

STETTLER TRIATHLON & 5K RUN 2024



Sunday July 14, 2024

Kids Race Package

STETTLE TRIATHLON & 5K RUN 2024

Race Package Pickup

Race packages will be available at the Stettler Rec. Center Saturday July 13, 2024 from 12:00pm to 7:00pm. Race packages can also be picked up the morning of the race at the registration table prior to 9:30am. In your package you will find your swim cap, swim heat info and race bib number. Ensure these items are with you the morning of the race.

Race Day Schedule

Date: Sunday July 16, 2023

Time

6:30-9:30am	KOS have access to transition. After 8:00am the transition volunteer is required since the adult race will have started.
6:30-9:00am	KOS check-in, Body Marking
9:30am	Athletes Meeting - Inside the Stettler Rec. Center – near the registration area.
10:25am (estimated)	First KOS heats on pool deck
10:30am (estimated)	First KOS heats go into the pool. KOS race starts
1:00pm (estimated)	KOS Race Results. This time is subject to change depending on race day registration numbers. Updated information will be relayed on race day.

General Info

1. This bike portion of the race is on public roads, with open traffic and other users. There will be plenty of signs and marshals to ensure your children's safety. The run route is a closed to all traffic.
2. iPhones/iPods may be used for GPS purposes only – no headset are permitted. This is for your safety so you will be able to hear officials, volunteers, traffic, and anything around you.
3. You will be provided with a race bib with a number that is optional the bike and but monitory on the run portions of the race. A race belt is recommended but the race number can be pinned as well. The number should be worn on the back during the bike and but must be worn on front during the run. If you do not have a race number belt or easy means of moving the number once affixed, you may wear the number on the front for the entire race.
4. There is 2 sets of bathrooms and 1 Bathroom/shower room available inside the Stettler Rec. Center.
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6. Lockers are available inside the Stettler Rec. Center for a cost of 50 cents (2 quarters).

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7. Unfortunately, we cannot accommodate swim warm ups prior to the race start.
8. If you have to withdraw from the race part way through please return to transition and notify the race official.
9. You are responsible for managing own litter out of the aid station areas.

Transition

1. The transition area will be available to Kids for bike setup from 6:30 to 8:00am. Kids can access the transition from 8:00am to 9:30am with the help of a transition volunteer.
2. Volunteers will be in transition to help the small kids that require assistance.
3. Athletes & Volunteers only in transition area.
4. 6 - 8 bikes per rack 3 - 4 bikes on each side.
5. Marking devices are not permitted to identify your bike's location (flags, strings, etc.)
6. After you check in, you may return to transition area to organize belongings beside your bike.
7. Your race day equipment is required to stay inside you bike space. Please make all effort to minimize any unneeded equipment in the transition area.
8. No riding bikes in the transition area.

Swim

6-7 Swim	- 50m / 2 lengths	12-13 Swim	- 300m / 12 lengths
8-9 Swim	- 100m / 4 lengths	14-15 Swim	- 300m / 12 lengths
10-11 Swim	- 150m / 6 lengths	16-19 Swim	- 750m / 30 lengths

1. If you need to update your estimated swim time send them to joel.norman@stettlertri.com at least one week prior to the race. The Stettler Rec. Center pool is 25 meter long.
2. Swim heats will have KOS triathletes of similar ages grouped together.
3. You will find estimated heat times posted in the Stettler Rec Center on race day.
4. Please be on the pool deck 15 minutes prior to your swim start time.
5. Swimmers will be in groups of 2 to 4 swimmers per lane with staggered starts.
6. No shoes on pool deck. They may be carried and put on just before exiting pool or leave at bike in transition. There will be mats between the pool exit and transition.
7. Only athletes, volunteers and race organizers allowed on pool deck.
8. The pool viewing area is small but open for spectators.
9. KOS athletes will cross the start timing mats and enter the pool feet first and start their swim. No diving starts permitted.
10. Swimming stroke preferences are front crawl or breast stroke. Back stroke and side stroke and doggie paddle can be used if required.
11. Lane swim will be counter clockwise. Stay on the outside of your lane

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12. If you need to pass gently tap the feet of the person in front of you.
13. Volunteers will count your laps and will signal when you have 50 meters (2 lengths) remaining by putting a flutter board in the water.
14. After finishing your swim there will be mats on the pool deck you will follow to the west pool door. When you are off the pool deck and outside the door you can run to transition.
15. Return your swim cap if you do not want to keep it to the registration desk for a refund.

