



Athlete Guide

OLIVER TRIATHLON

Saturday June 7, 2025

ATHLETE INFORMATION GUIDE

Sprint, Standard, Standard Aquabike & Standard Relay

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 Oliver, BC & the Oliver Triathlon

The following is an overview of what an athlete competing in the **SPRINT, STANDARD, STANDARD AQUABIKE or STANDARD 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

SCHEDULE

FRIDAY, JUNE 6th

3:00-6:00 pm	Package Pick Up at Tucelnuit Elementary School Gym
3:00-6:00 pm	Optional Bike Check-In at Transition at Tucelnuit School (overnight security)

SATURDAY, JUNE 7th

5:30-6:45 am	Package Pick Up at Tucelnuit Elementary School Gym
5:45am	Transition Opens
5:45am-6:45 am	Timing Chip Pick Up (outside transition in SPORTSTATS tent)
6:50am	Transition Closes
7:00am	Pre-Race Briefing at Swim Start
7:15am	STANDARD STANDARD RELAY STANDARD AQUABIKE RACE START
7:25am	SPRINT RACE START
8:30am	Swim Course Closed (& Bike Start cut off)
10:30am	Transition Opens for Bike/ Gear Removal
10:45am	Bike Course Closed (& Run Start cut off)
12:00 pm	All Courses closed
12:00pm	Awards at Rotary Beach
12:30pm	Transition & Finish Closed 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?

- Sprint | 750m swim – 20km bike – 5km run
- Standard or Olympic | 1.5km swim – 40km bike – 10km run
- Long Course, 1/2 IRON or 70.3 | 1.9km swim – 90km bike – 21.1km run
- Ultra or IRONMAN | 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, Long Course-6hrs (Aquabike & Duathlon will mirror the triathlon times)

WHAT IS AQUABIKE OR DUATHLON?

Both of these events are multi-sport races involving 2 of the 3 disciplines of triathlon. An Aquabike consists of the swim and bike, whereas a duathlon is a run-bike-run format. These events can be run as stand-alone events but are often run concurrently with a tri and athletes run the same course/ distance removing 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 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 work or volunteer on a lot of other races/ events.

WHAT IS A SANCTIONED EVENT? WHAT DOES THAT MEAN?

'Sanctioned by Triathlon BC' indicates that an event has met the minimum requirements established by Triathlon BC. It signifies that the Race Director has completed a thorough review of an event's swim, bike and run courses, has evaluated and planned for medical, emergency, safety and volunteer support, and that the Race Director will conduct the event according to the rules and regulations governed by World Triathlon, Triathlon Canada and/or Triathlon BC.

WHO'S RESPONSIBILITY IS IT TO KNOW THE RULES?

It is YOUR responsibility to know the rules...before race day!

Not sure you know them? [Click the Triathlon BC logo](#), here you will

find both the World Triathlon Competition Rules and the Provincial Competition Rules Appendix



RACE SUMMARY

The Oliver Triathlon is an annual favourite and kick off to a weekend of triathlon action in Oliver, B.C. Fun fact, the transition area used to be just above the beach at road level but was moved to the elementary school field in 2018 to allow for increased participation.

LOCATION: Rotary Beach, Oliver, B.C.
WEATHER: (average) partly cloudy 32% precip
TEMP: (average) Low: 12C | High: 26 C
SUNRISE: 4:56am | **SUNSET:** 8:58pm

Overall Course Cutoff: 12:00pm, you MUST remain on pace to complete the event by this time.



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TRANSITION:

Transition is located on the field at Tucelnuit Elementary School, approximately 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 impedes staff or athletes' safe mobility will be removed from the area. You may **NOT** have friends or family place or hand your footwear to you when you exit the water.

Transition opens at 5:45am on race morning. There is an OPTIONAL bike check in on Friday from 3:00-6:00pm

BOTTLE FILL STATION: There is water and Stratos Performance Hydration within the transition area.

RELAY: Relay teams will exchange timing chips in the RELAY TENT in TRANSITION.

