



XTC Off-Road Triathlon

- **Full Distance:** 1500m swim; 23km mountain bike; 8.6km trail run
- **Half Distance:** 750m swim; 13km mountain bike; 4.3km trail run

XTC Off-Road Duathlon

- **Full Distance:** 4.3km trail run; 23km mountain bike; 8.6km trail run
- **Half Distance:** 4.3km trail run; 13km mountain bike; 4.3km trail run

Kids 8-11

- **Triathlon:** 100m swim; 2km mountain bike; 1km trail run
- **Duathlon:** 500m trail run; 2km mountain bike; 1km trail run

Kids 7&Under

- **Triathlon:** 50m swim; 1km mountain bike; 500m trail run
- **Duathlon:** 500m trail run; 1km mountain bike; 500m trail run

Kids 12-15 Race Cancelled due to lack of registration and requirement of volunteers for that event.

2009 XTC Squamish Race Schedule Saturday, September 20, 2009

8:00am	Transition Area Opens
8:00am - 8:30am	Late Registration XTC Squamish
8:30am – 9:15am	Package Pickup XTC Squamish
8:30am - 9:15am	Body Marking & Swim Cap Pickup (Off-Road Duathlon & Triathlon)
9:30am	Mandatory Pre-Race Meeting XTC Squamish Full & Half
10:00am	XTC Squamish Off-Road Triathlon & Duathlon – Full Distance Start
10:10am	Transition Area Closed - XTC Half Distance bikes must be in transition*
10:15am	XTC Squamish Off-Road Triathlon & Duathlon - Half Distance Start
12:00 – 2:30pm	Post-Race BBQ – free for participants and sponsors (\$3 for hotdog, chips and pop; \$4 for hamburger, chips and pop for others)
1:30pm	XTC Squamish Cut-off at T2
1:00pm – 1:30pm	Package Pickup XTC Squamish Kids (no registrations!)
1:30pm	Mandatory Pre-Race Meeting XTC Squamish Kids
2:00pm	XTC Squamish Kids 11&Under Race Start
2:30pm	XTC Squamish Awards Ceremony
3:00pm	Expo Closes

**Please note, the transition will re-open for athletes to get their bikes after they have completed their race, but there will be staff marshalling athletes during this time. If the area is too busy with athletes still racing, then you will have to wait until they say it is okay to go in. Please be courteous to those athletes who are still racing by getting out of their way.*

GENERAL INSTRUCTIONS

Welcome to the 2009 XTC Squamish Off-Road Multisport Race. XTC Squamish is part of the Triathlon BC Junior Race Series. Junior athletes 16-19 years of age can compete for point towards the Tri BC series.

TRANSITION SETUP: Will be open at 8:00am. The transition area closes at 10:10am. All bikes must be in and set up. There are no designated bike racks. Bikes are racked on first come, best spot.

Mandatory Pre-Race Briefing (Adult Race)– At expo at 9:30. YOU MUST ATTEND

XTC Squamish Race Overview

Please note, information in race package is subject to change. Any changes made to information will be posted at race expo and announced at mandatory pre-race meeting.

SWIM COURSE :

- No swim fins, handpaddles or any swimming aids are allowed (see technical rules below for further detail)
- Athletes must wear swim caps provided by XTC. Caps will be handed out on Saturday
- Wetsuits not mandatory, but recommended.
- **Remember!** Triathlon BC has requested we do a manual body count before participants enter the water. We will have everyone exit the water and count as you go in.

HALF XTC SQUAMISH SWIM (750 metres)

The XTC Half swim is the same as the XTC without the second lap.

XTC SQUAMISH SWIM (1500 metres)

It starts with a 750 metre lap swim and brings you into the beach for a short beach run and then back in for your second loop.

