



## **Rev3 - Tri St Andrews – Athlete Guide - Race Date - Sunday 08 July 2018 @8.30am**

Welcome to the 7th year of Tri St Andrews and our Sprint Triathlon. Below is all the information you will need to have a safe and fun race weekend. Please read the details carefully as there is information contained that will impact the success or otherwise of your race. Have a great race and we hope you enjoy your visit to the gorgeous Town of St Andrews.

**Race Schedule** - Please check <http://rev3tri.com/standrews/> for the full weekend race schedule.

### **Thursday, July 5, 2018**

**6:00pm** Volunteer information. Come and ask any questions you might have while picking up your volunteer shirt. Located in the beautiful Kingsbrae Gardens

### **Friday July 6, 2018**

**3.00pm - 5:00pm** –**Race Registration** for all events at New Brunswick Ballroom in the Algonquin Hotel

**Rev3 St Andrews Glow Run** – Kingsbrae Garden – **8.45pm Start. Full details and registration info -**  
<https://raceroster.com/events/2018/18037/rev3-glow-run>

### **Saturday, July 7, 2018**

**9:00am** – Free Swim Clinic and Warm up Swim with Coach Daryl Steeves – Katy’s Cove, race swim venue – Free and open to everyone.

**9:30am** - Kids Splash and Dash Registration Opens ages 6 – 14 – by indoor pool – FREE Registration

**11:00am - 5:00pm** – Free Expo/ Registration for all events – New Brunswick Ballroom in the Algonquin Hotel



**10.30am – Kids Splash and Dash Start – Algonquin Indoor Pool**

**11.00pm - Kids Race in Kingsbrae Garden** for ages 0-6 - FREE Registration

**3.00pm – Mandatory Half Distance & OlympicXL Race Briefing at Katy’s Cove (swim venue) followed by Sprint Briefing**

**5.30pm - Pasta Party** for Rev3 Half Distance athletes in the Shaughnessy Ballroom - *Gluten Free and Vegetarian option will be available.* Please purchase tickets in advance.

**Various Start times-** Live Music at the Red Herring, Kennedy Inn and Lobster Bay Eatery - Downtown St. Andrews



## **Sunday 08 July – Rev3 St Andrews Half / OlympicXL / TRI St. Andrews Sprint Morning Schedule**

**5:00am - Transition Opens & Bodymarking**

**6:15am - Transition Closes for Rev3 Half & OlympicXL**

**7.15am – Transition closes for Rev3 Sprint**

**7:00 am – Rev3 Half & OlympicXL Race Start**

**As soon as the last swimmer from the Half Distance race exits the water we will start the Sprint Triathlon at 8.30am so please be at the Cove ready to swim in plenty of time.**

**8.00am – Final Race Briefing at Katy’s Cove for Tri St Andrews Sprint.**

**8.30am - TRI St. Andrews Sprint – please be ready early as we will start asap after the Half Distance swim concludes.**

**11.00pm –TRI St. Andrews Award Ceremony – Algonquin Front lawn**

**3:30pm - Course Closes for all events**

**4:00pm - Bike must be removed from transition (only with designated bracelet)**

**6.00pm – Rev3 Half Post Race Party Banquet & Awards – Algonquin Resort – Tickets must be purchased separately for Sprint Athletes**

Gluten Free and Vegetarian Option will be available

## Race Week Safety

St Andrews is a small friendly community located in rural New Brunswick and safety is paramount in the build up to our race weekend so please follow the tips below so that everyone has a memorable and enjoyable race week.

**Swim**- please do not swim on your own in Katy's Cove as we cannot provide water safety outside of our race schedule and the Town of St Andrews do not provide lifeguards. Wear a bright swim cap and partner up with a buddy & tell friends and family where you are going. There may be a \$1.00 fee to swim in the Cove.

**Cycling** – all roads are open to traffic and downtown St Andrews (Water Street) can be busy with vehicles in the summer. Please obey the rules of the road and do not ride double or triple file. We rely on the support of our wonderful community to host this race and we know that Triathletes will express their thanks to the towns people by cycling with consideration for others.