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



SWIM:

Open water (lake) swim moving clockwise around the swim buoys. The start and finish area of the swim are the main beach of Rotary Park.

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 in transition at that time regarding the water temperature and usage of wetsuits. Expected temp is 16 - 19 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 are not able to respond to emails regarding water temperature. Athletes should be prepared for all scenarios.***


SWIM ASSISTANCE

You will be escorted through the swim by boats and paddle boarders, each of whom 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:

SPRINT: **Green (Hi Vis)** 

STANDARD RELAY: **Blue** 

STANDARD INDIVIDUAL: **Blue** 

STANDARD AQUABIKE: **Blue** 

SWIM COURSE CUT OFF

SPRINT: 30 mins after the final athlete enters the water (roughly 8:00am)

STANDARD: 1 hour 10 mins after the final athlete enters the water (roughly 8:30am)

Athletes exiting out of the water after cut-off will not be allowed to continue.

SPRINT SWIM:

[750m – 1 loop](#)

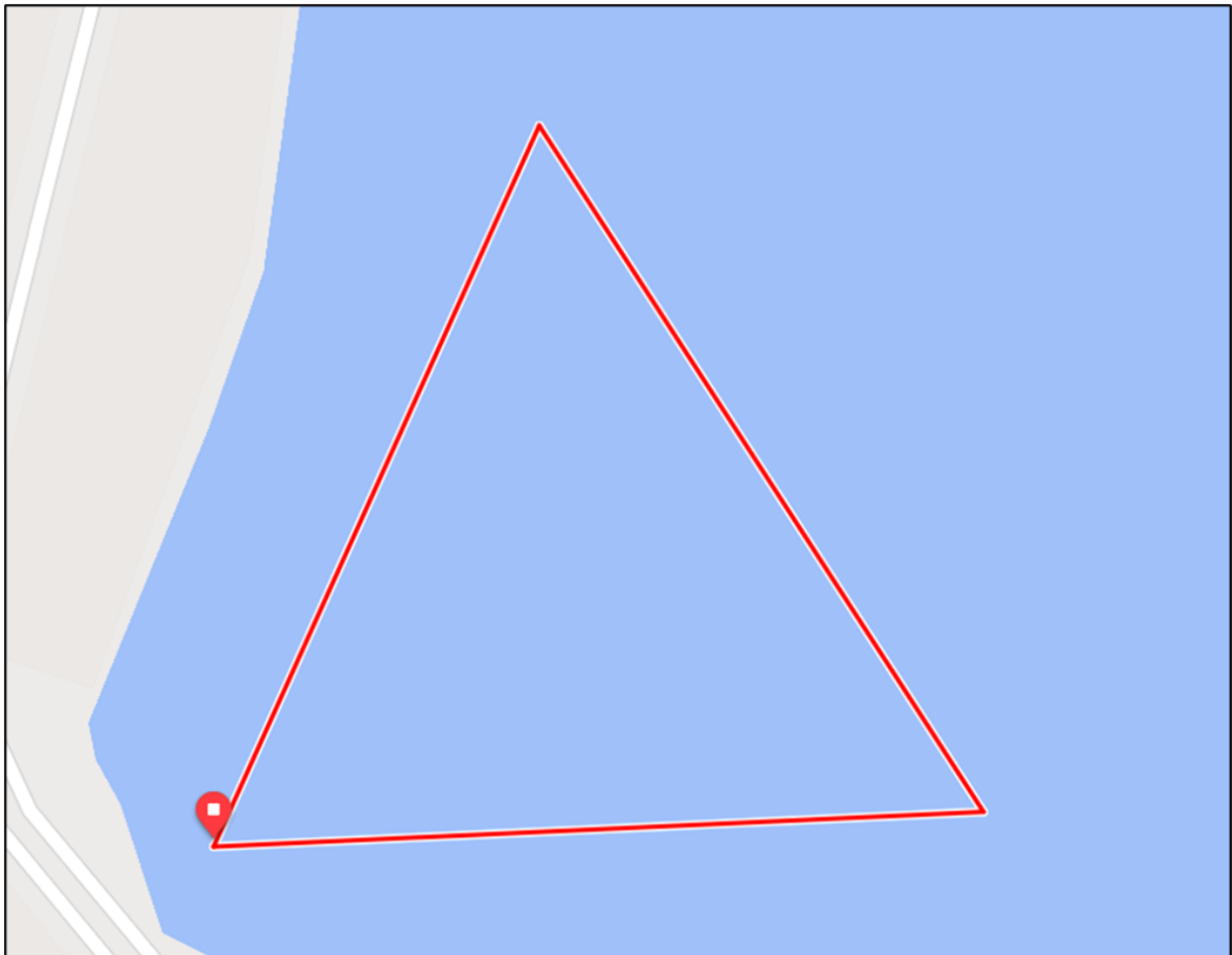
STANDARD SWIM:

[1500m - 2 loops](#)

SWIM START:

Athletes will self seed themselves five (5) across at swim start according to their own estimated swim time, with the fastest athletes at the front. Once we signal the beginning of the race, we will put athletes in the water at 5 second intervals in a rolling start. You cannot linger at the end of the swim start and wait for “open water” to begin your swim; you must enter the water as directed by the start personnel.

Open water (lake) swim moving clockwise around the swim buoys. The start and finish area of the swim are the main beach of Rotary Park.



BIKE:

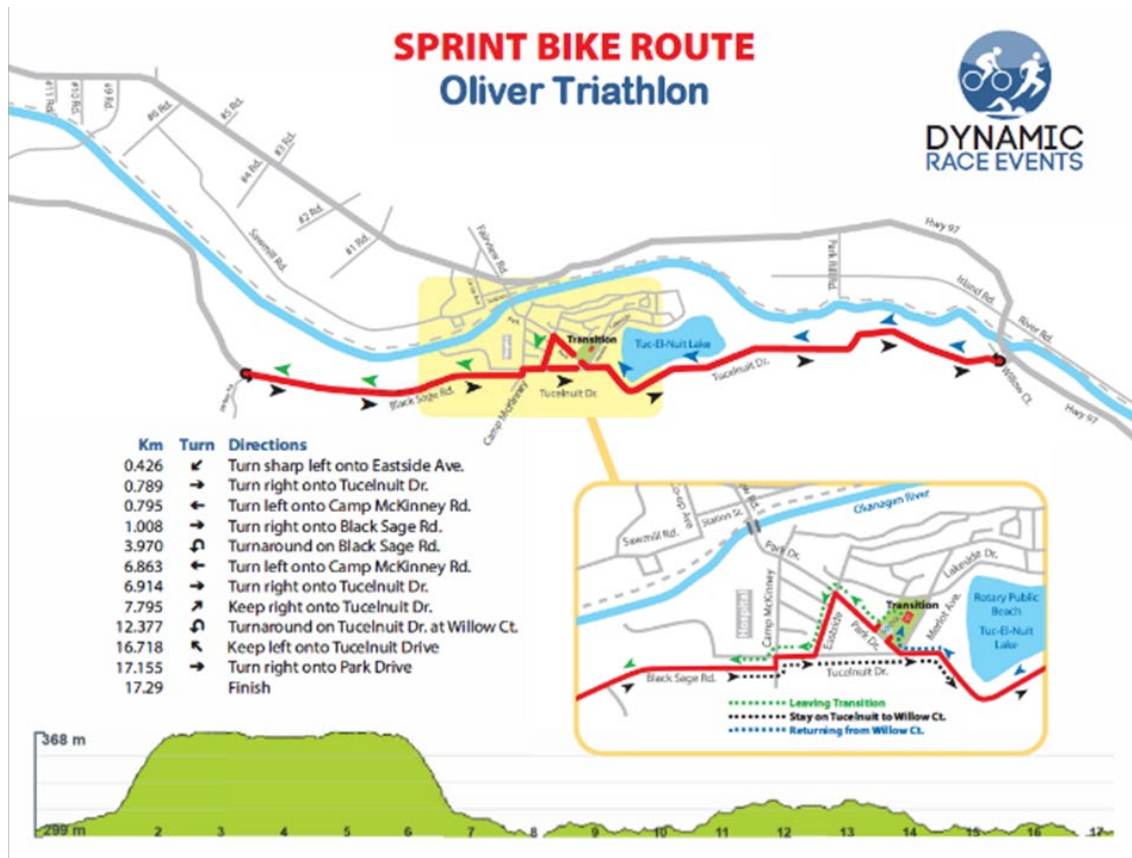
The course features a rolling bike course through the beautiful landscape and vineyards of the South Okanagan. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel.

