

PENTATHLON

DES NEIGES QUÉBEC

School Participant's Guide 2022

RSEQ-QCA Invitational School Tournament



PRE-RACE	1
Bus: Access to the site and landing	1
Collection of the race bags by the person in charge	1
Collection of souvenir gifts	1
Rules	1
TRANSITION ZONE	2
Allocation of seats	2
Participant's area	2
Exit of the equipment from the transition zone	2
COURSE OF THE RACE	3
Pre-race meeting	3
Distances and courses	3
Start of the race	3
Cycling event	3
Running event	4
Skiing event	4
Skating event	4
IMPORTANT: Count your turns!	4
Snowshoeing event	5
IMPORTANT: glass-free refreshments!	5
AFTER RACE	5
Posting of results and challenges	5
Awarding of medals	5
ADDITIONAL INFORMATION	6
Lost and found	6
Spectators	6
First aid	6
Storm and bad weather	6
Sanitary measures	6
Ethics and politeness	6
Summary of important hours	7

Pre-race

Bus: Access to the site and landing

Important: 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).

Collection of the race bags by the person in charge

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 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 Pentathlon des neiges site. You can leave your equipment there, both before and after the race.

Once you have picked up your race pouch, you will be able to put your wristband on and access the transition area to drop off your gear and prepare for the race. There will be five (5) bibs and five (5) wristbands in the primary pouches and two (2) bibs and five (5) wristbands in the secondary pouches. A separate bib number will be given 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.

New in 2022 (secondary only) : You will receive only two (2) bibs per team, which will allow you to exchange the bib while one of your teammates is on the course.

Collection of souvenir gifts

The souvenirs given to all participants in the school component of the Pentathlon des neiges will be available on the day of the race. They will be given to you at the same time as the race bags, at the welcome booth in the tent.

Rules

The race rules are available [HERE](#). 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 the disqualification of the participant. To this effect, you can consult the [code of ethics and the rules](#) of Triathlon Quebec.

Transition zone

Allocation of seats

You must wear your bracelet to enter the transition area. No spectators are allowed in the transition area. The transition area will be opened to drop off your equipment at 9:00 am. All team members will be allowed to stay in or leave the transition area 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 always worn on the ankle.

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.

RSEQ-QCA Invitational School Tournament: A map of the transition area will be drawn up with designated spaces for each school. This map will be communicated to the schools in advance and volunteers will be available to help participants find their designated area on the day of the event. This area will become your single point of reference for the entire event. You can drop off one piece of equipment for each discipline and a small bag for your personal belongings.

Participant's area

A participant's area is set up near the transition zone. This area is reserved for people with a bracelet. Heated trailers and chemical toilets are available to participants.

Exit of the equipment from the transition zone

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.

Course 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 March 1 and 2, the meeting will be held at approximately 10:05 a.m.

Distances and courses

The distances and courses for each challenge are presented on the Pentathlon website on the specific page for your challenge (under the "Find my challenge" tab). It is strongly recommended that you read the courses and the number of laps to be completed before you arrive on site.

IMPORTANT: HOW MANY ROUNDS? 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. The green dot is positioned at the point where you must decide 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 the number of times you will have to pass the green dot for your discipline before making the transition or heading to the finish.



Start of the race

The Pentathlon des neiges starts with the bike stage. After the pre-race meeting, you must drop your bike on the barriers provided for this purpose before going to the starting 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 must ride about 300 meters to get your bike back. Once the bike is picked up, cyclists must push their bike to the boarding line. Once they cross the line, they can get on the bike and pedal.

Cycling event

The course takes place on the paved roads surrounding the site, except for two snowy areas. In the snowy areas, you can choose to run with your bike or keep pedaling.

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 leaving the route or not being civilized will be systematically disqualified. Adapt you're driving to the condition of the road. It's winter!

Some important reminders about the bike stage:

- All types of bicycles (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 allowed;
- Fat bikes are strongly discouraged as they are very slow;
- Wearing a helmet is mandatory;
- Don't forget to attach the identification plate included in your race bag to your handlebars.

