

# ATHLETE MANUAL 2023

OKANAGAN FALLS, BRITISH COLUMBIA, CANADA  
JULY 15 – 17, 2023





## SCHEDULE OF EVENTS

2023

### Thursday, July 13th

Arrive Penticton – Assemble Bike and Bike Certificate Completed – Bike Barn, please book an appointment (250) 492 - 4140.

Course Reconnaissance as time permits. Race Preparations, as necessary.

**Peach City Runners, 214 Main Street, Penticton**

**12:00 (Noon)pm – 5:00 PM Registration & Equipment Pick-up**

**Please Arrival early** – we have a tight schedule that needs to be followed as closely as possible. Please do your part to help us get everyone through on time.

### Friday, July 14th

**Peach City Runners, 214 Main Street, Penticton**

**8:00 am – 12:00 (Noon)pm – Registration & Equipment Pick-up**

**Please Arrival early** – we have a tight schedule that needs to be followed as closely as possible. Please do your part to help us get everyone through on time.

Pre-Race Briefing

**Location – Kenyon Park – OK Falls**

**It takes approximately 20 - 30 minutes to drive to OK Falls from Penticton.**

**Please plan accordingly.**

**2:00 pm – 2:15 pm** – Welcome & Introduction of staff.

**2:15 pm – 2:30 pm** – Opening Procedure Ceremony & Swim Briefing

**2:30 pm - 3:00 pm** - Bike Course Briefing

**3:00 pm – 3:30 pm** – Day 2 Bike Start – Staggered Procedure

**3:30 pm – 4:00 pm** - Run Course



## SCHEDULE OF EVENTS (continued)

2023

### Friday, July 14<sup>th</sup>

#### **Location – Kenyon Park – OK Falls**

12:00 Noon – 5:00 pm – Site set-up (Fencing, tents, bike racks)

### Saturday, July 15<sup>th</sup> – Day 1

**It takes approximately 20 - 30 minutes to drive to OK Falls from Penticton.**

**Please plan accordingly.**

5:15 am - 5:45 am - Stage 1/Swim - Check-in - Swim Start Christie Beach, Okanagan Falls

5:15 am – 6:00 am – Special Needs Drop Off (Bike Day 1)

6:15 am - Ceremonial Opening & Group Photo - Swim Start Christie Beach, Okanagan Falls

6:25 am – Swim Prerace Briefing - Swim Start Christie Beach, Okanagan Falls

6:30 am - Stage 1/Swim - Start - Swim Start Christie Beach, Okanagan Falls

9:00 am - Stage 1/Swim - Cut-off - Swim Finish Christie Beach, Okanagan Falls

2:30 pm - Stage 1/Bike - Cut-off - Kenyon Park, Okanagan Falls

### Sunday, July 16<sup>th</sup> – Day 2

5:15 am - Stage 2/Bike - Check-in & Special Needs Drop Off – Kenyon Park, Okanagan Falls

5:45 am - Stage 2/Bike - Stage Briefing and Line Up – Kenyon Park, Okanagan Falls

6:30 am - Stage 2/Bike - Start – Kenyon Park, Okanagan Falls

2:30 pm - Stage 2/Bike - Cut-off – Kenyon Park, Okanagan Falls.

### Monday, July 17<sup>th</sup> – Day 3

5:30 am- Stage 3/Run - Check-in & Special Needs Drop Off – Kenyon Park, Okanagan Falls

5:55 am - Stage 3/Run - Stage Briefing - Run Start – Kenyon Park, Okanagan Falls

6:00 am - Stage 3/Run - Start – Kenyon Park, Okanagan Falls

2:00 pm - Stage 3/Run - Cut-off – Kenyon Park, Okanagan Falls

1:00 pm - 5:00 pm - Finish Line Party & Celebrations – BBQ - Kenyon Park, Okanagan Falls

3:30 pm – Winner of Each 10 Year Age Group - Top 3 Male & Female Overall

5:00 pm – Wrap-up and Departure



## PRERACE INFORMATION

### **Registration**

Registration for the event is available online at [events.com](https://events.com) and can be accessed from the Ultra355 website by clicking on the “Register Now” buttons. Detailed information on registration is available on the Ultra355 Canada website. Registration is open from October 1<sup>st</sup>, 2022, through to July 8<sup>th</sup>, 2023, and is limited to 75 participants.

