



Ottawa CAMTri Sprint Triathlon Premium American Cup
& Triathlon Canada National Championships

2017

Athlete Guide





Welcome Messages

Welcome to Ottawa, the nation's capital, during a festive year that celebrates Canada's 150th birthday. We at the Ottawa International Triathlon want to help showcase our city by hosting a first class triathlon event for triathletes of all ages and abilities right in the heart of the city.

There are seven races over the two days and five of them require no qualification criteria to enter. Of these five races, the Age Group races of: Standard Distance Triathlon, Sprint Distance Drafting and Aquathlon also act as the 2017 Canadian Championships with top spots earned to go to 2018 World Championships. In addition, Club teams can vie for bragging rights in these events! The remaining two events that require no qualification are for the Kids of Steel and Youth (12-13) category. The Ottawa International Triathlon weekend is truly something in which whole family can participate.

The marquis events of the weekend are the CAMTRI Premium American Cup and Canadian Championships for Elite, U23 and Junior. These comprise of an exciting and vibrant new competition format following in the footsteps of the highly successful format of the Tiszaujvaros World Cup in Hungary, where day one opens with super-sprint distance semi-final heats, with athletes advancing to compete in a sprint distance final on day two. The competition will heat up even more as, for the first time ever, all of the best triathletes in Canada will compete for the honours of being National Champion. The 2017 National Championships will offer an opportunity for selection to the 2018 Commonwealth Games triathlon. Finally, the Mixed Relay event, made up of athletes aged 14-18, will showcase the newest addition to the Olympic Games in 2020 in Tokyo!

Make sure you join us here in Ottawa, whether as competitor, spectator or volunteer, and you will be sure to have an incredible experience.

The Ottawa International Triathlon Team



Dear Athletes

It is a pleasure to welcome you to our national capital Ottawa for the 2017 Ottawa CAMTRI Triathlon Premium American Cup and Canadian Triathlon Championships.

Triathlon Canada would like acknowledge the support we receive from Ottawa Tourism and the Province of Ontario. An event of this magnitude would not be possible without their support. I also would like to thank the volunteers and our provincial and national Technical Officials who will make this weekend's racing safe and enjoyable for competitors and spectators alike.

Finally, enjoy the competition and I invite you to explore Ottawa further during your stay and join us in celebrating Canada's 150th birthday!

Sincerely
Kim Van Bruggen
CEO Triathlon Canada

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Schedule

Friday 16 June

4:00pm Expo
4:00-5:00pm Swim Familiarization CAMTri athletes
6:00pm Athlete briefing - CAMTri (Junior/U23/Elite)
8:00pm Expo closes, Registration closes

Saturday 17 June

6:00am Expo open
6:15am Canadian AG Standard Distance Championships
7:00am Canadian Aquathlon Championships
10:30am CAMTRI Premium American Cup & Canadian Championships HEATS
12:40pm Ontario Youth Cup (14-15yr old)
4:00pm Expo Closes

Sunday 18 June

6:00pm Expo
6:15am Canadian AG Sprint Distance Championships
7:00am Canadian Para Triathlon Championships
9:00am Kids of Steel races
10:45pm Mixed Relay (Youth/Junior)
12:20pm CAMTri B Finals - Men
1:40pm CAMTri B Finals - Women
2:50pm CAMTri A Finals - Men
4:10pm CAMTri A Finals - Women
5:20pm CAMTRI American Cup & Canadian Championships Medal Ceremony

Timings for scheduled events are subject to change please check the event Facebook and website page for updates. www.ottawatriathlon.ca

Race Venue

Dow's Lake and the surrounding area will play host to the Race Village for the Ottawa Triathlon. Not only does it provide a world class triathlon venue for athletes and spectators but also provides a front-row seat to watch the event. Dow's Lake Pavilion is the ideal location for people looking to enjoy the racing, or other activities after the competitions are done! Situated at Queen Elizabeth Drive in Ottawa, it offers options for recreational activities as well as appetizing restaurants with scenic water views.