Running event

The running event takes place entirely on snow. The use of crampons is permitted for this event. Move between the blue trestles on the ground or by following the blue flags on the ground on the right side of the course.

Skiing event

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.

ATTENTION: *When you circulate in the transition zone, for safety reasons, you must circulate with the tips of your poles pointing to the ground and those of your skis pointing to the sky.*

Skating event

All types of skates are accepted. Helmets must be worn. You can use a skate, bike, ski or field hockey helmet. When you enter the ice oval, 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 on the right, never on 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.

If you are using Nordic blades, you can put them on and take them off on the chairs located at the entrance and exit of the rink.

IMPORTANT: Count your turns!

The main difficulty of the skating stage is to count your turns. There are different tricks to make it easier: a clicker, rubber bands that are passed from one wrist to the other, a friend at the edge of the track, etc. 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 are not infallible... especially in winter. You are always the one responsible for counting your turns.

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):

	Bike	Race	Ski	Skate	Snowshoe
Mosquito	08 : 00	06 : 00	30 : 00	05 : 00	06 : 00
Benjamin	12 : 00	20 : 00	30 : 00	05 : 00	15 : 00
Cadet/junior/staff	12 : 00	20 : 00	30 : 00	05 : 00	15 : 00

Snowshoeing event

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 and in the opposite direction with the skiers. Be sure to share the space and respect your lane, especially when going over the tunnel. On your last lap, you will need to take the turnoff to the footbridge on your left (watch for the green dot), and then make your way to the finish.

Cross the finish line as a team! Once your snowshoer is on the track, head to the finish line. Accompany your snowshoer for the last 50 meters to complete your pentathlon as a team. Enter the snowshoe course under the inflatable arch. Smile for the photo!

IMPORTANT: glass-free refreshments!

There is no running water at the Pentathlon site. **Please bring a full bottle of water to the event.** To protect the environment - and by popular demand - no glasses will be available at the refreshment stations. This way, we eliminate the 9 000 glasses we used every year. In case of forgetfulness, small soft glasses will be available at the Pentathlon boutique in the big tent.

There will be refreshment stations on the different courses and at the finish. You will find liquid and solid supplies. Bring your own glass or bottle.

After race

Posting of results and challenges

Results are available live on Sportstats.ca. They are also displayed on the televisions located inside the tent. It will be possible to lodge a protest within 15 minutes of the last participant crossing the finish line. The formalities to be respected to lodge a protest is those provided for in the Triathlon Quebec rules.

Awarding of medals

The presentation of medals and banners for each category will take place on the outdoor stage as soon as possible after the race.

Additional information

Lost and found

The welcome table located in the tent is the place to gather lost and found items. Please bring back any items you may find or come and retrieve your lost item!

Spectators

There are multiple spaces for spectators to follow the race in the spectator zone. Spectators must first have their vaccination passport validated at the ticket office and have obtained the wristband. Only spectators with the bracelet can enter the site. Spectators have access to the service tent to visit the boutique or get supplies. They are also invited to visit the facilities of the different partners where many surprises await them.

First aid

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

Storm and bad weather

Races are scheduled to take place **rain or shine**. 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 a notice from us, please assume that the races will take place as scheduled.**

Sanitary measures

Masks must be worn indoors (tent, trailer, etc.). Wearing a mask is recommended outdoors when the distance of one meter is not possible.

Ethics and politeness

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

Summary of important hours

	Race bag pick-up	Transition zone open	Pre-race meeting	Race start
TUESDAY, MARCH 1, 2022				
School Invitational Tournament RSEQ-QCA (Primary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM
TUESDAY, MARCH 2, 2022				
School Invitational Tournament RSEQ-QCA (Secondary)	9 : 00 AM	9 : 00 AM	10 : 05 AM	10 : 30 AM

Enjoy your Pentathlon and most of all, have fun !