### **Race Package Pick-up**

Athlete Package Pick-up will be held at Peach City Runners, 214 Main Street, Penticton, BC V2A 5B2:

Thursday July 13<sup>th</sup> from 12:00 Noon – 5:00 PM

Friday July 14<sup>th</sup> from 8am – 12:00pm. Phone (250) 490 – 3334

All athletes must register during these times.

### **Race Briefings**

Pre - race briefings will be provided in person. Briefings will be held at the Race Precinct, Kenyon Park, Okanagan Falls, Friday July 14<sup>th</sup> from 2:00pm to 4:00pm. It is mandatory that each athlete attend the briefings.

### **Bike Inspection – Bike Mechanic**

It is the responsibility of each athlete to ensure that all aspects of their bike are safe to the user, other athletes, team members, officials, and the public at all times during the event. We encourage athletes to have their bikes checked by a mechanic prior to race day. We use and recommend The Bike Barn (250) 492 4140 and encourage you to book in a pre-race check if you are travelling to the event.

Equipment which the officials deem does not meet minimum standards may not be used until the problem is corrected.

All repairs are the responsibility of the athlete.

A bike mechanic may be available at the start of each day and roving on course. Athletes will be provided with a contact number which can be used to contact the mechanic if available. Please note you are responsible for and expected to be proficient in basic mechanical repairs. The availability of the roving mechanic cannot be guaranteed.

### **Daily Check-In Procedure**

At the beginning of each day, each athlete must check in with event officials who will be located adjacent to the respective start line. Failure to follow this procedure may preclude participation in the event, and in future events. Full daily check in procedures will be provided at registration.



## Communications

It is recommended that athletes carry an operating mobile telephone. Important numbers will be distributed to each athlete.

## Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of the event may be rescheduled. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

## Numbering and Identification

**Wrist band:** All athletes will be provided with a wrist band at registration, these are to remain on until the end of day 3.

**Photograph:** Each athlete will be photographed with their bike as they enter transition on day 1.

**Swim:** Athletes are required to wear the event swim cap as provided at registration.

**Bike:** Seat post stickers must be placed on an athlete's bike frame and must be visible from the side. Race bibs must be worn and visible at all times from the back. In addition, each athlete will be issued a coloured ribbon that **must** be worn either on the back of the helmet or back of the bike. We need to be able to distinguish you from all the other riders which will be on the course.

**Run:** Race bibs must be worn and visible at all times from the front.

Numbers identify official athletes and must be always clearly visible. Numbers must be worn as directed by event organisers. No alteration of any numbers is permitted.

## Categories

All athletes, whether officially registered by a national governing body as amateur, elite, or professional will participate in the age group category.

## Photos

Official photos will be taken during the event and made available to athletes.

## Filming

Filming of the event will be permitted for personal use only. Any filming for commercial purposes requires prior written authorisation from the event organisers. Such authorisation may be withheld if the filming conflicts with the granting of other film rights and/or registered logo use. If filming is authorised, a Filming Agreement must be signed by the athlete and filming party.



## Insurance & Medical Insurance

The event coverage provided allows for a five million-dollar (\$5,000,000) limit on a Comprehensive General Liability format. This is one of the broadest liability forms available, in which it insures the race directors, their committees, volunteers and others requiring protection (such as sponsors, public agencies, Property owners, etc.). The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, volunteers, and the public in general.

**The event does not carry individual Athlete medical insurance**, nor does it assume any responsibility for such. **It is highly recommended that non-Canadian athletes obtain additional travel/event medical insurance before traveling to the event.** Insurance information will be asked for on our Medical Form. This is for emergency purposes in the event you cannot speak for yourself at the time of the emergency.

