



2017 PEACH CLASSIC TRIATHLON ATHLETE INFORMATION

The event starts at 7:00 AM at Rotary Park Beach

REGISTRATION

Q: Can I register on Race day?

A: NO! You must register online in accordance with the deadlines and prices as displayed on the registration site. Once the online registration ends – Late Registrations will be accepted at the race venue up to the close of Athlete Package pick-up on the Saturday (see [Schedule of Events](#)) immediately preceding Race Day (Sunday).

ATHLETE PACKAGE PICK-UP

Saturday, July 15, 2017

10:00am - 4:00pm

@

Peach City Runners

214 Main St, Penticton, BC

At athlete check in you will be required to show picture identification (drivers license or passport) to pick up your package. You will also be required to show your TRIBC, ATA (Alberta), STAC (Saskatchewan) membership card. If you do not have your card with you, or you are not a member of TRIBC, ATA or STAC then you will be required to pay the day-of-race \$15 fee as per TRIBC rules and guidelines.

EXACT CASH ONLY PLEASE - WE DO NOT HAVE CREDIT CARD FACILITIES.

Triathlon membership numbers from provinces and states other than BC, Alberta or Saskatchewan will not be accepted.

If you do not have picture ID with you, you **WILL NOT** be able to pick up your package with no exceptions. You, and only you, will be allowed to pick up your race package. No family, friends, etc. You will have a wristband with **YOUR** race number printed on it affixed to your wrist at package pickup by one of our volunteers.

Q: Can I pick up my Athlete Race Package on race day?

A: YES! (see [Schedule of Events](#)) You must be pre-registered in order to take advantage of this opportunity. It is advisable however, to pick up your Race Package at the designated times in the event of any errors or omissions. Also, any last minute changes will be issued at the Race Package Pick-up and you may miss important instructions for your race. We do not accept any responsibility for your lack of attendance and any resulting problems, errors or omissions.

RACE GUIDELINES

Race Day Parking

Race day parking will be available approximately 1-2 blocks away from transition on Ellis Street; Main Street; Martin Street; and Winnipeg Street South of Westminster Avenue. Parking lots are FREE on Sundays and Holidays in Penticton. There is one located behind each of the 200, 300 & 400 Blocks of Main Street on the eastside. There is also a public Lot on Martin Street behind City Hall which is free on Sundays. Please DO NOT park on Lakeshore drive as it will be closed and your vehicle will be towed.

Bike Check-In

Bikes will be checked in on race day morning.

**This may change depending on athlete numbers. We will update the website Schedule of Events and send out an email if this is the case. Please check website closer to event date.

NOTE: Please make sure you have water bottles and adequate nutrition on your bike before you arrive in transition. There will not be any water bottles or fuel provided in transition on race day morning. There are no aid stations on the Bike Course!

NOTE: Bike frame numbers must be put on the bike before check in. These numbers replace the need to wear the bib number on your jersey for the bike. If athletes show up at transition to rack their bikes and do not have an athlete band on & without a bike frame number, they will not be allowed into transition.

BIKE FRAME NUMBERS MAY NOT BE ALTERED, CUT, OR TRIMMED IN ANY WAY. THIS WILL RESULT IN A PENALTY TO ANY ATHLETE THAT DOES THIS.

THERE IS NO MANDATORY BIKE INSPECTION BEFORE THE RACE.

Bike Racks

Bike racks are assigned by number so there is no need to rush into transition. When you arrive at your bike rack please rack your bike by the seat on the correct side. One side is for even numbered athletes and the other for odd numbered athletes. Athletes are numbered according to age groups to create the fairest means of space allocation. There will be 6 bikes per rack - 3 on each side.

Example:
Rack 1 #1-6
Rack 2 # 7-12

NOTE:

Please do not bring storage bins or oversized bags into the transition area

Wristband

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race food. You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after you have picked up your bike and race gear from transition!

Race Numbers

There will be three race numbers in your race packet that you are required to display during the event:

- The adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike.
- The small adhesive helmet number must be worn on the front of your bike helmet.
- The run number must be displayed during the run segment on the FRONT of your body. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your race packet. This number does not have to be worn on the bike.

