

Pushor Mitchell Apple Triathlon
2010 Schedule of Events *

SUNDAY, AUGUST 15 to THURSDAY, AUGUST 19

8:00 am **Teen Camp** at Strathcona Park (behind Kelowna General Hospital). Finish by noon.

MONDAY, AUGUST 16 to FRIDAY, AUGUST 20

8:00 am **Youth Camp** at Strathcona Park (behind Kelowna General Hospital). Finish by noon.

THURSDAY, AUGUST 19

4:00 pm **BDO Race Pack Pick-Up** at the Rotary Arts Center for all racers (except Junior Elite and Elite), closes at 8:00 pm. Jr. Elites must pick up their race pack at their pre-race meeting.

FRIDAY - AUGUST 20

Noon **BDO Race Pack Pick-Up** at the Rotary Arts Center for all racers (except Junior Elite and Elite), closes at 8:00 pm. Jr. Elites must pick up their race pack at their pre-race meeting. NOTE there is no Race Package Pick-up on the morning of your race.

Noon **Bike & Helmet Inspection** at the Fresh Air Experience tent at the Rotary Arts Center and is mandatory for all Saturday Racers, closes at 8:00 pm. . Optional but recommended for the Sunday Racers. Bike & helmet must comply with Tri Canada rules (www.triathloncanada.com). Jr. Elite & Elite will be inspected at time of their race check-in.

1:00 pm **Elite bike course tour** from the Dolphins Fountain.

1:30 pm **Press briefing** at the Rotary Arts Centre.

2:00 pm **Press Conference** at the Rotary Arts Centre.

2:00 pm **Age Group & KOS Bike Course Tour** in groups of 25 from the Rotary Arts Center. Only available to those who have picked up their race packs. Must wear security wrist band & helmet and strictly follow all rules of the road and demonstrate road courtesy.

3:00 pm **Transition Area Opens** for putting in bikes. Closes at 8:00 pm. Note this is required for all youth but not Junior Elites (to speed up body marking). Security will be in place.

4:00 pm **Pre-race Briefing for Junior Elites** at Prospera Place Arena (coaches are welcome). Race Packs for Jr. Elites available only at Pre Race Meeting.

5:00 pm **Pre-race Briefing for Elites** at Prospera Place Arena (coaches welcome). Race Packs for Elites available only at Pre Race Meeting.

5:30 pm **Pre-race Briefing for Aquathon** at Tugboat Beach.

5:45 pm **Aquathon Race** starts at Tugboat Beach.

6:00 pm **Pre-race Briefing for Kids Of Steel** Youth at Prospera Place Arena (parents are welcome and encouraged). This briefing is a quick review of the course and rules and is a chance to ask questions. Attendance is strongly recommended.

- 6:00 pm** *Pre-race Briefing and Race Package pick-up for FINA Open Water Swim* at Tugboat Beach. Mandatory pre-race meeting for 1.5km and 5km swims (5km swim starts 10 am on Saturday).
- 6:45 pm** *FINA Open Water 1.5km Swim* at Tugboat Beach
- 6:45 pm** *Timing Company Meeting* at timing trailer
- 7:00 pm** *Pre-race Briefing for Try-a-Tri* at Prospera Place Arena. This briefing is a review of the course and rules and is a chance to ask questions. Attendance is strongly recommended.
- 7:00 pm** *Officials Meeting* at the Rotary Arts Center

SATURDAY - AUGUST 21

- 5:30 am** *Towing* vehicles from the race course commences.
- 5:30 am** *Body marking* beside the Volunteer Tent. Everyone must be marked before 7:45 am except Jr. Elites who must be marked at the Volunteer tent prior to their race.
- 5:30 am** *Transition Area and Dry Strip Tent* open.
- 6:15 am** *Motorcycles Drivers & Officials Meeting* at Elite Transition Area.
- 6:50 am** *Swim warm-up area opens* at Tugboat Beach
- 7:00 am** *Opening Ceremony* at Tugboat Beach.
- 7:00 am** *Transition Area Access* for racers restricted to transition area access point near Awards area (follow spectator access signs).
- 7:10 am** *Races Start* at Tugboat Beach (Racers to be ready at least ½ hour early):
Note: there will be several waves which will be announced at the Pre-race meeting. Each racer must ensure they attend their proper wave start.
9:30 - Jr. Elite Females
10:15 - Jr. Elite Males
- 8:00 am** *Jr. Elite Lounge/Tent* opens (next to Volunteer Tent).
- 9:00 am** *Transition Area* opens for removal of bikes but access is limited until all races are over; stay out of the way of other racers while in Transition Area.
- 9:00 am** *Body marking* for Jr. Elites only at the Volunteer tent in front of Prospera Place.
- 10:30 am** *FINA Open Water 5 km Swim* Check in and briefing at Tugboat Beach
- 10:45 am** *FINA Open Water 5 km Swim Competition* Males start at Tugboat Beach.
- 10:48 am** *FINA Open Water 5 km Swim Competition* Females start at Tugboat Beach.
- Noon** *Awards & Results* - results will be posted and updated continuously at the Athletes Village and at the Awards Area immediately following the races. Awards will be after the Junior Elite races at approximately noon.
- Noon** *BDO Race Pack Pick-Up* at the Rotary Arts Center for all racers except Elites. Closes at 8:00 pm. Elites must pick up their race pack at their pre-race meeting. NOTE there is no race package pick-up on the morning of your race.
- Noon** *Bike & Helmet Inspection* at the Fresh Air Experience tent at the Rotary Arts Center is optional but is recommended for the Sunday Age Group Racers, who are responsible to know and comply with Tri Canada rules (see www.triathloncanada.com). CPSC safety standard certified bicycle helmets mandatory. Closes at 8:00 pm. Elites will be inspected at time of race check-in.
- 1:00 pm** *Transition Area* take down completes – all bikes to be out.
- 1:00 pm** *Officials Meeting* in the Rotary Arts Center.

- 1:15 pm** **Practice Swim** for Sunday racers after the 5 km swim finishes. **Swim area closes at 2:00 pm sharp** for tugboat to take down log boom. **Note: additional lake swim** is available anytime at Gyro Beach approx 3km south of Downtown on Lakeshore Drive.
- 2:00 pm** **Bike Course Tour** for Sunday Racers from the Rotary Arts Center in groups of 25. Must wear security wrist band & helmet and follow all rules of the road.
- 2:30 pm** **Pre-race Briefing for Paratriathletes** at Tugboat Beach.
- 3:00 pm** **Transition Area Opens** for putting in bikes. Closes at 8:00 pm. Note this is required for all racers but not Elites (to speed up body marking). Security will be in place.
- 4:00 pm** **Pre-race Briefing for Sunday Sprint & Olympic Entrants including Corporate Cup & Olympic Relay** at Prospera Place Arena. This briefing is a review of the course and rules and is a chance to ask questions. Attendance is strongly recommended.
- 5:00 pm** **Waive Start times** will be posted after the pre-race briefing at Boston Pizza and Rotary Arts Center for those who miss the pre-race briefing.
- 5:00 pm** **Pasta Dinner** will be served at Boston Pizza 545 Hwy 97. While this is open to the public, Boston Pizza is our sponsor and is providing us with great food at very reasonable prices.

SUNDAY, AUGUST 22

NOTE: Sunday Racers must stay off Youth race course during Saturday races.

NOTE: No Race Pack pick-up on Sunday morning.

- 5:30 am** **Towing** vehicles from the race course commences
- 5:30 am** **Body marking** beside the Volunteer Tent. Everyone must be marked before 9:00am except Elites who must be marked at the Volunteer tent prior to their race.
- 5:30 am** **Transition Area and Dry Strip Tent** open.
- 6:15 am** **Motorcycles Drivers & Officials Meeting** at Elite Transition Area.
- 7:00 am** **Opening Ceremony** at swim start area.
- 7:00 am** **Transition Area Access** for racers limited only to access point near Awards area (follow spectator access signs).
- 7:15 am** **Age Group Sprint & Olympic distance Races** from Tugboat Beach. Note: there will be several waves which will be announced at the Pre-race meeting. Each racer must ensure they attend their proper wave start. Racers must be ready ½ hour early).
- 8:00 am** **Elite Lounge/Tent** opens (next to Volunteer Tent).
- 10:00 am** **Transition Area** opens for removal of bikes but access is limited until all races are over; stay out of the way of other racers while in Transition Area.
- 10:45 am** **Sprint & Business Challenge Awards & Results** - results will be posted and updated continuously at the Athlete Village and at the Awards Area. Sprint Race Awards will be at 10:45 at the Awards Area.
- 10:00 am** **Tree Brewing Beer Garden & Memphis Blues Famous Pulled Pork Sandwiches** near the finish line/awards ceremony (remember to bring cash as charge/debit cards are not able to be used). Closes at 5:00pm.
- 11:30 am** **Elite Race** (female) from Tugboat Beach. Start times will be confirmed at the pre-race meeting.

- 12:45 pm** **Olympic Awards & Results** - results will be posted and updated continuously at the Athletes Village and at the Awards Area. Olympic Awards will be at 12:45.
- 2:00 pm** **Elite Race** (male) from Tugboat Beach. Start times will be confirmed at the pre-race meeting.
- 3:45 pm** **Elite Awards & Results** - results will be posted and updated continuously at the Athletes Village and at the Awards Area. Elites Awards will be at 3:45.
- 4:30 pm** **Transition Area** take down completes – all bikes to be out.

WEDNESDAY, AUGUST 26

- 5:00 pm** **Volunteer Appreciation Party** in the Atrium at the Pushor Mitchell Office 1665 Ellis St. Closes at 7:00 p.m.

* NOTE that the above time and locations are subject to change! This schedule of events should be reviewed periodically. Further changes will be discussed at the Pre-Race Meeting so all racers should attend to ensure they have the latest applicable information.

(RHM July 26, 2010)