



COCHRANE - February 8th, 2026

ATHLETE GUIDE

Thank you for signing up for the Race the Prairies Winter Series.

The Cochrane Triathlon Club and Triathlon Alberta are excited to bring this indoor event to this beautiful venue. We hope that this event will continue to be a mainstay on our calendar for years to come.

We are still in need of more volunteers. If you are able to help, please follow the link below and sign up!

<https://volunteersignup.org/ER9P3>

We look forward to seeing you!

Race Director

Evan Londry

Schedule of Events:

Please remember that age categories are based on your age as of **December 31, 2025**.

The schedule is based on current registrations and is subject to change as registration continues leading up to the event.

Race registration opens at **11:30 a.m.** Athletes must arrive **at least 30 minutes prior** to the start of their heat.

Heat	Start Time	Event	Age Group
1	12:15 pm	Triathlon	8-9 Female
2	12:35 pm	Triathlon	10-11 Male 12-13 Male
3	12:50 pm	Aquathlon	20+ Female
4	1: 20 pm	Triathlon	10-11 Female 12-13 Female
5	1:35 pm	Aquathlon	20+ Male
6	1:55 pm	Aquathlon	10-11 Female 12-13 Female
7	2:15 pm	Triathlon	14-15 Female 16-19 Female
8	2:30 pm	Aquathlon	14-15 Male
9	2:50 pm	Aquathlon	16-19 Male
10	3:15 pm	Triathlon	14-15 Male 16-19 Male
11	3:30 pm	Aquathlon	10-11 Male 8-9 Male
12	3:50 pm	Triathlon	20+ Female
13	4:15 pm	Triathlon	20+ Female
14	4:40 pm	Triathlon	20+ Male

* Awards are awarded by Age Group for heats that have multiple Age Groups.

Race Distances:

Triathlon

All Ages: 240m Swim (4 laps) 5km Bike 900m Run (4 laps)

Aquathlon

8-9:	120m Swim (2 lap)	675m Run (3 lap)
10-11:	180m Swim (3 lap)	900m Run (4 lap)
12-13:	300m Swim (5 lap)	1.8km Run (8 lap)
14-15:	480m Swim (8 lap)	2.3km Run (10 lap)
16-19:	480m Swim (8 lap)	2.3km Run (10 lap)
20+:	900m Swim (15 lap)	4.5km Run (20 lap)

Rules:

Rules of competition are available on the Triathlon Alberta website, or follow the link provided. It is your responsibility to know and understand the rules! There will be a Triathlon Alberta official on site helping educate and enforce the rules. Please be courteous and listen to any instructions that they provide to you.

<https://drive.google.com/file/d/1LGv0XIZzduU50DuXiAoTSTM4h3jfMddK/view>

Location:

SLS Centre
800 Griffin Rd E
Cochrane Alberta
T4C 2B8

Parking:

Please park in the parking lot nearest Riverside Entrance, near the curling rink.

Facility Access:

Please enter the facility through the riverside entrance and follow straight ahead toward the atrium. You will see a Triathlon Alberta / Cochrane Triathlon tent for registration.

Registration:

Please check in and pick up your timing chip 30 minutes before your heat.

Equipment Storage, Washrooms and Changing Facilities:

Please use the pool changerooms to change into your race attire and store your day clothes. Both lock and coin-style lockers are available. Washrooms are located in the changerooms or in the hallway across from the Creekside Room.

Transition Set up:

Transition 1 is located in the Creekside Room. Please arrive at least 20 minutes prior to your start time to set up your transition. Your transition spot will become available once the heat before you has completed their transition.

A bin will be provided for your equipment. All race equipment must be set up inside your bin. Approximately 15 minutes before your heat, make your way to the bike area, where you will be assigned a bike. Take a few moments to adjust the bike to your preference.

Only equipment intended for use during the race is permitted in the transition area. Once your transition setup is complete, all equipment must be placed in your bin. After you leave the Creekside Room, your equipment bin will be moved to the Registration Tent area for post-race pickup.

Briefing and Race Start:

Please marshal in the transition area between the Creekside and Waterfall Rooms **five minutes prior to your race start**. At that time, you will be briefed on any final instructions.

All races will begin with an in-water start. You will receive an “On your marks” command, followed by a whistle. The whistle is your cue to start.