TRANSITION #1 – Swim to Bike:

- You may not mount your bicycle before the exit of the transition area. Riding your bicycle in transition will result in a 2 minute penalty.
- Your helmet strap must be done up before take your bike off of the rack.
- **ATHLETES OR REPRESENTATIVE MUST PRESENT RACE NUMBER AT TRANSITION TO PICK UP BIKES AND TRANSITION BAGS AFTER RACE – WE APPRECIATE YOUR COOPERATION.**

BIKE COURSE:

- **YOU ARE RESPONSIBLE FOR KNOWING THE COURSE! We will not have volunteers on most of the bike section except in a couple of areas! We recommend riding with a course map.**
- This is a mountain bike course with technical sections. You must keep your eyes open and if you see signs, please obey them.
- **The full distance bike course shares 1km of Jack's Trail with the run course. It is a narrow trail and in some areas it is tight single track. Please be VERY COURTEOUS to other racers. Move over if necessary to let a runner pass if they are going faster than you.**
- There are blue arrows to mark the bike course, as well as white spray chalk and flagging.

- Location of the aid station for the full distance bike is at the Perth Road crossing. This should be a supplement to the fluids you should have on your bike already. If you need to discard your water bottles, please discard them around the aid station. Garbage/bottles thrown in other areas are not permitted.
- There is no aid station for the Half distance bike. Half distance athletes should be self sufficient with their own fluids.

TRANSITION #2 – Bike to Run:

- Athletes must dismount their bicycles before entering Transition #2. Riding your bicycle in transition will result in a 2 minute penalty.
- **CUTOFF TIME: For XTC Squamish you must reach T2 before 1:30pm (3 1/2 hours after start) to be allowed to officially finish the race.**

RUN COURSE:

- Competitors must display their run number on the **FRONT** of their body. **DID I MENTION FRONT OF BODY. AGAIN, FRONT OF BODY.** I say this every year and every year a hand full of racers come through with it on the back. Don't! This is essential in manual timing systems. You risk not receiving a time if you don't display your number correctly.
- **Athletes are responsible for counting their own laps. Half Distance will do 1 lap of the run course and Full Distance will do 2 laps of the run course.**
- **The run course has a tough technical downhill section in it. Please make sure you take caution on this section.**
- **The run course shares 1km of Jack's Trail with the full distance mountain bike course. It is a narrow trail and in some areas it is tight single track. Please be VERY COURTEOUS to other racers. Move over if necessary to let a rider pass.**
- There are two Aid Stations on the run.
- The run is a technical run course in spots. Please watch your footing.
- There are red arrows to mark the run course, as well as white spray chalk and flagging.

RELAY TEAMS:

- Relay teams must all get body marked for the race.
- The exchange is done in the transition area only.

TIMING:

- The race is being timed manually not with chip time.
- If for any reason you cannot complete the race, please notify race official and timing and return your race number to the timer.

Race course open to others: The race course is not closed to others using the park. Swearing and abuse will be penalized and may result in disqualification. Please be courteous to spectators, volunteers, other trails users and of course your fellow competitors.

Garbage: Please dispose of your garbage/bottles at or around the aid stations. Do not throw garbage into the woods. If you are caught doing this you risk being disqualified.

Dogs & Parking at Alice Lake: There are **NO DOGS ALLOWED** at the beach/grass area of Alice Lake. Please do not bring your dog to this area or you risk having us banned from using this venue! In addition, please park in designated parking area only. Parking is not permitted on the roadways! It is **PAY PARKING** at Alice Lake.

Most importantly: BE SAFE! HAVE FUN! Thank you for racing the XTC Squamish Off-Road Multisport Race

TECHNICAL RULES AND REGULATIONS ALL RACERS MUST READ!!

1. SWIM:

a. Wetsuits are allowed based on water temperature measured the day prior to the event and confirmed the day of the event.

Pro/Elite: Wetsuits are allowed for pro athletes if the water temperature is below 20° Centigrade (68° Fahrenheit).

Age group: Wetsuits are allowed for age group athletes if the water temperature is below 22° C (72° F).

All: Wetsuits are mandatory at 14° C (57° F).

These temperature rules may be waived by the triathlon officials in certain circumstances.

b. Buoys: Any athlete confirmed cutting a buoy will be assessed a 2 minute penalty

c. General Swim: No fins or swimming aids are allowed.

d. Swim Caps: XTC will provide swim caps and they must be worn by all competitors for water safety.