## Athlete Check-In Procedures

Check-in & Registration for Tri St Andrews will take place in the New Brunswick Room in the Algonquin Hotel.

Packet Pick-up will be available between the following hours –

**Friday 06 July** between 3.00pm to 5.00pm at the Algonquin Resort

**Saturday 07 July** between 11.00am to 5.00pm at the Algonquin Resort

**Sunday 08 July** between 5.00am – 7.00am on Prince of Wales outside Algonquin Hotel

All Sprint Triathlon bikes must be racked before 07.15am when transition closes.

**You must produce Photo ID to collect your Race Packet – No Photo ID – No Packet Pick-up – Sorry**

**Below is the flow of Athlete Check-in:**

1. Sign Race Waiver & Medical Form.
2. Pick up Running Room Bag which will be labelled with your race number. **This Bag will double up as your Morning Bag\*.**

A - Race Numbers - bike frame numbers, helmet stickers, bib numbers, Morning Bag\*

\*in the event of a cool or damp morning you can use this bag to place any clothes not needed for the swim prior to race start and it will be transferred to transition for you after the start of the race. **Look for the Bag Drop Sign**

B - Athlete(s) Wristband\*\* - It is mandatory that athletes wear this wristband at all times. A volunteer will assist you with putting your wristband on. This is your pass to access transition and the swim start.

C – Swim Cap – **Orange Caps for all athletes**

4. Collect your T-Shirt

5. Information Desk - Registration issues and questions.

## Parking

**As Tri St Andrews starts at 8.30am and bikes are still out on course for the Rev3 Half Tri we strongly recommend arriving early to ensure you can find parking. Please follow signs to Parking Lot 1 as you approach the Barr Road.**

Parts of Downtown St Andrews and the surrounding streets will be closed to traffic during the race weekend as we will be racing on the streets of the town. We will have designated parking areas so please follow signs and directions from volunteers. Access to roads around town may be limited due to road closures. Do not park in areas designated for No Parking or Road Closed as your vehicle may be towed.

There will be 3 main parking areas:

**Parking Lot 1:** located in the town Ballfield which is accessed by driving down Mowatt Drive (127 East Chamcook), turn left into Barr Road, turn right onto Champlain, turn left onto Cemetery Road and car park is on the left. Please park here if your car will not be moving during the race.

**Parking Lot 2:** As you drive into town you will see the only Tim Horton's Coffee Shop in town. On the opposite side of the road is the car park for the Old Clubhouse of the Algonquin Golf Club and you may park in here on race morning

**Parking Lot 3:** The NB Community College located within the town at Parr Street & Augustus. There will be on the street parking available around the town during the race weekend but please be aware that Prince of Wales, Water Street & Harriet Street may be closed during the race so access will be limited.

Parking at the Algonquin Hotel will be limited to hotel guests only as this area also acts as Transition.

Absolutely no parking in Katy's Cove (swim Venue) during race weekend as this area must remain free of vehicles for pedestrian access & emergency vehicles. Unauthorized vehicles in this area on Saturday and Sunday will be towed at owners expense.

## **Inclement Weather**

In the event that the weather Gods are not shining on our race venue we will have several contingency plans in place, including:

Light to Moderate Rain – race will proceed as planned as scheduled once we determine that the course is safe.

Lightning – in the event of lightning the race will be placed on hold until we determine that it has passed over and the course is safe.

The Race Organizers and the Race Officials reserve the right to cancel or change any component of the race for safety reasons. This could be canceling the swim and replacing it with an extra run.

In the unlikely event that the event must be cancelled due to weather there will be no refunds as a large proportion of your race fee will already have been allocated to resources by the time race days comes around.

## **Tri St Andrews Course**

It is competitor's responsibility to know the course although the routes will be well sign posted with lots of volunteers throughout the course. Please arrive in St Andrews with plenty of time to drive the bike and run routes in advance of the race as you will not be able to do this on race day.

