



Athlete's Guide 2024

With Every Stroke, Pedal, and Step, Paint the Sky

Thank you to our sponsors!



Welcome,

On behalf of the entire Saskatoon Triathlon Club (STCI) Board it is my great pleasure to welcome back all athletes to Triathlon racing in Saskatoon after a year break. Thank you so much for your patience as the Team has been working hard to ensure an amazing event. Whether you're a seasoned triathlete or this is your first time taking on the challenge, we are thrilled to have you join us. As you prepare to test your limits we want to express our gratitude for your dedication, perseverance, and passion for the sport. The journey to this moment has undoubtedly been filled with hard work, sacrifice, and unwavering determination, and we commend you for your commitment to taking on the challenge.

We are also extremely fortunate that we live, work and play on the unceded lands of Treaty 6 Territory and Homeland of the Métis.

Along your journey, please take a moment to thank the volunteers who are with you on race day and making this event possible. They have worked tirelessly to ensure you have the very best race experience and we couldn't do this without them. Our goal this year was to host two race days with the hopes that participants would take the opportunity to race one day and volunteer the other to create an amazing sense of community. Please take the time to check out our volunteer page and find an opportunity to support your fellow athletes.

So, from all of us here at STCI, we wish you the best of luck on race day. May you find strength in your training, joy in your journey, and fulfillment in crossing that finish line. I look forward to welcoming you across the finish line!

Happy Triathloning!



Mike Jones
STCI President and Living Sky
2024 Race Director

VOLUNTEERING OPPORTUNITIES

I chose to host Living Sky over two days this year for several reasons. Inspired by Ironman Worlds and PTO, I thought the opportunity to provide our female athletes with the course all to themselves would provide an amazing experience, especially for our first time participants. It also allows us to provide an opportunity for our U23 athletes with two days of racing experience.

As a former high-performance athlete, it is an opportunity to pay it forward on behalf of those volunteers who made my race day experiences so amazing as a youth.

Finally, and most importantly, Living Sky is a non-profit race, hosted by the volunteer organized and run Saskatoon Triathlon Club. We are able to keep our race fees low because of the amazing volunteer time put in by the race committee, volunteer captains, and officials.

Hosting the race over two days allows for a unique opportunity for all participants **to race on one day, and volunteer and support your fellow athletes on your none race day.** I know in the past I have wanted to volunteer but couldn't because I was racing. No excuse this year!

Gentlemen, sadly, we are less likely to volunteer than the ladies. We made the decision to have your race on day 1 to remove the I'm saving myself for race excuse! Please, please step up and take this opportunity to support the many ladies participating in their first triathlon!

Follow the link to our volunteer sign up page to find out how you can help make Living Sky an amazing race day for all the participants and help grow our Triathlon Community.

[Volunteer Opportunities](#)

“There is no better exercise for your heart than reaching down and helping to lift someone up”

Bernard Meltzer



2024 EVENT SCHEDULE

| Wednesday 19 | | | |
|------------------------------------|-------|---|-----------------|
| 18:00 | 19:00 | Age Group Briefing (Will be recorded) | Zoom |
| Friday June 21 | | | |
| Start | End | Event | Location |
| 14:00 | 15:00 | Swim Course Recon | Pike Lake |
| 17:00 | 20:00 | Age Group Package Pick up | Saskatoon Inn |
| 17:30 | 18:00 | U23 Briefing and Package Pick up | Saskatoon Inn |
| Saturday June 22 (Gentlemen's Day) | | | |
| 06:00 | 07:15 | Transition/Body Marking Open for U23 | Pike Lake |
| 06:45 | 07:50 | Transition/Body Marking Open for Standard Distance | Pike Lake |
| 07:30 | 09:00 | Transition/Body Marking Open for Sprint and Try a Tri | Pike Lake |
| 07:00 | | U23 Men Swim Start | Pike Lake Beach |
| 07:25 | | U23 Ladies Swim Start | Pike Lake Beach |
| 08:00 | | Standard Distance Swim Start | Pike Lake Beach |
| 08:40 | | Sprint Distance Swim Start | Pike Lake Beach |
| 09:10 | | Try a Tri Rolling Swim Start | Pike Lake Beach |
| 07:30 | 11:00 | Pancake Breakfast for Supporters | Pike Lake |
| 10:00 | 13:00 | Athlete Post-Race Food Tent | Pike Lake |
| 11:15 | 13:00 | Bike and Gear Pick up – Need race number to match Bike Number Sticker | Pike Lake |
| 13:00 | | Post Race Awards / Transition Take Down | Pike Lake |

