



Sherwood Park Triathlon – August 30, 2026

ATHLETE GUIDE

Thank you for signing up for Sherwood Park Triathlon 2026!

This race cannot happen without volunteers and we are still in need of more. If you, or a family member, are able to help, please let us know at check in!

The Draft Legal Super Sprint Triathlon and Draft Sprint Triathlon is part of the Youth and Junior Cup Series. For more information on the series, visit [https://
www.triathlonalberta.ca/jycup](https://www.triathlonalberta.ca/jycup)

We look forward to seeing you!

Casey-Lee Cox
Race Director

Schedule of Events: *Subject to change*

Please remember that age categories are based upon your age at the end of 2026!

6:30a.m.	Registration and Transition Opens
7:30a.m.	Draft Legal Sprint (Heat 1)
8:15a.m.	Draft Legal Super Sprint (Heat 2)
8:45a.m.	Draft Legal 12-13 Years (Heat 3)
9:00a.m.	Sprint Females (Heats 4 & 5)
9:30a.m.	Sprint Males (Heats 5 & 6)
10:00a.m.	Super Sprint (Heats 6 & 7)
10:15a.m.	Kids of Steel (14-15 Years) (Heat 8)
10:30a.m.	Kids of Steel (12-13 Years) (Heats 8 & 9)
10:45a.m.	Kids of Steel (10-11 Years) (Heats 9 & 10)
11:00a.m.	Kids of Steel (8-9 Years) (Heats 10 & 11)
11:15a.m.	Kids of Steel (6-7 Years) (Heat 12)
11:30a.m.	Kids of Steel (3-5 Years) Heat 13)
Awards Presentation	
10:30a.m.	Awards Ceremony raft Legal Heats
11:45a.m.	Awards Ceremony KOS

Race Distances:

Youth Triathlon:

3-5 Years old	25m Swim - 700m Bike (2 loops) - 175m Run (1 short loop)
6-7 Years old	50m Swim – 1400m Bike (4 loops)– 500m Run (2 short loop)
8-9 Years old	100m Swim – 5km Bike (2 large loops) – 1km Run (1 large loop)
10-11 Years old	200m Swim – 5km Bike (2 large loops)– 2km Run (2 large loop)
12-13 Years old	300m Swim - 10km Bike (5 large loops) - 3km Run (3 large loop)
14-15 Years Old	400m Swim - 10km Bike (5 large loops)- 4km Run (4 large loop)

Super Sprint Triathlon:

400m Swim – 10km Bike (5 large loops) – 3km Run (3 large loop)

Sprint Triathlon

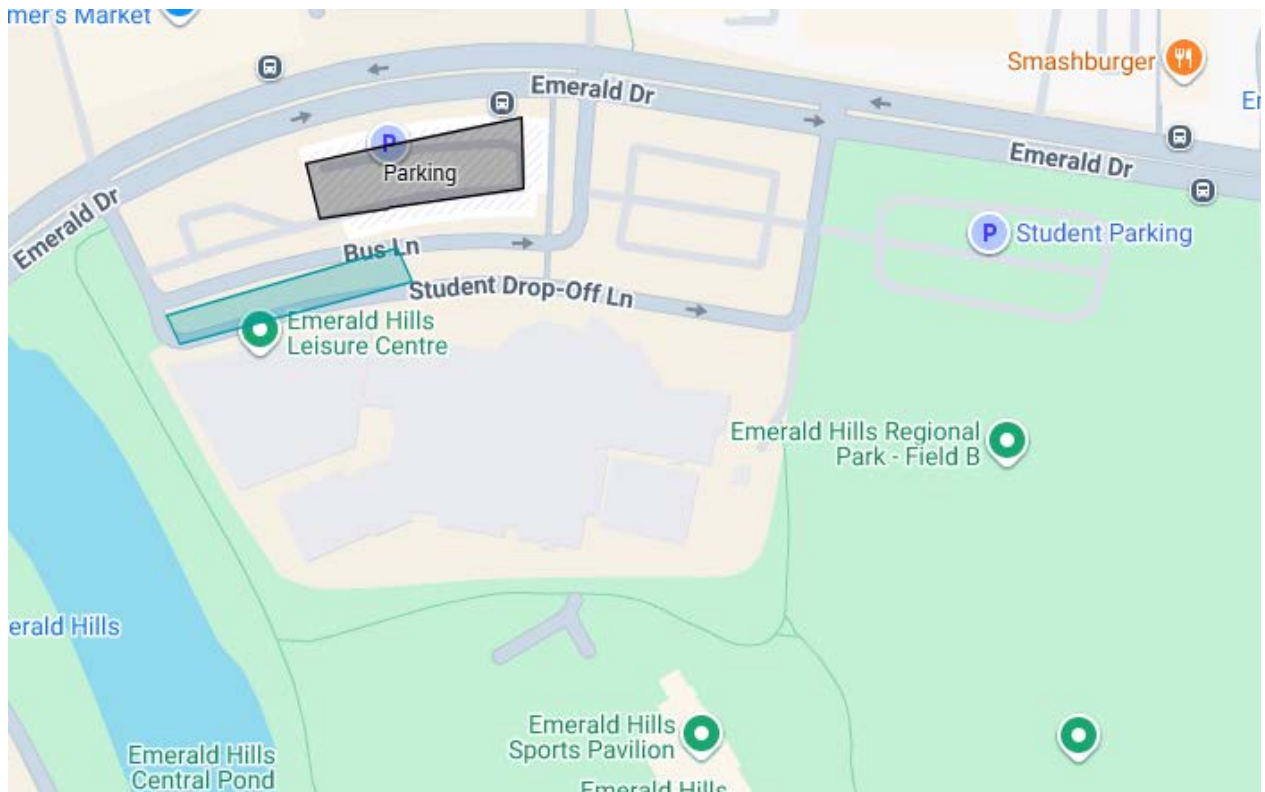
750m Swim – 20km Bike (9 large loops) – 5km Run (5 large loop)