**Anyone wearing an Ipod / Headphones or using a Cell phone during any section of the race will be disqualified.**



## Swim

Please ensure that you leave enough time to walk from Transition to the swim start in Katy's Cove as they are roughly 400m apart. Tri St Andrews will not be providing lifeguard coverage at the swim venue except during the race timings. Swimmers in Katy's Cove prior to the race do so at their own risk.

Athletes must wear the swim caps provided by Tri St Andrews – you are not permitted to wear your own swim cap - Swim Cap – **Orange Caps for all athletes**

The swim will be in wave starts as follows:

**8.30am** – 1 mass start for Male & Female athletes

**Wetsuit** – a final decision on wetsuit usage will be made 1 hour prior to race start by the Technical Delegate based on the ITU and TriCanada Competition Rules. Wetsuits are forbidden above 22 degrees for Age-Group Athletes and 20 degrees for Juniors.

### Swim Cut Off Times

Swimmers remaining in the water for the Sprint Tri after 30 minutes will be withdrawn from the race. There will be no refunds if it becomes necessary to cancel the swim. In the event that you swim over the allotted 30 minutes the race officials reserve the right to remove your timing chip, however, you will be allowed to complete the race.

Swim security for athletes will be maintained at the highest level from morning entry to race transition until the return from the swim. ANY ATHLETES ELECTING NOT TO RACE MUST NOTIFY A RACE OFFICIAL IMMEDIATELY & RETURN YOUR TIMING CHIP. The safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by volunteer on paddle boards, kayaks, and motorized vessels. Buoys and aquatic crafts line the course.

### Swim Safety

There are a number of things we will be doing as Race Directors to ensure a safe and fair race but there are also several things that you can do to ensure a safe and enjoyable swim.

1. Ensure that you are sufficiently fit enough to swim further than your race distance.
2. Do not race in a new or borrowed wetsuit – make sure you have swum in open water with it several times so that you are familiar with how it feels and that its not too tight.
3. Do not stand around on a hot day with your wetsuit fully zipped up – this will cause dehydration.
4. Adrenaline will be coursing through your veins on race morning, do not get carried away and start at the front of the pack if you are a mid pack swimmer.
5. Start slowly, a race is not won in the first 50 metres, start easily and build into your swim.
6. Look for clear water away from the crowd.

7. Learn how to site the swim buoys, practice siting in open water training – you do not want to swim any further than you have to.
8. Swim & Train with a group in open water, get used to being kicked, pushed & punched.
9. Ensure you have a proper warm up, do not go from standing still on the beach to a maximum effort into the swim.
10. Be realistic about your ability level, if you need to take a break during the swim, stop and hold onto a kayak before proceeding.
11. If you get into difficulty – stop, roll over on your back and raise your hand and a kayaker will come to you.
12. Volunteers in Kayaks or Boats will be allowed to remove you from the race if you appear to be a danger to yourself or others.
13. Make sure your timing chip is safely secured to your ankle once you put your wetsuit on.

These comments are not meant to instill fear in anyone but we need you to be aware that the potential risk of injury or incident is highest in the swim and we are simply highlighting a few things we all can do to reduce that risk.

## **Swim Rules**

Course Length: 750m – 1 lap clockwise direction

Cut off time is 30 minutes after start of your respective wave

1. Each swimmer must wear the swim cap provided by Tri St Andrews with your race number clearly visible.
2. No aids of any kind are permitted including but not limited to fins, aqua socks, gloves, paddles, or flotation devices.
3. No individual paddlers or escorts are allowed.
4. Wetsuits are forbidden if the water temperature is 22 degrees Celsius or above for age-group swimmers & 20 degrees for Juniors. In the event of a non-wetsuit swim clothing covering any part of the legs below the knees or any part of the arms below the shoulders are forbidden.
5. Athletes are permitted to use kayaks and boats to rest, provided that no forward progress is made. Forward motion is not permitted while resting or hanging onto a water craft - this will result in disqualification. Course officials, volunteers and medical personnel reserve the right to remove athletes from the course if determined medically necessary or if they determine that the athlete poses a threat to themselves or another competitor.
6. Swimmers are allowed 30 minutes to complete the course. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event, if part of a team the Relay Team will not be permitted to continue.

