

Sylvan Lake Open Water Swim Athlete Guide

July 22nd, 2023
Sylvan Lake, AB



A note from the race director:

Hello everyone! My name is Tate Mazurkewich and I am this year's race director for SLOWS. Some of you may know me from Tri It Multisport or have met/seen me at last year's swim or other RnR Premier Events races.

I am so excited that Richelle and Rose have given me the opportunity to be the head of this event!

Cannot wait to see you there!

- Tate Mazurkewich

A note from the owners of RnR Premier Events:

Welcome all you amazing athletes! We are so excited for the second ever Sylvan Lake Open Water Swim! It was such fun last year and we hope that you all enjoy it as much as we do.

We want you to feel safe and relaxed while you swim, and then be able to be pampered post-race. We cannot wait to see you at the finish line!

Richelle and Rose Owners, Tri It Multisport

EVENT LOCATION:

This event starts and finishes at a beach along lakeshore drive in the town of Sylvan Lake, AB. Specifically at a beach area beside the volleyball courts, #10 on the map below:



Here is a closer view of the start/finish area, the volleyball courts and where package pick up is:



PARKING:

Parking is all around the beach area and downtown Sylvan Lake except for right in front of the beach on lakeshore road as it is closed to traffic in the summer. Please park in the surrounding areas and walk into the start/finish area (approximately a 2 minute walk).

EVENT SCHEDULE:

Please note:

- We do not send packages via mail
- Packages are not available outside these hours
- You may give permission to a friend or family member to come pick up your package for you
- If you live in Calgary, we ask that you please pick up your package in Calgary on Friday instead of doing so Saturday morning so that there is enough time for those who do not live in Calgary to get their packages

Friday July 21st:

11am - 5pm - Package pick up at Tri It Multisport (1703 10th ave SW, Calgary, AB)

Saturday July 22nd:

6am - 7am - Package pickup at the start/finish line area beside the volleyball courts at Sylvan Lake.

7:15 am - Pre race talk

7:30am - Start begins in waves, (there will be 8 waves—4 waves for each distance—starting with the fastest 4km swimmers approximately 2 minutes apart. Waves will be sent out Friday evening, it is your responsibility to know what wave you are in once the email is sent out otherwise your time will not be accurate.)

8:00am - Post race Stoked Oats breakfast, chips, gummies and other snacks available to racers and volunteers

9:45am - Swim cut off

10:00am - Awards ceremony

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

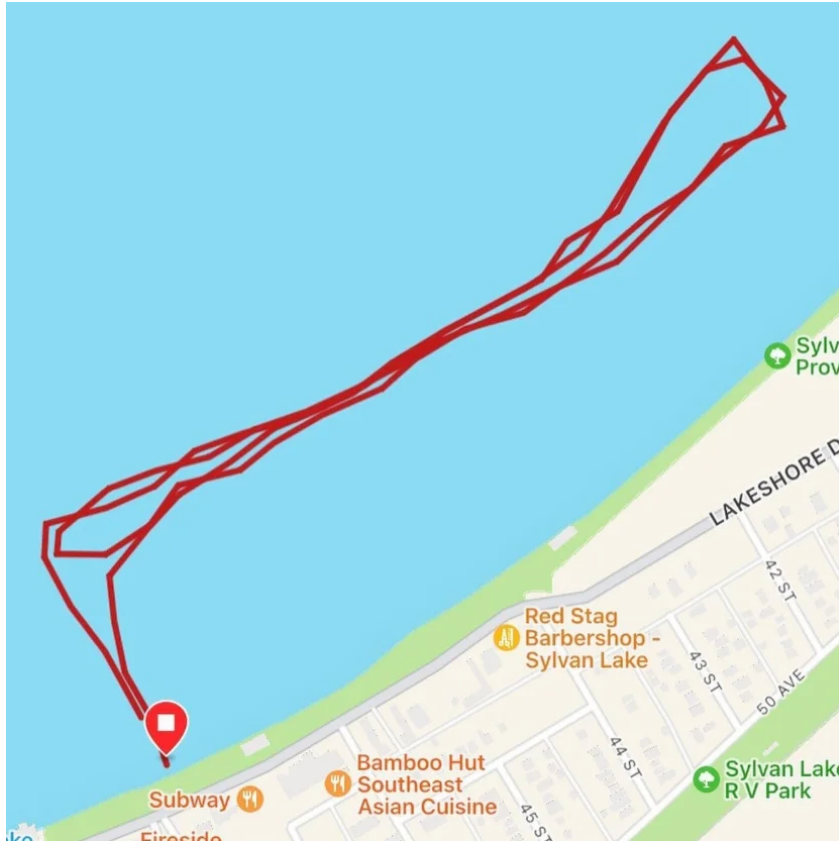
- under 20
- 20 - 29 AG
- 30 - 39 AG
- 40 - 49 AG
- 50 - 59 AG
- 60 + AG

There is NO NUDITY allowed on the beach. Please either arrive changed or use the public washroom close by.

Spectators will have a good vantage point from the beach. Spectators are NOT allowed to be alongside swimmers in a kayak, SUP, or any other sort of water craft.

THE COURSE

The course starts at the beach area and follows almost parallel to the pier, once roughly at the edge of the pier, you will head east and follow the shore until the turn around. There will be large buoys to mark where the turns are as well as plenty of on water support! The course will be visible to see upon arriving at the beach and will be talked about at the pre-race meeting.



2km swimmers - 1 lap
4km swimmers - 2 laps

Wetsuits are not mandatory but recommended! You can rent from tri-it.ca in Calgary!

Have questions? Email tatemaz13@gmail.com

Interested in volunteering? Contact our volunteer coordinator Sherri at sharbaruk@icloud.com

Thank you to our sponsors:



Thank you to our partner:

