



ATHLETE GUIDE

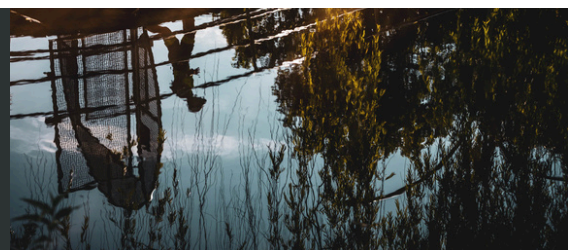
AUGUST 8-10, 2025
CITY PARK, KELOWNA



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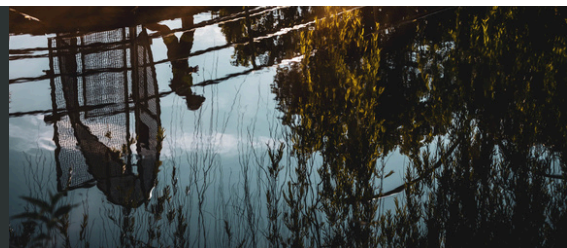
SANCTIONING BODIES



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| FRIDAY, AUGUST 8 | | |
|--------------------|---|--------------------------------|
| 2:00-5:00 PM | RACE EXPO & PACKAGE PICK UP | KELOWNA CITY PARK, SOUTH FIELD |
| 3:00 PM | KIDS RACE BRIEFINGS | KELOWNA CITY PARK, SOUTH FIELD |
| 4:00 PM | ADULT SUPER SPRINT BRIEFING | KELOWNA CITY PARK, SOUTH FIELD |
| 5:00 PM | BC SUPER SERIES - CHECK IN & BRIEFING | TBD |
| 6:00 PM | AMERICA'S CUP - CHECK IN & BRIEFING | TBD |
| SATURDAY, AUGUST 9 | | |
| 5:30 AM | TRANSITION OPENS | KELOWNA CITY PARK, SOUTH FIELD |
| 6:30 AM | ADULT SUPER SPRINT RACE START | HOT SANDS BEACH |
| 7:00 AM | KIDS RACE - AGE 12-15 | HOT SANDS BEACH |
| 7:45 AM | KIDS RACE - AGE 10-11 | HOT SANDS BEACH |
| 8:00 AM | KIDS RACE - AGE 6-9 | HOT SANDS BEACH |
| 9:00 AM | NATIONAL DEV SERIES/BC SUPER SPRINT START | HOT SANDS BEACH |
| 9:30 AM - 5:00 PM | RACE EXPO | KELOWNA CITY PARK, SOUTH FIELD |
| 9:30 AM | SUPERSPRINT & KIDS AWARDS | KELOWNA CITY PARK, SOUTH FIELD |
| 10:00 AM | AMERICAS CUP KELOWNA MENS RACE | DOWNTOWN SAILS BEACH |
| 11:15 AM | AMERICAS CUP KELOWNA WOMENS RACE | DOWNTOWN SAILS BEACH |





| SATURDAY, AUGUST 9 (CONTINUED) | | |
|--------------------------------|---|--------------------------------|
| 12:30 PM | BC SUPER SERIES & AMERICAS CUP AWARDS | KELOWNA CITY PARK, SOUTH FIELD |
| 1:00 PM - 5:00 PM | MANDATORY PACKAGE PICKUP - SPRINT, STANDARD, AQUABIKE & RELAY | KELOWNA CITY PARK, SOUTH FIELD |
| 2:00 PM - 5:00 PM | MANDATORY BIKE CHECK IN - SPRINT, STANDARD, AQUABIKE & RELAY | KELOWNA CITY PARK, SOUTH FIELD |
| 4:00 PM | SPRINT, STANDARD, AQUABIKE & RELAY BRIEFING | KELOWNA CITY PARK, SOUTH FIELD |
| SUNDAY, AUGUST 10 | | |
| 5:30 AM | TRANSITION OPENS | KELOWNA CITY PARK, SOUTH FIELD |
| 7:00 AM | STANDARD, AQUABIKE & RELAY START | DOWNTOWN SAILS BEACH |
| 7:55 AM | SPRINT START | DOWNTOWN SAILS BEACH |
| 8:00 AM - 12:30 PM | RACE EXPO | KELOWNA CITY PARK, SOUTH FIELD |
| 1:00 PM | FINAL AWARDS - SPRINT, STANDARD, AQUABIKE & RELAYS | KELOWNA CITY PARK, SOUTH FIELD |





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First Timers:

Congratulations on registering for your first triathlon! Triathlons are meant to be fun and we hope you enjoy your race weekend!

If you or your child has not raced before, we encourage you to attend our race briefing on Saturday and Sunday as per the event schedule in City Park next to Package Pickup. This is particularly helpful for the parents or guardians as you will learn how you can assist your child during the event.

Race Day Information:

Transition opens on each race morning at 5:30am. We suggest that you arrive no later than one hour before your race start so you have enough time to setup and get ready for your race. Please keep in mind that it might take a little longer to arrive and park on race day due to road closures in preparation for the race.

Course Information:

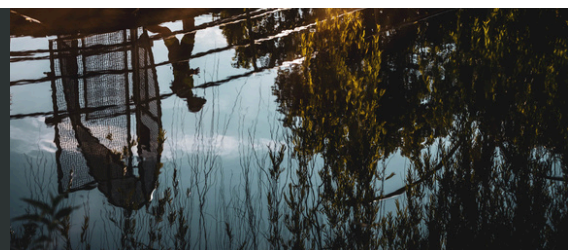
Please note that there are different courses on both Saturday and Sunday. Please read the guide carefully and review the course maps. Courses will be marked with coloured tape on the roads, course signs as well as course marshals. Please note how many laps you will be doing on each discipline.



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All course maps are available on our website [HERE](#). You can view both regular maps or download a GPX version to upload to your digital device, which includes elevation!

Adult Standard/Aquabike/Relay Races:

Swim - 1.5 loops and then point to point

Bike - 2 laps

Run - 2 laps

Adult Sprint Race:

Swim - point to point

Bike - 1 lap

Run - 1 lap

Adults Super Sprint Race, Nationals Dev. Series & Kids Age 12-15:

Swim - point to point

Bike - 2 laps

Run - 1 large lap

Kids Age 10-11:

Swim - point to point

Bike - 1 lap

Run - 1 short lap

Kids Age 6-9:

Swim - point to point

Bike - 1/2 lap (out and back)

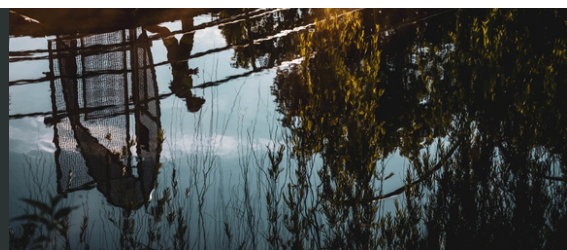
Run - 1 shortest lap



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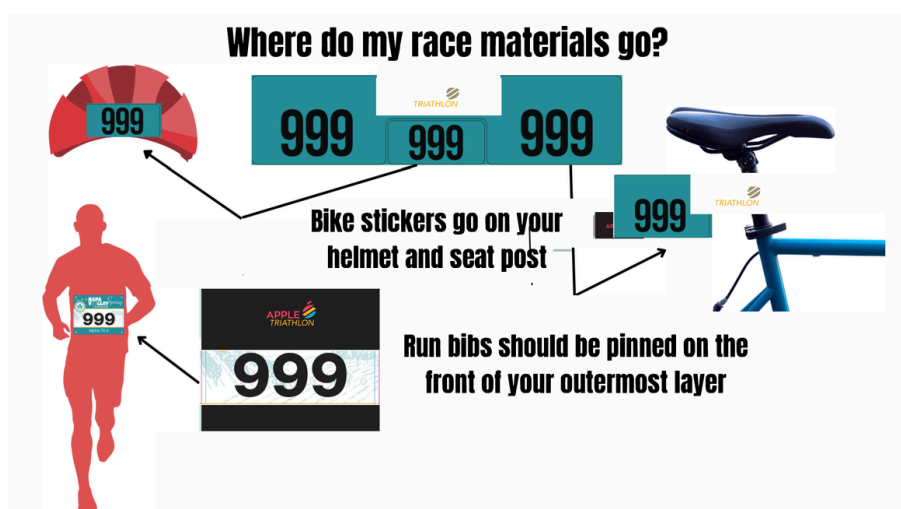
Package Pick Up:

Package pick up will be available on Friday, Aug 8 from 2-5pm **for Saturday and Sunday races.** Package pick up on Saturday, Aug 9 from 1-5pm is for Sunday Races ONLY. Package pick up will take place in Kelowna City Park for all events excepts for Americas Cup and BC SuperSeries.

****Please Note: Race morning package pick up and bike check in will be considered on a case by case basis for athletes travelling from out of town. Please email us to request this option - info@appleraceseries.com.*

You will receive the following in your race package:

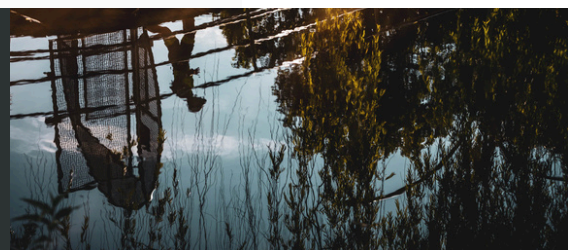
- Bib number & Safety Pins
- Swim Cap
- Helmet sticker
- Bike Sticker
- Wristband
- Event T-shirt & Swag
- YOU WILL RECEIVE YOUR TIMING CHIP ON RACE MORNING



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SPRINT/STANDARD/AQUABIKE/RELAY

IMPORTANT INFORMATION

MANDATORY PACKAGE PICK UP

All participants racing in the Sunday events (Sprint, Standard, Aquabike and Standard Relay) are required to attend Athlete Check In on Friday or Saturday.

- Friday, Aug 8 - 2-5pm
- Saturday, Aug 9 - 1-5pm

MANDATORY BIKE DROP OFF

All participants racing in the Sunday events (Sprint, Standard, Aquabike and Standard Relay) are required to Drop Off their bike in Transition on Saturday, Aug 9 from 2-5pm. Bike will be monitored by Event Security.

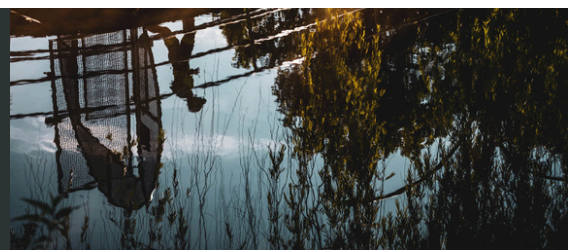
****If you are unable to attend Package Pick Up & Bike Drop Off on Saturday, you must notify Athlete Services at info@appleraceseries.com.**



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General Equipment List:

- Timing chip
- Swim Suit or Triathlon Suit
- Swim Cap (race provided) and Goggles
- Bike & Helmet & Bike Shoes (if using) & Sunglasses
- Running Shoes (and socks, if needed)
- Small Towel for transition
- Water Bottle
- Race Belt for Bib number (optional)
- Clothes for before and after
- Sunscreen!

Aid Stations:

There are no aid stations on the bike courses on Saturday or Sunday. Please make sure you have a water bottle on your bike if required.

There will be one aid station on the run course on Saturday. This will be located close to the Sails and accessible for all races except the Kids 6-9 and 10-11.

On Sunday, there will be two aid stations per lap on the run course.

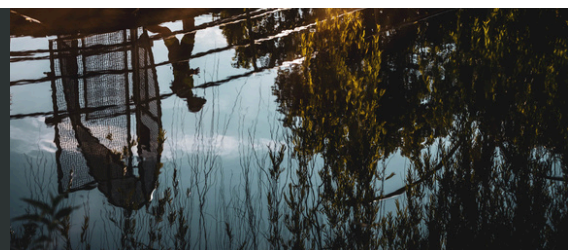
All Aid Stations will be stocked with Water and Electrolytes.



