



# ATHLETE GUIDE

July 18th, 2026

Sylvan Lake Park

(4403 Lakeshore Dr, Sylvan Lake, AB)

The Sylvan Open Water Swim is proudly presented by RnR Premier Events

[RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM)

# Race Weekend Schedule



**FRIDAY, July 17th:**

**Nexsurce Centre (4823 49 Ave)**

6:00pm - 8:00pm - Package Pick Up

**Saturday, July 18th:**

Sylvan Lake Park (4403 Lakeshore Drive, Sylvan Lake)

6:00am - 6:30am - 6km and 4km Package Pick Up and Timing Chip Pick Up

6:30am - 7:00am - 2km Package Pick Up and Timing Chip Pick Up

7:00am - Pre-Race Meeting for 6km, 4km and 2km Events

7:05am - 6km Swim Start

**\*must start final lap by 8:25am**

*\*\*if you do not met the cut-off you will be timed for the 4km event*

7:15 - 4km Swim Start

**\*must start final lap by 8:15am**

*\*\*if you do not met the cut-off you will be timed for the 2km event*

7:25 - 2km Swim Start

9:30am - Overall Swim Cut-Off for 6km, 4km and 2km Event

9:15am - Awards Ceremony - 6km, 4km and 2km Events

9:00am - 9:30am - 500m Package Pick Up and Timing Chip Pick Up

9:30am - Pre-Race Meeting for 500m

**9:35am - 500m Rolling Start**

10:15am - Swim Cut-Off for 500m Event

10:15am - 500m Awards Ceremony

# Package Pick Up



Friday, July 17th from 6pm - 8pm  
Nexsource Centre - Sylvan Lake Multi-plex  
(4823 49 Ave, Sylvan Lake)

Saturday, July 18th from 6am - 8am  
Sylvan Lake Park  
(4403 Lakeshore Dr)

- We do not send race packs via mail.
- 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.

All swimmers who registered before July 1<sup>st</sup> will receive a limited edition SLOWS poncho towel. This will be available at package pick up. You must be at package pick up to get your towel as we do not mail.



# Race Rules



- NO NUDITY ALLOWED on beach or in water. Please change prior to arriving and after you are finished in one of the washrooms near by.
- you must wear the designated swim cap you are given
- you must start in your designated wave start
- you may do any stroke you choose or a combination of strokes
- no intentional grabbing, blocking, or impeding another swimmer
- drafting off other swimmers is allowed
- no snorkels, fins, paddles, pull buoys, or flotation devices allowed
- you have the option/personal choice to wear a wetsuit or not
- spectators may NOT be in kayaks/paddle boards and be alongside you as you swim.
  - we will have paddle boards and kayaks on the water, you may grab on to them as long as you need however, they may not move you forward
- if you decide to stop and get out of the water (on your own or rescued by watercraft) you must come to the timing tent to give your timing chip and speak to them to let them know you stopped

Organizers may delay, shorten, or cancel the swim due to weather, water conditions, or safety concerns.

# Swim Course



6km swim = 3 lap

\*must start final lap by 8:25am

\*\*if you do not met the cut-off you will be timed for the 4km event

4km swim = 2 laps

\*must start final lap by 8:15am

\*\*if you do not met the cut-off you will be timed for the 2km event

2km swim = 1 lap

500m swimmers will have an out-and-back route.

Upon completion of your lap(s), you must run up onto shore to cross the timing mat under the finisher's arch.



# Results and Awards



*Results will be posted on [STARTLINETIMING.COM](http://STARTLINETIMING.COM)  
If your results is incorrect, please do no panic - it can be fixed!*

Email [info@startlinetiming.com](mailto:info@startlinetiming.com)

Include:

- your name
- the event
- explain the issue in detail
- attach any helpful information such as a Garmin file

***Please DO NOT email the race director as they do not have the ability to change/edit results.***

*There will be awards for the fastest swimmer in each age group for men and women in the follow categories:*

- Under 20
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 - 69
- 70+

*Please note: there will not be additional awards for the top overall swimmers in each event, although we are so impressed with our winners.*

# Transfers



If you would like to change distances or transfer your entry to another swimmer, you have until 5pm on July 17th, 2025.

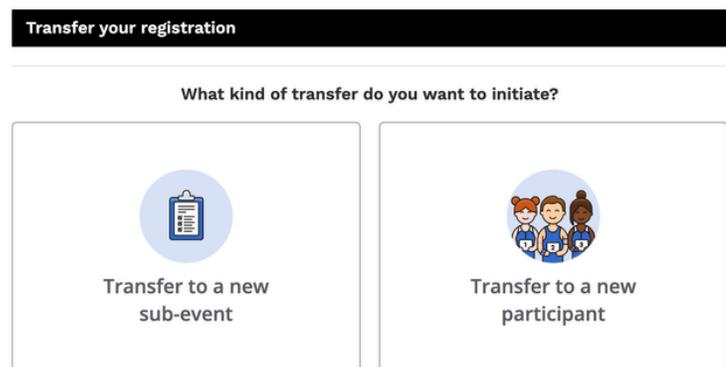
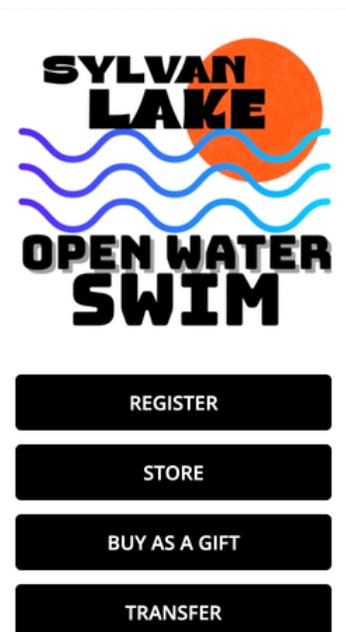
Step 1: Go to [RNRPREMIEREVENTS.COM](https://RNRPREMIEREVENTS.COM) and navigate to the Sylvan Lake Open Water Swim page.

Step 2: Click any of the BLUE buttons that say REGISTER NOW.

Step 3: On the right hand side below the Sylvan Lake Open Water Swim logo, click TRANSFER

Step 4: Choose TRANSFER TO A NEW SUB-EVENT to TRANSFER TO A NEW PARTICIPANT

Step 4: follow prompts to complete transfer.



# SYLVAN LAKE OPEN WATER SWIM

If you cannot find the answer to  
your question, please email  
[info@rnrpremierevents.com](mailto:info@rnrpremierevents.com)

We are always looking for volunteers. If you  
know someone who would like to volunteer  
or you can volunteer at package pick up  
please head to the website and click the  
VOLUNTEER tab or email  
[eventsvolunteercoordinator@gmail.com](mailto:eventsvolunteercoordinator@gmail.com)

We look forward to seeing  
you in Sylvan Lake!