2024 EVENT SCHEDULE CONT'D

| Sunday June 23 (Ladies' Days) | | | |
|-------------------------------|-------|---|-----------------|
| 06:00 | 07:15 | Transition Open for U23 | Pike Lake |
| 06:45 | 07:50 | Transition Open for Standard Distance | Pike Lake |
| 07:30 | 09:00 | Transition Open for Sprint and Try a Tri | Pike Lake |
| 07:00 | | U23 Men Swim Start | Pike Lake Beach |
| 07:25 | | U23 Ladies Swim Start | Pike Lake Beach |
| 08:00 | | Standard Distance Swim Start | Pike Lake Beach |
| 08:40 | | Sprint Distance Swim Start | Pike Lake Beach |
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| 10:00 | 13:00 | Athlete Post-Race Food Tent | Pike Lake |
| 11:15 | 13:00 | Bike and Gear Pick up – Need race number to match Bike Number Sticker | Pike Lake |
| 13:00 | | Post Race Awards | Pike Lake |

PRE-RACE

A zoom pre-race meeting will be held on Wednesday June 19th from 6 to 7 pm SK time. It will be recorded and uploaded to the club website for those that cannot attend. Please find the link to the meeting below.

Age Group race package pickup will be at the Saskatoon Inn, 2002 Airport Dr, Saskatoon from 5 to 8 pm on Friday, June 21st. If you are coming from out of town and unable to make the pickup, please contact presidentsaskatoontriclub@gmail.com to arrange alternative pickup.

U23 race package will be provided after checking in and attending the U23 Briefing at the Saskatoon Inn, 2002 Airport Dr, Saskatoon at 5:30pm on Friday, June 21st. If you are unable to make the briefing, please contact Terry Hooper (Technical Delegate) prior to the briefing by email at terry.hooper@think.ca or text/call at 306-529-6846.

[Pre-Race Zoom meeting Invite](#)



