

Qualicum Beach Triathlon: Athlete Guide

Race Director's Welcome Message

Welcome to the Qualicum Beach Triathlon!

On behalf of our board members, dedicated volunteers, and supportive community, I want to extend a heartfelt welcome to each athlete joining us this year. Whether this is your first triathlon or one of many on your journey, we're honoured that you've chosen to spend your race day with us in beautiful Qualicum Beach on Vancouver Island. Our event has always celebrated participation, determination, and the shared joy of movement — and we are thrilled to see that spirit continue.

This year's race builds on a tradition of encouraging athletes of all ages, backgrounds, and experience levels to challenge themselves in a supportive, safe, and fun environment. We're especially grateful for the families, spectators, local partners, and volunteers who make this event possible. Their energy and enthusiasm help create the welcoming atmosphere our triathlon has become known for.

This guide contains the essential details you'll need to navigate race weekend smoothly. Please take the time to review all schedules, rules, maps, and procedures. Although our volunteers and race marshals will also be available to assist you, please remember that **it is the duty of each racer to know the rules, race details, start times and map of the course**. We are proud to bring together athletes of all levels and to foster an environment that encourages personal achievement and community connection.

As you prepare to race, I encourage you to embrace the moment: the nerves, the excitement, the community, and the beautiful course around you. From the first stroke in the pool to the final sprint across the finish line, we hope this experience leaves you inspired and proud.

Thank you for being part of the Qualicum Beach Triathlon — we can't wait to cheer you on!

Sincerely,

Jennifer Smith
Race Director
The Qualicum Beach Triathlon

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Event Overview

Date: Sunday, June 28, 2026

History: Now celebrating over 25 years of history, the Qualicum Beach Triathlon has become a cherished summertime tradition on Vancouver Island. What began as a modest community event has grown into a Triathlon BC–sanctioned sprint triathlon, offering not only the classic swim-bike-run format but also duathlon and aquathlon divisions to welcome athletes of all preferences and ages. The sprint-distance triathlon Adult Course features a 400 m pool swim, an in-town 20.5 km bike route, and a mostly trail-based run, reflecting its accessible yet scenic character. This grassroots, family-friendly race has rebounded strongly in recent years, bringing together hundreds of participants — from youngsters in the Tiny Tri event to seasoned adult triathletes — in a celebration of fitness, community, and the natural beauty of Qualicum Beach.

Race Categories: Includes Triathlon (adult, junior, youth, minor, novice, rookie, tiny tri), Duathlon and Aquathon.

What to expect with our race: Athletes can look forward to a friendly, well-supported course that offers a balance of accessibility and challenge. The Adult event opens with a 400 m pool swim, providing predictable conditions that suit both first-timers and seasoned triathletes. The in-town bike route features paved roads with gentle rolling sections, while the mostly trail-based run offers softer footing and scenic surroundings, with some mild elevation changes and natural terrain underfoot. Detailed course maps and distances for each race category are provided later in this guide for your planning and preparation. Beyond the race itself, participants can expect a vibrant and enthusiastic atmosphere — the Qualicum Beach Triathlon is a true community event, consistently drawing large numbers of spectators, families, and local supporters, all adding to the excitement and spirit of race day.

Key Dates & Schedule

Race Day	Sunday, June 28, 2026
Race Package Pickup	Saturday, June 27, 11:00 AM – 1:00 PM at Ravensong Pool (737 Jones Street, Qualicum Beach,)
Information Sessions	<i>11:30am & 12:30pm – Meet at the Ravensong Pool entrance</i>
Transition Opens	7am - Race day (there is NO overnight storage of gear)
Swim Start / Heats	See heat assignment at pickup; heats are based on estimated swim time.
Awards Ceremony	<i>After Tiny Tri has ended – approximately 1pm race day</i>

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Venue Information

Location: Ravensong Aquatic Center, 737 Jones Street, Qualicum Beach BC, V9K 1S4

Race Package Pickup Address: 737 Jones St, Qualicum Beach, BC, V9K 1S4.

