

PARKLAND SCHOOL DIVISION
TRY-ME 2025
TRY-ATHLON



DETAILS OF THE DAY

DATE: **Friday, June 6, 2025**

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

9:15-10:00 a.m. ➤ Check-in and equipment kit drop-off

10:00 a.m. ➤ Course walk-through and warm-up

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

REMEMBER TO BRING:

- Equipment Kit
- Course map
- Sunscreen
- Water
- Your enthusiasm

PARKING

Public parking is only available on the street and in the Glenn Hall Arena parking lot. **NO PARKING for Try-Athlon attendees is allowed in the Westview School parking lots.**

Please stay off the École La Trinité playground on event day.

ARRIVAL TIME

Please arrive at the Stony Plain Outdoor Pool between 9:15 and 10 a.m. to check in and drop off your equipment kit. The warm-up will begin at 10 a.m. with participants grouped by colour, they will then have a specified walk-through for their group, and the first event starts at 10:30 a.m. Participants will begin as follows:

- Swimming:

- Red followed by Burgundy
- Orange followed by Yellow
- Blue followed by Navy
- And finally Green followed by Dark Green
- Participants then progress through cycling and running events at an individual pace

ARRIVE READY —NO CHANGE ROOMS

There are NO change rooms on-site. Athletes should arrive already wearing their bathing suits.

CHECK-IN

The check-in table will be located in the pool parking lot and organized by color grouping. Upon check-in the participant will be required to show their confirmation email that will provide the predetermined athlete number to receive the athletes kit. The parent/guardian is required to have their athlete's number written on their hand at check-in in order to claim the athlete at the end of the event.

After check-in, athletes with a bike will take it and their belongings to the transition area to set up their stations. When the athlete is done at the transition area they will then move to the warm-up area in the next ball diamond. Warm up will be completed in 4 groups as per color red/burgundy, orange/yellow, blue/navy, and green/dark green.

COURSE WALK-THROUGH

Individual athletes ; The event begins with the swim event, after which the athlete goes to their transition station, dries off, puts their t-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 snack, and participate in the finish line festivities.

Team athletes ; Athlete 1 begins with the swim event, at the end of the swimming leg athlete 1 goes to the transition area to tag in Athlete 2. Athlete 2 dons their helmet, gets their bike, walks with their bike over to the track, mounts their bike and completes their cycling event. When finished, athlete 2 dismounts their bike, walks it back to the transition area, returns the bike and then tags in athlete 3. Athlete 3 heads out to their run event. Athletes 1 & 2 are welcome to meet athlete 3 at the finish line to celebrate together and after which they will receive their Booster Juice, snack and participate in the finish line festivities.

PARENT INFO

Parents / guardians are to come to the athlete pick up (black flag with gold star) to "claim" their athlete by showing the volunteer the number written on their hand at check-in so it can be matched to the athlete. **Athletes will NOT be released from the baseball diamond without a parent / guardian.**

Only athletes, staff & volunteers are allowed in the transition area. Pick up will be at the south entrance of ball diamond #3. Student volunteers (in bright green) will confirm the athlete's number written on their hand at check-in to match the bike prior escorting the athlete to pick up the bike and belongings for release.

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, and refraining from crossing course boundaries, paths, and marked event areas.

QUESTIONS?

Please contact Shelley Akers at shelley.akers@psd.ca or 780-963-8426 for assistance.