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EVENT PARKING

Please review the following parking information ahead of the event. Follow all posted parking signs on event weekend. Vehicles parked along the race route are subject to ticketing and towing. Please see our traffic impact for details: <https://appleraceseries.com/traffic-impact-1>

FRIDAY

There is very limited parking within City Park that will be open for Check In and Briefings on Friday. Please take note of any parking regulations within the park. There is street parking and other paid lots in Downtown Kelowna.

SATURDAY

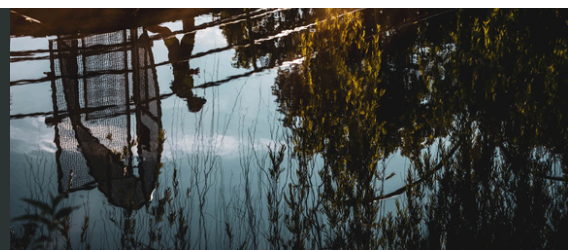
There will be **NO PARKING** within City Park on Saturday, August 9 from 5am to 1pm. This will be strictly enforced. Parking restrictions are in place to keep participants safe along the race route. City Park will reopen after 1pm for Athletes arriving for afternoon check ins and briefings. See alternate parking lots below:

SUNDAY

There will be limited parking within City Park on Sunday, August 10. Please take note of any parking regulations within the park.

Alternate Parking Lots:

Downtown Kelowna has a variety of Parking Lots, Parkades and Street Parking. Please visit <https://downtownkelowna.com/parking/> for more details. Please note lots along the race course may be impacted due to the races.





RESIDENT NOTIFICATION

SATURDAY, AUGUST 9, 2025 FROM 6AM-12:30PM
&
SUNDAY, AUGUST 10, 2025 FROM 6AM-11:30AM

The Argus Apple Triathlon is back on Saturday, August 9th and Sunday August 10th, 2025. The events will be hosted at Kelowna's City Park and will have course routes that impact traffic throughout the city on both days. Saturday will host kids races as well as a Junior Development Series race and Elite America's Cup Mens and Womens races. Sunday will host Age Group National Championships for Sprint, Standard and Aquabike events.

To ensure everyone's safety - athletes, volunteers, spectators and residents - the race will require traffic pattern changes on Saturday morning from 6am-12:30pm and on Sunday morning from 6am-11:30am and drivers may experience some delays. Police and professional traffic control will manage all road impacts along the course.

Please scan the QR code to visit our website or go online to www.appleraceseries.com/traffic-impact-1:

Additional details about the event can be found at appleraceseries.com

SCAN HERE



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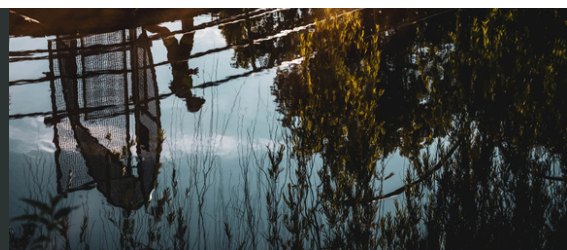
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Volunteers:

Events like the Argus Apple Triathlon would not be possible without volunteer support. We are still in need of several volunteers on the event weekend. If you have any friends or family joining you in Kelowna, please encourage them to sign up [HERE](#)

Emergency Information:

Staff and volunteers will be spread out throughout the course. If you have any issues on course, please let one of the volunteers or marshals know. If for some reason you opt not to finish your race, please let the staff at the finish line know and return your timing chip. Participants who do not return their chip are required to pay for the lost chip.

