



SCHOOL PARTICIPANT'S *guide 2023*



PENTATHLON
DES NEIGES  Sun Life

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Pre-Race

Bus: Access to the site and landing

Grande-Allée is closed to eastbound traffic between Bougainville and des Érables streets. Buses arriving from the west must therefore access the Pentathlon site via René-Lévesque Boulevard, and then return to Grande-Allée via one of the following perpendicular streets: Cartier Avenue or Bourlamaque Avenue.

Drop-off: Students will be able to get off the buses on George VI Street, on the Plains of Abraham. Access to George VI Street is via Avenue Wolfe-Montcalm (leading to the entrance of the former part of the Musée national des beaux-arts du Québec). It is impossible to leave buses parked on site. The parking lot recommended for buses by the City of Quebec is the Municipal Stadium (100 Rue du Cardinal-Maurice-Roy, Quebec City, QC G1K 8B3) in the northernmost section (opposite the police station).

Race bag and electronic chip pick-up

The first thing to do when you arrive at the site is to pick up your race bag and your electronic chip. These items will be given to you on the day of your race, starting at 9:00 a.m., in the big service tent. We ask that you do not enter the tent with your equipment. An equipment depot will be located next to the tent on the Sun Life Pentathlon des neiges site. You can leave your equipment there, both before and after the race. A separate bib number will be issued to each team's chaperone. Only one chaperone per team is allowed in the transition area and must wear the bib. Other teachers, parents or supporters must remain in the spectator areas.

Primary Component: Once you have picked up your race bag, you will be able to wear your race number and access the transition area to drop off your gear and prepare for the race. The race number is mandatory to access the transition area.

Secondary Component: Once you have picked up your race pouch, you will be able to put your wristband on your wrist and access the transition area to drop off your gear and prepare for the race. There will be two (2) bibs and five (5) wristbands in the secondary pockets. The wristbands are mandatory to access the transition area.

Recovery of the souvenir toque

Souvenirs will be available on race day for all Sun Life Pentathlon of the Snow school participants. They will be given to you at the same time as the race bags at the welcome booth in the tent.

Rules and regulations

Race rules are available on the Sun Life Pentathlon of the Snow website. It is your responsibility to read the rules before the day of the competition. Failure to follow the rules may result in penalties or

disqualification by Triathlon Quebec officials. Unsportsmanlike conduct will also result in disqualification. Please refer to the Triathlon Quebec Code of Ethics and Rules.

Transition zone

Places selection

You must have your wristband (secondary section) or your bib (primary section) to pass through the participants' entrance. No spectators are allowed in the transition area. The transition area will be open to drop off your equipment starting at 9:00 am. All team members will be allowed to stay in the transition area or to leave it during the race. However, in order not to interfere with the participants in the race, everyone will have to stay close to the fence so as not to obstruct the corridor and thus block the traffic. We reserve the right to restrict access to the area if a team or teammates do not respect this rule.

Transitions from one event to another are done **EXCLUSIVELY** at your chosen space in the transition area. Any transition made at any other place in the transition is subject to disqualification. It is important not to forget to transfer the electronic chip and the number to the runner who will take place on the course. The electronic chip must be worn on the ankle at all times.

The space you occupy in the transition area does not correspond to your bib number. The lanes in the transition area are identified by letters and colors. Make sure you know where yours is! Arrive early! This will help you identify your markers and optimize your transitions.

A map of the transition area will be made with spaces designated for each school. This map will be communicated to the schools in advance and volunteers will be available to help participants find their designated space on the day of the event. This area will become your single point of reference for the entire event. You can bring one piece of equipment for each discipline and a small bag for your personal belongings.

Participant's area

The participants' area is located near the transition area. This area is reserved for people with a number or a bracelet. Heated trailers, chemical toilets and refreshments are available for participants.

Exit of the equipment in the transition area

At the end of your race, you must go to the transition area to retrieve your equipment. Make sure you always have your wristband with you when you return to the transition area to retrieve your equipment. The area is controlled until the race is over and all equipment is out. This is a protection for you and your equipment. No wristband, no access! Also, the transition area does not serve as an equipment locker room. Any equipment left in the transition area after the race is over will be automatically removed

from the area and left unattended near the participants' trailer. It is your responsibility to return your equipment after the race and ensure that it is monitored.