2. BIKE:

a. Only mountain bikes are legal for competition. Cyclo-cross bikes are not allowed. No drop handlebars are allowed. No aero bars are allowed. All bikes must have 26" or 29" wheels. Bar extensions or grips off the handlebars may not exceed 5"

b. Racers shall complete the entire event on the same bicycle upon which the event was begun. You must bring your bike to Bike/Run transition to be allowed to continue.

c. Passing: Lapped riders must yield to overtaking riders. Riders should voice the command "On your left" or "Track," when overtaking another. It is the responsibility of faster rider to overtake safely. Slower riders must yield to the passing rider on the first command. In the event two riders are racing for position, the leading rider does not have to yield his/her position to the challenging rider. However, a rider may not bodily interfere with or impede another rider's progress.

d. Drafting: Triathlon BC - Off-Road Multisport Rules in British Columbia
Drafting is not allowed by Elite, Junior or Age Group competitors (section Q3.3) NOTE!!!! Although Triathlon BC does not allow drafting for off-road, Triathlon Canada does. Triathlon Canada rules prevail at the XTC Squamish event.

e. General Bike:

Bike numbers must be mounted on the handlebars facing forward. Cutting of numbers or altering with sponsor stickers is not allowed. Helmets must be worn at all times. No riding of bikes is allowed in the transition areas.

3. RUN:

a. Numbers: Numbers must be worn on the front of the body. Cutting numbers or altering with stickers is not allowed. There will be a warning for not having your number on the front of your body, second infraction will be a 2 minute penalty. A 2-minute penalty will be assessed for losing your run number.

4. EVENT GENERAL RULES:

a. Ignorance of the rules is not admitted as an excuse.

b. It is the racer's responsibility to maintain adequate hydration. Organizer will provide hydration stations on the bike and run.

c. Cutting the course: Short-cutting and/or cutting trail switchbacks or course is not permitted and may result in disqualification. A rider is required to stay on the designated trail that is marked and or specified as the race course. It is the rider's responsibility to know the designated race course. Lack of tape or barrier on the course will not be constituted as an excuse for cutting course.

d. Outside assistance: Limited outside assistance is allowed from another athlete competing in the same event. No outside assistance is allowed from any person not competing in the same event. These include but are not limited to spectators, friends, family, volunteers, support crew, photographers, police or marshals.

Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Changing bikes is not allowed.

As example: a competing athlete is allowed to give another athlete a chain tool or link or a complete chain. A competing athlete can give another athlete a tire patch, tube or complete wheel. But an athlete cannot exchange bikes with another competitor so that the competitor with the broken bike can simply continue without fixing the break.

e. Conduct: Foul riding or running, unsportsmanlike behavior or the use of profane or abusive language is grounds for warning, relegation, disqualification or fine.

5. PROTESTS: Protests of any nature must be submitted within one hour of the finish time of the person lodging the protest. Protests must be submitted in writing and signed by the accuser. Saying somebody cut the course is not good enough – it must be written and described as accurately as possible. All protests will be investigated. Because of the nature of off-road triathlon, it is not always possible to see infractions. XTC is in the woods, out of sight and marshaled only where necessary. In every case there will need to be verification of the infraction. Officials will not be drawn into a “here-say” argument.

6. MISCELLANEOUS: No type of sound device is allowed during competition. Examples: no headsets, tape players, CD players, MP3 players or 2-way radios.

7. PENALTIES: Penalties will be determined by the severity of the infraction. The minimum penalty will always be 2 minutes. The maximum penalty will be disqualification from the results of the event and/or a loss of prize money.

8. CUT-OFF TIMES: There will be a cut-off time enforced at every race. Cutoff will be at T2; the bike to run transition. All athletes must make entry to T2 within 3.5 hours of the start of the race. Where there are wave starts, the 3.5 hours will be measured from the last start of the race. In some cases the head official may alter the cutoff time.

9. ITEMS NOT COVERED and relationship with Provincial Federations

XTC Squamish is a sanctioned race. The published rules and regulations of Triathlon BC (www.tribc.org) are to be considered law except with regard to the specific rules and regulations stated above. If you are competing at XTC Squamish, you must also read through the Triathlon Canada rules. Please visit their website at www.triathloncanada.com.