**The Canadian Medical System is not a free service.** If you are a non-resident and involved in an accident that requires medical attention you will be charged for hospital visits, ambulances, tests, treatments, doctors' fees, and supplies. **For your own protection we strongly advise that you verify your insurance will cover you while outside of your normal country of residence and while competing in an amateur athletic event.** Canada does not accept government sponsored medical plans of other countries.

## Refunds and Withdrawals, Transfers and Rollovers

Withdrawal from the event will result in the forfeiture of any fees paid to date, regardless of reason including medical, personal, travel, family, work, military service, public health advisories including epidemics and pandemics and any force majeure, and (2) If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (A) postponement, (B) course modification, (C) cancellation. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds. (3) the full entry fee must be paid at the time of registration. Athlete rights or interests as an invitee will not be transferable to another person or event.

## Entry Fee Insurance

ULTRA355 Canada has made available through its Event Registration System the opportunity to purchase Event Fee Insurance against the potential loss of the entry fee for withdrawal from and non-participation in the Event. Any claim for refund must be submitted to the Insurance Company as outlined in their company policy. Declining purchase of said insurance, places full responsibility for any loss of the entry fee upon the athlete and the Event has no further responsibility for a refund, transfer or rollover and no further claim will be accepted by the Event.



## **Covid-19**

We understand that the uncertainty about COVID regulations and quarantine affects all athletes as it does the organisers of this event. It is each athlete's responsibility to verify all regulations regarding travel from your country of origin and entry into Canada.

While the event team will do its best to inform athletes of any changes to regulations that directly effect the running of the event in Canada, we cannot accept the responsibility of verifying each countries requirements for travel.

The event will follow all current Covid-19 health mandates as issued by British Columbia Health Authorities, this includes use of masks, vaccine requirements, allowable limits and sanitation protocols.

## **Medical Support & Monitoring**

Event officials will not provide emergency medical assistance; nor is any liability assumed for not providing such. We will however have qualified medical personnel to assist and evaluate if and when possible. Organizer's ability to provide on-course medical support is very limited due to the distances involved. Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing.

Monitoring of certain indicators may be conducted during the event. Athletes will be asked to cooperate with the monitoring team so that feedback can be provided to the athlete about their continuing the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a "Participant" and not a "Finisher". Therefore, any fluids used by the athlete must be taken orally. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.



## RACE RULES

### **Drafting**

This is an individual endurance event and drafting of any type, during any cycling stage is prohibited as per Triathlon Canada and Triathlon British Columbia race rules.

### **Outside assistance**

Athletes may accept assistance from other registered athletes or race officials only. Outside assistance is not allowed in any form.

### **Tow Floats - Mandatory**

For safety and visibility to other boat users on the lake, it will be mandatory for all athletes to use a tow float (swim buddy) for carrying nutrition during the swim leg. The float must sit above the athletes' body and not extend past their feet.

### **Pacing**

Pacing of athletes is not allowed at any stage of the event.

### **Penalties**

Penalties will be levied for infractions and/or misconduct. Penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions.

Time penalties will be 6 minutes for the first infraction and 12 minutes for a second infraction. The third penalty equals disqualification from the event. Penalties are cumulative for all three days.

The Race Director has ultimate authority regarding all rules, their interpretation, and their enforcement.

### **Prohibited Aid, Equipment & Substances**

No athlete will be permitted to use fins, snorkels, paddles, or any flotation device during the swim. The swim course will be controlled by the Swim Course Captain and Crew. No personal craft may enter the swim course that is not authorized by the Swim Course Captain and part of the Swim Course Safety Team.

Athletes may not use any device that interferes with normal hearing such as headphones with music or provides any independent means of forward motion.

No athlete may use any illegal or otherwise banned substances at any time during any portion of the event. This event is to be drug free throughout – this includes the use of Cannabis even though it is legal in Canada. We believe the use of any drug during the event will reflect badly on the event and its reputation; therefore, no athlete may use Cannabis or, any illegal or otherwise banned substances at any time during any portion of the event, including associated functions. Violation will result in disqualification from the event.





