



Cornwall Triathlon Contingency Plan for Weather Delays, Swim Cancellations, Bike Course Modifications and unforeseen circumstances.

Weather Delay Plan

In the event of thunderstorms or very high winds that make the swim course unsafe, all events will be delayed a maximum of 30 minutes before our Weather Delay plan causes us to make the following changes.

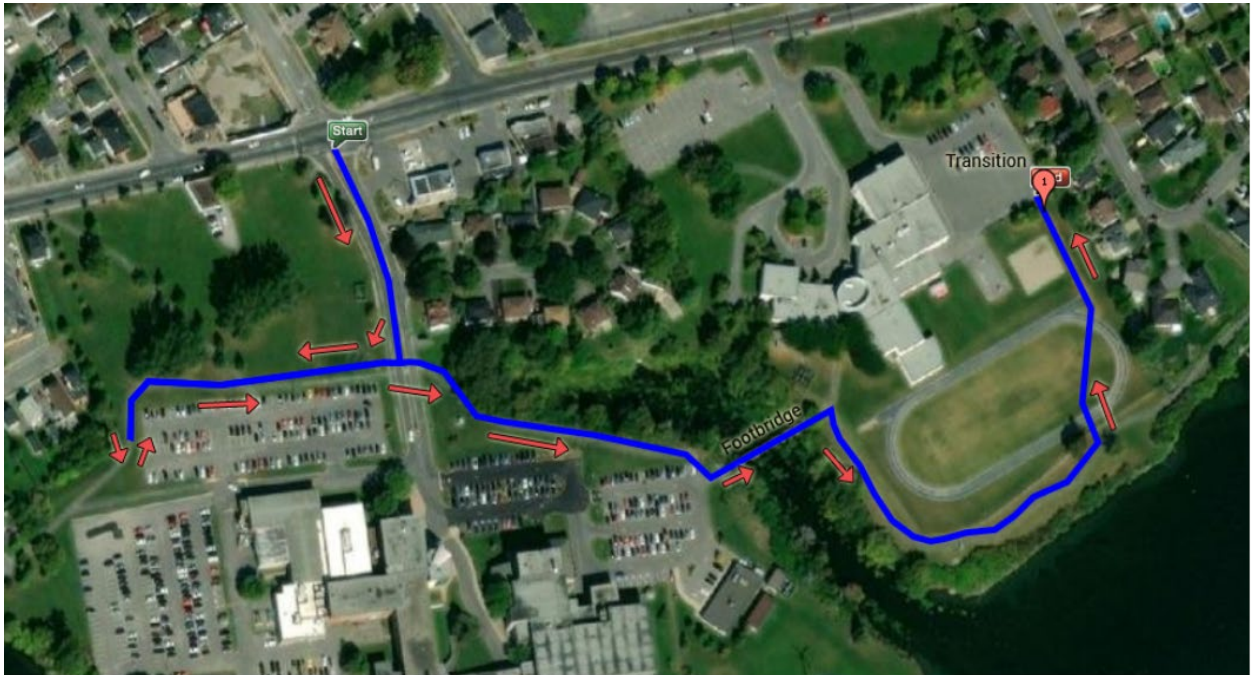
1. The swim for all tri events will be cancelled. Each triathlon event will be converted to a run-bike-run event. Swim volunteers will be redeployed to the adapted run courses.
2. The Duathlon and 5km Run will be delayed and start at the same time as the Olympic Tri.
3. The Olympic Triathlon will run the 2.5km first run course with the Sprint Duathlon.
4. The 5km Run will start as normal (running east, in the opposite direction of the duathlon).
5. The Sprint Triathlon will start at a delayed time from their normal start time. Instead of the swim, participants will be asked to start their first run at the driveway entrance to St. Lawrence College. Runners will complete a 2km route that will take them through the swim entrance behind the school into transition (this eliminates any possible conflict between cyclists on the course and runners).
6. The Try-A-Tri will start at a delayed time from their normal start time. Instead of the swim, participants will start their first run at the driveway entrance to St. Lawrence College. Runners will complete a 1km route that will take them through the swim entrance behind the school into transition (this eliminates any possible conflict between cyclists on the course and runners).
7. The Bike Course and second Run Course shall not change.

