

# LAKE STEVENS TRIATHLON

North Cove Park  
(1806 Main St, Lake Stevens, WA 98258)

**Saturday, September 9, 2023**

Start time: 8:00am Olympic

(based on last Olympic swimmer) 8:30-8:45am Sprint



**PARTICIPANTS MUST BE ABLE TO FINISH BY 12:00PM, AS VOLUNTEERS ARE RELEASED AT THIS TIME.**

**CHECKING INTO TRANSITION (Bikes are racked the morning of the event)** Transition will open at 6:30am, and will be monitored by volunteers at 7:15am. Both transitions for the event will take place in the same area. You are responsible for setting up your own equipment on the bike rack – which will be in bike number order - unless you are using a reserved rack. As you prepare to check into transition, there are several items that you must check before you go to the transition entry point, please ensure:

- Body Marking (age/gender on left calf, bib number left on left calf, bib number left arm towards the left)
- The bike number placed on your bike
- Any time you are on your bike (before, during and after the event), you must have a helmet on your head and chin strap secured (**No warnings required to DQ a participant on their bike w/o a helmet.**)
- Handlebar ends must be solidly plugged

**TRANSITION RULES - Only registered athletes are allowed in the transition area.** You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

**PRE-EVENT MEETING** - Meeting will occur at 7:40 in the Transition Area for BOTH the Olympic and Sprint distance, your participation is **MANDATORY** and it is your responsibility to listen. Olympic must leave the Transition area at **7:50**, and Sprint at **8:20**. **Please wear the timing chip provided in your packet, on your left ankle.**

**WAVE SWIM STARTS – Olympic 2 Loops (1<sup>st</sup> wave @ 8am) Counter Clockwise / Sprint-1 Loop (1<sup>st</sup> wave between 8:30 and 8:45am) this includes the AquaBike. Duathlon will start near the street. Please check your packet label for your specific start time.** Waves are set off based on swim cap color, **AGE @ YEAR-END** and category. It is your responsibility to start in the correct swim wave, or risk disqualification.

## GENERAL INFORMATION

**SWIMMERS** ~ In the event of a water emergency, participants will be alerted and asked to return to shore. **Course closure: 1 hour for Olympic and 30 minutes for Sprint**

- You are required to wear the swim cap provided in your packet (the color indicates your wave)
- No swim aids, such as fins are allowed
- Wetsuits are not required. Water temp is expected to be in the 68-72 range. If wearing a wetsuit, check your left leg after you remove the wetsuit to ensure your timing chip is still on.

There will be lifeguards and boats in the water to assist you. If you are tired and need assistance you may hold on to the boat to rest. Signal by raising your hand. If the boat propels you forward, you may be disqualified.

**BIKERS** – Olympic and Sprint are both out and back courses and are open to vehicle traffic. There will be no aid stations on the bike course. **Course closure is 11am for both distances.**

- Helmets, with chin strap secured, are required at all times when on your bike
- Headsets not allowed at any time
- Be alert to all traffic control while on the ride
- NO Drafting

\*The police are on course to maintain vehicle and bicycle traffic. They may stop you to allow vehicles to move as needed.\*

**RUNNERS** – Olympic TWO Loops / Sprint-ONE Loop (There are 3 aid stations for the Olympic & 2 for the Sprint). **Course closure at 12pm for both distances**

- Your bib # must be forward facing at all times
- Be aware of other participants
- Headsets not allowed at any time

**RELAY TEAMS** - The swimmer must get out of the water and come to where the bike is racked and transfer the timing chip. The cyclist will return to the same place he/she left from to transfer the timing chip to the runner.

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BONNEY LAKE

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Kent, WA 253/638-2453



Be Active. Be Comfortable.



**USAT RULES APPLY AT ALL TIMES**

- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

**AWARDS** ~ Overall awards for top 1, 2 and 3 finishers in each gender. Overall finishers will be removed from age group awards but will be listed on the results in their age groups. Awards will be given out for places 1/2/3 in all categories. This will take place once most of the participants have completed the event. If you place and are unable to wait for the awards ceremony, please check in with BuDu Racing, LLC to get your award. We will not mail out awards. Overall times will be posted at the event. Splits will be posted on <https://runsignup.com/Race/Results/27068>

**Please remember it is the participants' responsibility to know the course.** There will be markings on the road, and for the bike course, there will be cones with directional arrows to assist you. **The volunteers are not the experts on course, they are helpers.** Please review the maps!