Parking: *There is limited parking on the left hand side of Ravensong Pool (by the dog park); otherwise vehicles will have to find their own parking around Qualicum Beach and walk to the event. THERE IS NO PARKING ALONG THE RACE ROUTE (Jones St, Rupert Rd, Arbutus St, and Mill Rd)*

Facilities:

- *Restrooms – Ravensong Pool (doors open at 8:30am) and 1 porta-potty in transition*
- *Change rooms – Ravensong Pool (doors open at 8:30am)*
- *Bag check – No bag check facilities. Athletes can leave their gear in transition until they have completed their race.*
- *First aid – Ambulance on site for duration of event*

Spectator Zones: *anywhere along the race route as long as you're not in the racers' way; however, best spots are the start of the bike route on Jones St, the playground by the soccer fields and of course, the finish line!*

Registration & Race Package Pick up (Saturday)

Race Package Pickup Address: Ravensong Pool, 737 Jones St, Qualicum Beach, BC, V9K 1S4.

What to Bring: Valid ID; Triathlon BC (Tri BC) membership number or proof of day-of-event insurance.

Package Contents: Bib, T-Shirt (purchased or included depending on category), labels for bike

Timing anklet: Issued on RACE DAY (tiny tri not included)

Body Marking: Numbers are marked on athlete's shoulder and calf on RACE DAY

Age Groups / Categories: Adults (18+), Junior (16–17), Youth (14–15), Minor (12–13), Novice (10–11), Rookie (8–9), Tiny-Tri (5–7).

Relay Info: 2 x bib (one for biker, one for runner) T-Shirt (purchased or included depending on category), label for bike

Please note: you CAN pick up for another athlete

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Race Day – Athlete Flow

Race day is full of energy and activity, and the details below are here to help make your morning run smoothly. With clear steps for (late) check-in, transition setup, and start times, this section ensures you know what to expect so you can relax, stay organized, and enjoy your race.

- Arrive no less than 1 hour before your ESTIMATED start time (your heat will be assigned and available at time of race package pick up on Saturday (day before the race))
- Give yourself extra time to find parking and walking to the event
- Bring your gear directly to transition (opens at 7am Sunday morning) and leave or set up your transition station (see page 7 for more details on Transition stations)
- Proceed to the Timing Chip and Body Marking line up (by the Ravensong Pool entrance)
- Once you have set up your transition station, body marking, timing chip and race bib on, wait until your heat is called by the announcer to the swim muster tent - front entrance of the pool.

Race Format & Distances

Distances are approved by TRIBC for age category.

Some parts of the race may be shorter than typical ‘sprint’ distance due to our course layout.

Event / Category	Swim	Bike	Run
Duathlon (15+)	(RUN) 5km* refer to course map	20.5 km	2.5 km
Aquathlon (15+)	400 m	—	5.1 km
Adult Individual / Relay (18+)	400 m	20.5 km (5 laps)	5.1 km (2 laps)
Junior (16-17)	250 m	12.3 km (3 laps)	5.1 km
Youth (14-15)	200 m	8.2 km (2 loops)	2.5 km (1 laps)
Minor (12-13)	150 m	4.1 km	1.6 km (short course)
Novice (10-11)	100 m	4.1 km	1.6 km
Rookie (8-9)	50 m (assistance permitted)	~1 km *(Larch Dr)	800 m
Tiny Tri (5-7)	Pool-width swim (assisted)	125 m bike	250 m run

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Course Descriptions *(Maps: see Appendix A for Course maps of all categories)*