## **Swim Exit & Swim to T1**



At the exit to the swim there will be a designated area for shoes for the 400m run to T1. Do not place shoes outside this area as they may be removed by the Officials. Any clothing or equipment that you exit the swim with must be carried with you to transition. You are not allowed to discard equipment on the field of play. If you leave shoes in this area you MUST take them with you to transition – a penalty (to be served in the Penalty Box in transition) will be incurred by any athlete leaving equipment behind on the field of play.

Relay Members will need to hand off their timing chip to their team member in the Relay Designated Area by the Bike Racks.

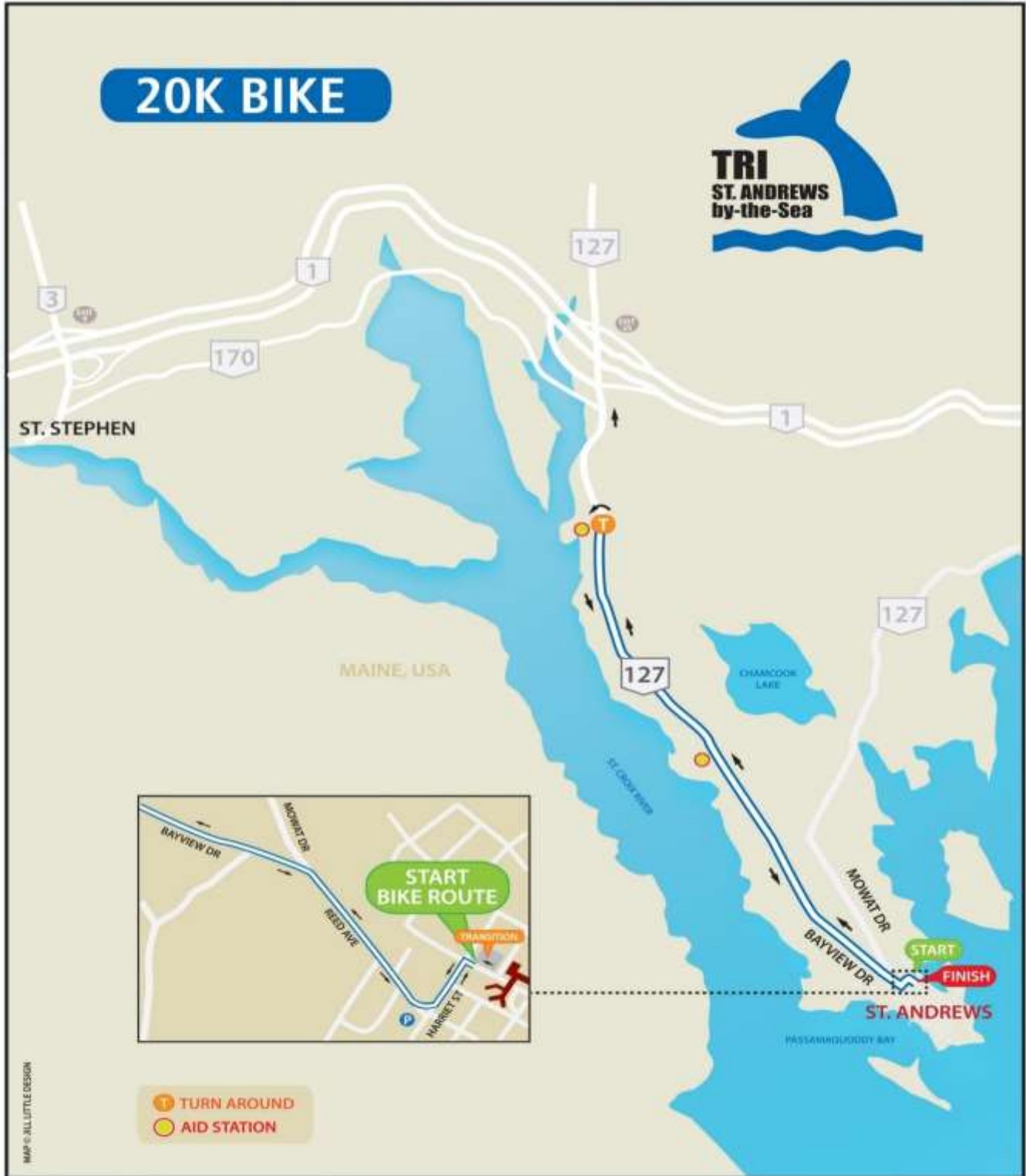
Absolutely no public nudity

### **T1 – Transition**

Bikes must be racked in the Tri St Andrews designated racking in transition, however, within this area it will be free racking so you can choose your position to rack your bike which must be returned to the exact same spot at the end of the bike section – failure to rack your bike in the correct slot may result in a penalty. Do not impede your fellow competitors with your equipment, ie, wetsuit, bike, clothing.

You must wear your race wristband to gain access to transition before, during and after the race. Friends and family will not be allowed access. You must keep your wristband on until you collect your bike from transition.

# Bike Course



The Tri St Andrews is a 20.6k out and back route following the route below. There are no aid stations on the bike course.

Bikes exit transition and ride down Harriet Street

**0.2km** – right onto slip road off Harriett and in front of Arena

**0.3km** – right off slip road onto Reed Street

**0.7km** – Tim Hortons Junction, take a left through the traffic control onto Bayview Drive known as the 127 Bayside.

**10.3k** - Continue straight on the 127 Bayside until the turnaround at 10.3k

Follow exactly the same route all the way back to the Algonquin Hotel and T2 to start your run.

After racking your bike in T2 you will exit transition and run down in front of the Algonquin Hotel onto our 5k out and back run course with spectacular views of the Bay of Fundy before turning and retracing your steps all the way back towards the finish line outside the Algonquin Hotel.



