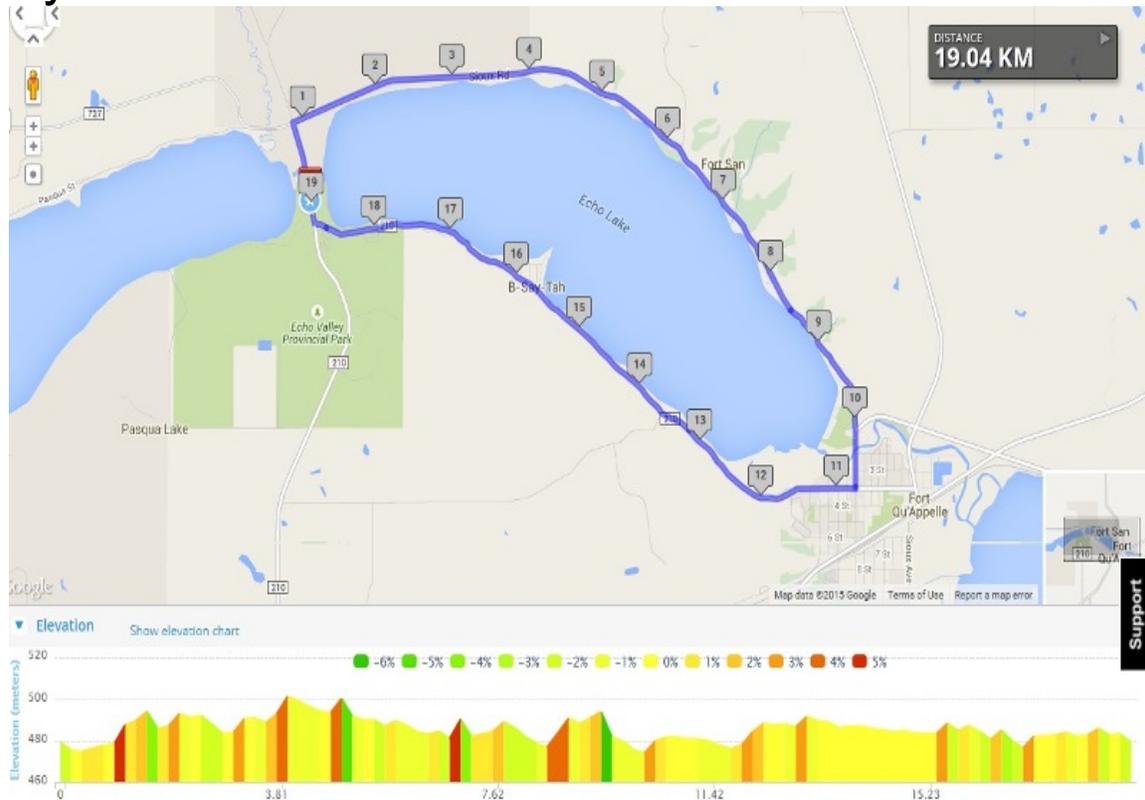
NOTE: If conditions warrant, the swim course may be moved to the Echo Lake side of the land bridge.

Transition (T1)