Swim Course

- The swim takes place in a **pool**, not open water. Qualicum Beach Triathlon uses pool-lengths (25m). Therefore, adults swimming 400m would do 16 lengths of the pool (or 8 laps)
 - Tiny Tri will swim the **WIDTH** of the pool with a life guard in the water to assist crossing if necessary. Parents are allowed on the pool deck but **not in the water**.
- Swim heat placement is based on the swim time estimate from registration; your heat is confirmed when you pick up your race package. Swim heats will also be posted outside the entrance of the pool on race day.
- Heats start with the slower swim times. Please listen for your heat being called by the announcer. Heat start times are **ESTIMATES** only. Once everyone from the heat has exited the pool, the next heat will be called up.
- There is a pool muster station by the front doors of the pool. Please only stand in this area if you heat number has been called – otherwise it gets too congested.
- In the muster station, there will be roll call and some pool entry instructions.
- There will typically be 3 racers per lane. 2 or 3 racers must wear different coloured swim caps. Swim caps will be provided at the muster station or you can bring your own.
- Goggles and standard swimwear are permitted.
- Snorkels, fins, paddles, or propulsion devices are not allowed.
- Faster swimmers should **pass safely when appropriate**, typically at the wall if necessary.
- Lifeguards and race officials will be present throughout the swim. If assistance is needed, stop at the wall or signal a lifeguard or volunteer.
- Athletes may rest by holding the **WALL** if necessary. You are **NOT** permitted to rest or use the lane dividers – this will result in disqualification.
- There will be lap counters on the pool deck to let you know when you are starting your last lap.
- Before entering the water, you will **walk** across a timing pad and this starts your race time. You also **walk** over a timing pad as you exit the pool and this marks the end of the swim portion of the race.

Bike Course

- Adult bike distance is **20.5 km** (5 laps of the course) **ATHLETES ARE RESPONSIBLE FOR KEEPING TRACK OF THEIR LAPS**
- Aid stations: there are **NO AID STATIONS** on the bike course. Athletes must bring their own water/food/energy drinks

Helmet

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- A **certified cycling helmet is mandatory**.
- Helmets must be **securely fastened before removing your bike from the rack**.
- Helmets must remain fastened **until your bike is returned to the rack at the end of the bike leg**.

Transition Area

- **No riding is allowed inside the transition area**.
- Athletes must **walk or run their bikes** through transition.
- Mount your bike **only after crossing the mount line**.
- **Dismount before the dismount line** when returning from the bike course.

Drafting

- Due to the community nature of this event and mixed ability levels, drafting is not permitted. This race is **draft-illegal**.
- **Blocking or riding side-by-side** is not permitted.

Equipment

- Bikes must be **human-powered and in safe working condition**.
- A variety of bike styles are allowed provided they have **functioning brakes**.

On the Course

- Follow the **designated bike route** at all times.
- Obey instructions from **race officials and course marshals**.
- **Headphones or devices that block hearing are not permitted** during the race.

Run Course

Refer to page 4 of this guide for distances

Course Navigation

- The run course consists primarily of **packed trail surfaces with some paved sections** that will be well-marked on race day.
- Athletes must **follow the clearly marked course** at all times.
- Course marshals and volunteers will be positioned at key turns and intersections.

Conduct on the Course

- Athletes must **not impede or interfere with other participants**.
- Remain aware of other runners, particularly on narrower trail sections.
- Show courtesy to volunteers, spectators, and fellow athletes.

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Equipment

- **Headphones or devices that block hearing are not permitted** during the race.
- Race bibs must be **visible from the front during the run.**

Aid & Support

- 2 Aid stations will be available along the course; 1 at the playground, 1 at Larch Dr
- Dispose of cups or waste in designated areas where possible.

Finish Line

- Follow directions from race officials when entering the **finish chute**.
 - You will be required to hand in your timing chip immediately following your finish
- Continue moving through the finish area to allow space for other athletes finishing behind you

Notes about course

- There are no cutoff times. Racers may be disqualified for not following TRIBC rules.

Transition Area (T1 & T2)

Maps: see Appendix B for Transition maps of all categories

Access

- Transition will open at 7am on race day
- Only **registered athletes and race officials** are allowed in the transition area effective 30 minutes prior to the race start (@ 8:30am).
- Parents or guardians may assist only in **Tiny Tri and Rookie categories**

Bike Racking

- Bikes must be **racked in the athlete's assigned heat number.**
- Bikes should be placed on the rack **by the saddle**
- Space is limited so keep your set up as tightly packed as possible so as not to interfere with another athlete's equipment or space.

Helmet Rules

- Helmets must be **securely fastened before removing your bike from the rack.**
- Helmets must remain fastened **until your bike is re-racked after the bike portion.**

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Bike Mount and Dismount

- **No riding is allowed inside the transition area.**
- Athletes must **walk or run their bikes** to the mount line.
- Mount your bike **only after crossing the mount line.**
- Dismount **before the dismount line** when returning from the bike course.