Transition zone schedule

The transition area opens 1.5 hours before the start of your race. Entrance and exit of equipment from the transition area is through the participant entrance. Volunteers will be on hand to guide you. The transition area closes 30 minutes before the start, at which time the pre-race meeting will take place. You will receive final instructions and, if necessary, be informed of any last minute changes. This meeting is mandatory for all participants, whether you are registered as a solo, tandem or team. We ask that you retrieve your equipment immediately after your race and leave the transition area from the same place you entered. We assume no responsibility for your equipment.

Rules in the transition zone

Equipment may be inspected by Triathlon Quebec officials at any time before, during and after the race. Please refer to the rules for restrictions and to ensure that your equipment is in compliance. All team members will be allowed to stay in or out of the transition zone during the race. In order not to interfere with the race, you must remain in your respective space in the transition zone. Chaperones with "chaperone" bibs will have access to the transition area.

Transitions from one event to another are done exclusively at your chosen space in the transition zone. Any transition made at another place in the transition is liable to disqualification. During the race, the electronic chip must be worn on the ankle at all times by the runner who is on the course.

Sequence of the race

Pre-race meeting

Pre-race meetings are held before each start in the transition area. You will receive final instructions and, if necessary, be informed of any last minute changes. On February 21 and 22, 2023, the meeting will be held at 10:05 a.m.

Distances

The distances of each challenge are presented on the Pentathlon website under the "Find my challenge" tab. It is strongly recommended that you take note of the distances and the number of laps to be completed before you arrive on the site.

How many laps and when should I go to transition

For all disciplines, depending on the challenge you are participating in, you will have one or more laps of the course to complete. A green dot is positioned at the point where you must make a decision; whether to continue for another lap or head to the transition/finish line. At the pre-race meeting for each

challenge, we will tell you how many times you will need to see the green dot for your discipline before you make the transition or head to the finish.

Course of the Pentathlon

For those who are used to it, there is a new feature this year. The Pentathlon disciplines will now take place in this order: cycling, snowshoeing, skating, cross-country skiing and running.

The Sun Life Pentathlon des neiges begins with the cycling stage. After the pre-race meeting, you must drop your bike off at the bike barriers before heading to the start line near the big tent. The start is "Le Mans" type, meaning that at the start, cyclists must run/walk to get their bike. You have to ride about 300 meters to get your bike back. Once the bike is picked up, cyclists must cross the boarding line before getting on the bike. Let's get started!

Cycling leg

The course takes place on the paved roads surrounding the site except for two (2) snowy areas. In the snowy areas, you can ride, walk or run with your bike. On the road course, security will be ensured by the Quebec City Police Department, agents of the National Battlefields Commission and many volunteers. Any person going off course or not being civilized will be systematically disqualified. Adapt your driving to the condition of the road. It's winter!

Some important reminders about the bike stage:

- All types of bikes (cyclo-cross, mountain, road), with the exception of electric bikes, are allowed, provided they have regulation tires;
- Raised tires are mandatory (i.e. slick tires with or without grooves are prohibited);
- Metal studs are permitted;
- Wearing a helmet is mandatory;
- Don't forget to attach the identification plate included in your race bag to your handlebars.

Snowshoeing leg

The snowshoeing course is marked by blue flags on the ground on your right. In some sections of the course, red flags are also positioned on your left. On one section of the course, you will be side by side with skiers. Be sure to share the space and respect your lane. On your last lap, you will need to take the turnoff to your left for the transition area.

Skating leg

All types of skates are accepted (except for the Iceman Ultra Videotron Challenge - see rules). Wearing a helmet is mandatory. You can use a skate, bike, ski or field hockey helmet. When you enter the ice ring, you must give way to competitors already on the track and keep to the right as much as possible while you pick up your speed.

For your safety, when skating :

- The rink is one-way. It is forbidden to skate in the opposite direction. If you go straight past the exit you must make a complete turn to return.
- Passing is always done from the right, never from the left. Always drive to the left (inside the ring). This is the shortest way! And it allows the faster drivers to pass on the right.
- Si vous utilisez des lames nordiques, vous pouvez les enlever et les enlever sur les chaises situées à l'entrée et à la sortie de la patinoire.