Sprint Triathlon - Alternate First Run



<http://www.gmap-pedometer.com/?r=7738626>

Try-a-Tri - Alternate First Run

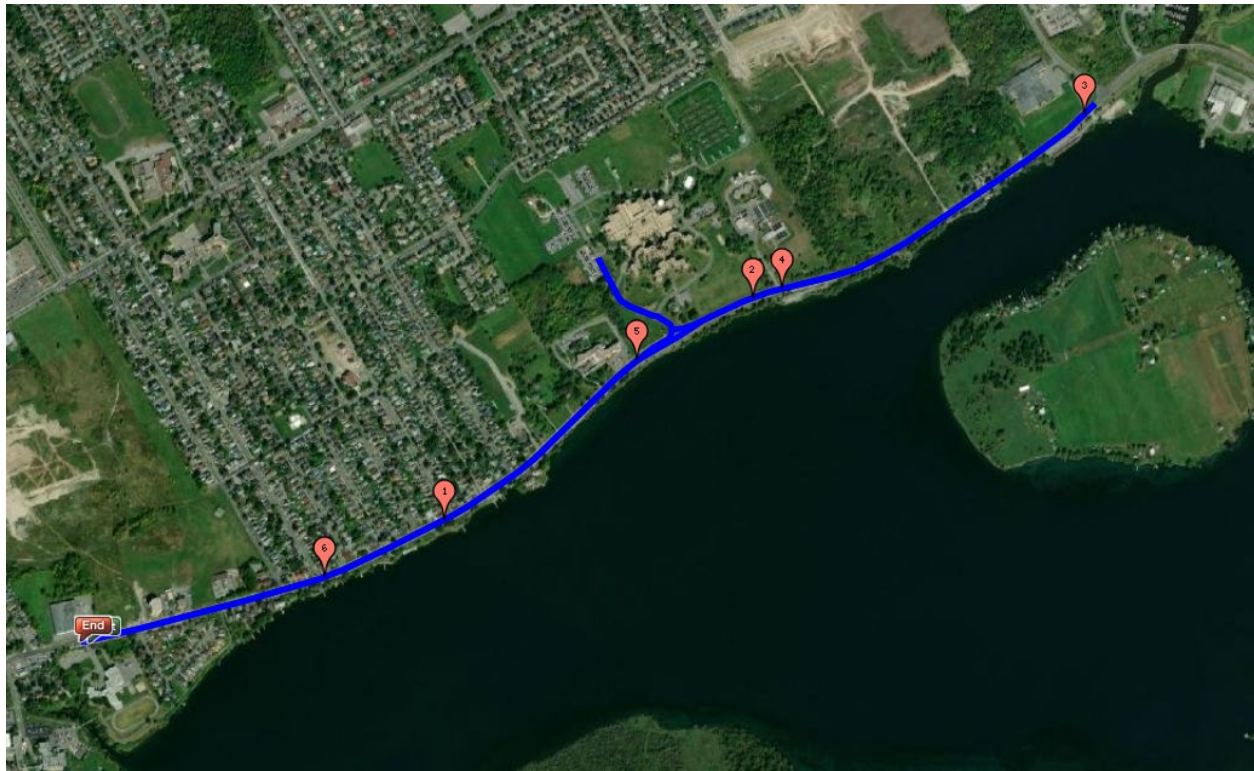


<http://www.gmap-pedometer.com/?r=7738626>

Bike Course Modifications

In the event of an emergency on the east portion of the bike course, the bike course shall be modified to use only the west portion of the course. The adapted route will be 6.66 km long for one loop. Olympic Triathlon competitors shall complete 6 loops; Sprint Triathlon and Sprint Duathlon competitors shall complete 4 loops; Try-a-Tri Competitors shall complete 2 loops.

Alternate Bike Course



<http://www.gmap-pedometer.com/?r=7738622>

In the event of an emergency on the west portion of the bike course, a suitable alternative route will be designed to maximize the available road and minimize the number of loops. Course distances may need to be modified.

Catastrophe or unforeseen circumstance

In the circumstance where the event cannot be started because of weather or other catastrophe, the Cornwall Triathlon sincerely apologizes for any inconvenience to all participants. Unfortunately, with the nature of holding an event and all of the pre-event costs we cannot provide a refund in the event of cancellation. Efforts will be made to provide all participants with their souvenir items.