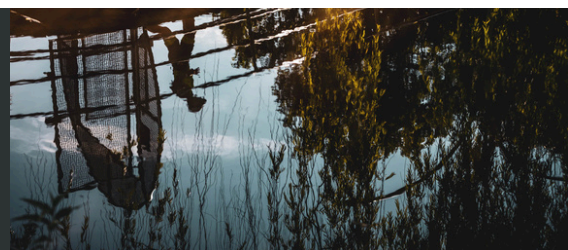
Awards:

There will be an awards ceremony starting at approximately at 9:30am for the Adult Super Sprint and Kids races on Saturday. Americas Cup & BC Super Series awards will take place at approximately 12:30 pm on Saturday. All Awards for Sunday races will take place at approximately 1:00PM on Sunday.

Kids aged 12 - 15 & SuperSprint (men & women) will be eligible for 1st, 2nd, and 3rd overall podium prizes.

Younger kids are not eligible for podium medals but will receive a finisher's item at the finish line and other goodies.

Results will be posted online at startlinetiming.com. Your timing chips will track you throughout the race.





World Championships Qualifier

The Argus Apple Triathlon Sprint, Standard and Aquabike events are qualifying races for their respective 2026 World Championships in Pontevedra, Spain. Each age group (5 year age groups)/gender (male/female) will get three slots allocated. To be eligible for a spot, please make sure you complete an EOI before the race! Top 3 from each age group (male/female) for each event will be recognized at the award ceremonies.

Details on the World Championship Teams can be found [HERE](#). The link to the EOI can be found [HERE](#).

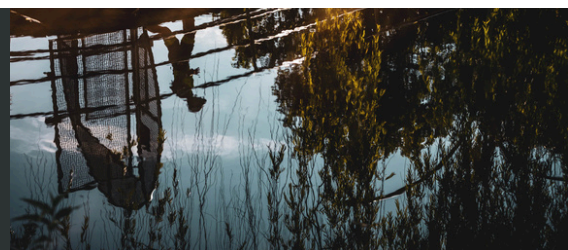
Please note, Relays are not eligible for World Championship Qualifications.



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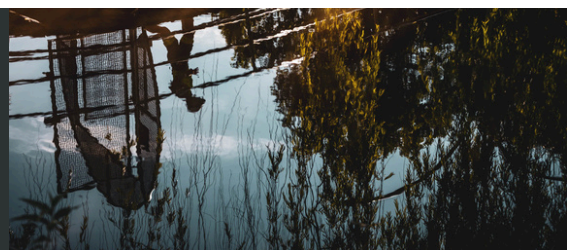


Event Rules:

The Argus Apple Triathlon is a sanctioned event that follows Triathlon BC Rules and Regulations. For information on event rules, please visit this [link](#).

For first timers, here are a few important rules to remember:

1. This is a NON DRAFTING event. In other words, you are not allowed to draft off another person on the bike course. Keep a minimum of 12m between participants. If you are approaching another person, you have 20 seconds to pass them.
2. Ride on the Right - Pass on the Left.
3. Do not ride beside someone else. This is also considered drafting.
4. Once you've been passed on the bike, you must drop back.
5. You must always have your helmet on and buckled up when you have your bike. This is not just when riding but before you take it off the rack until you put it back.
6. Only the equipment you need should be in transition.
7. Mount your bike AFTER the mount line. Do not touch or unbuckle your helmet until your bike is back on the bike rack.
8. Headphones are never allowed to be worn during the ride.
9. Littering is not allowed.
10. Dress for the weather.
11. Be safe - Have fun!





FAQS:

- When should I be on site? At least one hour before your anticipated start time so you are ready to race. Feel free to arrive early and cheer on the other participants.
- When can I get into transition? 5:30 A.M. is the earliest you can get into transition.
- Are there toilets? Toilets are located at City Park, as well as Portable Toilets in transition and close to the swim start at the Kelowna Sails.
- When will my event start? This varies per participant and is based on athletes' age or race distance. Visit the [event schedule](#) as reference.
- Will there be food at the finish? Yes! There will be snacks, water and electrolytes.
- When/where can I see the results? Results will be posted online at startlinetiming.com following the event. Your timing chips will track you throughout the race.
- When can I get my gear out of transition? Depending on when you finish you can remove your gear out of transition. All athletes must remove their belongings.