AID STATION: There are no Aid Stations on the Sprint or Standard Bike courses.

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 CUT OFF: 10:45am. You must be in transition by or before 10:45am, otherwise you will not be able to continue onto the run. Our crew will attempt to warn you if you are not on pace or if you appear unfit to continue. If you are pushing the cut off and your pace shows that you will not make the cut off, you will be stopped and given a ride by staff back to transition.

SPRINT BIKE: 17.2km - 1 loop

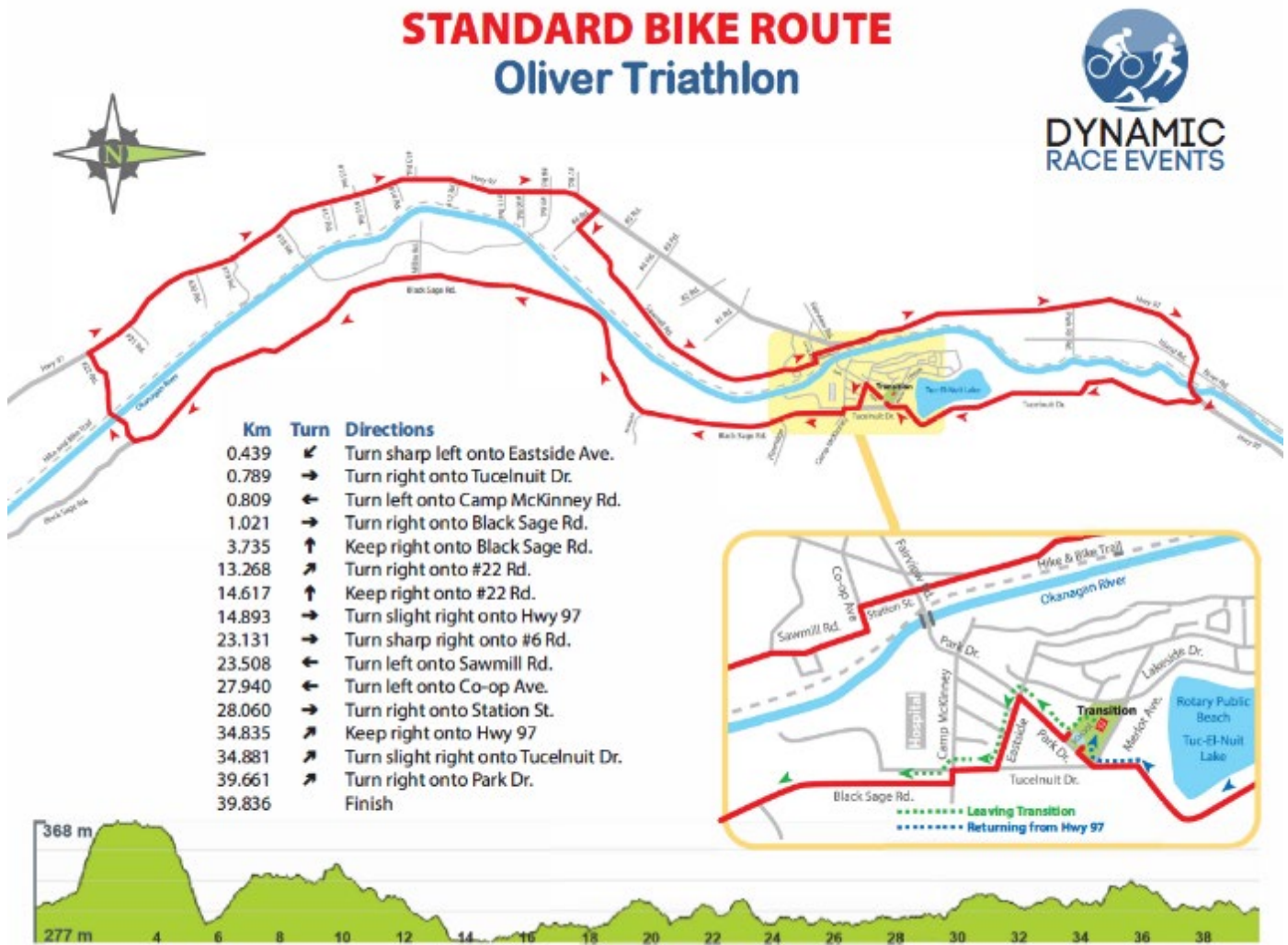


BIKE (continued)

AQUABIKE athletes will complete the same bike course as the Standard Triathlon.

STANDARD BIKE:

[39.8km – 1 loop](#)



NOTE: Relay Teams will exchange timing chips in the RELAY TENT in TRANSITION.

RUN:

COURSE CUT OFF: 10:45am is the cutoff for starting the run course (standard distance) & course closes at 12:00pm for all athletes – you must remain on pace to complete the event by this time. Like the bike, our crew will attempt to warn you if you are not on pace or if you appear unfit to continue & assist you to the finish area.

SPRINT RUN:

5.0km – out and back

STANDARD RUN:

10.0km – 1 loop





OLIVER

Standard Run

START

- Turn left onto Merlot Ave
- Turn right onto Lakeside Dr
- Keep left onto Zinfandel Ave
- Turn right onto Meadows Dr
- Turn sharp left onto Hike & Bike Trl
- Turn right to **Cross Trail Bridge**
- Turn right onto Hike & Bike Trl
- **TURN AROUND** near Bettison Rd
- Continue straight past Trail Bridge
- Turn sharp left onto Fairview Rd
- Continue straight past Trail Bridge