One of the difficulties of the skating stage is to count your turns. There are different tricks to make it easier: a clicker, rubber bands, a friend on the side of the track, etc. Find the one that suits you best. Find the one that works best for you. A giant screen at the edge of the rink shows the number of laps completed. This is a courtesy and technology is not infallible... especially in winter. You are still the only one responsible for counting your laps.

For the School Invitational Tournaments only, a missing lap will result in a penalty to avoid disqualification of the teams. Here are the penalties that will be applied according to each category, for each missing lap (in minutes):

Category	Bike	Snowshoe	Skate	Cross-country skiing	Running
Mosquito	08 : 00	06 : 00	05 : 00	30 : 00	06 : 00
Benjamin	12 : 00	15 : 00	05 : 00	30 : 00	20 : 00
Cadet/Junior/Staff	12 : 00	15 : 00	05 : 00	30 : 00	20 : 00

XC skiing leg

Classic style and skate step are available. You should never walk through the transition zone with your skis on and your straps on. You must put on your skis and wrist straps only in the boarding area located at the exit of the transition zone. At the end of your leg, you must remove your skis in the drop-off zone located at the entrance to the transition zone and then go to your gate with your skis and poles in hand. When moving through the transition zone, for safety reasons, you must move with the tips of your poles pointing to the ground and the tips of your skis pointing to the sky.

Running leg

The running event takes place entirely on snow. There are no restrictions if you wish to use crampons for this event. Run between the blue trestles on the ground or by following the blue flags on the ground to the right of the course. On your last lap and to get to the finish, you will have to go straight across the gallery of the chalet. Watch for the signs!

Refreshments

There is no running water at the Pentathlon site. Bring your own full water bottle for the event. In order to protect the environment, and by popular demand, no glasses are available at the refreshment stands. This way, we eliminate the 9,000 or so glasses that we used every year. There will be a main

refreshment station in the transition zone and a few stations on the course during the Iceman Ultra Vidéotron. You will find liquid and solid supplies. Bring your own glass or bottle.

After-Race

Posting of results and contestation of results

Results are available live on the Sportstats website. It will be possible to file a protest within 15 minutes after the last participant has crossed the finish line. The formalities to be respected in order to lodge a protest are those provided for in the Triathlon Quebec rules.

Medal ceremony

The presentation of medals and banners for each category will take place on the podium inside the service tent as soon as possible after the race.

Additional information

Lost and found

The reception, located in the tent, is the place where lost and found objects are gathered. Please bring back any items you may find or come and retrieve your lost item. After the event, lost items will be kept for up to sixty (60) days at the Pentathlon Group office.

Spectators

There are multiple areas for spectators to watch the race unfold, both along the ice oval and the other courses. Spectators have access to the big tent to visit the store or to get supplies. They are also invited to visit the facilities of the various partners where many surprises await them.

First aid

The Canadian Ski Patrol will be on hand to provide course safety and first aid services.

Snowstorm and bad weather

Races are scheduled to take place rain or shine, hot or cold. However, in the event of forecasted storms or extreme temperatures, watch for our PentathLetters and Facebook page, which will keep you informed if there are any changes to the schedule. Unless you receive special notice from us, please assume that the races will take place as scheduled.

Sanitary measures

Wearing a mask is recommended in busy areas ¹.

¹ <https://www.quebec.ca/sante/conseils-et-prevention/prevention-des-accidents-des-lesions-et-des-maladies/masque-ou-couvre-visage/port-masque-ou-couvre-visage#:~:text=Il%20est%20recommand%C3%A9%20que%20les.limit%C3%A9%20par%20une%20tierce%20personne.>

Ethics and courtesy

Be courteous to other participants and politely ask to yield if you are faster than them. In exchange, if you are slower, give way. Finally, remember that without the many volunteers you will meet throughout the day, we could not allow you to participate in this unique race. Please thank them! They will appreciate it. Any misbehavior towards a volunteer will result in immediate disqualification.

Summary of important hours

Challenge	Race bag pick-up	Transition zone open	Pre-race meeting	Race start
MARDI, FEB 21 2023				
School tournament RSEQ- QCA (Primary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM
MERCREDI, FEB 22 2023				
School tournament RSEQ-QCA (Secondary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM

Enjoy your Pentathlon !