## **Protests**

Official protests must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred. Any unsuccessful protest will result in a 30-minute penalty to the athlete bringing forward the protest.

## **Disqualification**

Athletes not adhering to the conditions set out in the Athlete Guide may face potential disqualification. Disqualified athletes may not continue on any part of the course except at the sole discretion of the Race Director.

## **Road Rules**

Local road rules apply to vehicles and bicycles.

<https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/cycling/cycling-regulations-restrictions-rules>

## **Safety**

Safety is the primary consideration for athletes. This event requires individual endurance and stamina, and the risk of accident, injury, and illness may be present throughout all three stages.

Proper training, well maintained and appropriate equipment, good judgment, respect, common sense, and courtesy are crucial in making this a safe and successful event.

## **Course Distances**

Day 1 Swim 5 km | Bike 125km

Day 2 Bike 175 km

Day 3 Run 50 km

The responsibility for following the official event course rests with the athlete. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Completing an unauthorized shortened course will result in additional time penalties or disqualification depending upon severity of the distance involved.

The bike course will be on open roads however there will be traffic management in place, the course will be well marked and includes event marshals.

## **Course maps**

Available on the website <https://ultra355.com/canada/>

## **Starting Procedures**

**Swim:** Mass water start. Athletes will need to swim to the start line

**Bike Day 2:** Riders will be released in order of finish time based on their Day 1 bike time.



Riders will be released 2 at a time with a 15 second interval between each pairing. Riders will have to be attentive to instructions from the official starter. Anyone missing their start time will be moved to the back of the start list with no time adjustment.

**Run Day 3:** Mass start

### **Transition**

Athletes will transition on Day 1 only between the swim and bike legs.

Gender specific (Male & Female only) change tents will be available for anyone who wishes to change from swimwear to cyclewear.

### **Cut-off Times**

Each stage has an Eight (8) hour cut off. There may be progressive cut off times applied to each leg of the race.

Any athlete who does not reach the designated finish line before a cut-off will be declared a Participant and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cut-off time (at the Race Director's discretion).

Athletes may be allowed to continue onto the next stage as a Participant if they cooperate with this request and receive the clearance to do so from the Race Director.

Only athletes who have made each cut-off and completed all portions of the course will qualify as a Finisher.

### **Progressive cut – off times**

**Swim:** athletes must exit the water by 2.5 hours after the race start time (RST).

**Day 1 Bike:** athletes must pass through:

- 82 km Barcelo Road Special Needs by 5.5 hours post RST

**Day 2 Bike:** athletes must pass through:

- 128 km Race Precinct by 5.5 hours post RST

**Day 3 Run:** athletes must pass through:

- 25km Race Precinct by 4.0 hours post RST



## WATER REFILL & SPECIAL NEEDS

### Water Stations

Ultra355 is a self-supported endurance event, athletes are required to ensure they have trained with their own nutrition and hydration plan that allows them to complete the course each day.

Whilst traditional aid stations are not provided athletes will have access to self-serve water refill stations and special needs stations to access their own items and will be available on both the Bike Course and Run Course. Athletes must rack their bikes while in the station and not block other athletes from accessing the station or supplies. Infractions will receive penalties or disqualification depending on severity.

It is the athlete's responsibility to ensure they have sufficient nutrition available for the duration of the race. We recommend the use of a hydration vest/ belt and/or hand bottle on the run and additional bottle cages on the ride (i.e., additional rear bottle cages/ front hydration mounts).

### Location of water refill and special needs stations

#### Ride Day 1:

Stations will be available at:

- 43km Osoyoos Airport (water)
- 82km Barcelo Road (Water & Special Needs)
- 104km Yellow Lake (Water)

#### Ride Day 2:

Stations will be available at:

- 44.6km Osoyoos (Water)
- 85.9km Haynes Road Turn Around (Water & Special Needs)
- 128.6km Race Precinct (Water)
- 146.3km White Lake (Water & Special Needs)

**Run day 3:** Stations will be available at: (these are out and back X 2 loops)

- 5.3km/30.3km Allendale Road (Water)
- 10.6km/21.5km/35.6km/46.4km Allendale Lake Road (Water)
- 16.0km/41.0km Turn Around (Water & Special Needs)
- 25.0km Campus Turn Around 2<sup>nd</sup> Loop and Finish Line 50km (Water & Special Needs)



## **Special Needs & Dry Strip**

Each athlete will be provided with 2 special needs bags and 1 dry strip bag.