Transition Flow

- Follow the **clearly marked flow** through transition:
- Swim → Transition 1 (T1) → Bike
- Bike → Transition 2 (T2) → Run

Rules & Regulations

This event is **sanctioned by Triathlon BC (TRIBC)**.

Triathlon-governing rules apply; athletes must follow TRIBC regulations. More information can be found here:

[2025-PSO-Competition-Rules-booklet-v2.0.pdf](#)

Helmet Rule: Certified bike helmets are mandatory; must be fastened before mounting your bike. *All athletes must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment.*

Equipment Restrictions:

- Platform pedals are permitted in all categories.
- Pedal cages (toe clips/cages) are **NOT** permitted for athletes 15 and under.
- All pedal systems (road and mountain bike clipless) are allowed starting in the 12–13 (Minor) category and above.
- Cruiser-style bikes **allowed** if both wheels have brakes.
- **For electronic devices:**
 - phones, smartwatches, bike computers are **allowed**.
 - Headphones / smart helmets that block or cover both ears are **not allowed**.

Assistance: Parents or non-athletes may assist only in certain categories (Rookie, Tiny-Tri). For other age groups, once the race starts, no outside help in transition and could result in athlete disqualification.

Body Marking: Athletes' race numbers are marked on shoulder & calf.

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Special Race Notes

Duathlon Start Clarification:

Duathlon athletes: The race begins with the first 5 km run segment. Athletes will start at the **finish line area** and complete the first run in the **opposite direction of the final run course**. Please review the Duathlon course map carefully prior to race day.

Rookie T2 Clarification:

Rookie Category: The Rookie bike course finishes at a separate T2 location on **Larch Dr**. Athletes will leave their bikes in the designated Rookie bike corral before completing the run segment. **Parents/guardians are responsible for collecting bikes from Larch Dr after the event.**

Transition Closes During Racing:

Once racing has begun, transition becomes a controlled area. **Only Athletes may enter.** We request that gear is removed from transition as soon as you have finished your race as we need to reallocate bike racks for the Tiny Tri. Additionally, Transition Security will ask you to match your bib to your bike number. Non-Athletes **may not remove bikes or equipment.**

Rookie & Tiny Tri Parent Access:

Parents may accompany Rookie and Tiny Tri athletes in transition areas as directed by race officials. Parents must not obstruct other competitors or interfere with race operations.

Pool Door Opening Time:

Athletes do not need access to pool change rooms prior to racing. Pool doors and public facilities open at 8:30am

Relay Team Handoff:

Relay teams **share a timing chip**. Relay exchanges occur within the designated transition area. The timing chip must be transferred between team members before the next athlete begins their segment.

"Know Your Course"

Athletes are responsible for knowing their course, number of laps, transition flow, and race category requirements. Course marshals and volunteers are present to assist, but athletes must review the course maps before race day.

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Safety Information

First Aid / Medical: On-call Ambulance Services will be on site for the duration of the race.

Emergency Protocol: *for serious emergencies, dial 911 immediately*

Hydration / Aid Stations: 2 water stations: 1 at the playground, 1 at Larch Dr (water only)

Course Marshals: There will be volunteers at key points, especially on bike and run.

Trail Safety: On the run course, the trail section will be clearly marked to prevent misdirection.

Athlete Support

Medical Conditions: *Athletes with any pre-existing medical conditions that could affect their participation or require special attention are encouraged to inform the Race Director or a member of the organizing team prior to race start. This information will remain confidential and helps race staff and medical volunteers respond quickly and appropriately if assistance is needed during the event. Your safety is our priority, and providing this information helps ensure a safe race experience for everyone.*

Aid Stations: The run course has 2 aid stations, one across from the playground by the soccer fields, and one at the end of Larch Dr before entering the trail system. Both stations have cups of water only (no food or energy drinks)

Restrooms / Changing:

- Restrooms – Ravensong Pool (doors open at 9am) and 1 porta-potty in transition
- Change rooms – Ravensong Pool (doors open at 9am)

Bike Mechanic / Repair: In general, each athlete is responsible for knowing general bike maintenance including changing a tire. An on-site bike mechanic may **possibly** be available on race day – but **this is a volunteer position and should not be relied on.**

Post-Race Recovery: small snacks and Gatorade have been **donated by Qualicum Foods** and will be available post-race while supplies last.