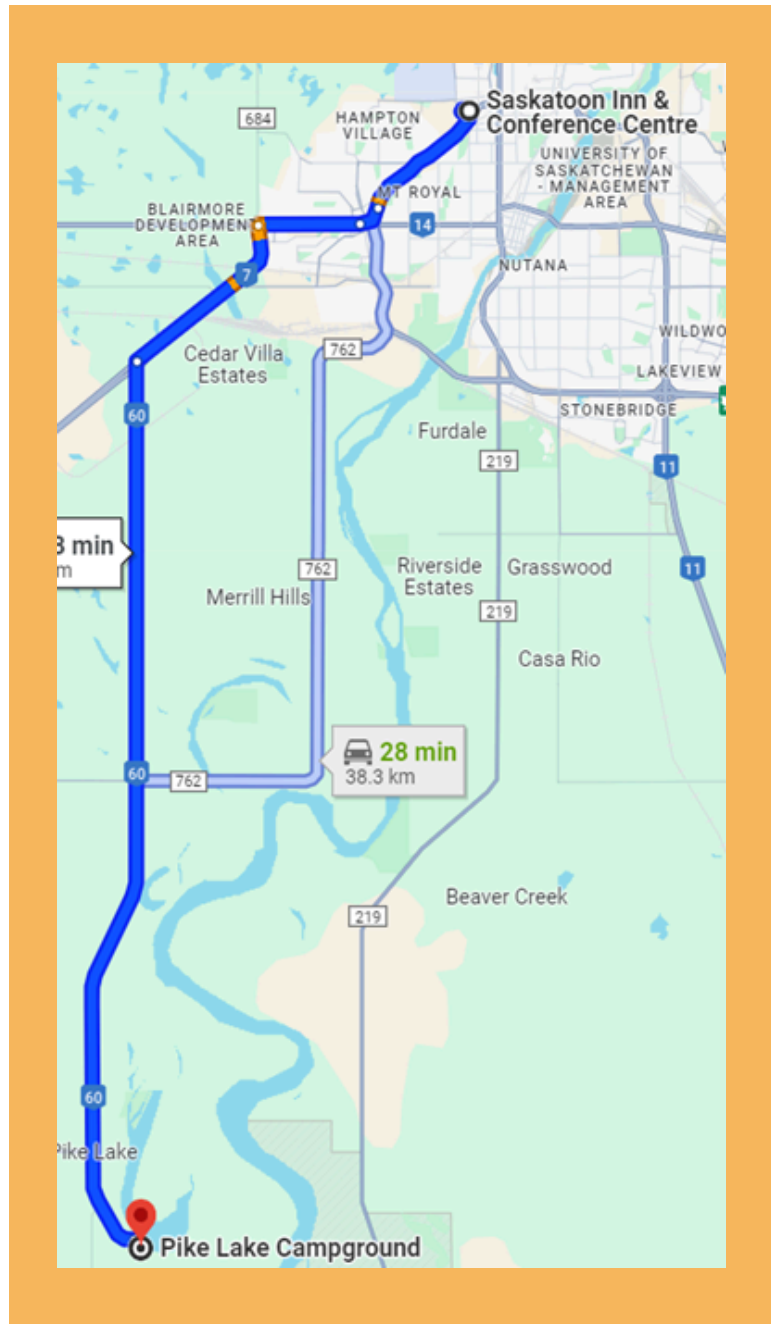
RACE DAY INFO

Race is at **Pike Lake**, 28 minutes south of Saskatoon at the end of Hwy 60. Please allow 30 minutes to drive out. Provincial Park passes need to be purchased for each race day. Park personnel do check the parking lot so it is your responsibility to ensure you have a pass to display.

Go online to Saskatchewan Parks to purchase and print a park pass ahead of time. Please be respectful of other park patrons and cabin owners as we are guests.