- Turn sharp right onto Meadows Dr
- Turn left onto Zinfandel Ave
- Keep right onto Lakeside Dr

FINISH



AQUABIKE

The Aquabike will complete the same swim and bike course as the Standard Triathlon.

WHERE DOES THE AQUABIKE FINISH?

The Aquabike official overall time for ranking will be at the entrance of T2, when you finish the bike course. Athletes can take their time racking their bike, change shoes and make their way to the finish line area to be called across the line and collect their finishers' medal. Please be sure to return your timing chip!

RELAY TEAMS

Relay Teams will exchange timing chips in the RELAY TENT in TRANSITION.

SWIM:

Your swimmer will run into transition after completing the swim portion and running up to T1, you will exchange the timing chip with the cyclist in the RELAY TENT.

BIKE:

At the RELAY TENT the cyclist receives the timing chip from their swimmer and will then go to their bike, put on their helmet and un-rack their bike, (helmet must be on and clipped before un-racking bike) and run their bike out to the mount line to head out on the course. Once the cyclist returns, they must FIRST rack their bike and then meet their runner in the RELAY TENT to exchange the timing chip.

RUN:

Once your cyclists returns & has re-racked their bike, exchange the timing chip at the RELAY TENT, your runner can then head out to complete the final leg of the triathlon.

NOTE: Relay teammates may NOT run on the run course with their runner, but they may wait at the opening to the finish line gantry and cross the line with their teammate where each relay team member will receive a finishers' medal.

