



SHORELINE ORTHODONTICS
TRIK TRIATHLON



Shoreline Orthodontics Comox Valley Teeny & Inbetweeny Tri-K Triathlon
Rules and Regulations
Event May 27, 2012

Dear Triathlete,

The Comox Triathlon Society extends a warm welcome to you and your supporters. This year we are proud to be sanctioned by Triathlon BC. We hope you enjoy your weekend with us. On behalf of our Society, our sponsors and all our volunteers, I wish you the best of luck.

Enclosed please find the following:

- 1 T-Shirt
- 1 Race Number and safety pins
- 1 Pre-Race Briefing
- Race Course Map
- For complete TriBC Rules and Kids of Steel (KOS) rules, please download those rules (in our download section)

Important Addresses to Note

Shoreline Orthodontics 2145 Cliffe Ave, Courtenay

Simon's Cycle: 3-1841 Comox Ave, Comox

Comox Valley Sports Center: 3001 Vanier Drive, Courtenay

Please check now to ensure all items are present.

ON RACE DAY-REMEMBER TO THINK SAFETY-CARS HURT

Races like this require hundreds of volunteers. If you have not volunteered yet, your help would be GREATLY appreciated!

Rick Gibson
Race Chairman

WEEKEND SCHEDULE

Saturday May 26, 2012

1:00 - 5:00 PM Race Registration at Shoreline Orthodontics. Bike and helmet check at Simon's Cycle in Comox. All bikes must be inspected to ensure that minimum safety standards are met. If bike does not meet safety standards, athletes will be required to correct problems before participating in Race. Training wheels are allowed on bikes for the Teeny and Inbetweeny Events only.

2:00 - 4 PM Comox Valley Triathlon Club EXPO at Standard Park (adjacent to Shoreline Orthodontics)

Sunday May 27, 2012 (all categories)

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1:30pm INBETWEENY Athletes arrive at the Comox Valley Sports Centre Transition Zone by the pool.

2:00pm TEENY Athletes arrive at the Comox Valley Sports Centre Transition Zone by the pool.

Place bikes in designated area by Vanier School end of the pool. It is suggested that your bike have a kick stand as there are no racks for your bike in this area. This area is called the Transition Zone as it is where you will change from swimming to biking during the Race. **DO NOT TAKE YOUR BIKE DOWN TO THE TRACK**

Beside your bike, place your towel, helmet, foot wear and clothing you will be wearing in the race after the swim.

Proceed into the Sports Centre to tables on the pool deck marked NUMBERING. Here athletes will have a number written on each shoulder in felt pen if they so desire.

Athletes are to stay with parents or guardians until told by Race Officials that race is commencing.

Athletes are asked to stay off the pool deck until the Race starts.

INBETWEENY- SWIM

Race will begin at approximately 2:00pm. Race Officials will assist athletes into the shallow end of the pool. Participants are required to swim two lengths of the pool without assistance. Any type of stroke may be used. No fins, snorkels, paddles or flutter boards of any kind are permitted. Swim goggles or face masks may be worn. Athletes and one parent/guardian will exit the pool via the fire exit doors and immediately proceed to their bikes. All other spectators must use the main lobby entrance. This will be strictly enforced.

TEENY- SWIM

Race will begin at approx.2:30pm. Race Officials will assist athletes into the shallow end of the pool.

Teeny participants are required to swim across and back at the shallow end of the pool. Any type of stroke may be used. Life Guards and volunteers will be in the pool for assistance.

No fins, snorkels or paddles of any kind are permitted. Flutter boards will be available for use if required. Athletes and ONE parent/guardian will exit the pool via the fire exit doors and immediately proceed to their bikes. All other spectators must use the main lobby entrance. This will be strictly enforced

BIKE (both categories)

Athletes are allowed assistance at this point to prepare for the bike and run portion of the race. Once ready to ride, walk your bike towards the end of the Transition Zone and Race Officials will direct you onto the bike course. At the end of the bike course, set bike to side in designated area.

RUN (both categories)

Run down the all weather field towards the track following Race Officials directions.

Proceed to run around the track and end the race at the Finish Line. Collect your Winners Ribbon from Race Officials at the Finish.

After the Race you may proceed to the food area and enjoy refreshments of water, muffins and fruit. This is a fun event and no times will be given out. Everyone who participates in this event is a winner!

RULES APPLYING TO ALL SEGMENTS OF THIS RACE

1> Limited number of vehicles will be allowed to park at the Comox Valley Sports Centre parking lot as the Race uses much of the parking areas. PLEASE NOTE THAT VANIER SCHOOL PARKING LOT will be CLOSED for both entry and exit from approximately 08:00am to 2:30pm.

2> Race Officials have ultimate and final authority and will remove a participant from the Race if the participant has violated the Rules of the race.

3> Medical personnel have ultimate and final authority to remove a participant from the Race, if in their opinion, he or she is incapable of continuing the Race without sustaining severe physical damage, injury or loss of life.

4> Fair play will be expected of all participants. Profanity or abuse of any volunteer will not be tolerated.

5> The Race Committee reserves the right to make changes to the course or the rules if they deem necessary.

6> Race Awards Ceremony will follow at approximately 3:00 pm. Please ensure that you are there. To be eligible for draw prizes you must be present at the awards ceremony to win.

The Shoreline Orthodontics Comox Valley Sprint, Mini, Teeny & Inbetweeny Triathlons and Duathlons are a project of the Comox Tri-K Triathlon Society and Sanctioning provided by Triathlon BC.





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Teeny And Inbetweeny

