

SOUTHERN ALBERTA MULTISPORT SOCIETY  
Presents: brbyql



## **ATHLETE GUIDE**

First things first. THANK YOU for participating in a SAMS event and supporting a local group whose goal is to provide quality sporting experiences to the community it was born in.

From Danny Robdrup, President of the Southern Alberta Multisport Society:  
This group is committed to safety and sport by providing quality experiences to all those in Southern Alberta. We appreciate your support and hope you support our sponsors as well, without them we would not be able to put on these events.

## **IMPORTANT ADDRESSES**

Parking at City Hall, 11th St. & Fritz Sick

<u>City Hall</u>	<u>Fritz Sick Pool</u>	<u>Civic Track</u>
910 4th Avenue South	420 11 St South	11 <sup>th</sup> St S and 6 <sup>th</sup> Ave S

## **CONTACT INFO**

403-394-5142

[www.samultisport.org](http://www.samultisport.org)

[info@samultisport.org](mailto:info@samultisport.org)

## **RACE FEES**

The prices structure is as follows:

5-9	\$20
Teams	\$35
10-13	\$30
Teams	\$50
14+	\$45
Teams	\$80

## **SPECTATORS**

DO NOT CROSS THE TRACK willy nilly. There will be a designated track crossing location, this ensures the safety of all athletes on the course and for those who run faster, it ensures your safety as a spectator. You do not want to get ran over by a human running at 20-30km/hr. It doesn't feel good. No Bueno.

If you intentionally disobey a volunteer and are spectating an athlete, that athlete will be disqualified. Do not ruin their race experience.

## **ORDER OF EVENTS**

Transition & Chip pick-up opens at 8am

Kids start @ 9am with 5-7 first

14+ start @ approx. 10am

## **MISCELLANEOUS**

Registration will close 1-week prior to the event. NO LATE REGISTRATIONS ALLOWED

No refunds but we do have a roll-over policy up to 1-month prior to the event. A strict 30-day restriction. No exceptions.

Running lap counting will be reliant on the athlete and supporters if needed, a timing loop will confirm laps completed and verified after the race.

Swimming laps will be counted by poolside volunteers

FIRST AID is located at the finish line next to the big red arch

Transition is located on the cement pad outside of FS Pool

**NO RUNNING IN TRANSITION or ON POOL DECK, this will result in immediate DQ**

ALL transition items must be kept with-in your designated area

One of the aid stations on course is on the track close to transition. It will have water only. The other aid station is after the finish line which has water, oranges and bananas with a specialty treat from a local food vendor!

**TRACK DISTANCES & LAPS**

Laps	yd	m
2	800	731
3	1200	1097
4	1600	1463
6	2400	2194
7.5	3000	2743
8	3200	2926
9	3600	3291
11	4400	4023
13.5	5400	4937
16.5	6600	6035
22	8800	8046

**RACE DISTANCES**

Age	Run 1	Swim	Run 2
5-7	2laps = 731m	2laps = 50m	2laps = 731m
8-9	3laps = 1097m	4laps = 100m	2laps = 731m
10-11	6laps = 2194m	8laps = 200m	3laps = 1097m
12-13	7.5laps = 2743m	10laps = 250m	4laps = 1463m

**14+ Events**

Quick Sprint	13.5laps = 4937m	20laps = 500m	8laps = 2926m
Short Sprint	16.5laps = 6035m	30laps = 750m	9laps = 3291m
Long Sprint	22laps = 8046m	40laps = 1000m	11laps = 4023m

**TEAMS INFORMATION**

Each team member will be assigned their own chip, no transfer of chips needed, but you must make contact with either a high five or a tag on their shoulder, let them know you'll be right back!

## **PRE-RACE**

You will pick up your timing chip race morning as well as your swim cap

You will be marked with your number on Left and Right arms

There are no race bibs

Get your transition setup with your swimming gear

Racers will be grouped according to age/distance and will be run in heats of no more than 16 athletes. Heat lists will be provided the week before the race after registration has closed. If there are 18 athletes in a heat, we will run two (2) separate 9 person heats.

## **RUN #1:**

Each age group/category will have a specific start space to complete their prescribed number of laps, most will be starting in the same location, the half laps will start on the opposite corner of the track. Check the maps to see where you are starting from. There will be roll call on race day, so you won't miss your start.

Ensure you tell anyone who came out to support you prior to heading into the pool that you'll... BE RIGHT BACK!

