



MTR

Athlete Guide

OLIVER MIXED TEAM RELAY (MTR)

Sunday June 4, 2023

ATHLETE INFORMATION GUIDE

***Disclaimer:** The Athlete Information Guide is as accurate as we can make it at the time of distribution; it will continuously be updated to reflect current venue and course conditions. When/ if a change is made, we will at the very least, notify athletes on site prior to race start. If time allows, we send an updated version via email.*

Welcome to the INAUGURAL Mixed Team Relay (MTR)

The following is an overview of what an athlete competing in the **MIXED TEAM RELAY** should expect and prepare for on race day. Please review the items carefully. The following pages have been collated by our staff, with critical information as well as offerings from many of our athletes, volunteers and repeat offenders to ensure your day is straightforward and enjoyable.

We added a few quick (interesting) facts about triathlon and multisport if you're new to the sport, or one of our veterans that wished we'd mention some of these things. Either way, we are listening and will continue to refine and update this document to just the necessary bits & pieces (including race links).

Lastly, we'd be remiss if we did not mention that no race is possible without the support of a community, especially from those that have come out to support us year over year. We encourage you to share your thanks with the volunteers during your race, as they help you reach your goal. We are thrilled that you chose to join us this weekend. On behalf of the entire Dynamic Race Events Team, thank you for supporting an independent Canadian owned event.

QUESTIONS? SEND US A MESSAGE. WE'RE NICE. PROMISE.

support@dynamicraceevents.com

PRE-RACE | SCHEDULE

FRIDAY, JUNE 2nd

3:00-6:00 pm Package Pick Up at Tucelnuit Elementary School Gym

SATURDAY, JUNE 3rd

2:00-5:00 pm Package Pick Up at Tucelnuit Elementary School Gym

2:00-6:00 pm **MANDATORY BIKE CHECK IN**

RACE DAY | SCHEDULE

SUNDAY, JUNE 4th

7:15 am MTR Transition Opens
7:15-8:15 am Timing Chip Pick Up (outside transition in SPORTSTATS tent)
8:15 am MTR Transition Closes
8:30 am Pre-Race Briefing at MTR Exchange Zone (near swim start)
8:45 am MIXED TEAM RELAY RACE START
12:30 pm Transition Opens for Bike/ Gear Removal (**NO EARLY REMOVAL**)
3:45 pm Awards at Rotary Beach
4:00 pm Venue Closes to Athletes | Bikes **MUST** Be Removed from Transition

TRIATHLON 101

WHEN & WHERE DID TRIATHLON START?

Contrary to popular belief, the sport didn't start in Hawaii, but in San Diego in 1974 by two track coaches.

WHAT ARE THE GENERAL TRI DISTANCES & EVENTS?

- Super Sprint | 400m swim – 10km bike – 2.5km run
- Sprint | 750m swim – 20km bike – 5km run
- Standard or Olympic | 1.5km swim – 40km bike – 10km run
- Long, 1/2 IRON | 1.9km swim – 90km bike – 21.1km run
- IRONMAN or Ultra | 3.9km swim – 180km bike – 42.2km run

WHAT IS THE AVERAGE FINISH TIME?

It depends... on the actual course, the weather on the day and fitness/ experience level of the athlete. Based on previous years, we can estimate from our race weekends, the following stats: Sprint-1hr 50min, Standard-3hrs, Half-6hrs (Aquabike & Duathlon will mirror the triathlon times)

WHAT IS AQUABIKE?

An Aquabike consists of the swim and bike. These events can be run as stand-alone events but are often run concurrently with a triathlon and athletes run the same course/ distance removing the one discipline.

WHAT EVENTS ARE WE HOSTING?

Dynamic hosts a variety of distances and formats in each of its event weekends. The most common distances we host are: Sprint, Standard & Long Course (1/2 IRON) distance triathlons

WHAT OR WHO IS DYNAMIC RACE EVENTS?

It is a local, Independent Series, providing **CRAFTED, PROFESSIONAL, COMMUNITY RACE EXPERIENCES** in Western Canada. The series is Canadian owned & operated by small group of passionate athletes & event professionals that also help/volunteer on a lot of other races.

RACE SUMMARY

The Oliver Triathlon weekend has long been a favourite, drawing athletes from across Canada and the Pacific Northwest. With the long course event following the shorter distance races the day before, it has become a race weekend for athletes of all abilities, offering a distance for all...with many extending their stays to tour the amazing wineries the area has to offer! We are excited to add the Mixed Team Relay to the events this year!