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 are unsure if something you are doing might be against the rules on the bike (or anywhere else!), ask before race day.

Triathlon British Columbia sanctions all Dynamic Race Events' 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 finishes 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.

COURSE CUT-OFF TIMES

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete **Oliver Triathlon by 12:00pm (& each individual course cut off)**.

We strive to allow everyone to finish the race. While completing the event is of paramount importance to all athletes, you must heed these cut off rules out of concern for your fellow competitors, race staff, volunteers, public servants and members of the communities who generously welcome this event to their roads and trails.

TIMING & RESULTS

Official race results will be posted online 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 at [Sportstats.one](#) 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 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 | BRIEFINGS

A Pre-Race Briefing will be held at 7:00am on the beach, before race start, for all athletes.

PRE-RACE | 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 (Race Day) 5:30-6:45am (*do not leave this to the last minute on race morning!!*)

*****If you are picking up your race package on Friday, please DO NOT park in the school parking lot before 3pm. And only access package pick up via the OUTSIDE gym doors, NOT the front doors of the school!*****

WHAT DO I NEED?

Photo ID

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

WHAT ABOUT RACE DAY INSURANCE?

If you are not a member of Triathlon BC (or Triathlon Alberta or TriSask) you MUST register for a 1-day membership PRIOR to race package pick up. We will have a list of current members, as supplied by TriBC race week, and a list of 1-day member registrations. The link below will take you to the 1-day membership registration. Please complete this **PRIOR** to package pick up. We **STRONGLY** encourage all athletes to double check the status of their annual or 1-day membership ahead of package pick up.

[Triathlon BC Day Membership - 2025 | CCN](#)

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 allows you access to the transition area and post-race food. If you do not wish to have the bracelet on prior to race day, you will need to wait until race morning to pick up your race package.

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 race numbers in your race packet that you are required to display during the event. The adhesive bike number must be attached to your bike's seat post with the race number clearly visible from both sides of the bike. This number is in place of you having to wear a number on your back. The run number (bib number) must be displayed during the run segment on the **front** of your body. This number does not have to be worn on the bike. Your bike number identifies you to race officials on the bike course. The bike helmet sticker is to be affixed to the front of your helmet.

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!

WHERE DOES THE TIMING CHIP GO?

The chip must be affixed to either ankle prior to the swim start/ race start and must be worn during the entire event. If you would like results for your race, please ensure your timing chip is **OUTSIDE** your wetsuit. 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 billed to you from our timing company. Please do not proceed from swim to bike OR bike to run without a timing chip...if you cross the finish line without a timing chip you will be marked as a DQ.

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.

PENALTY TENT

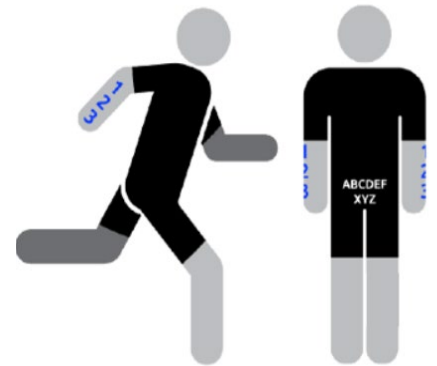
If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty with a TriBC Race Official

BODY MARKING | RACE TATOOS

Each athlete is responsible for putting on their race number tattoo before the race and they **MUST** be applied before you will be given access to transition on race morning. We will have supplies to apply tattoos for athletes picking up packages race morning.

You will receive two race number (2) tattoos in your athlete kit. **Affix one to each forearm**, unless you intend on wearing sleeves, then affix to your calves.

Note: Relay Teams: One number is for your cyclist and one number is for your runner, no tattoo is necessary for your swimmer.



PRE-RACE | TRANSITION & ACCESS

TRANSITION AREA ACCESS

Transition Area is only open to athletes with wristbands. No spectators, family, friends, coaches or dogs – no exceptions. **NOTE: You will not be able to remove your bicycle or gear from the transition area until 10:30am** unless otherwise directed by race officials. **Plan accordingly.**

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 swim portion of the race.

