



Presented by:



RnR Premier Events

WELCOME FROM THE RACE ORGANIZERS

Welcome to the Sylvan Lake Open Water Swim!

The Sylvan Lake Open Water Swim (SLOWS) is presented by RnR Premier Events. Sylvan Lake is the ideal place for an open water swim event and a weekend away in a beach destination town with plenty for family and friends to do as well.

Falling at the perfect time of year for triathletes to allow those athletes wanting to practice their 2km race pace the week before Calgary 70.3 or Ironman Canada athletes completing the 4km distance a month before their race.

RnR Premier Events puts on a number of events in and around Alberta each year and we are proud to bring a professional event while keeping the community feel of it. We certainly cannot do it without the people within the community and we thank everyone who has contributed to put this event on.

With Love,

Rose Serpico and Richelle Love

DIRECTIONS TO THE RACE

Sylvan Lake is a town in central Alberta, Canada. It is located 25 kilometers west of the City of Red Deer along Highway 11 or Highway 11A. It is situated on the southeast edge of Sylvan Lake, a 15-kilometre-long freshwater lake, in Red Deer County.

It is just over a 90-minute drive from Calgary to Sylvan Lake, and about an hour and 45 minutes from Edmonton.

The race starts and ends from Sylvan Lake Park (4403 Lakeshore Dr)
Parking is available along Lakeshore Drive or in the large parking area 450m away from the swim start.



RACE SITE LOGISTICS AND COURSE

Race Site Opens at 6:00am

Spectators are welcome and will have good vantage points along the beach. Spectators may NOT be in kayaks/paddle boards and be alongside you as you swim.

NO NUDITY ALLOWED.

Please change prior to arriving and after you are finished in one of the washrooms nearby.

Bag Drop: We will have an official gear check at the start/finish line this year. Everything must be inside a small bag/backpack. Please no large bags.

Timing: Official timing will be provided by Startline Timing. You will pick up your timing chip race morning at the Tri It tent. Timing is through a chip that will be strapped to your ankle.

2km swim = 1 lap

4km swim = 2 laps

Upon completion, athletes must run up onto shore to cross the timing mat under the finisher's arch.



RACE WEEKEND AGENDA

Package Pick Up:

Friday, July 22nd 4pm – 8pm

Saturday, July 23rd 6am – 7am

Package pick up is at Sylvan Lake Park.

(4403 Lakeshore Drive, Sylvan Lake, AB)

Note: We do not send race packs via mail and packages will not be available outside these hours. You may have someone else collect your package with proof (ie. a text) giving them permission to pick up your package.

Race Day:

Saturday, July 23rd

6:00am - 7:00am - Package Pick Up

7:15am - Pre-Race Meeting - any last-minute changes will be communicated to you on the day.

7:30am - all men start

7:35am - all women start

9:35am - swim cut-off

9:45am - awards ceremony

*awards will be given to the top M and F in each 10-year age group:

- under 20
- 20 - 29 AG
- 30 - 39 AG
- 40 - 49 AG
- 50 - 59 AG
- 60 + AG

We will have a light post-race snack for you when you finish.

WETSUITS

Wetsuits are not mandatory but recommended.

The average water temperature ranges from 18°C (64°F) in Sylvan Lake in July.

For the best selection of new, pre-loved and rental wetsuits visit the wetsuit experts, Tri It Multisport. They also carry an extensive selection of goggles, swim accessories and more!

TRI-IT.CA