Timing Chips

Timing chips will be provided at the transition area race morning as you come into transition. Each chip is encoded with your specific registration data, so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mat prior to the swim start and the mats at the end of each segment (e.g., swim finish) and for the safe return of the chip at the finish line. There will be a charge for lost chips as we are billed from our timing company.

Timing Chip pick up ends @ 6:30 AM.

Body Marking

The Local Organizing Committee will provide body marking or body marking decals, who will apply them prior to the event; • Body markings are to be applied to each arm, unless instructed otherwise by the ITU Technical Delegate at the briefing; • Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side. This is under the ITU rules found in 2.9-e-ii in regard to body marking.

Transition Area Access

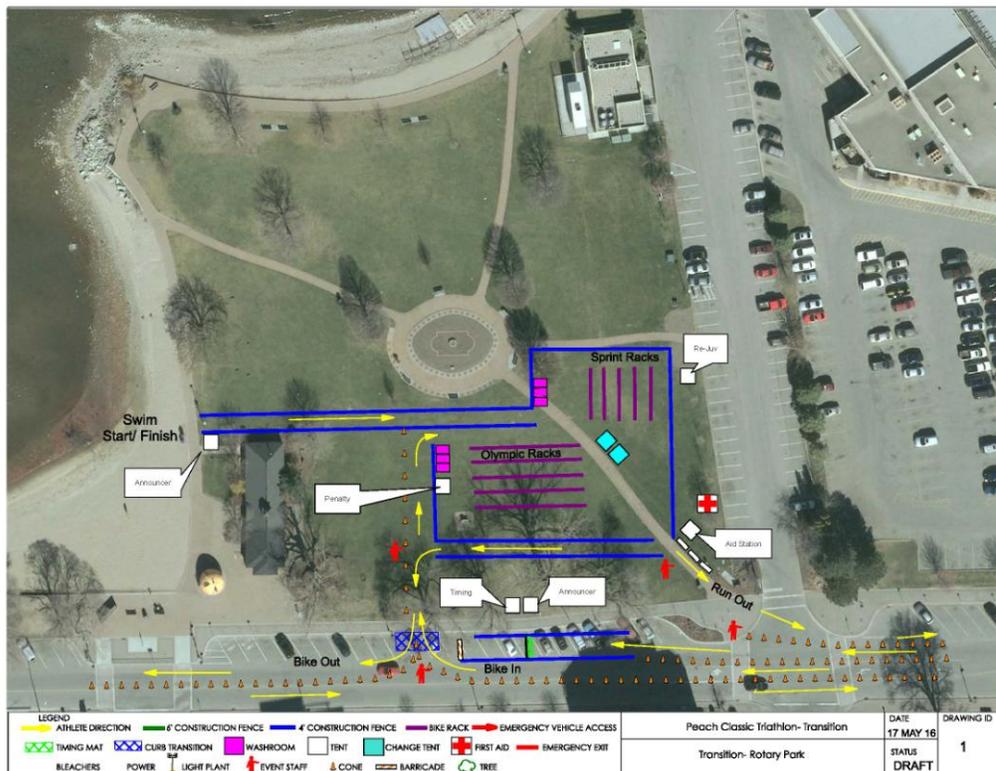
The transition area will be open on race day from 5:00am and will close at 6:45am to ensure all of the athletes are down at swim start. Only athletes who are wearing their wristband will be allowed access the transition area. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim. You will not be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run.

Family & Friends are NOT allowed in transition

Transition Area Conduct

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 road as well as with a volunteer. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers. Do not leave your rack without your helmet strap done up going out and leave it done up until your bike is racked. *If you unclip or remove your helmet before your bike is racked, you will incur a penalty.*

www.invarion.com



Course Cut-off Times

Due to permits, race insurance and volunteer staffing, all participants must remain on pace to complete the Peach Classic Triathlon in **4 hours** from the time of second swim wave start (7:05 AM) until (approx. 11:05 AM). Any athlete crossing the finish line after this time will not have an official time and will not be eligible for age group ranking and awards.