Swim:

The swim will be a 60 m open-water loop. Athletes will swim in a counterclockwise direction. At the swim start, you may ignore the first buoy. All remaining swim buoys must be kept on your left shoulder. Athletes will complete the appropriate number of laps for their race distance.

Please note: shoes are not to be worn on the pool deck. No exceptions!

Transitions:

Upon exiting the water, your timing will be paused, allowing you time to towel off (mandatory), put on clothes, and change into your running shoes. Note: Use the same shoes for the bike portion that you will use for the run.

Exit the Creekside Room by turning left down the hallway and following the course markings. Proceed through the Atrium and up the stairs, where the bike area will be on your left. Once you enter the bike area, your timing will resume.

There is no Transition 2 area. When you are finished with the bike portion, proceed directly to the track. Exit the bike area and walk down the hallway, following the course markings.

The SLS facility will be open to the public during the race, and there are several points where the course passes through public areas. Race volunteers will be stationed at each of these locations. Athletes must pay close attention and follow instructions from race volunteers. Failure to do so may result in disciplinary action.

Bike:

The bike course is a 3.1 mile / 5km bike using a keiser spin bike. When you have completed the 5 km course, you may jump off of your bike and a volunteer/official will verify that you have completed the full distance.

Transition:

Please WALK down the hall to the running track entrance. You will turn left and proceed on the track. The hallways are split between racing and public, however there are cross-over points so please be aware of your surroundings.

Run:

The run portion is completed on the indoor 225m track in a clockwise direction. You will complete the appropriate number of laps for the distance that you are racing. The track IS OPEN to the public so please be vigilant and leave ample space when passing. There will be a location on the track for you to place your water bottle / nutrition. Corners are tight so make sure that you are pacing yourself appropriately for the corners. The finish line is marked with two Triathlon Alberta flags. Cross the finish line and you are done!

First Aid:

If you are in need of minor first aid, please find your nearest SLS Staff member. If you are in immediate distress, please let your nearest volunteer or race official know and we will deploy a first aider immediately.

Lost and Found:

Lost and Found items will be managed by the SLS Centre.

Volunteers:

We are still in need of volunteers. If you have a spectator or family member that could help, please come to the registration desk and we will find a job for you!

Spectators:

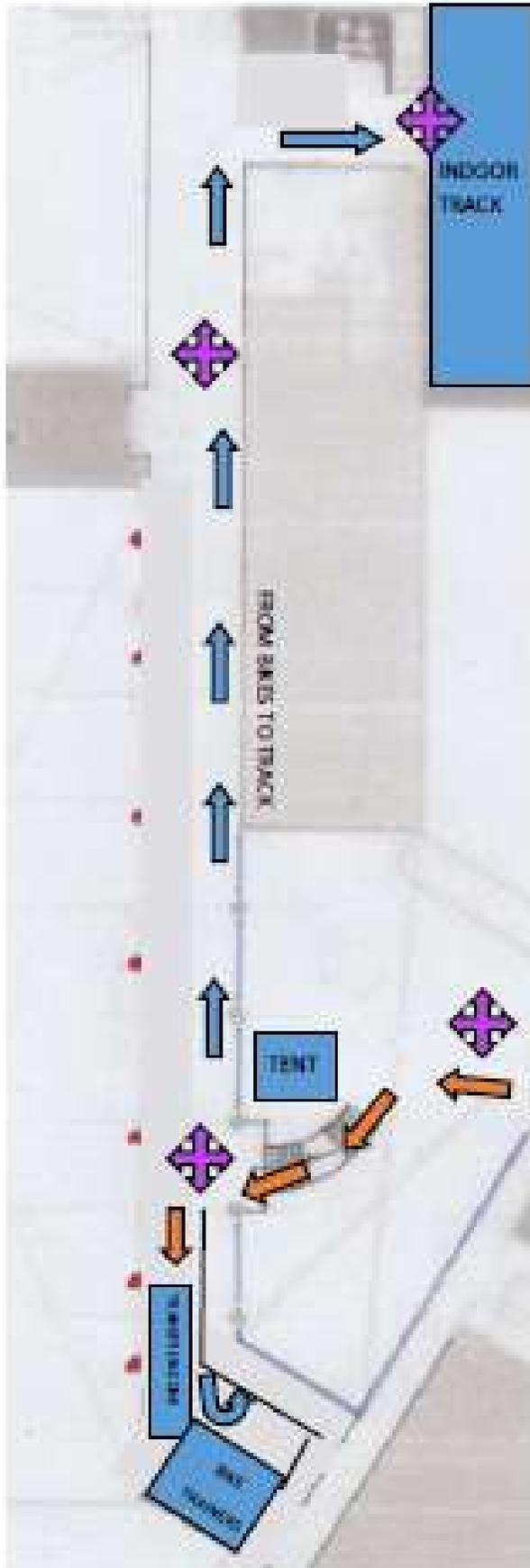
To view the swim, please proceed to the lap pool viewing area. Seating will be available in the Atrium for viewing of the cycling and transitions. The track is limited to SLS members, access for viewing is available on the 2nd floor where athletes enter the tack area.

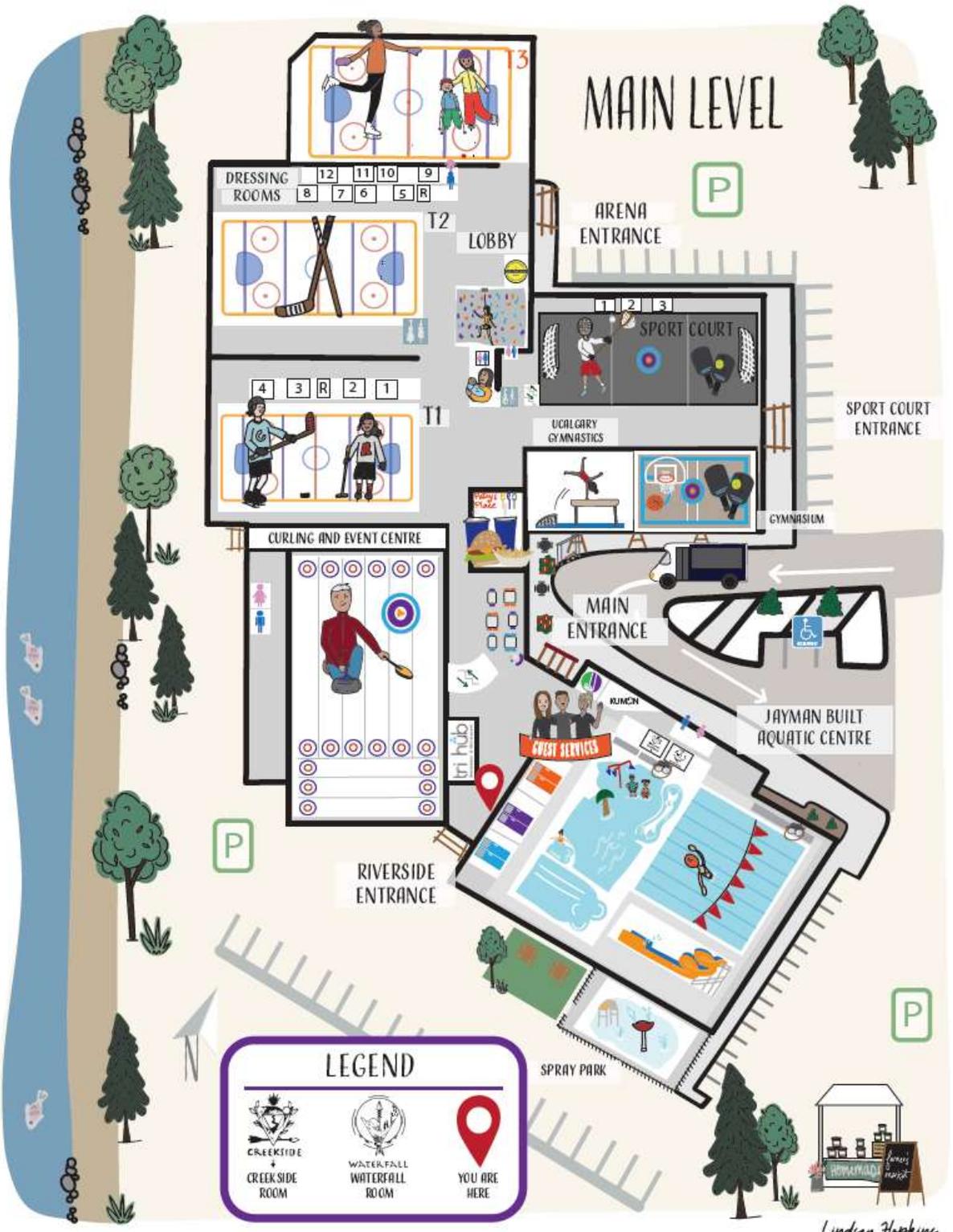
Please let me know if you have any questions!