LOCATION: Rotary Beach, Oliver, B.C.

WEATHER: (average) partly cloudy 32% precip

TEMP: (average) Low: 12C | High: 28 C

SUNRISE: 4:56am | **SUNSET:** 8:58pm



STRATOS
PERFORMANCE NUTRITION

RUN COURSE NUTRITION



Electrolytes + Fuel
For your hardest workouts

Loaded with:

- Pink Himalayan Sea Salt
- Cordyceps Mushrooms
- Cluster Dextrin
- BCAA's

ENDURANCE FUEL
STRATOS
PERFORMANCE NUTRITION

350mg
21g
2.5g
440g

WHAT'S IN MY RACE PACKAGE:

Bib #
Silicone Swim Cap
Bike Sticker
Athlete Band
Food/ Beer Tickets (attached to your bib)

MTR Teams have been assigned numbers as both a TEAM and an INDIVIDUAL. (300-1, 300-2, 300-3, 300-4). The order of each athlete will have been set before you pick up your race package and there are INDIVIDUAL race packages for each team member. It is IMPORTANT to ensure you have your race package as the number is specifically assigned to you and the swim cap included will denote which order you are going in once we have you in the MTR Exchange Zone.

An email will be sent out RACE WEEK requesting your teams FINAL order for your roster.

For those teams competing in the **QUALIFYING** category, the lineup must be **F, M, F, M**.

For those teams in the OPEN category, the order does not need to follow that pattern, it just must be submitted.

Bib # - Bib numbers **MUST** be worn for both the BIKE and RUN portions of the MTR.

Bike Stickers – there are small bike stickers that will match the first 3 digits of your race number and athlete band. The sticker can be placed anywhere on your bike frame and allows our security to ensure we are matching the correct bikes with athletes upon gear check out.

Athlete Bands – will be affixed to your wrist by our Athlete Services team when you pick up your race package. This band allows you access to Transition, please do not remove it until you have checked out all your gear at the end of your race day.

TIMING CHIPS:

Timing chips will be handed out RACE MORNING outside of transition in the SPORTSTATS timing tent.

Teams will have a total of 5 timing chips. 1 for each INDIVIDUAL athlete and 1 'baton' timing chip that will pass from athlete to athlete on the team to track your team's overall combined time.

The athlete designated as Athlete #1 on your team will pick up the 'baton' timing chip on race morning.

The 'baton' timing chip **MUST** be worn on your RIGHT leg.

TRANSITION | RACE FLOW:

Transition is located on the field at Tucelnuit Elementary School, roughly 375m from Swim Start/ Finish Line area. Athletes may leave footwear **near the wall** at Rotary Beach if they wish to wear them for the run to transition. Note that any shoes left in an area that is unsafe or impedes staff or athletes' safe mobility will be removed from the area. You may NOT have friends or family place or hand to you your footwear when you exit the water.

MTR Transition opens at 7:15am on race morning. The access for the MTR transition area will be the southwest corner of the transition zone (opposite the 'Run Out' area)

AID STATION: There is water within the transition area for bottle fills.

PENALTY: If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty.



MTR EXCHANGE ZONE:

The MTR Exchange Zone will be located above swim start. All MTR athletes will be staged in this area at race start and must stay behind the designated line until their teammate crosses and passes off the 'baton' timing chip. MTR Athletes cannot come and go from this area once the race has started. When the next teammate in line has the timing chip, they will proceed down to swim start area and enter the water to start their turn.

Athletes #1 through #3 will run and return to the MTR Exchange Zone to pass off the 'baton' timing chip. ONLY ATHLETE #4 will run left past this area on the UPPER road and run up to and then down the FINISH CHUTE. **Only the final athlete crosses the line.** We encourage team mates to cheer their final athlete on as they run passed to the finish line and meet their athlete in the finish zone once they've crossed the line to get the team's finishers medals.

SWIM

SWIM CAP

The silicone swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color-coded to assist race management in organizing you at the swim start. If you choose to wear a secondary cap, it MUST be worn under your official race cap.

WETSUITS

The use of wetsuits during the swim is not mandatory, unless the water temperature is below the required wetsuit optional temperature, as outlined in the Triathlon BC rules. TriBC will take the official race temperature race morning and an announcement will be made at that time announcing the water temperature and usage of wetsuits. Expected temp is 18-20 degrees.