Swim 750M/1500M:

There will be a Swim course cut off at **1hr** after final wave start (approx. 8:05 AM). Any athlete still in transition after **1hr 05min** from final wave start will not be permitted to start the bike.

Bike 20km/40km:

Bike Cut off is **3:10hrs** after final wave start (approx. 10:15 AM).

ADDITIONALLY: You will be unable to continue onto the Run Portion if either of the following conditions exist:

- Race staff or Officials deem you to be in no condition to continue
- Race staff or Officials deem you are too far behind the next to last athlete and unable to complete within the overall cut-off time.

Run 5km/10km:

Run course cut-off is the same as total event cut-off **4 hrs** from final wave start approximately (11:05 AM)

Dropping Out

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

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in immediate disqualification. Athletes not respecting race officials, race volunteers or race staff will not be welcome to race with Three Lakes Triathlon Series in the future.

Timing & Results

Official race results by Sportstats.ca will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swim wave.

Please check to ensure that your time and age group results are correct as results are posted prior to the awards. Any changes required that are not brought to the attention of the

timers prior to the final results being processed before the awards will not be adjust/changed after and stand as official.

Results will be posted on the race website the day after the race as well as on www.sportstats.ca

Medical Care

There will be a medical tent in transition. Medical care will be available to participants requiring minor medical attention. Major medical issues may require transportation to hospital. Medical Staff will have final call in cases of withdrawal from the event due to medical reasons.

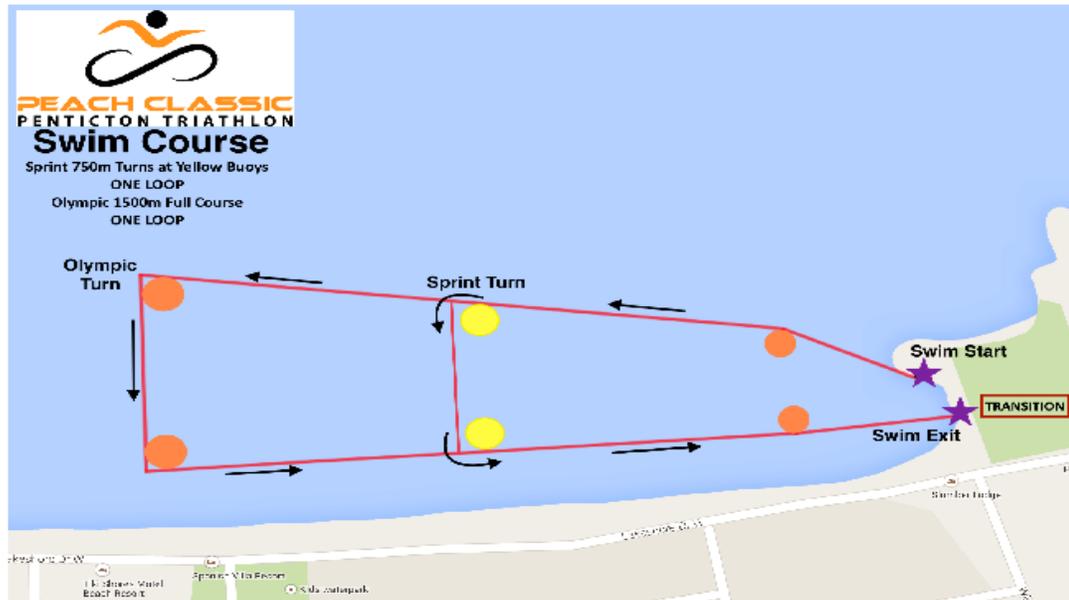
Spectator Viewing

BIKE/RUN– Spectators can walk along Lakeshore Dr. to see your athletes leave transition and complete the out and back section along Lakeshore Dr. Please try not to congest the corner roundabout on Ellis St, or the intersection of Front St and Lakeshore. These are high traffic areas where both the run and bike course routes follow. You can also walk up Vancouver Hill where you will be able to see cyclists and runners heading in and out on the course. We also ask that you do not follow your athletes out onto the course to reduce traffic for safety reasons.