Location:

Emerald Hills Leisure Centre
3555 Emerald Drive
Sherwood Park, Alberta
T8H 0W6

Parking:

Parking is available in the Main lot immediately North of the facility.



Rules:

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

For the Youth and Adult non-drafting events, the Alberta Triathlon Rule Book will be used:

<https://static1.squarespace.com/static/5afb7b68b105980307b8bd1b/t/68492e633f8b774790ddb46/1749626470736/2025+PSO+Competition+Rules+-booklet+%28v2.0%29.pdf>

For the 12-19 draft legal race, World Triathlon Rules will be enforced:

https://cms.triathlon.org/assets/ed515db2-5f75-40d5-89da-d0cd634c50f3/World-Triathlon_Competition-Rules_20250401.pdf

Weather:

The event will only proceed if weather conditions permit. Severe weather, air quality, high winds, and extreme temperatures may result in delay, modification or cancellation of the event. For more information on the decision making process, please refer to the Alberta Triathlon rule book.

Registration and Body Marking:

Registration and body marking will be located in the Emerald Hills Leisure Centre Foyer and will open at 6:30 a.m. You will pick up your timing chip, race package and get body marked.

Equipment Storage, Washrooms and Changing Facilities:

Only equipment for use during your race should be in transition. Please keep your gear bags, bike pumps etc. In your vehicle, or in the locker rooms in the Emerald Hills Leisure Centre, where lockers, changing cubicles, and washrooms are available.

Transition Set up:

Transition will open for set up at 6:30 a.m. and will remain open for competitors only throughout race time. Please check with a volunteer if the race is in action when is a safe time to enter.

Briefing and Race Start:

For Triathletes, please be on the pool deck ready for your race start 10 minutes prior to the scheduled start. A volunteer will help marshal you with your wave.

5 minutes prior to your race start you will receive final race instructions and reminders. Start will be in waves based on a swim lane becoming available. Swim caps are provided based on your swim lane group.

Swim:

The swim will take place in either the 6 lane, 25m pool or 4 lane 25m secondary pool with a maximum of 4 swimmers per lane. Please circle swim in a counter-clockwise direction. If another swimmer taps your foot, please stop at the next wall and allow them to pass before continuing.

Transition:

One parent per child will be permitted to assist with the youth (11 and under) in the transition area. Athlete's 12 and over will not be permitted assistance. Helmets must be fastened when you are in possession of your bicycle, and there is no riding of your bike in the transition area. The mount and dismount lines will be clearly marked on the road.

Bike:

The bike course is a 2.5km out and back course. The South side of the road is devoted to racing with the North side of the road open to traffic. You will have one full lane in each direction. Please keep right unless passing other athletes. You will need to complete the appropriate number of loops for your race distance.

Run:

The run course is a 1km loop course on a multiuser trail. This is open to the public, so please be aware of other users. There will be turnaround signage for the youth races that complete shorter run distances, with volunteers there to help with the appropriate turnarounds. The finish line will be marked by the big red finish line chute on the grass immediately off the running path, with fencing to guide you into the finishing chute.