Bike

5-7 Bike	- 1 km	12-13 Bike	- 10 km
8-9 Bike	- 3 km	14-15 Bike	- 10 km
10-11 Bike	- 4.5 km		

1. Your helmet must be fastened before you take your bike off the rack and the strap must stay fastened until your bike is put back on the rack at the end of the bike portion.
2. You are responsible for ensuring that your bike is mechanically safe prior to race day.
3. Disk brakes are acceptable in the Kids of Steel Race.
4. You must wear a CSA or ANSI approved bike helmet.
5. You must use running shoes or cycling shoes. No bare feet.
6. You cannot get on your bike until you cross the mount line. Dismount your bike prior to the mount line and take you bike back into transition. Your bike must be secured in bike rack before starting the run course.
7. This bike course is open to motor vehicles and other users. Stay to the right, stay alert, and pass only when it is safe.
8. At major intersections with turns and/or traffic lights traffic will be controlled by police or volunteers. Caution is still required by the cyclist.
9. Intersections will be controlled by volunteers. Caution is still required by the cyclist.
10. Toe cages will be allowed on bikes. They are acceptable only if the straps are removed.
11. There is on railway crossing on the 12-15 year old bike course.

Run

6-7 Run	- .500 m	12-13 Run	- 2.5 km
8-9 Run	- 1 km	14-15 Run	- 2.5 km
10-11 Run	- 2 km		

1. The run paths and closed are paved and closed to all motor vehicle traffic.
2. Run/walk in a single file to allow others to pass beside you safely.
3. No run pacing is allowed from personnel not participating in the triathlon.

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4. Place your Race Bib on your front during the run.
5. Only athletes are allowed to cross the finish line. Sorry - No parents or family are permitted to cross the finish line with the athletes.

Weather

1. If the weather affects the race time or schedule you will be emailed with a schedule update. It will also be posted on Facebook and our web page.
2. Bring warm clothes in case the temperature is cool in the morning.

Parking & Road Closures

1. Portions of 44th Ave will be closed race day for run and bike safety. Please enter the Stettler Rec Center at 44th Ave off Hwy 56 by the RCMP station.
2. There is 3 places to park on race day. The Stettler Rec Center will have 150 parking spots. There is an overflow accessible from the west side of the facility. There is also parking at west Stettler Park about 1 km away. All parking is free.



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Spectators

1. Spectators are encouraged to watch as long as they are not a safety hazard to triathletes.
2. Swim spectators can watch from the view area.
3. Spectator vehicles are NOT allowed on the bike and run routes.

Water Stations

1. Transition at the run exit.
2. 2nd station is located at the turnaround loop in West Stettler Park on the run course. See race maps for details.

Volunteers

1. Volunteers will be placed throughout the course to assist you. Please thank them for their time when you are out on the course.
2. There is no tolerance for verbal abuse of volunteers. Such incidents will be reported to the race official and participants may be penalized or disqualified depending on the circumstance.

Penalties

1. We do not want to issue penalties in this race and sportsmen like conduct is expected. We want to have a fair race for all athletes. The point is for the kids to have fun. The race official will use their discretion for deliberate infractions.

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Post-Race Activities

Rec Center

1. Showers are available in the change rooms.

Food

1. There will be light snacks and water available after the race and a post-race lunch will start around 10:30am and is included in the race entry for Athletes and Volunteers.

Awards

1. All participants will receive a finishing medal.
2. Awards for the top 3 male and 3 female in each age category will receive awards.
3. This will start around 1:00pm after the KOS race is complete.

Prize Draws

1. We have a bunch of great prizes this year including hoddies, towels and more.
2. There is a swim cap draw for a \$50.00 gift card. Return your swim cap if you do not want to keep it to enter the draw.
3. Prize draws will start after the awards are complete and you have to be present to claim you prize.

Race Results

1. Ensure you wear you timing chip and move over all of the mats during the race.
2. Results will be posted inside and outside the Stettler Rec. Center.
3. Please return all chips to the timing desk once you have completed the race.
4. Downloadable race results will be available on race day at <https://www.racepro.ca/races/stettlertri/> and there is a link on the www.stettlertri.com web page.

If you have a specific question feel free to e-mail me at joel.norman@stettlertri.com