RACE START IS 7:00 AM

Swim Course: 750M/1500M

Open water ONE LOOP Course for the Sprint and the Standard distance in a counter clockwise swim course is held in Okanagan Lake at Rotary Park by the Peach on the Beach. The course is a triangular in shape. Standard (1500M) and Sprint athletes will complete the One Loop of their respective course and exit the water. Okanagan Lake can become choppy if the wind picks up, but is usually relatively calm. At this time of the year, water temperatures can be quite warm so there is a higher than normal possibility of a non-wetsuit swim. With this in mind we have redesigned the course for those concerned with swimming longer distances without a wetsuit. Please train and plan accordingly. We will have a large group of swim support staff to ensure your safe completion of the first of three disciplines.



Swim Cap

Your swim cap will be provided at Race Package Pick-up. Do not trade your swim cap with another athlete, as the caps are color-coded according to the distance that you are taking part in and will be numbered. This is a safety issue as we must be able to identify you in the event of an emergency. You must also keep your cap on until you pass through the timing chute at the swim exit.

NOTE: We have a “WHITE CAP” system in place. If you feel you are a weak swimmer, anxious about the swim, or have a medical condition that puts you at risk during the swim, we will give you a white swim cap which will allow us to keep a closer eye on you! We will have a number of white caps available at package pickup if you feel you will need one.

Wetsuits

According to TRIBC rules, the use of wetsuits during the swim will be allowed if the water temperature on race morning is 22 degrees Celsius or less for both the Sprint and the Standard Distance. A water temperature measurement will be conducted on race day morning, and an official decision will be announced 1 hour prior to race start.

NOTE - 3 races in the past 4 years have been non-wetsuit swims due to warm water temperatures

WE WILL NOT BE OFFERING THE PARTICIPATION OPTION AT THIS EVENT.

Swim Waves

There will be two swim waves, 5 minutes apart. Sprint athletes will start at 7:00 AM and Standard athletes at 7:05 AM.

Swim Assistance

You will be escorted throughout the swim by a series of canoeists & kayakers who each cover a particular section of the course in a back and forth sweep pattern. Trained EMT personnel will be standing by at the swim start/finish area.

Bike Course: 20km/40km

From the transition all athletes will head west along Lakeshore Drive to the roundabout at the S.S. Sicamous then back along Lakeshore Drive and up Vancouver Hill. At the top of the hill, cyclists will do an out & back loop using Middle Bench and Tupper intersections. They will then travel out on Naramata Road:

SPRINT DISTANCE: Same as above with the turnaround marked at 20km located at approximately 1725 Naramata Road. (This turn will be monitored and controlled).

STANDARD DISTANCE: will continue along Naramata Road and keep to the right towards Chute Lake at the Naramata Village intersection. The turnaround is at Painted Rock (this turn will be monitored and controlled).

ALL ATHLETES: then head back towards Penticton along Naramata Road, turn right onto Corbishley Drive, follow around the backside of Munson Mountain, and back down Vancouver Hill to transition.



NOTE: This is not a closed bike course, meaning the course is open to the public. Please be aware of your surroundings and respect traffic controllers on the course.

Bike Course Rules

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. TRIBC officials will monitor the bike course and strictly enforce these rules.

NOTE: Pacing of cyclists by vehicles and/or other cyclist and coaches will result in disqualification and affect your ability to race with us in future!.

Bike Aid Stations

There are no aid stations on the Bike Course! Please make sure you have water bottles and adequate nutrition on your bike before you arrive in transition. There will not be any water

