

2008 CIBC Wood Gundy K-Town Tri



Presented by

The Burkom, Hopkins, Kingston, Kingston & LeBlanc Investment Team
Runner's Choice & New Balance

According to OAT guidelines, swimmers must wear the cap provided by the race. If it tears prior to the start, please find a Swim Director for a replacement.

Long course athletes wear white bathing caps
Short course men wear yellow caps

Relay teams wear green
Short course women wear red

The course is marked with orange buoys. Yellow buoys mark the short course turn around point and long course turn.

There will be numerous boats, kayaks and paddleboards along the swim course, to ensure safety on water. There will be kayakers 'holding the start' of each race. You may rest on the paddleboards and kayaks but **do not push**. A boat may assist you without disqualification as long as there is no forward movement or unfair advantage provided. **Water entry and exit ramps are steep and may be slippery**. Course has no hidden water hazards except for the potential for some weeds, and water quality results conform to the Ontario government standard.

Should you require assistance, raise and wave your hand or bathing cap.

LONG COURSE

- **0745hrs** - short briefing at swim entry point.
- Entry to water permitted only after all event boats have opened the basin area.
- Time your entrance to the water with your warm-up needs.
- **0800hrs - RACE STARTS**

SHORT COURSE

- **Triangular course this year!**
- Start line is the main K-Town Triathlon swim start. Athletes will follow the orange buoys to the first yellow buoy and then return to the basin.
- Entry to water is off the boat ramp located on Crawford Wharf.
- When your race is called, proceed to dock for safe water entry.
- There are two waves to the short course start: **men at 0900 and women approximately 5-10 minutes after the men.**
- Kayakers will 'hold the start' of each race.
- Be aware of incoming long course swimmers to the basin area.
- Strong swimmers and/or those in wetsuits are asked to enter water early.

For athletes who do not feel that swimming is their best event, we recommend that you avoid being at the front of the start line or in the middle of the pack.

Swim Course



Kingston's
Triathlon
since
1984

Have a great day and enjoy yourselves!