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

Bike check in is either Friday 3:00-6:00pm, with security overnight in transition (optional, but very convenient and stress reducing for race morning!) or on race morning from 5:45-6:45am

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

NOTE: Bike 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. Bike numbers may not be altered, cut, or trimmed in any way. This will result in a penalty. There is NO mandatory bike inspection before the race.

WHERE DO I GO FOR BIKE CHECK IN?

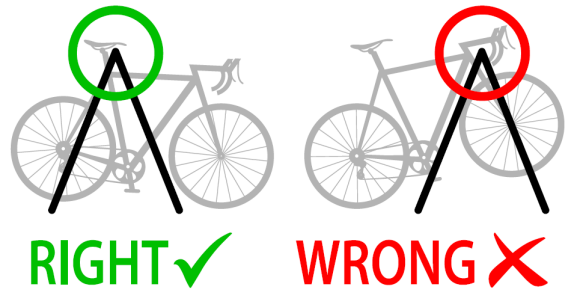
The Bike Check In is the transition area on the field at Tucelnuit Elementary School – which will be fenced with bike racks

BIKE RACKS

Bike racks are assigned by number range, 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.

See image 

HOW TO RACK YOUR BIKE



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

RACE DAY | PARKING

WHERE DO I PARK?

- Parking is available on the Fortis right-of-way (underneath the power lines) on Merlot Drive
- At the Fortis office site, on Tucelnuit Rd, **as long as you do not block any of their access gates.**
- At Tucelnuit Elementary School parking lot

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 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!

RACE DAY | FINAL PRE-RACE BRIEFING

PRE-RACE BRIEFING

7:00am for ALL ATHLETES at swim start

This is one last opportunity for staff and race officials to update you on any last-minute changes ensuring athlete safety.

NOTE: Transition will close at **6:50am**, all Athletes will need to be at Rotary Beach immediately following transition closing.

RACE DAY | AID STATIONS

There is water and Stratos Performance Endurance within the transition area. The Sprint and Standard run course aid stations will also be serving water and Stratos Performance Endurance.

NOTE: There are no Aid Stations on the Bike Course, all athletes MUST be self sufficient on the Bike portion of the race.

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

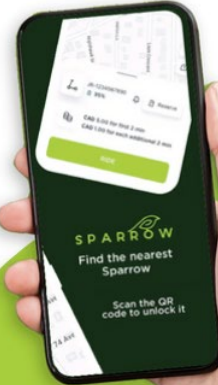
For any athletes needing medical assistance, we will have medical set up in the finish line area, as well as roving on the courses. Should you need medical assistance out on the course, please let one of the race staff or volunteers know and we can call in for medical.

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

ELECTRIC SCOOTER RENTALS



SCAN HERE TO GET STARTED



HOW TO RIDE WITH SPARROW



1

DOWNLOAD APP

OUR APP IS AVAILABLE FOR BOTH IPHONES AND ANDROID PHONES.

3

CHECK PROMOS

CHECK FOR & ENTER PROMO CODES. CHECK OUT 'RIDE PASS' FOR MORE DEALS.

5

START YOUR RIDE

THIS WILL BRING UP YOUR PAYMENT ACCOUNT (CREDIT CARD OR APP WALLET).

2

SIGN UP

SIGN UP WITH YOUR EMAIL ADDRESS & PHONE NUMBER. ADD CREDIT CARD.

4

LOCATE SCOOTER

FIND THE NEAREST SCOOTER ON THE APP. CLICK ON IT TO SEE BATTERY % AND COST.

6

END YOUR RIDE

WHEN YOU'RE DONE RIDING, PLACE YOUR SCOOTER IN ONE OF OUR NESTS & SLIDE THE 'END RIDE.'

Sparrow Scooters can be found around Oliver!

Use the promo code: Oliver Triathlon (case sensitive with a space) to get 20% off your ride all race week!