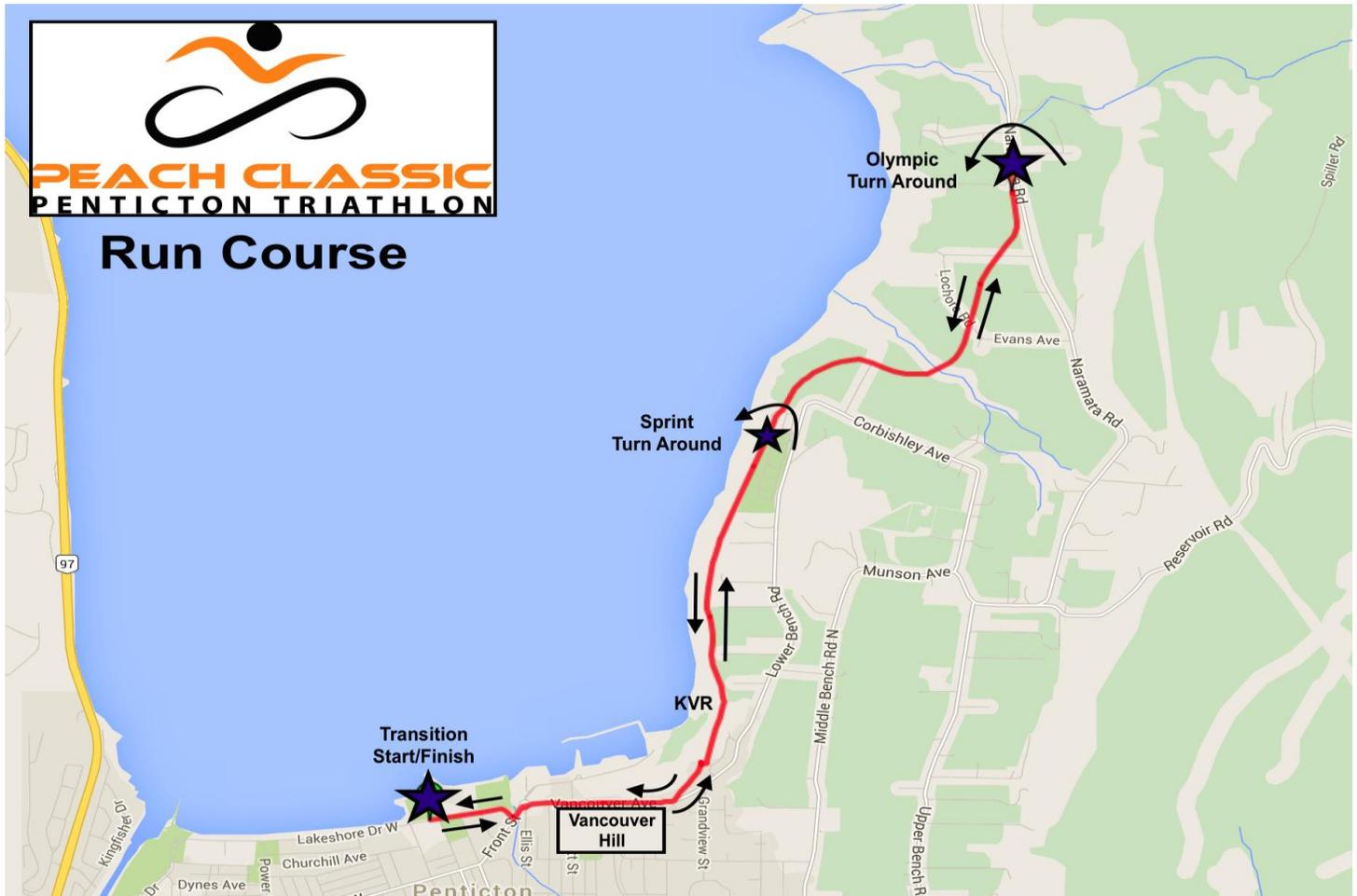
bottles or fuel provided in transition on race day morning. You are responsible for your own hydration and nutrition on the Bike Course.

Bike Course Safety

Roads used for the Peach Classic Triathlon are open to traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the race.

Run Course: 5km/10km

This is a beautiful out and back course. Runners will head east out of transition, through the roundabout at the base of Vancouver Hill, and up Vancouver Hill to the Kettle Valley Railway Trail (KVR). Runners will head out on the KVR which is hard-packed gravel. The Sprint turnaround is at the 2.5km mark which is just below the cemetery. The Standard turn-around is at the 5km mark which is just before the KVR crosses Naramata Rd. Runners will head back to the finish line along the same course.