## Run Course – 1 out and back route



### Run Route – Street by Street

Exit transition and run along Prince of Wales under the Algonquin Arch and continue straight down Price of Wales.

**Aid Station 1** - located on Prince of Wales

Continue down Prince of Wales and follow the natural flow of the road around Indian Point

**Aid Station 2** – at turnaround

2.5k – Sprint Turnaround Sign

Once you turnaround follow Prince of Wales all the way back up the hill and turn left onto Adolphus and into the finish chute.

**Race Bib Numbers must be worn on the front on the Run Course.**

## Race Timing

Rev3 St Andrews Sprint will be timed by Atlantic Chip timing. Our first wave will start at 8.30am and the course will close at 3.00pm on Sunday 08 July. Your race will be continuously timed from your designated start time. Splits will be recorded for each segment of the race. The following cut off times apply for each leg of the race:

**Swim:** 30 minutes after your start time. Any athlete still in the water after this time will be disqualified and removed from the race.

**Bike:** all bikes should be back in transition by 1.30pm. Any athlete still on the bike after this time will be disqualified and removed from the race. Relay teams will not be able to continue.

**Run:** Race must be completed by 3.00pm. Any athlete still on the run after this time will be not be permitted to continue.

### Your responsibilities as a competitor include:

When you pick up your race packet, check that all the details are correct and attach blue wristband to your wrist as this will be your only access to transition and your bike. Timing chips will be distributed on race morning.

You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip.

Timing chips are live so please do not cross a timing mat until directed to do so by a race official as this could affect your race results.

**Relay Instructions-** Team members must pass their timing chip to their team member at the end of their particular course leg. **Every member of the relay team must go through the Registration process.** All exchanges take place at the Designated Bike Rack, transferring timing chip to next athlete.

Volunteers will help you remove the strap and chip at the finish line.