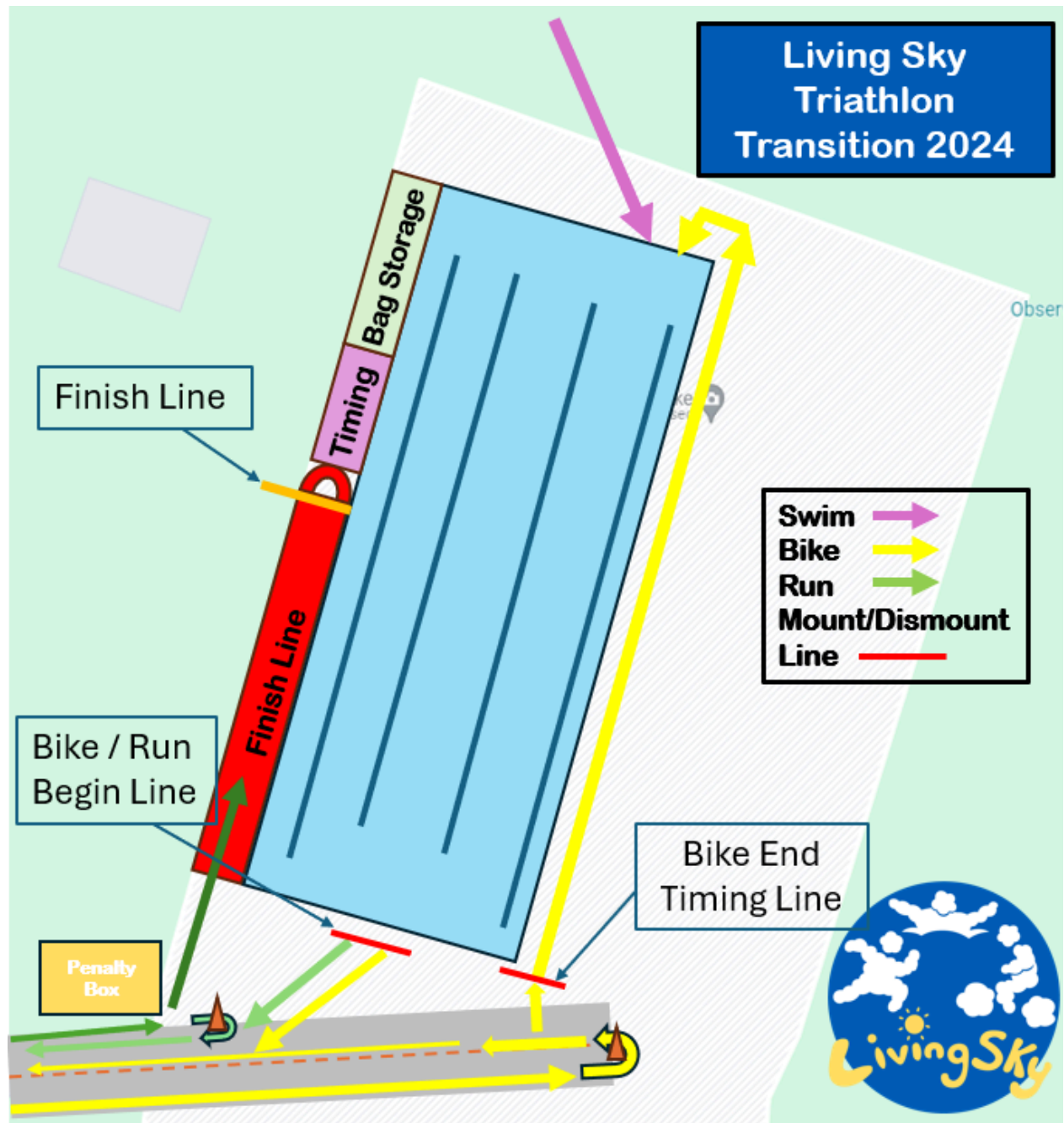
Pancake Breakfast

The Cabin Association is hosting a pancake breakfast for supporters on both race days. All funds raised go towards roof renovations for their community center. Please plan on bringing some cash to support the local community that is supporting us!



Transition / Pre-Race

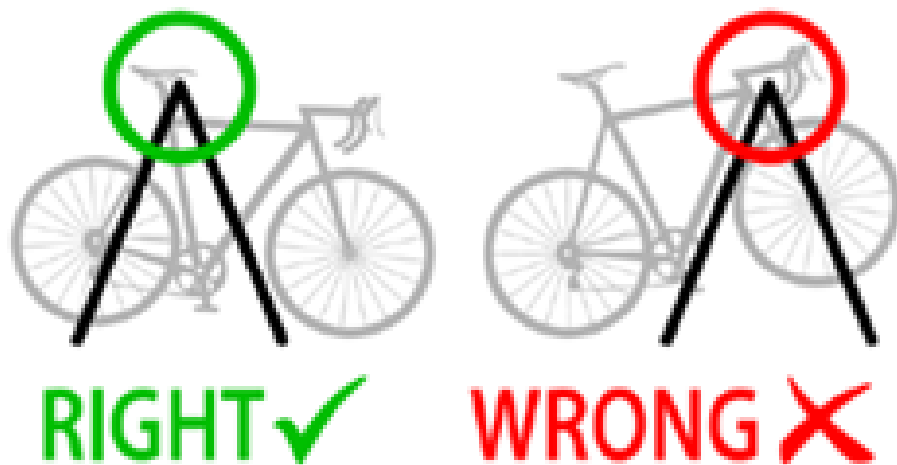
Athletes may enter transition at the times indicated in the schedule for their race category. Please be aware that we will be allowing set up in Transition while racing is occurring, so please ensure that you are following the directions of Transition volunteers to ensure safe setup.



Transition / Pre-Race Cont'd

In T1 (before the swim) rack your bike with the front wheel pointing to the middle of the transition lane by its seat with all your transition race stuff (and only race stuff) on either side of, and no further out than, the front wheel.

For T2 (returning from bike), rack your bike back in your same spot with the front or rear wheel pointing to the middle of the transition lane, and rack by either the seat or by both brake levers.



Bike technicians and bike pumps will be available in the transition area on race morning. Please do not wear your bib number during the swim. The bib numbers will not hold up for the duration of the race if they get wet. Please arrive early enough to set up your gear.