Run Course Rules

It is mandatory that the bib number is worn on the front of your body for the run course.

NOTE: Pacing of runners by friends, coaches and/or athletes who have already finished or dropped out of the event will result in disqualification and affect your ability to race with us in future.

NOTE: Electronic Devices (phones, iPods, etc.) and headphones are NOT allowed on the course. You will be disqualified and this will affect your ability to race with us in future.

Run Course Aid Stations

Each station will be stocked with water and sports drink

There are 5 aid station locations on the course which is out and back, therefore you will pass through each station twice. (#1) just out of transition (Start of Run); (#2) at the entrance to the KVR (1.25 km (out) & 3.75 km & 8.75 km (back)); (#3) at the Sprint Turn Around (2.5 km (out) & 7.5 km (back)); (#4) on KVR (3.75 km (out) & 6.25 km (back)) and (#5) at the Standard Turn Around (5 km).

Post Race Rejuvenation

Post race nourishment will be available at the back of the Transition Compound. (see map)
Post race rejuvenation food will include water, electrolyte, cookies, fruit etc.

POST RACE LUNCH & AWARDS

The post race lunch will be available at Rotary Park in the Rejuvenation Area. We encourage everyone to stick around and cheer on your fellow competitors!
Lunch will begin at 9:30am. Athletes will show their wrist band, Volunteers need to wear their event shirt and Family and Friends will need a voucher which may be purchased at Race Package pick-up to receive lunch.

Awards will take place at Rotary Park on the grassy area outside of transition near the finish line.

Security will be in transition until 1:00 PM on race day. Remember to keep your athlete band on until you have had lunch and removed all of your gear from transition as you will not be allowed to remove your bike without it. This is our way of identifying you.

Summary of TRIBC Rules:

Triathlon British Columbia sanctions the Peach Classic Triathlon. All TRIBC and ITU rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the TRIBC Head Official within 15 minutes after the protesting individual finishes the race.

1. INTRODUCTION

The ITU Competition Rules are intended to:

- Create an atmosphere of sportsmanship, equality and fair play at all times.
- Provide safety and protection.
- Penalize competitors who gain unfair advantage.

2. GENERAL RULES:

- Technical Officials (not volunteers) shall have the authority to disqualify participants.
- Medical personnel shall have the ultimate and final authority to remove a participant from the race if they judge the participant to be physically incapable of continuing the race without risk of serious injury. Medical transport of any participant will result in disqualification.
- Good sportsmanship is demanded from all participants. Any unsportsmanlike behavior is grounds for disqualification.
- A 'Thank You' to volunteers will go a long way in showing them how much we appreciate their generous contribution to the race.
- If you withdraw from the race at any time, please notify an official and return your timing chip to the timing tent in transition as soon as possible. For your own safety and our peace of mind, it is essential that we know where you are on the course at all times.

General Conduct:

Competitors Will:

- Be responsible for their own safety and the safety of others;
- Know, understand and follow the ITU Competition Rules, available from their NFs and on www.triathlon.org ; or www.tribc.org
- Obey traffic regulations and instructions from race officials;
- Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
- Avoid the use of abusive language;
- Compete without receiving assistance other than from event personnel and officials;
- Not dispose trash or equipment around the course except at clearly identified places, such as feed stations or trash disposal points.
- Not attempt to gain unfair advantage from any external vehicle or object;
- Follow the prescribed course.

3. DISCIPLINE OF COMPETITORS

General Rules:

- Failure to comply with the ITU Competition Rules may result in an athlete being verbally warned, punished with a time penalty, disqualified, suspended, or expelled;
- The nature of the rule violation will determine the subsequent penalty;
- Reasons for Penalty: An athlete may be issued a verbal warning, punished with a time penalty, or disqualified for failing to abide by the ITU Competition Rules.
- The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

Warning:

The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials; A warning maybe given when:

1. An athlete violates a rule unintentionally;
2. A Technical Official believes a violation is about to occur;
3. No advantage has been gained.

Giving a warning: The Official will blow their whistle, the athlete will be stopped if necessary, asked to modify their behaviour, and allowed to continue the race immediately afterwards.