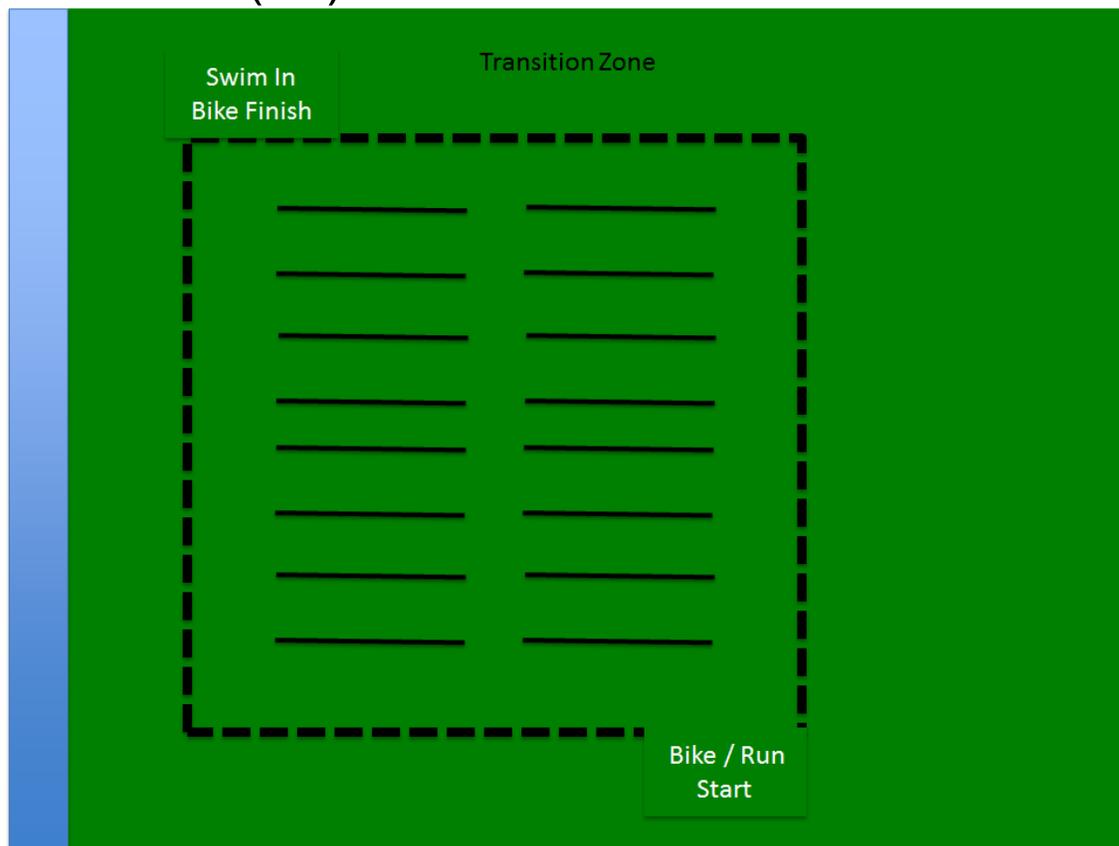
Transition entry from swim will be from the corner closest to the swim course. Standard horizontal bar racks will be provided for bike racking. Cycle exit from transition will be from the opposite corner diagonally from the T1 swim entrance. Athletes will proceed with bike to mount line in parking lot next to transition, and then proceed to exit the parking lot and onto the bike course.

Cycle Course



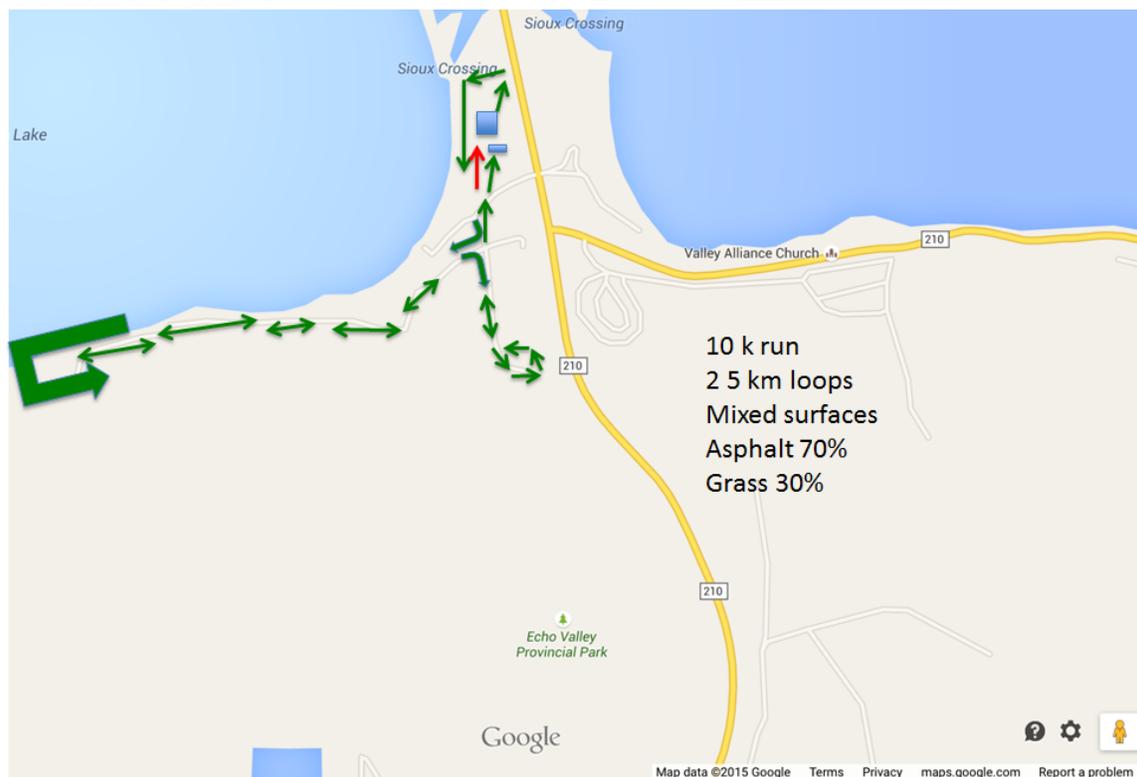
The cycle course will be a 19km loop running clockwise around Echo Lake at the bottom of Echo Valley through the town of Fort Qu'Appelle at the east end of the loop. The road is a two-lane blacktop road servicing lakeside cabins and the town of Fort Qu'Appelle. The course will not be closed to traffic, but the traffic is expected to be light for Sunday morning. When the course passes through Fort Qu'Appelle, the intersections will be traffic controlled by volunteers. The course is technical and engaging with elevation variations from mildly rolling hills and technical variations of bends that follow the contour of the lake and valley. In 2015/2016 the road on the north and east side of the loop was repaved providing an optimal riding surface with no patching or potholes. The following YouTube video captures the cycling route following the repaving in 2015/2016: <https://youtu.be/KAqn2-wuMXY>.