Lost & Found: any items gathered by the clean up crew post-race will be left at the Ravensong Pool front desk for pick up. Items turned in to lost and found during the race, will be at the information booth by the front doors.

If you have lost something and neither of these places has your item, please email the Race Director at qualicumbeachtriathlon@gmail.com

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Timing & Results

Race timing for the Qualicum Beach Triathlon is provided by **Startline Timing**, using electronic chip-timing technology. Each athlete will receive a **timing anklet** in their race package that must be worn during the entire race.

The timing chip contains a small electronic transponder that records your time as you cross timing mats placed at key locations on the course, including the start, transitions, and finish line. This allows Startline Timing to accurately record **swim, bike, run, transition, and overall finish times** for each athlete.

Athlete Responsibilities

- The timing anklet must be **worn around your ankle for the entire race.**
 - **EXCEPTION:** *Relay teams will have one anklet that will have to be handed off to each team member in transition.*
- Ensure the chip is **securely fastened before the race begins.**
- **Do not remove the chip until after you have crossed the finish line.**
- Follow directions from race volunteers for **returning your timing chip at the finish area.**
- If your chip becomes loose or falls off, **notify a race official immediately.**

Timing chips must be **returned at the finish line** after completing the race. Athletes who do not return their timing chip may be charged a **replacement fee of \$150.**

Post-race results available via **Startline Timing** on their website at www.startlinetiming.com

Protests / Appeals: If you believe there is an error with your recorded race time or results, please notify **Startline Timing AND the Race Director as soon as possible** after finishing.

Timing appeals should be made within **72 hours** of the race so the timing team can review the data and correct any potential issues before results are finalized. Once results have been finalized and posted, further changes may not be possible.

Awards & Prizes

The Awards Ceremony will begin following the completion of the Tiny Tri event, at approximately 1:00 PM on race day at the Finish Line area.

Awards will be presented to the top 3 finishers in each race category and age division. Athletes are encouraged to remain on site after their race to celebrate the achievements of all participants and help recognize the accomplishments of fellow competitors.

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Policies

Deferral, Refund, and Transfer Policy

Entry fees for the Qualicum Beach Triathlon are **non-deferrable**, and race registrations cannot be moved to a future year. However, athletes who are unable to participate **due to illness** may request a refund up to **48 hours prior** to race day. Requests received after this deadline cannot be accommodated.

Athletes who are unable to race may also **transfer their registration** to another participant up to **7 days prior** to race day. Transfer requests must be completed by email to qualicumbeachtriathlon@gmail.com

Race Cancellation Policy

The safety of athletes, volunteers, and spectators is our highest priority. In the event of extreme weather or unforeseen circumstances, the race organizers reserve the right to modify, delay, or cancel the event if conditions are deemed unsafe.

Since the inception of the Qualicum Beach Triathlon in 1996, the race has never had to be cancelled, and we are committed to doing everything possible to safely host the event as planned. If a cancellation were ever necessary, the organizing committee would determine the most appropriate solution based on the circumstances. This may include issuing refunds or offering a revised race date, depending on the situation and logistical considerations.

Photography & Media

By registering for the event through RaceRoster, participants agree to the event waiver, which includes consent for photography, audio, and video recording during the race. Images and recordings may be captured by the event organizers, sponsors, media outlets, and official race photographers, and may be used for promotional, marketing, and media purposes, including websites, social media, news coverage, and future event promotion.

Please note that this is a public community event, and spectators may also take photographs or videos along the course and at the finish area. By participating in the event, athletes acknowledge that their image may appear in these recordings and that the race organizers cannot control or restrict spectator photography.

Athlete Code of Conduct

All participants in the Qualicum Beach Triathlon are expected to demonstrate good sportsmanship, respect, and integrity throughout the event. Athletes must follow the rules of the race and the regulations set out by Triathlon BC, and comply with instructions from race officials, volunteers, and course marshals at all times.