**Transition area is in North Cove Park**

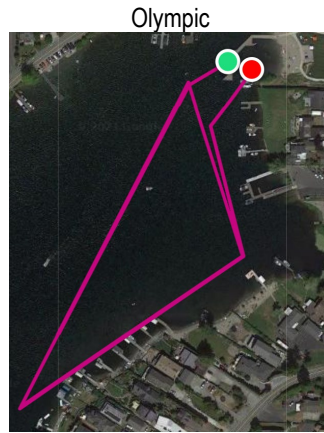
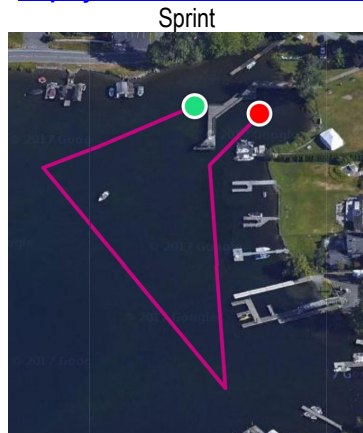
Olympic - [mapmyfitness.com/routes/view/22621474](https://mapmyfitness.com/routes/view/22621474)

Sprint - [mapmyfitness.com/routes/view/22621676](https://mapmyfitness.com/routes/view/22621676)

[ridewithgps.com/routes/41516517](https://ridewithgps.com/routes/41516517)

Olympic completes 2 loops / Sprint completes 1 loop

**SWIM**



**RUN**

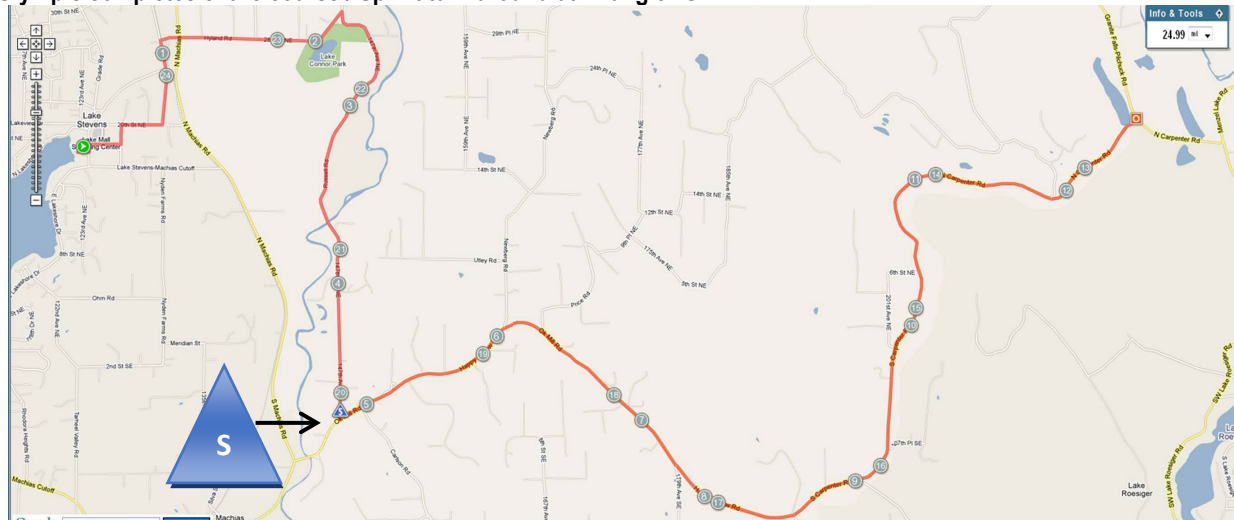


Sprint - [ridewithgps.com/routes/41516110](https://ridewithgps.com/routes/41516110)

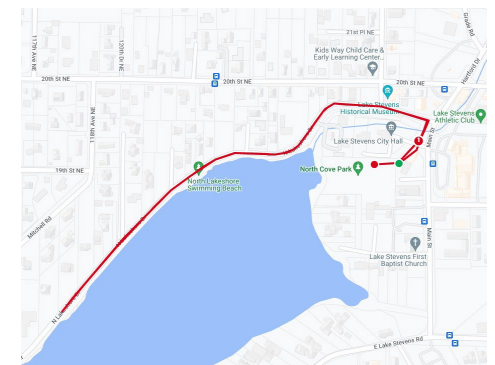
Olympic - [ridewithgps.com/routes/41516503](https://ridewithgps.com/routes/41516503)

Olympic completes entire course / Sprint turn around at Triangle "S"

**BIKE**



**DUATHLON 1ST RUN**



[ridewithgps.com/routes/41516659](https://ridewithgps.com/routes/41516659)