****NOTE**** The lake temperature will be provided race morning by our TriBC Official. We know that as an athlete you are concerned about the lake temperature for race day, but we will not respond to emails race week regarding water temperature.

SWIM ASSISTANCE

You will be escorted through the swim by boats and paddle boarders who each cover a particular section of the course. Medical personnel will be standing by at the swim start/finish area for the duration of the swim for anyone needing medical assistance.

CAP COLOURS:

<i>Athlete #1: White</i>	
<i>Athlete #2: Blue</i>	
<i>Athlete #3: Purple</i>	
<i>Athlete #4: Green</i>	

SWIM START:

MTR athletes will be corralled in the MTR Exchange Zone for the race briefing. After the pre-race briefing, immediately before starting the race, we will bring down Athlete #1 from each team to the Swim Start. We will count down and start the race. All other MTR athletes MUST stay in the corralled area (MTR Exchange Zone) for us to maintain the integrity of the timing and results.

300m Open water (lake) swim. The start and finish area of the swim are the main beach of Rotary Park.

BIKE:

For those familiar with the Oliver Sprint bike course, the MTR bike course will be the first out-and-back section of Sprint course. MTR athletes will leave transition and mount their bikes on Park Dr. outside of the school, travelling south and making a left on Eastside Ave and a right on Tucelnuit Dr, crossing over McKinney and heading up Black Sage Rd until the turnaround at Nk'Mip Rd. Athletes will then retrace their route back to the transition area.

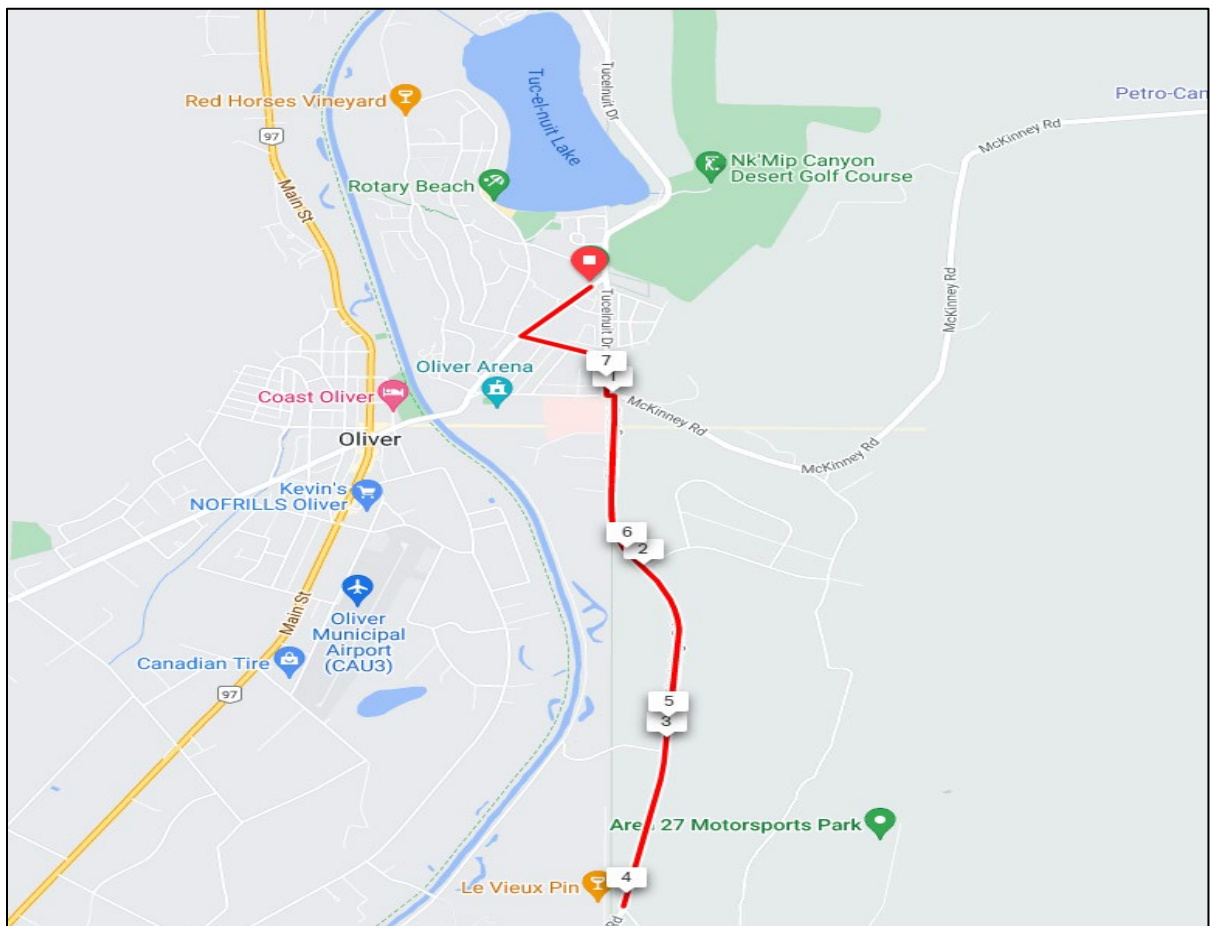
Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel.