If you do not start / finish the race on Sunday, you are still responsible for returning the chip to race management.

Chips should be returned to the Finish Line or handed to any race official. Lost or unreturned chips will carry a charge back to the athlete.

If you drop out or are pulled from the race at any time, turn your chip and strap in to a race official. Failure to do so may disqualify you from participating in future events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.

By picking up your race number and chip, you are guaranteeing that you will return the chip to race management, or you will be billed for its replacement.

All Team Members may cross the Finish Line together as a Team.

## **No Timing Chip – No Finishing Time**

### **Competition & Race Rules**

The number one priority of the Technical Officials is to ensure your safety and to provide each athlete with a fair and equal field of play by following the rules as set out by the ITU Competition Rules.

Tri St Andrews rules are based on the ITU Competition Rules. You can find a link to the Competition Rules by clicking on this link - [http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2017.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf)

It is the athlete's responsibility to know and understand the race rules and to know the race course but here are couple of key rules:

**Field of Play** = any point on the course on which you are racing.

**Drafting** – Draft zone is 10m, 20 seconds to pass

**Blocking** – Impeding another athlete from passing

**Littering** – Stop and collect litter or penalty will be DQ, think of the communities you are racing in.

**Bare Torso** – You must have your Torso covered when leaving Transition (T1 / T2) – no bare nipples.

**Outside Assistance** – No running / biking with or pacing, passing objects to, assisting in repairs from friends or family.

**Nudity or Indecent Exposure** – DSQ, this applies to the entire Field of Play.

**Bike Helmet / Chin Strap** – Please wear your helmet whenever you are around the Field of Play with your Bike. Do not ride around town prior, during or after the race with no helmet.

**Mount / Dismount Line** – Obey the instructions given by volunteers and make sure you locate these lines prior to race day.

**Unaltered Race Number** – Race numbers must not be altered in any way = DSQ

### **Helmets**

Competitors who do not wear helmets while cycling at the race site (warming up, taking bike to transition, riding back to their car, etc.) may be disqualified from the competition.

## Outside Assistance

Competitors may not receive assistance at any time during the race, or in the transition zone. (This excludes medical or safety assistance by qualified race staff.)

Outside assistance includes, among other things, any person running or riding alongside a competitor; fixing flat tires or replacing chains, passing to or taking from any competitor clothing, shoes, hats, or similar articles; a person, other than the competitor, removing gear from the transition area while the race is in progress; demonstrating or indicating by any means, visual or aural, the location in the transition area of a competitor's bike and rack; other similar actions according to the judgement of the Head Official (and as such are not subject to protest or appeal).

**Toilets** - There will be ample toilets in the registration area, swim start area, transition and on the course.

## Volunteers

If you have a partner or supporter who is coming to the event with you please ask them to help volunteer as we require a large number of volunteers to run this event. Please contact me on [rev3standrews@fastmail.fm](mailto:rev3standrews@fastmail.fm) if you know someone willing to volunteer at the race.

## Your Race Experience

Below is a simple checklist to ensure that you have a wonderful and successful race weekend.

- 1) Arrive in St Andrews early in advance of the race to give yourself time to relax and unwind.
- 2) Spend time familiarizing yourself with all aspects of the race course and location of the medical tent.
- 3) Have your bike tuned / serviced before you leave home.
- 4) Catch up on your sleep in the days leading up to the race as some people have trouble sleeping on race night.
- 5) Do not go nuts training when you arrive in town. Do not leave your best legs on the course on Thursday or Friday.
- 6) Attend our race expo and meet fellow athletes & exhibitors
- 7) Purchase tickets for our Rev3 Pasta party on Friday evening and soak in the atmosphere of a Rev3 branded Race.
- 8) If you are unsure of anything, please ask, we are here to help.
- 9) Hydrate, hydrate, hydrate.
- 10) Reconfirm race timings.
- 11) HAVE FUN

**Garth, Scott, Tressa & Helena**



Your Tri St Andrews Race Team