The Age Group Registration, Packet Pick-up, Bag Check, and Athlete & Volunteer food tent will all be located in the Dow's Lake parking adjacent to Preston Street which will be closed for most of the weekend. Preston Street will hold the transition area for the age group athletes and will be the location for the Finish Line with the post athlete medical care on the east side of Preston St. The Expo will be located in the Dow's Lake parking lot. The elite transition will be front and centre located directly on Queen Elizabeth Drive

Please Note: Swimming is not permitted in Dow's Lake except for the triathlon competitions and specified swim familiarization times. Athletes are welcome to head to Mooney's Bay where it is possible to swim in a designated open water swimming area.

For those who have completed their races, or for family members looking for activities in Ottawa, you don't have to go far to take in many of the incredible festivals and events.

EXPO

The Ottawa International Triathlon Expo will be located on the Dow's Lake Parking Lot. There will be booths and activities geared for children as well as vendor booths with sports gear for all ages. A Velofix bike tech will also be available at Race Venue should you need some last minute fix or your tires pumped up.

AWARDS CEREMONIES

Awards ceremonies will be hosted directly across from Dow's Lake Pavilion. The following timings are approximate:

- 12:15pm Sat 17 June - Canadian Champions Age Group Standard Distance & Aquathlon
- 2:00pm Sat 17 June - Ontario Youth Cup
- 10:30am Sun 18 June - Canadian Champions Para & Age Group Sprint Distance
- 12:40pm Sun 18 June - Kids of Steel
- 12:50pm Sun 18 June - Canadian Club Championships
- 2:00pm Sun 18 June - Mixed Relay
- 5:20pm Sun 18 June - CAMTRI Premium American Cup
- 5:20pm Sun 18 June - Canadian Champions Junior/U23 & Elite

DOWS LAKE PAVILION RESTAURANTS

All athletes and guests are encouraged to visit the Dows Lake Pavilion and its two restaurants. They offer two different styles of menu, a warm welcome and amazing views of Dows Lake and the event course.

On Friday, these restaurants will be offering a special meal geared to athletes and that is quick to table. So if you are looking to refuel before your event, and if you are in a hurry (or not), this will be place to do it.

WEATHER

The weather in Ottawa during June can fluctuate between spring like or summer like conditions. Athletes and volunteers are encouraged to be prepared for cool wet conditions or for heat and thus bring rain/sun protection and the appropriate clothing.

Race Organizers will be monitoring the weather and will brief athletes of the expected weather conditions prior to their start. The event will follow ITU guidelines on wetsuit allowance and water temperatures. If, for whatever reason, the swim is cancelled then the events will become a duathlon (run, bike, run) and distances will be based upon ITU guidelines (duathlon)

CAMTRI Premium American Cup & Canadian Championships Pre-Race Instructions

RACE BRIEFINGS

All athletes **MUST** attend the mandatory race briefing that will take place in the tent on the RCN Curling Club parking lot at **6:00pm Friday 16 June**

OTHER DETAILS

- All CAMTri athlete services, including briefings, lounge and packet pickup, will be located in the Elite Athlete Lounge tent beside the RCN Curling Club.
- Race number tattoo decals will be given in the race bag to be applied on at home in evening or race morning
- Swim caps and timing chips will be distributed at the Elite Athlete Lounge when you check-in on race day
- Bikes will be checked at the Athletes' Lounge prior to entering transition
- Parking on the Friday will be available in the Dows Lake Car Park or any of the other City Car Parks a short walk from the venue. Athletes and spectators are encouraged to use public transit or other modes where possible.
- There are many events happening and as such athletes should give extra time to travel to the race venue on race days

WARM UP DETAILS

- A designated warm up area for the swim will be available prior to the start of the CAMTri waves
- Swimming outside of the time of competition or swim familiarization is not allowed in Dow's Lake. Athletes are welcome to swim at Mooney's Bay just a short distance from Dow's Lake.
- Bike: There will be no road closures prior to the race, however the cycling routes of our race are very safe and athletes are welcome to cycle on their own following proper rules of the road. On race weekend, athletes are not allowed to warm-up or train on the course while other races are ongoing.
- Run: There are many paths around the area and well suited to pre-race warm-up. On race weekend, athletes are not allowed to warm-up or train on the course while other races are ongoing

ATHLETE STAGING

- Athletes must be at the Swim Start 15min before their schedule swim start.
- Athletes will be called out to choose their spot 5min before race start

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WATER QUALITY

The water in Dows Lake is tested regularly by the City of Ottawa Baseline Surface Water Monitoring Program and is classed as 'Good to Excellent'. The program provides historical data each month for Dows Lake from 2010 to 2015.

