

PARKLAND SCHOOL DIVISION
TRY-ME 2023
TRY-ATHLON



DETAILS OF THE DAY

DATE: **Friday, June 2, 2023**

TIME: **Race starts at 10:30 a.m.** (other important times below)

9:15-10 a.m. ➤ Check-in and race kit drop-off

10 a.m. ➤ Course walk-through and warm-up

PLACE: **Stony Plain Outdoor Pool and surrounding area** ([5210 55th Ave, Stony Plain](#))

REMEMBER TO BRING:

- Race kit equipment
- [Course map](#)
- Comfortable clothing and shoes
- Sunscreen
- Water & snacks
- Your enthusiasm

PARKING

Public parking is only available on the street and in the Glenn Hall Arena parking lot. **NO PARKING for race attendees is allowed in the Stony Plain Central School parking lots.**

ARRIVAL TIME

Please arrive at the Stony Plain Outdoor Pool between 9:15 and 10 a.m. to check in and drop off your race kit. The warm-up will begin at 10 a.m. and the race starts at 10:30 a.m. The youngest participants are typically the ones who start off the race, but there is no way to anticipate when each athlete will begin racing.

ARRIVE READY TO RACE—NO CHANGING ROOMS

There won't be any changing rooms on-site. Athletes should arrive already wearing their bathing suits.

REGISTRATION, ETC.

The registration table will be located in the pool parking lot and organized by athletes' last names. The parent/guardian will have their athlete's number written on their hand at check-in. This will be required to claim the athlete at the end of the race.

After checking in, athletes will take their bikes and belongings to the transition area to set up their stations. The race begins with the swim leg, after which the athlete goes to their transition station, dries off, puts their race shirt and shorts over top of the swimsuit, dons their helmet, gets their bike, walks with their bike over to the track, mounts their bike and completes their laps. When finished, the athlete dismounts their bike, walks it back to the transition area, drops off their bike and helmet and heads out on their run. Athletes will finish their run in the baseball diamond, after which they will receive their Booster Juice and participate in the finish line festivities.

Parents and guardians are to come to the dugout to "claim" their athlete by showing the adult volunteer the number written on their hand at check-in so it can be matched to the athlete. **No athlete will be released from the baseball diamond without a parent/guardian.**

To collect the bike from the transition area, please have the athlete come to the EAST side of the transition area, at which point the athlete will be accompanied by a volunteer to go collect their belongings. **Only racers and race organizers/volunteers are allowed in the transition area.**

WEATHER

The event will run rain or shine. In the case of lightning, the event will be paused and all athletes will be marshalled in Glenn Hall arena until it is safe to resume the event.

SPECTATORS

Spectator spots are indicated on the [course map](#). Please help us keep our athletes safe by adhering to watching from designated spots.

QUESTIONS?

Please contact Miranda at miranda.niebergall@psd.ca for assistance.