Athletes will need to be body-marked for the race. To ensure they can be properly identified, athletes must wear their marked swim cap on the swim, their sticker on the bike and helmet, and their race bib on the run. Body Marking will be available before the race when you pick up your Timing Chip.

Transition / Pre-Race Cont'd

Timing Chips

You must stop at the timing table upon Race Day check in to pick up your timing chip. At the timing table, you will verify that your name matches your number. Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a STCI staff member or timing team member. If you are transported to any medical station, the medical staff will take responsibility for your chip. If you lose your timing chip during the event, please notify a timing official immediately after crossing the finish line. Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future STAC events.

There will be a fenced-off Bag Storage area for those athletes that need a place to store extra gear.



Swim

Wetsuits

The official wetsuit decision will be based on air and water temperatures taken one hour before the race category starts.

| Race Category | Forbidden | Mandatory |
|--|-----------------|-----------------|
| U23 | 20c and above | 15.9c and below |
| Standard, Sprint, and Try-a-Tri Ages 16-59 | 22c and above | 15.9c and below |
| Age Group 60+ All Distances | 24.6c and above | 15.9c and below |

Swim Cut-Off

The Standard swim course (1.5 km) will close 1 hour and 10 minutes after the last athlete enters the water. The Sprint swim course (750 m) will close 30 minutes after the last athlete enters the water. Athletes who take longer than the allotted time to complete the swim will receive a DNF.



Swim Cont'd

Course



Bike

The road is open to traffic during the race. Please bike on the shoulder except to pass. Shoulder check before passing to ensure safety. We will have volunteers and signs to let drivers know of the race, but safety is your responsibility!

There are no Aid Stations on the bike.

Bike Drafting

For Sprint and Standard the draft zone is 10m from your front bike wheel to the front bike wheel of the athlete in front of you. You must pass within 20 seconds or back out of the drafting zone. First Sprint draft violation penalty is 1 minute, first Standard is 2 minutes. These are served in T2. Second draft violation for both Sprint and Standard is a disqualification (DSQ). Refer to World Triathlon Rules for more details (see link at end of document).

Mount and Dismount

Bike helmet must be on and done up before touching your bike in T1 and until you rack your bike in T2. Mount the bike after fully stepping past the mount line and dismount the bike by having a full step before the dismount line.