The water quality requirements set by the International Triathlon Union (ITU) for competition are as follows:

- PH between 6 and 9;
- Escherichiacoli E. Coli not more than 500 per 100 ml (CFU/100ml);
- Enterococci not more than 200 per 100 ml (CFU/100ml);

All historical data in the Baseline List meets the first two key requirements for competition. The third test is not undertaken by the monitoring program, and will be part of our own tests undertaken in the lead up to the competition. The results of these tests will be published on the Ottawa International Triathlon website and race venue.

Water quality does fluctuate based on the weather, temperature and the length of time the canal is frozen over the winter. While unlikely, should water quality not be suitable at the time of the event then pre-approved alternative plans will be implemented.

CAMTRI COURSE & SCHEDULE DETAILS

SATURDAY 17 JUNE 2017

The HEATS will start at 10:30am and are SUPER SPRINT distance (300m swim/8km bike/1.6km run). Race HEATS and the schedule will be determined based on registration numbers and ITU allocation process

SWIM COURSE

The swim course is set in the protected waters of Dows Lake and will feature a one 300m lap swim

- Warm up will be allowed at least 30 minutes before the start of the first heat
- Athletes will head to the starting coral 15 minutes before their wave start and will be called out to their start positions 5 minutes before the start of their heat
- Athletes will exit the swim at the stairs beside the pavilion and make their way to the transition

BIKE COURSE

The bike course is flat and fast with 1 loop of a 8km loop along the Rideau Canal. Care should be taken when entering narrow sections, raised pedestrian crossing and also at the turnaround points, especially if the weather is not favorable.

RUN COURSE

The run course will lead the athletes up a slight hill towards the Experimental Farm to the turnaround and then back to the Finish Line located just opposite of Dow's Lake on Preston St.

SUNDAY 18 JUNE 2017

The FINALS will start at 12:20am and are a full SPRINT distance (750m swim/20km bike/5km run). Junior athletes who do not make the FINALS will have an opportunity to race in the Youth/Junior Mixed Relay event held at 10:45am just before the first FINAL event

- B Finals Men @ 12:20pm
- B Finals Women @ 1:40pm
- A Finals Men @ 2:50pm
- A Finals Women @ 4:10pm

These times are subject to change and will be communicated immediately to the athletes and coaches.

SWIM COURSE

The swim course is set in the protected waters of Dows Lake and will feature a one 750m lap swim

- Warm up will be allowed at specific times for each Final event. Timings will be given at the briefing.
- Athletes will head to the starting coral 15 minutes before their wave start and will be called out to their start positions 5 minutes before the start of their heat
- Athletes will exit the swim at the stairs beside the pavilion and make their way to the transition.

BIKE COURSE

The FINALS bike course is highly technical with a total of 3 short climbs, 6 x 180 degree turns and 3 roundabouts.