AID STATION: There are no aid stations on the Bike Course.

PENALTY: If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty.

BIKE COURSE:

7.9km



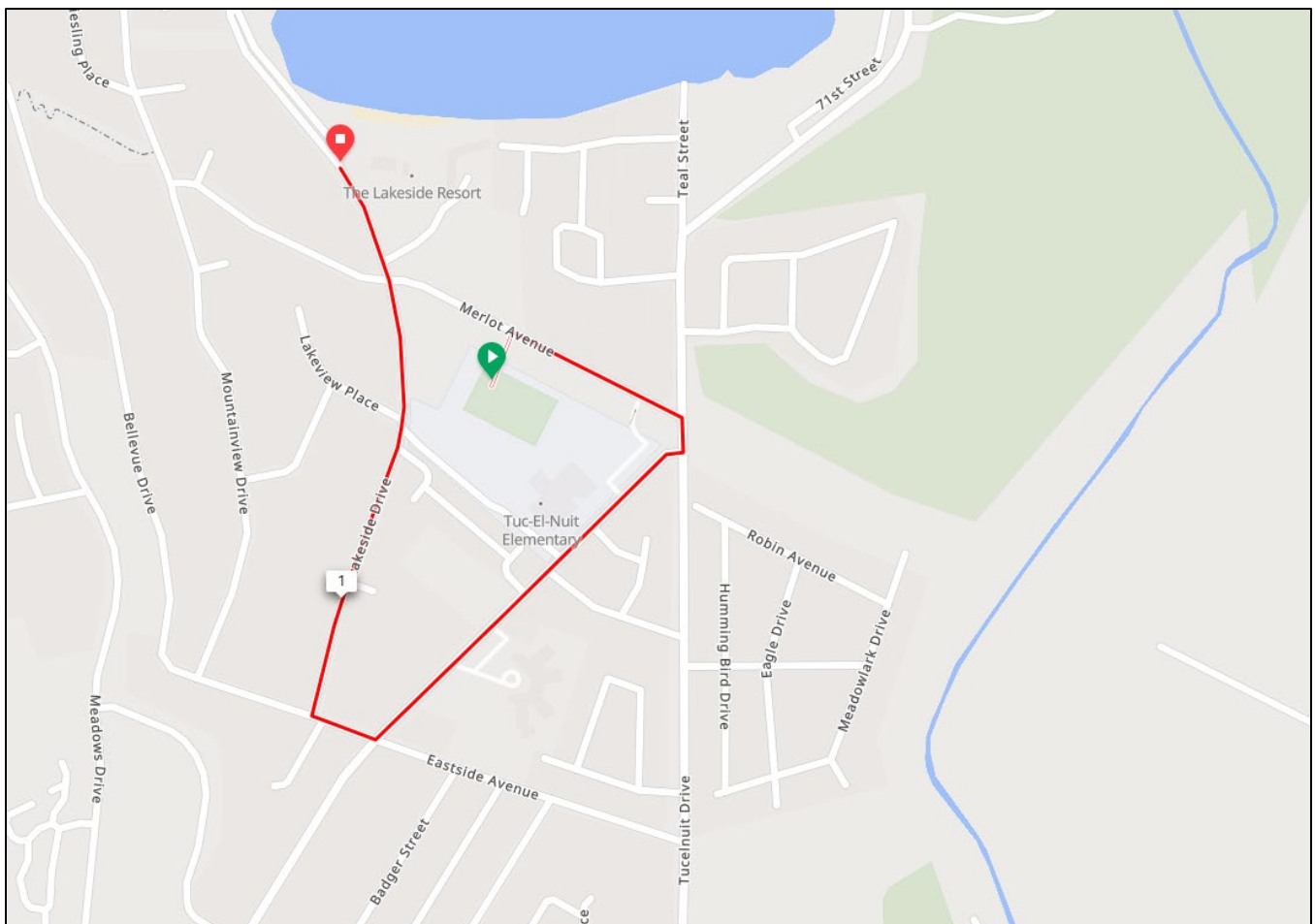
RUN:

The MTR run course will exit Transition at 'Run Out' and turn **RIGHT** (the opposite way from Long Course Run Athletes). Athletes will run up Merlot to Park Dr, following the cone line on the road up to the sidewalk. The run will go past the school on Park Dr and right on Eastside Ave and right on Lakeside Dr, running back to the MTR Exchange zone to tag off the next athlete, or if you are the 4th athlete...to finish line.

AID STATIONS: There will be a water station within Transition.

RUN COURSE:

1.5km



RACE ADMINISTRATION

RACE RULES

Please check out the [Triathlon BC website](#) to review the race rules. It is each athlete's responsibility to know the rules of TriBC and of the event. All our events are draft-free ("solo" endeavours) If you think you're cheating or doing something against the rules on the bike, ask before race day.

Triathlon British Columbia sanctions our races in BC. All rules will be in effect during the event. Appeals of penalties assessed for rules infractions must be filed with the TriBC Head Official within 15 minutes after the last athlete finish the race. Procedures and requirements for appealing a decision can be found in the [Triathlon BC Rules and Regulations](#). If you have questions about the rules, please seek out an official (wearing a yellow vest) prior to race for clarification.

TIMING & RESULTS

Official race results 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 for the course of 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.

Results will be posted online in real time. 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 adjusted/changed after and stand as official.

DROPPING OUT: Please notify a race official and return your timing chip at the finish line 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 Dynamic Race Events in the future.

PRE-RACE | ATHLETE BRIEFING

A Pre-Race Athlete Briefing will be posted online race week, we will send you the link via email. A final Pre-Race Briefing will be held in the MTR Exchange Zone at 8:30am, prior to race start, for any last-minute course or safety updates.

Staff will be onsite during Mandatory Bike Check In to also answer any questions.

RACE ADMINISTRATION (continued) PACKAGE PICK UP

WHERE TO GO?

Tucelnuit Elementary School Gym, Athlete Services and volunteers will be there to assist you.

WHEN:

Friday 3:00-6:00pm | Saturday 2:00-5:00pm

WHAT DO I NEED?

Photo ID

You will be required to show picture identification (drivers' licence or passport) to pick up your package. ***NOTE: If you do not have picture ID with you, you will not be able to pick up your package with no exceptions.***

WHERE DO I PARK?

- Parking available on the Fortis right-of-way (underneath the power lines) on Merlot Drive

PLEASE DO NOT PARK in front of the Elementary School or their Parking Lot on Friday, June 2nd (School is in session), we appreciate your understanding.

WHAT ABOUT RACE DAY INSURANCE?

If you are a member of Triathlon BC you are insured to race. We will have a list of current TriBC members as supplied by TriBC race week. If you are not a member of TriBC (or other Provincial Sporting Organizations) you **MUST** prepaid for a single day membership. **This MUST be paid by 11:59pm Thursday June 1st!**

Prepay here: [1-day TriBC membership](#)

RACE ITEMS

WRISTBAND

A wristband with your race number will be affixed to your wrist at Package Pick-Up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for 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 ITEMS (continued)

RACE NUMBERS

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

The adhesive bicycle number must be attached to your bike on the frame.

The bib number must be displayed during **BOTH** the bike and run segment.

TIMING CHIPS

Timing chips will be provided to you at the Sportstats timing tent, just outside transition, on race morning. Each chip is encoded with your specific registration data, do not trade your chip with another athlete! See MTR timing chip details at the beginning of this guide.

WHERE DOES THE TIMING CHIP GO?

The INDIVIDUAL timing chip must be affixed to your LEFT ankle prior to the swim start/ race start and must be worn during the entire event. The 'BATON' timing chip must be affixed to your RIGHT ankle. Please ensure your timing chip is OUTSIDE your wetsuit, if you are wearing one. Athletes are responsible for crossing the timing mats at the end of each segment (e.g., swim finish) and for the safe return of the chip at the finish line.

WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip race morning or after the swim portion, please see the timers who will be at the swim start/finish. There will be a charge for lost chips as we are billed from our timing company.

WHAT IF MY TIME IS WRONG?

