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Triathlon: 500m pool swim/ 20km cycle/ 5km run

Triathlon Team Relay: 500m pool swim/20km cycle/5km run

Swim 500m: Swimmers will compete in waves of 16 (2 per lane). Heats will be assigned according to category and swim times and perceived swim strength (submitted on your entry form). Heat assignments will be provided race morning with approx start times. Competitors will gather in the stands close to their race time and marshals will ensure that all are present, and line them up in numerical lane order. They will be led down to the pool deck when the previous heat has 50m left to swim. Once the last swimmer has exited the swim, the next heat will be led into the pool, and started immediately. Chiptimeresults timing company can accommodate this method.

Swimmers will start in the water at the SHALLOW END, NO DIVE START.
Swimmers will stay on their side of the lane swimming back and forth (there will be no circular swimming) Volunteer counters will be at the end to ensure swimmers complete their 20 laps. They will place a board down the wall for the swimmer to see with 2 more lengths to complete. Swimmers will exit the pool, walk behind the slide and out the east door to the transition zone. Separate female and male change tents will be provided.



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Triathlon Transition Zone:

Athletes will then enter the TZ and go to their bike racks. Once they have helmet on, they continue out towards east end of TZ to the exit. The mount line will be clearly marked and competitors must cross this line before getting on their bikes to start cycling. On the return to TZ, the dismount line will be clearly marked and competitors must get off their bikes completely before continuing into the TZ via the bike entrance located beside the swim entrance to the TZ. They must rack their bike before taking off their helmet. They will exit the TZ at the bike exit, turn right and follow the chute that will travel along the outside of the TZ. They will head along path outside the pool and cross hwy 2 via the overpass, Athletes stay to the right side. There will be large aisles to ease congestion. Movement through the transition is in one direction to avoid collisions.

There will be a minimum of 6 volunteer marshals in the TZ to ensure that athletes follow the rules (e.i. Keeping helmets on until bike is racked) and to assist those that need assistance (none will be given if it is deemed to be giving a competitive advantage) Athletes must place their bikes in the spot allocated to them upon return from the cycle portion. If it falls, the athlete must replace it. A marshal can order an athlete to return to pick it up.

Team Relay members exchange by passing their timing band to next athlete.



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Bike Rack Numbering:

Racks will be assigned on a first come first serve basis. There will be sections assigned for triathletes, duathletes, relay teams and athletes with disabilities. The transition zone will be a busy place on race morning so you are asked to ensure that your bike and race gear are placed early as access will be limited once the race starts at 0800.

Bike 20km: Cyclists leave the T-zone and KMCSC parking lot and then turn east (left turn) on to hwy 2. The initial 300m section is a NO-PASS zone due to it being the return route (this is closed to vehicle traffic). Cyclists continue east on Hwy 2 for 9.5km to the turn-a-round at Kinogama Rd just past the Glen Lawrence Golf Course hill. They return the same route and turn right to go back to the KMCSC parking lot. Athletes must slow down on the hill to ensure a safe turn. The turning lane will be closed to traffic.

Hwy 2 will not be closed to traffic and athletes must pay attention to instructions of volunteers and police. Police will be stationed at major intersections and signs put out for drivers that a race is in progress. Volunteer traffic marshals will monitor major subdivision entrances along Hwy 2. A lead vehicle will be provided and up to 2 motorcycles will be covering the route to ensure OAT non-drafting rules are followed.



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Run 5km: After runners leave TZ and cross the overpass, athletes will run straight along Verte Blvd until just past the CDA buildings and turn right onto Devercheres Dr. and out to Valour Rd, staying to the left. Runners turn left onto General Crerar Crescent then left onto Precision Dr staying to the left (against the direction of traffic). At the end of Precision Dr, runners will be directed to turn right onto Fort Henry Hill Dr (stay in right lane- but being aware of returning runners being on the inside near the grass). Turn right at the first street that leads to the entrance of Fort Henry (Stockade is on the right). Runners will turn around at the medal gates approx 100m after the turn and return the same route down Precision Dr on the other side of the road. At General Crerar Cres, runners turn left and follow the road around the back of the academic buildings and up onto the Parade Square. On the Parade Square, runners will take a sharp left and follow a straight line south towards the point road around the outside of Fort Frederick and follow the Valour Rd towards the finish at the Arch. There will be three aid stations giving water, Vehicle traffic to RMC and Fort Henry will be strictly controlled,