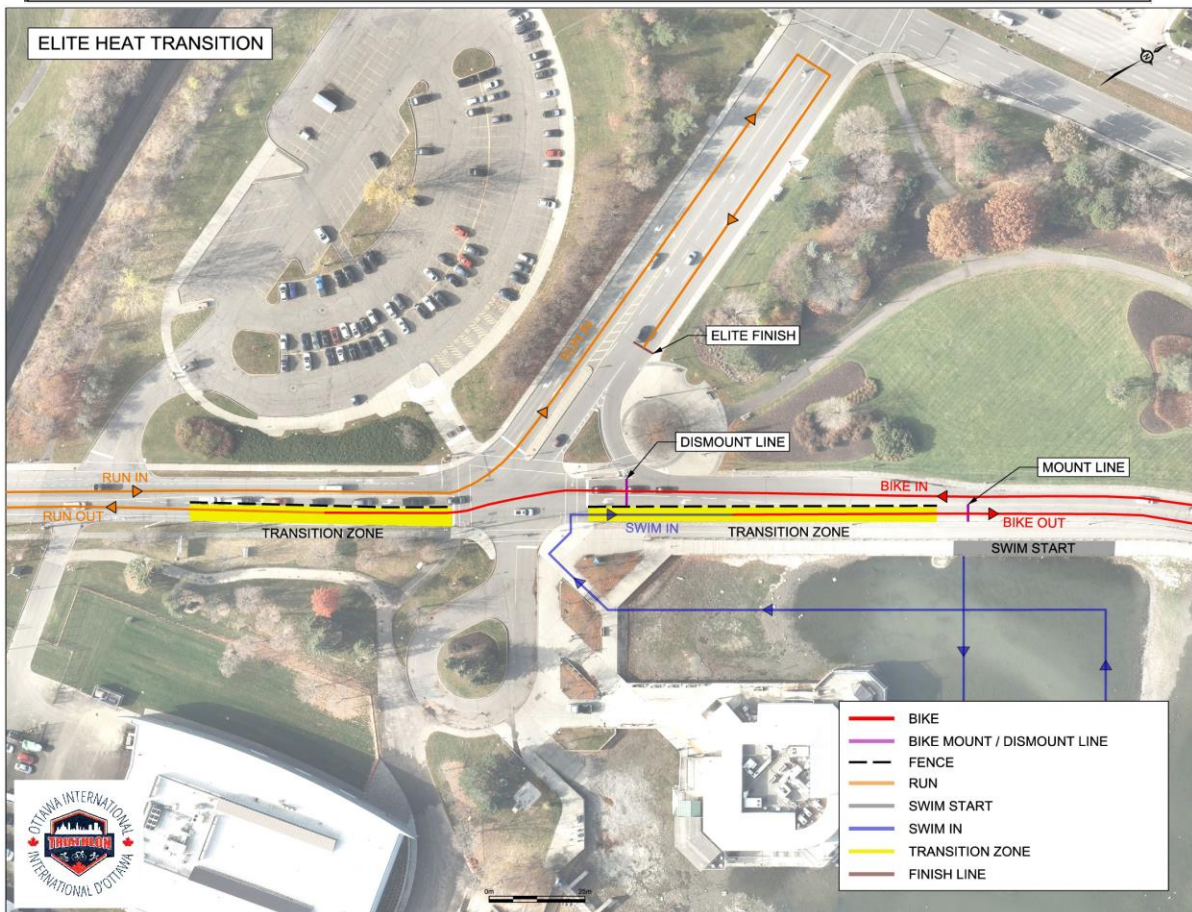
RUN COURSE

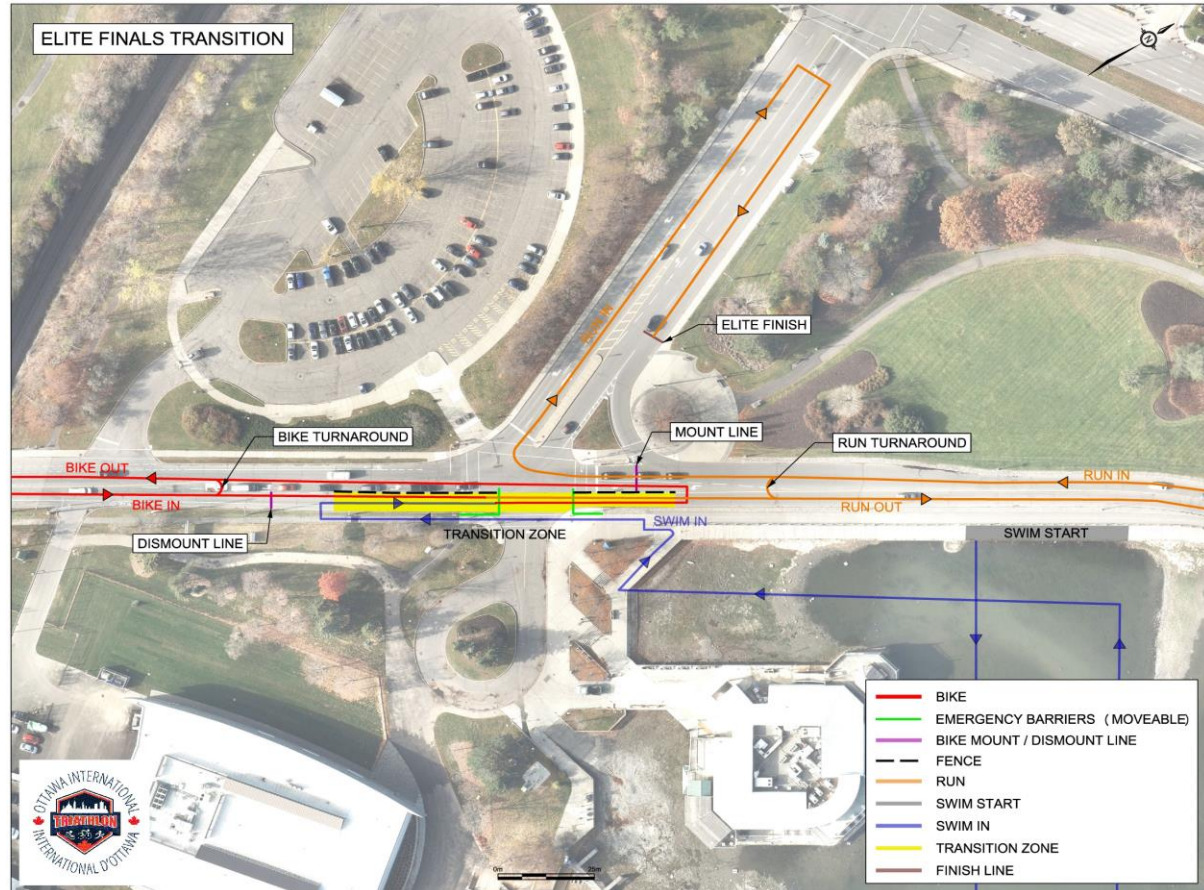
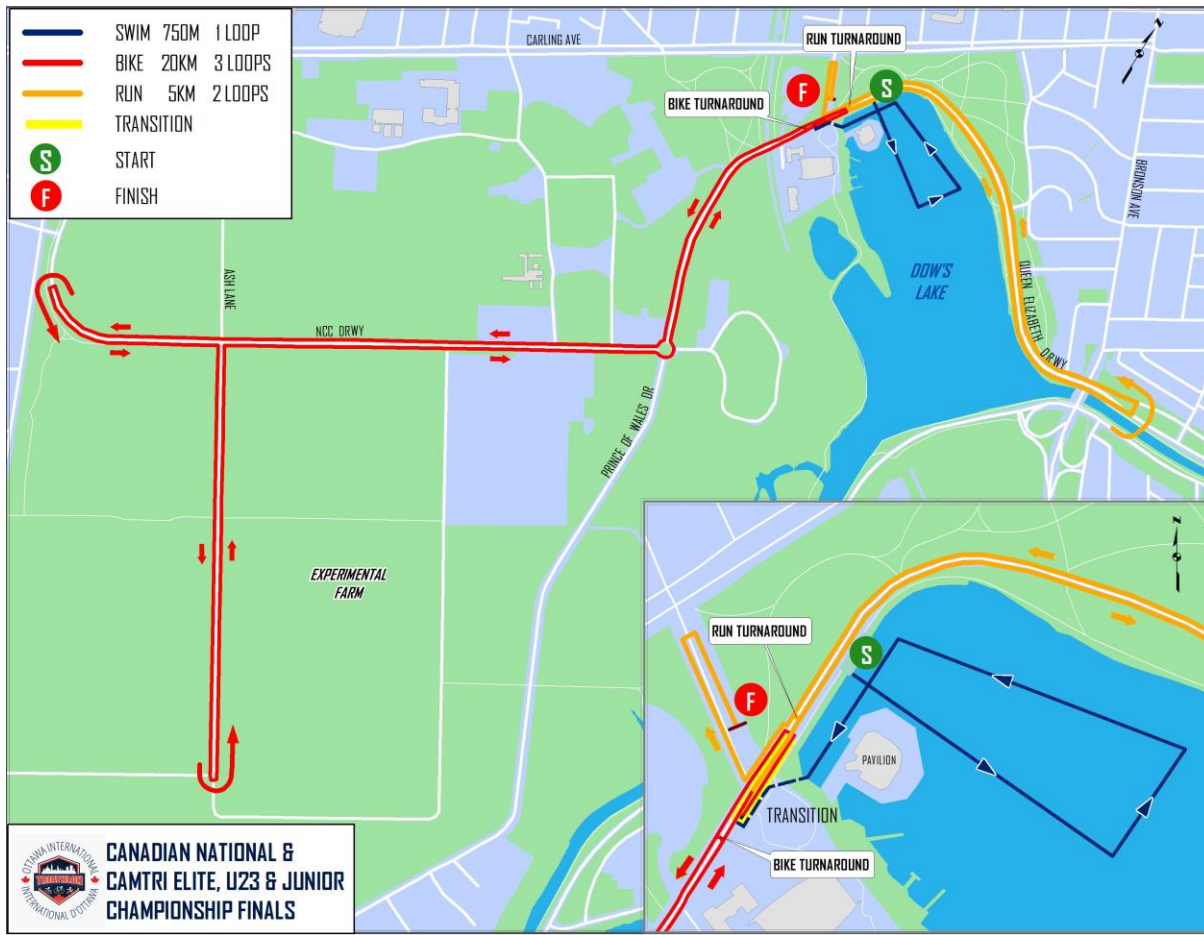
The run course is flat and fast with 2 loops of a 2.5km loop along the Rideau Canal, with a right turn around the AG transition towards the finish.