## **TRANSITION #1:**

**NO RUNNING IN TRANSITION, you will be disqualified and removed from the race, no exceptions, this is a safety issue for you and other racers. Let's be safe out there.**

After completing the required number of laps, you will exit the track following the signs and cones etc. and find your swim gear.

You will remove your footwear and socks (if you are wearing some) and gather your swim cap and goggles. LIFE JACKETS PERMITTED, but please try to have them able to swim by the event. We have many swimming coaches in town who would be willing to help your child advance past the lifejacket stage.

This swim will feel very different than other swims you have done, most of the blood is "in your legs" fueling your running muscles. It will take a short time to get your swimming arms back. Be prepared for an unusual feeling in the water.

## **SWIM:**

Once you have put on your swim cap and have your goggles, you will make your way to the pool and will swim in one of the lanes. Swimmers who are not experienced and feel like they may need assistance will swim along the safe lane next to the edge where a lifeguard can monitor them. No forward progress may be made while holding the edge of the pool.

You will TELL the lap counter that is in front of your lane your race number and they will track your laps. You need to be watching the wall so when they put the flutter board in, you will see it! If not, you will be swimming extra laps.

Be aware of other swimmers. ALL swim lanes will follow circle swimming, keeping the lane rope close to your right side each direction. You may pass other swimmers in the middle of the pool, ensuring to let the swimmer you are passing know you will do so by tapping their foot

prior to passing. If you feel this tap, allow the person to pass and DO NOT BLOCK the passing swimmer.

If you are tired during the swim, stay to the edge and if stopped at the ends, stay to the corner to allow swimmers to continue swimming. Any issues, **ADVISE A LIFE-GUARD IMMEDIATELY**

### **TRANSITION #2:**

**NO RUNNING IN TRANSITION, you will be disqualified and removed from the race, no exceptions, this is a safety issue for you and other racers. Let's be safe out there.**

After completing the required number of swim laps, you will exit the pool following the signs and cones etc. and find your run gear.

You will remove your swim cap, lifejacket (if worn) and goggles placing them in your designated area and put your socks (if wearing them) and shoes on. Then head out of transition.

### **RUN #2:**

**DO NOT START TOO FAST!!**

You will exit transition and complete the pre-determined number of laps. Once you have completed your laps, head into the finishing chute.

### **FINISH LINE:**

The finish line is located in the interior of the track.

Once you have crossed the finish line, a volunteer will remove your timing chip. A NON-RETURNED chip is worth \$70. Please do not make us charge you \$100 (chip + shipping) for this. NO CHIP, no time.

Get your food and water to rehydrate, receive your medal and cheer on the next group of athletes! No age group or overall awards. We will draw names for door prizes and feel free to grab some photos on the podium.