**It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty

Time Penalties:

Giving a Time Penalty: A warning will be given at the discretion of the Technical Official. A BLUE card will be used for drafting infringements during bike segment, and a YELLOW card will be used for the rest of the infringements.

All Time Penalties will be served in The Penalty tent in Transition. Your number will be radioed in to transition. Upon entering T2 you must stop at the Penalty Tent and stay there for the duration of your penalty, 1 minute- Sprint, 2 minutes Standard. Your bike will be taken from you and you will not be allowed food or water.

DRAFTING Penalties:

- 1st Offence: Time Penalty
- 2nd Offence: Disqualified

Disqualification:

- A competitor may be disqualified for:
- Failing to follow the prescribed course.
- Drafting, Blocking, Charging, Obstructing or Interfering with another competitor.
- Accepting assistance from anyone other than race Officials.

- Not wearing their unaltered race number provided in the proper way.
- Using abusive language or behavior, or unsportsmanlike conduct.
- Wearing items deemed a hazard to oneself or others (e.g. a cast, headphones).

For the Age Group and paratriathletes, the accumulation of time penalties will result in disqualification as follows:

- Two time penalties in the standard distance or shorter events;
- Three time penalties in the middle and long distance events.

Technical Official will assess a disqualification by:

- Sounding a whistle or horn, Showing a Red Card, and calling the athletes number and saying “Disqualified”
- Alternatively, the athletes may be informed about the penalties by displaying the athlete’s number on the white board posted at the post finish area.

Procedure after Disqualification:

An athlete may finish the race if a Technical Official issues a disqualification.

Suspension:

A competitor can be suspended for unsportsmanlike conduct, and the violation of the Rules deemed serious enough by Event Officials and the Provincial Sanctioning Body.

4. SWIMMING CONDUCT:

General Rules:

- Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap;
- Athletes must follow the prescribed swim course;
- Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

Illegal Equipment:

Athletes must not use or wear:

- Artificial propulsion devices;
- Flotation devices;
- Gloves or socks;
- Wetsuit bottoms only;
- Wetsuits when they are forbidden;
- Non-certified swimsuits;
- Snorkels;

5. CYCLING CONDUCT:

General Rules:

1. An athlete is not permitted to:
 - Block other athletes;
 - Cycle with a bare torso;
 - Make forward progress without being in possession of the bike.

2. Dangerous Behaviour:
 - Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
 - Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If advantage is gained due to this action, the athlete will receive a time penalty to be served in Transition Area for Age Groupers and at the run penalty box for everyone else.

Drafting:

- The bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete;
- Motorbike draft zone: the draft zone behind motorbike will be 12 meters long. This applies also for draft legal events;
- Vehicle draft zone: The draft zone behind vehicle will be 35 metres long and applies to every vehicle on the bike segment.
- Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds;
- Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;

Equipment:

Bicycles must have the following characteristics:

- Two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain.
- Fairings or devices which reduce air resistance are prohibited;
- Covers are allowed on the rear wheel;
- Handlebar ends must be plugged, tires well glued, headsets tight, and wheels true;
- There must be a well-functioning brake on each wheel.

Bicycle helmets are compulsory.

- The helmet must be approved by an officially recognized testing authority (ANSI or Snell);
- Alterations to the helmet are forbidden;

- The helmet must be securely fastened at all times when the competitor is in possession of the bicycle;
- Headsets, headphones, and glass containers are forbidden.

6. RUNNING CONDUCT

General Rules:

The athletes will:

- Run or walk;
- Wear the official race number
- Not Crawl
- Not run with a bare torso;
- Not run with a bike helmet on;
- Not be accompanied by team members, team managers or other pacemakers on the course;

7. TRANSITION CONDUCT AREA

General Rules:

- All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.
- Competitors must use only their designated bicycle rack, and rack their own bike.
- Competitors must not impede the progress of other competitors in the transition area.
- Competitors must not interfere with another competitor's equipment.
- Competitors must mount and dismount their bicycle at the designated area or line.
- Cycling is not permitted in the transition area.
- Nudity or indecent exposure is forbidden.