POST RACE

- Medical tent located near finish with medical staff
- Athlete hospitality tent near finish line with drink & Muscle Milk
- Expo and other activities will be throughout the weekend at HMCS Carleton Parking lot
- Awards ceremonies will be hosted across from Dow's Lake Pavilion, immediately after the finish of the last Final race

COURSE MAPS.....





PARKING & TRANSIT

There is plenty of parking around the Dows Lake Race Village, with the majority being just north of Carling St and a 10-minute walk from the venue. Parking is cheap over the weekend with most locations offering a daily or free rate. Please be aware that there is a large Italian Festival happening on the north side of our race venue so parking will be more difficult to find later in the day.

The nearest transit stop is Carling, which is less than 10 minutes from the venue. Bus routes 6, 101 and 103 also pass by the Preston St and Carling St intersection



Road Closures

Please be aware of the following road closures during the Ottawa International Triathlon race weekend. We do our best to minimize the inconvenience and appreciate your patience! We hope you will come out to cheer on the athletes!

Friday June 16, 2017

1800 – midnight

Preston Street (Carling Ave to Queen Elizabeth Drive)

Saturday June 17, 2017

All Day

Preston Street (Carling Ave to Queen Elizabeth Drive)

0530-1130

Colonel By Drive (Pretoria Bridge to Hog's Back Road)

Pretoria Bridge

Queen Elizabeth Drive (Preston St to Pretoria Bridge)

0530-1400

Queen Elizabeth Drive (Preston St to Queen Elizabeth Place)

0530 – 1500

Prince of Wales Drive (Preston Street to Experimental Farm - Cow Lane)

Sunday June 18, 2017

0000 – 1900

Preston Street (Carling Ave to Queen Elizabeth Drive)

0530 – 0900

Colonel By Drive (Pretoria Bridge to Hog's Back Road)

Pretoria Bridge

Queen Elizabeth Drive (Preston to Pretoria Bridge)

0530 – 1730

Prince of Wales Drive (Cow Lane to Preston)

Queen Elizabeth Drive (Preston Street to Torrington Place)

THANKS TO OUR SPONSORS & PARTNERS - AND ALL OF
THE VOLUNTEERS THAT MAKE THIS POSSIBLE!

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