Aid Stations:

There will be one aid station positioned at the beginning of the run course offering bottled water.

Finish Line:

Upon completion you will receive a finishers medal. Food and water will be available at the finish line. Please continue moving forward once you cross the finish line to allow for competitors coming behind you.

First Aid:

If you are in need of minor first aid in the pool area, please find your nearest lifeguard. St John's Ambulance will be near the finish line for assistance outside of the facility. 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 Emerald Hills Leisure Centre.

Volunteers:

We are still in need of volunteers. If you have a spectator or family member that could help, please email sfr@edmontontriathlonacademy.com and we will find a job for you!

Spectators:

Spectators will be able to watch the swim from the pool viewing area. To access the viewing area, go in the front entrance of the facility and follow the signage to the right for the pool and pool viewing area.

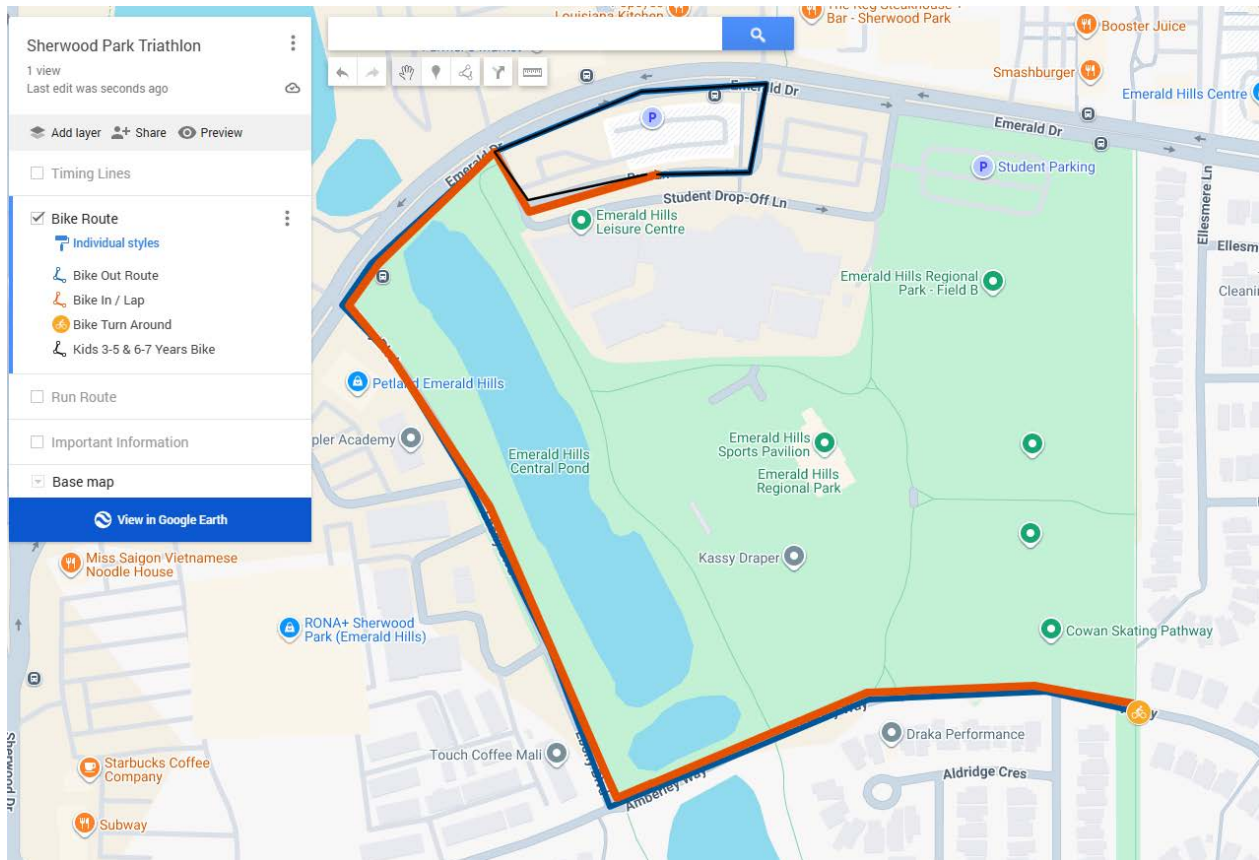
Viewing of transition and the bike will be best from the boulevard between the pool and Emerald Drive. Please give racers the right of way at all times and stay off the pavement as this will be part of the race course. Volunteers will help with where and when it is safe to cross.