**tag #brbyql in your photos**

### **PARKING MAP**



image: google maps

### TRANSITION AND SWIMMING LOCATIONS

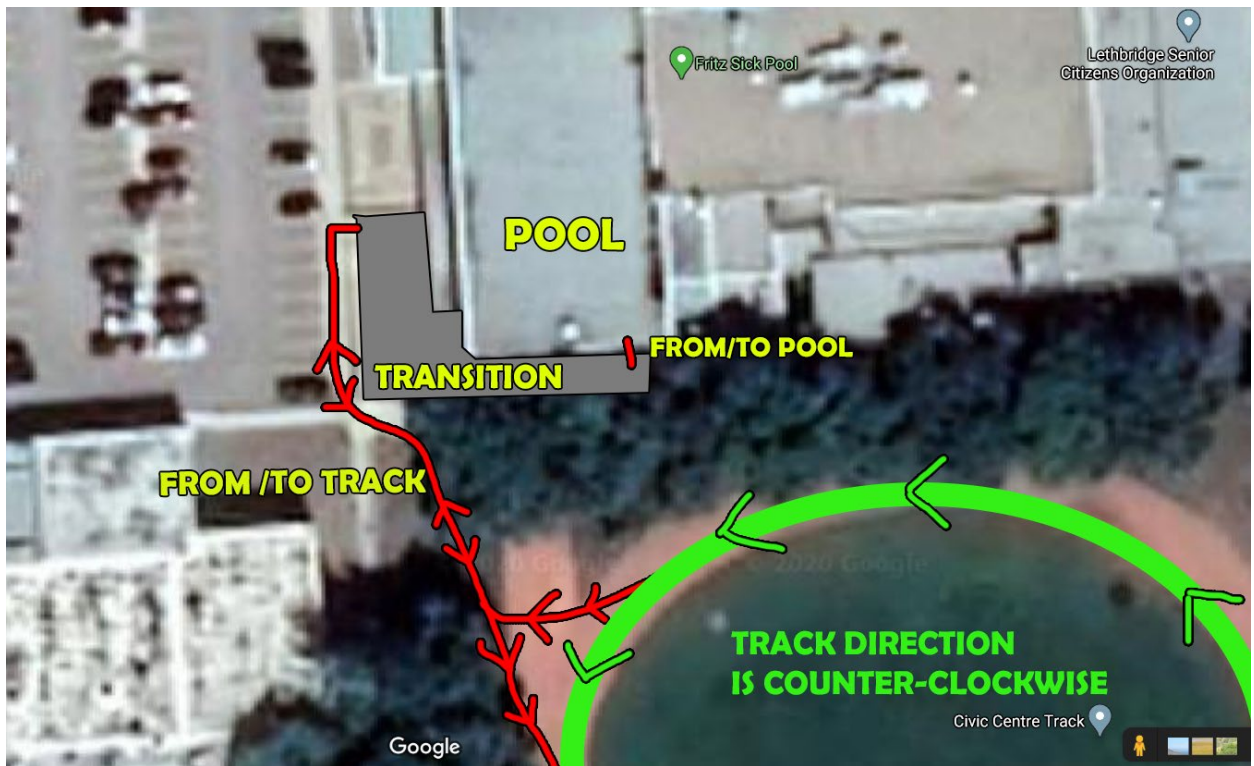


image: google maps

### TRACK MAP AND SPONSOR LOCATIONS

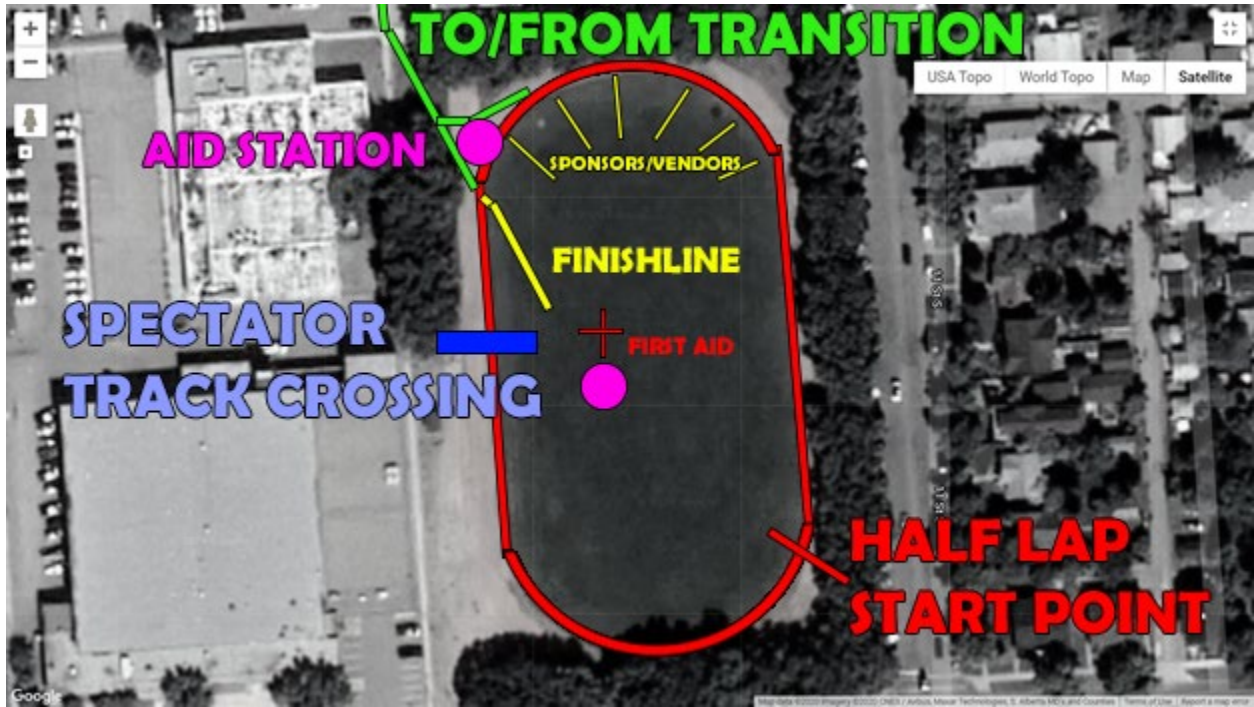


image: google maps