If you have any timing issues post-race, please see the Sportstats staff at the timing tent located at the finish line. Please do not proceed from swim to bike OR bike to run without a timing chip...if you cross the line without a timing chip you will be marked as a DQ.

PENALTY TENT

If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty with a TriBC Race Official

PRE-RACE | TRANSITION & ACCESS

TRANSITION AREA ACCESS

Transition Area is only open to athletes with wristbands. No spectators, family, friends or coaches – no exceptions. **NOTE: You will not be able to remove your bicycle or gear from the transition area until 12:30pm** unless otherwise directed by race officials. Plan accordingly.

All Bikes must be removed by 4:00pm

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.

As per Triathlon BC rules, all gear to be used during the race must be placed no more than 0.5m from one side of the bike and should not extend out past the front wheel.

Bags, bins, foot baths, stools etc. are NOT allowed beside your bike in transition. Please remove bags and bins back to your vehicle or place them on the perimeter fencing inside transition.

Any bags, bins or other items placed beside your bike that exceed the allowable space will be removed to the perimeter of transition during the first leg of the race once transition has closed.

Any markings used to make sighting your bike easier (balloons, towels, markings on the ground) will be removed during the first leg of the race. Please remove all your personal items and any garbage before leaving transition at the end of your race day.

Please remove all your personal items and any garbage before leaving transition at the end of your race day. Thank you!

PRE-RACE | TRANSITION & BIKE CHECK IN

BIKE CHECK IN – MANDATORY

Bike check in is Saturday 2:00-6:00pm. ***THERE IS NO RACE MORNING BIKE CHECK-IN!***

Please make sure that you pick up your athlete package at registration before going to transition to check your bike to your rack. If athletes show up at transition to rack their bikes and do not have an athlete band on & without a bike frame number, will not be allowed into transition.

WHERE DO I GO FOR BIKE CHECK IN?

The Bike Check In is the transition area – which will be fenced with bike racks

BIKE RACKS

Each MTR Team will have their own bike rack, so there is no need to rush into transition. When you arrive at your bike rack, please rack your bike by the seat.

RACE DAY PARKING

WHERE DO I PARK?

- Parking available on the Fortis right-of-way (underneath the power lines) on Merlot Drive
- At the Fortis office site and across the street from Tucelnuit Elementary **as long as you do not block any of their access gates.**
- At Tucelnuit Elementary School parking lot
- Please follow the directions of our parking volunteers who help us maximize our parking

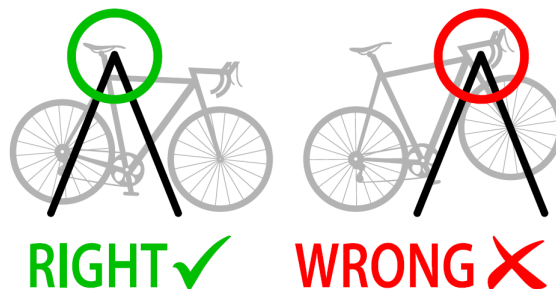
NO PARKING ALONG PARK DR IN FRONT OF SCHOOL & DO NOT PARK ALONG THE BIKE COURSE

RACE DAY | TIMING CHIPS

TIMING CHIPS

Timing chips will be provided to you at the timing tent, just outside transition, on race morning. Each chip is encoded with your specific registration data, do not trade your chip with another athlete!

HOW TO RACK YOUR BIKE



**PLEASE RACK YOUR BIKE
WITH YOUR FRONT
WHEEL DOWN**

RACE DAY | FINAL PRE-RACE BRIEFING

PRE-RACE BRIEFING

8:30am for **ALL MTR ATHLETES** at the MTR Exchange Zone above Swim Start.

This is one last opportunity for staff and race officials to update you on any given changes to ensure athlete safety. **NOTE: Transition will close at 8:15am**, all Athletes will need to be at Rotary Beach immediately following transition closing

RACE DAY | AID STATIONS

There is water within the transition area for water bottle fills.

PENALTY TENT

If you are given a penalty out on course, you must self report to the **PENALTY TENT** in Transition to serve your penalty with a TriBC Race Official

RACE DAY | MEDICAL & POST RACE

Any athletes needing medical assistance, we will have medical set up in the finish line area, as well as roving on the courses. Should you need medical assistance out on the course, please let one of the race staff or volunteers know and we can call in for medical.

At the finish line Stratos Performance Nutrition will be serving post race recovery drinks. Post race nourishment will be set up in the marquis tent below the finish line area.