Post Race BBQ

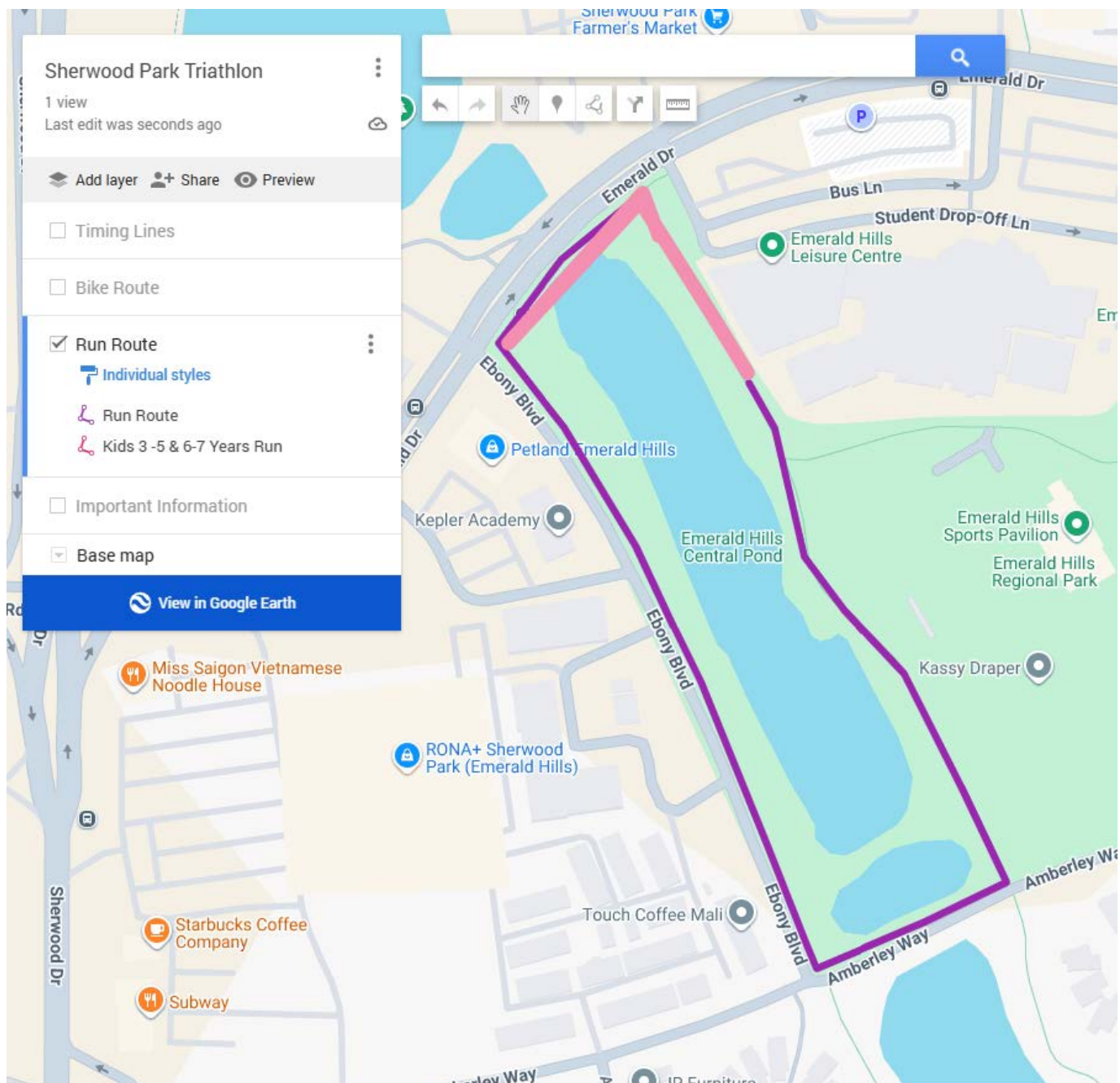
Following your race, join us for a hamburger, chips and pop to celebrate your achievement! Spectators are welcome to purchase a burger, chips and pop for \$5. Cash and debit accepted.

Maps:

Bike Route



Run Route



Please let me know if you have any questions!

sfr@edmontontriathlonacademy.com

SPONSORS

Please take a moment to thank our sponsors. Without them
events like this could not take place



Elegant Affairs Catering



RIB EYE

BUTCHER SHOP



STRATHCONA
COUNTY



Broadway Sherwood Park



S P O R T C H E K



BARRICADES
AND SIGNS

A Universal Group Company