events@cochranetriclub.ca

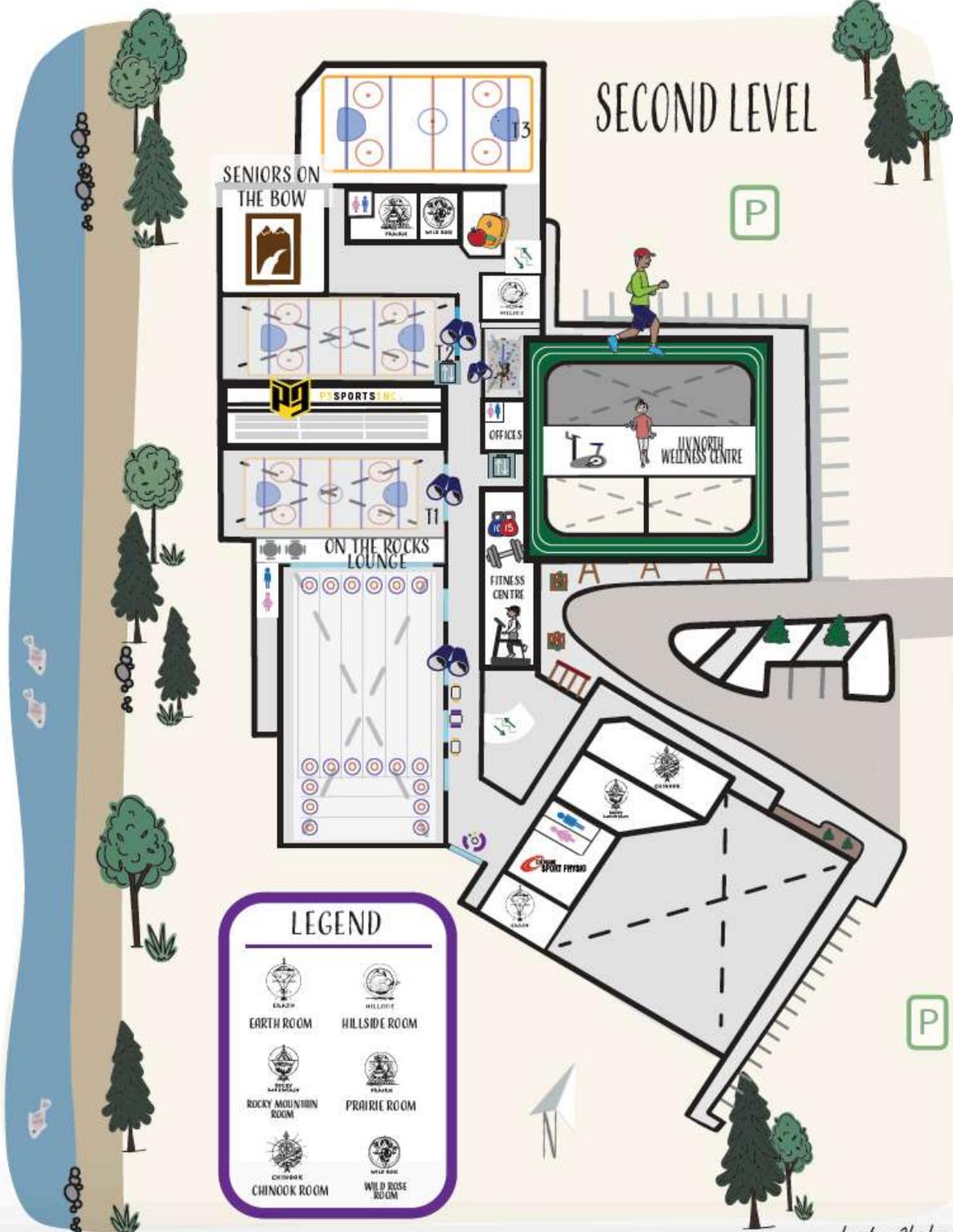
Evan Londry

Upper Floor:





SECOND LEVEL



LEGEND

 EARTH ROOM	 HILLSIDE ROOM
 ROCKY MOUNTAIN ROOM	 PRAIRIE ROOM
 CHINOOK ROOM	 WILD ROSE ROOM

Lindsay Hopkins