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Maps

- Course Maps: *See Appendix A*
- Transition Area Map: *See Appendix B*

Triathlon Tips and Tricks

Enjoy the ride: It's about the experience, so don't stress too much about the details. Have fun with each event.

Set realistic goals: Decide whether you want to complete the race or aim for a competitive time, and adjust your training accordingly.

Choose the right gear: While quality gear is not necessary for your first race, investing in foundational basics will serve you well in the future.

Start training early and consistently: Build up your endurance and improve your technique in each event. There are lots of free example training plans on the internet... just make sure you train for a SPRINT triathlon (that's what we are!)

Practice transitions: This is crucial for overall performance, so practice them regularly.

Focus on recovery: Schedule at least one full rest day per week to prevent fatigue.

Practice brick workouts: These workouts involve biking and then immediately running, which is beneficial for building aerobic base.

Use a towel for transitions: Place it under your gear to keep your feet clean and dry during transitions. An extra washcloth or hand towel for your feet can be helpful if you don't want to reposition your gear after you've laid it out on the larger towel.

Goggles: You need a pair that doesn't leak and that allows for good visibility in the water. It's helpful to have two pairs with one or both being clear or light-tinted for pool swims.

Race belt: You won't need this for training, but you do need it on race day to display your race bib. This will save fiddling with pins and putting holes in your race shirt

Breakfast fuel: nerves might cause some butterflies, but don't forget to have a fueling breakfast at least 1 hour before the race start. Focus on simple carbs and some protein while limiting excessive salt or fatty foods.

Optional but helpful: You don't have to wear a tri suit for your first triathlon. You can wear a swimsuit during the swim and pull on bike shorts or athletic shorts for the bike and run – especially for short-course races. But a tri suit will provide the ultimate comfort because it's designed to carry you through every leg of the sport.

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Triathlon Race Day Checklist (Printable)

Note: This checklist is provided as a helpful guide for race day preparation but may not include every item an athlete may require. Participants are responsible for bringing any additional personal equipment, nutrition, or clothing needed for their individual race.

Swim

- Swimsuit
- Goggles (clear for indoor light)
- Swim cap (provided)
- Tri-suit (optional)
- Heart rate monitor/watch if you're using one (optional)
- Timing chip and strap (provided)

Bike

- Bike
- Helmet
- Sunglasses
- Shorts/t-shirt (or similar outfit)
- Bike shoes (and socks if you wear them)
- Mini pump and spare inner tubes
- Bottle(s) pre-filled with your race drink
- Jacket (optional)
- Race belt (if you're not using safety pins)

Run

- Run shoes (and socks if you wear them)
- Hat or visor
- Jacket (optional)
- Hydration belt (optional)

Other

- Race bib and ID
- Pre-race drinks or energy gels, bars, or other nutrition, pre-mixed and ready
- Allen keys and other tools to deal with last-minute bike adjustments
- Warm clothing for post-race
- A towel for transition
- Post-race food
- Any medication (hay fever remedies, asthma inhalers, etc.)

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Contact Information

Race Director: *Jennifer Smith*

Email: qualicumbeachtriathlon@gmail.com

Social Media / Website: www.qualicumbeachtriathlon.com

Startline Timing: www.startlinetiming.com

THANK YOU~

Thank you for being part of the Qualicum Beach Triathlon. This event would not be possible without the dedication of our athletes, volunteers, sponsors, and the incredible support of the local community. We encourage you to review this guide carefully so you arrive prepared and ready to enjoy race day. Most importantly, take in the experience, support your fellow competitors, and have fun. We look forward to cheering you across the finish line and celebrating another successful race together.

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Appendix A - Course Maps

- **Adult Course**
- **Duathlon Course**
- **Aquathon Course**
- **Junior Course**
- **Youth Course**
- **Novice Course**
- **Minor Course**
- **Rookie Course**

Appendix B - Transition Maps

- **Adult/Junior/Youth/Novice/Minor map**
- **Duathlon map**
- **Aquathon map**
- **Rookie map**
- **Tiny Tri map**