Transition (T2)



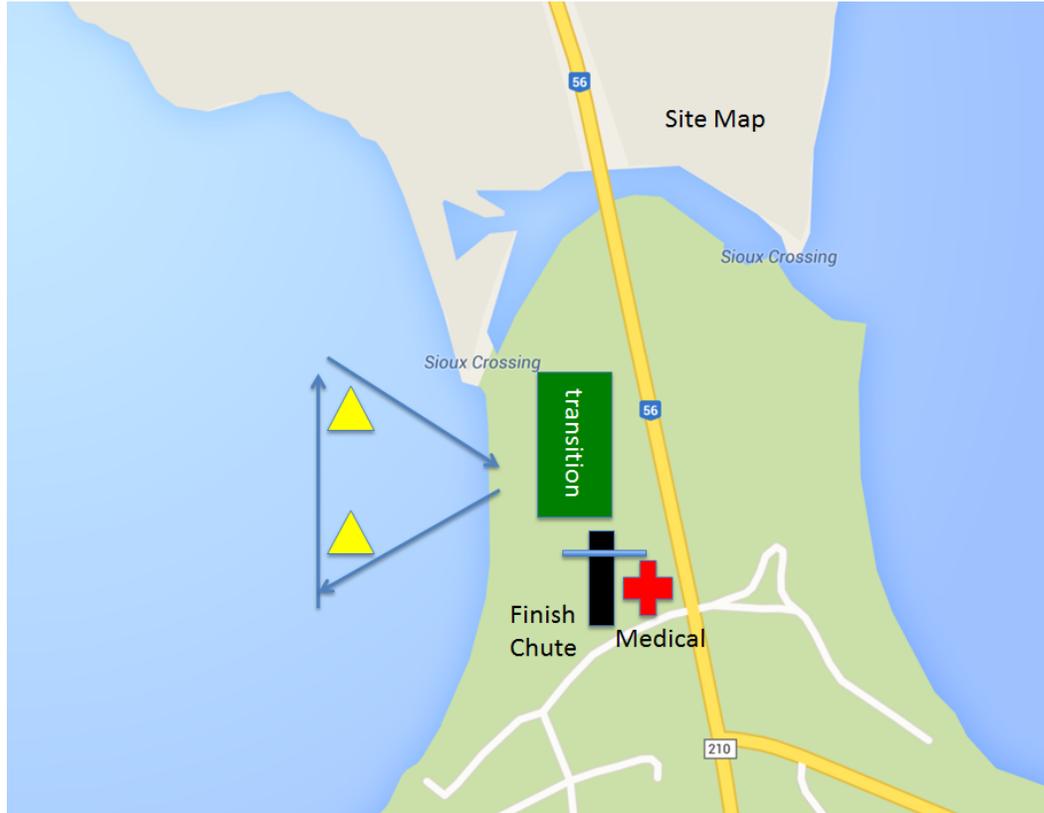
Exit cycle loop into parking lot and dismount. Proceed to transition cycle entry - which will be the same as swim entry at the corner closest to the swim course. Run exit from transition will be from the opposite corner diagonally from the T1 swim entrance. Athletes will proceed onto run course.

Run Course



The run course will be a 5km loop run on 70% asphalt and 30% grass. Sprint distance is one loop, Standard distance is two loops. There will be minor hill gradients on the course. The grass course will be under trees beside Pasqua Lake. A water aid station will be established on course in an area that allows several access points during the run loop. Finish will be near transition. If conditions dictate the swim course is set up on the Echo Lake side of the land bridge, the ingress/egress to the run course will be from crossing the highway at a controlled intersection.

Finish Area and Medical Tent



Finish will be next to transition in the grass area.

The medical tent will be set up near transition and finish. Canadian Ski Patrol will be providing medical services throughout the course and will be identifiable by their uniforms.