Special needs items must fit within these bags. No other bag or container may be used. **Be sure to mark your bags with your race number for identification purposes.**

Athletes will be able to check a dry strip bag into the gear tent prior to the start of each day.

## **Bike**

Athletes will be able to access their special needs bag during each bike leg of the race. See the course maps and locations listing in this manual.

## **Run**

Athletes will be able to access their special needs bag during the run stage of the race. See the course maps and locations listing in this manual

Special needs bags are to be placed in the allocated Special Needs Box at the race precinct adjacent to the athlete check in on race morning for delivery to the Special Needs stations.

## **Recovery**

As you cross the line each day you will find a selection of nutrition and hydration offerings at our rejuvenation tent.



## SPECTATORS & RACE DAYS

### **Spectators**

The Okanagan Falls course is unique in that spectators can see the swim course from start/finish area. Supporters can travel to the top end of the course 2km north (Sovereign Road Boat Launch) left off Eastside Road by driving and watch the turn at the top of the loop, then return to the start/finish beach to watch their athlete finish.

During the ride legs spectators will have access to timing splits via the website which will be showing updates from out on course and split times.

The 2-lap run leg allows spectators to see athletes 2 times from the race precinct – once after the first of the two legs and again at the finish. Spectators can also drive to the final turn point (17.3KM & 42.3KM) on the run located on McLean Creek Road. Use Eastside Road and travel up McLean Creek Road going opposite direction to the Athletes. Spectators are asked not to go onto the course for safety reasons.

### **Photos & Social Media**

Don't forget to post your photos on Facebook and Instagram each day, tag us @ultra355\_canada and hashtag #Ultra355 #Ultra355Canada so we can share your support!

### **Timing & Results**

An official timing system will be used for this race. Athletes are required to wear a timing chip around their left ankle.

Timing splits will be available live on our website for athletes' supporters to follow live as athletes pass timing points along the course.

These timing points will include (approx.):

Day 1: Swim exit - bike 43km - bike 82km - bike 104km - finish line

Day 2: Bike 44.6km - bike 85.9km - bike 128.6km - bike 146.3km - finish line

Day 3: Run 5.3km – run 10.6km – run 16.0km - run 21.5km – run 25.0 KM - run 30.3km - run 35.6km – run 41.0km – run 46.4km – run and 50.0 finish line

Live tracking and daily results will be posted on our website and Facebook page.

### **Awards and Presentations**

Each Finisher will receive a finisher medal. A Finisher is an athlete who has made each cut-off and completed all portions of the course.

Any athlete who does not reach the designated finish line before the cut-off, or has not completed all portions of the course, will be declared a Participant.

Disqualified athletes are not eligible for any awards.



Awards will be presented to the 10 Year Age Category Winners and the top 3 Male, Female and Nonbinary finishers, these will be presented at the conclusion of the race, during the post race celebration.

Organizers reserve the right to adjust categories as needed depending on number of athletes in each category.

### **Parking**

Parking is often problematic in Okanagan Falls. We are working with local authorities to ensure we have sufficient parking for everyone. It is recommended if staying close by that you walk to the race precinct wherever possible. If this is not possible, parking would be best found at the shopping centre at the corner of Cedar Street, 8<sup>th</sup> Avenue and Highway 97. Just south of the race precinct. We will have parking personnel on site – please follow their instructions and Be Kind. Abuse of Parking Personnel will result in disqualification.

Please be aware of driveways and restricted parking zones if you are attempting to street park which is not recommended other than as a last resort. We are visitors to this small community, and we want to be seen as cooperative and not intrusive.