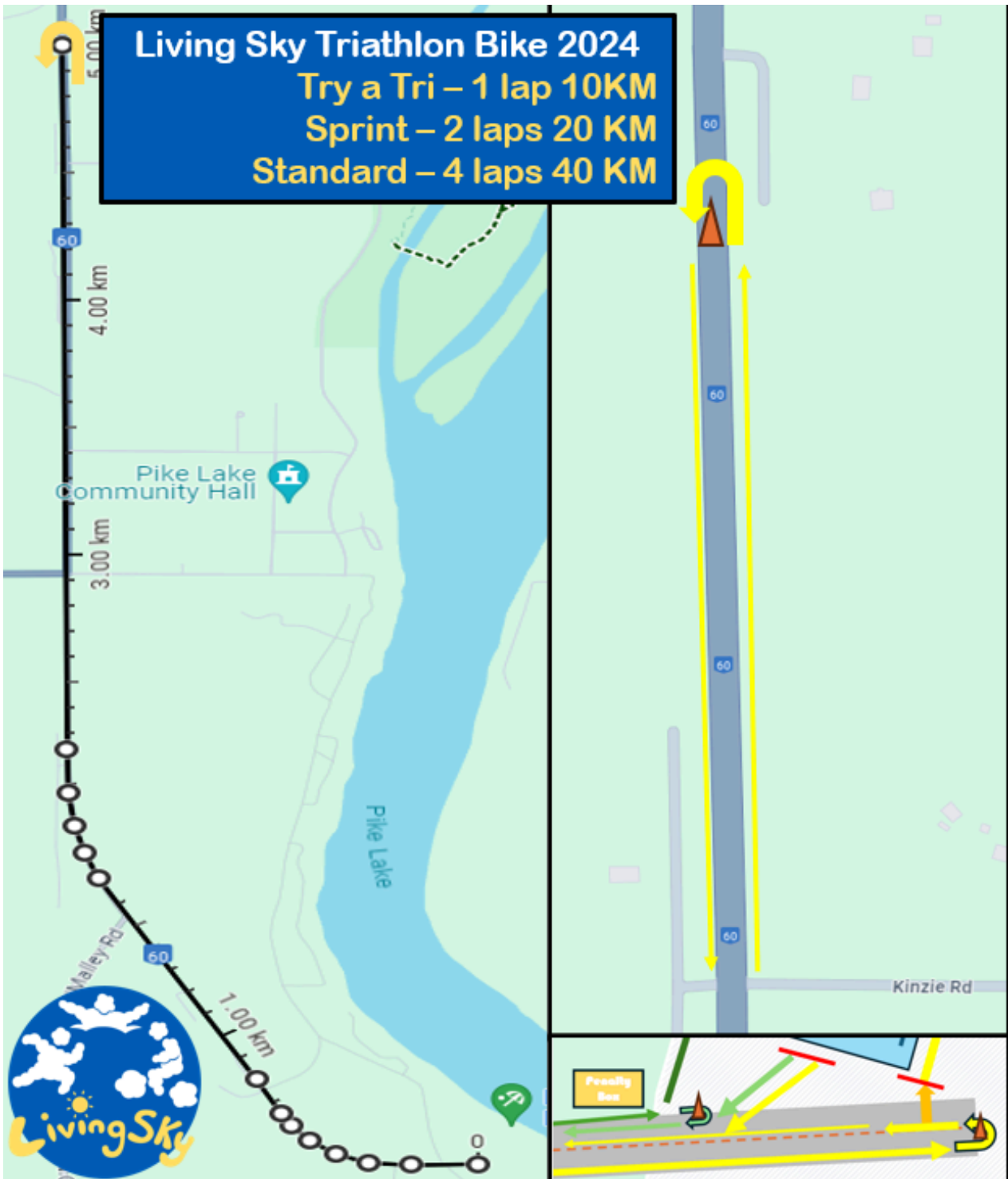
Bike Cut-Off

The bike course will close for all athletes 3 hours and 20 minutes after the last Standard athlete enters the water. Any athlete or relay team member who takes longer on the bike course will receive a DNF.

THERE IS 1 INTERMEDIATE CUT-OFF ON THE BIKE COURSE 10:50 AM at the last lap turn around for the bike at Transition

Bike Cont'd

Course



Bike Cont'd

Course U23



Run

Run on the right-hand shoulder of the road on the way out, and left-hand shoulder on the return. The course is open to traffic, please be cautious.

There is 1 aid station on course at the halfway point of the course. The offerings are water and Gatorade.

Run Cut-Off

The run course will close for all athletes 4 hours and 30 minutes after the last Standard athlete enters the water. Any athlete or relay team member who takes longer on the run course will receive a DNF.



Run Cont'd

Course



POST-RACE

Athlete Food Tent

Athlete post-race food area is open from 9:30 AM to 1 PM. The athlete post-race food area is for athletes only and your bib number provides you with access.

Race Photography

STCI will have a volunteer working the course taking race day photos.

Bike & Gear Check-Out

Mandatory Bike and Gear Check-Out is only from 11:15 am to 1 pm on race day. You must have a race bib or have body marking number visible in order to enter transition. If you are unable to personally claim your bike and gear, a family member or friend can retrieve your items using your race bib. If a friend or family member does decide to pick these items up for you as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes - it happens a lot! The race number must match the bike number sticker on the bike to leave transition.

RULES APPLYING TO ALL EVENTS

- Fair play will be expected of all participants. Profanity or any abuse of other participants, the officials, volunteers, or spectators will not be tolerated.
- You cannot have headphones during the race anywhere on the field of play.
- Bike helmet must be on and done up before touching your bike in T1 and until you rack your bike in T2.
- Mount the bike after fully stepping past the mount line, and dismount the bike by having a full step before the dismount line.
- Full set of rules available at [World Triathlon](#) and [Tri Sask Supplement](#)

