



BC SUMMER GAMES TRIATHLON - 2026

INFORMATION HANDBOOK



Welcome to the 2026 BC Summer Games!

Triathlon BC is proud to bring athletes together from across the province for a weekend of competition, teamwork, and fun. The BC Games are more than just a race – they’re a chance to experience high-energy, performance-focused triathlon in a multi-sport Games environment.

For many athletes, this will be your first experience racing in a Games setting. Whether you’re chasing a medal, learning new skills, or making friends from other zones, this is a stepping stone into BC’s high-performance triathlon pathway.



CONTENTS

1. BC Games Mission
2. Who the Games Are For
3. Athlete Zones & Eligibility
4. Triathlon Events at the Games
5. Qualification Process
6. Camps, Clinics & Draft Certification
7. Timeline to the Games
8. Equipment Requirements
9. Packing List
10. FAQ & Contact Information



THE BC SUMMER GAMES

The BC Games bring together young athletes, coaches, and officials to celebrate sport and community.



- The Games provide athletes, coaches, and officials the opportunity to challenge themselves, gain experience, and take the next step in their sport journey.



- Bringing together participants, volunteers, and host cities, the Games foster pride, teamwork, and lasting connections that strengthen sport across BC.



- With a focus on fair play, accessibility, and quality experiences, the Games celebrate both achievement and participation for all involved.





Who Are the Games For?

The 2026 BC Summer Games are for youth triathletes aged 14–15 (birth years 2011 and 2012).

The Games are:

- An entry point into performance-focused, draft-legal triathlon.
- A chance to represent your zone and compete against the best athletes from across BC.
- Open to motivated athletes of all experience levels – from newcomers to experienced racers.



Athlete Zones & Quotas

The province is divided into eight zones. Each zone can qualify up to 6 athletes (3 male, 3 female). Additional Wildcard and SuperSeries champion spots help balance representation across the province. In total, 52 athletes will compete in triathlon at the 2026 BC Summer Games.

Zone map and boundaries can be found here:

bcgames.org/games/zones



Eligibility & Age Groups

- Athletes must be 14–15 years old as of December 31, 2026 (DOB: 2011, 2012).
- Athletes must be Triathlon BC annual members before their Zone Qualifier race.
- Only first-time BC Summer Games triathlon athletes may participate.

Medals are awarded in:

- Female 14–15
- Male 14–15





Triathlon Events at the Games

Events may be adjusted, but the planned races are:

- Super Sprint Triathlon
 - 400m Swim / 10km Bike / 2.5km Run
- Duathlon
 - 1km Run / 7.5km Bike / 1km Run
- F1 Triathlon
 - 200m Swim / 2.5km Bike / 1km Run
- Aquathlon
 - 300m Swim / 1km Run
- Mixed Relay Triathlon *non-medal event
 - (distances TBC)
 - Mixed zone teams, include coach teams!

All bike events are draft-legal.





Qualification Process

To qualify for the Games, athletes should:

1. Submit a BC Games Expression of Interest Form (to receive updates).
2. Race in their Zone Qualifier Event.
3. Complete a Draft Certification Course (required for draft-legal events).

Qualification Pathways (52 total spots)

- Zone Qualifier Event spots – 32 total
 - top 2M + 2F per zone from Qualifier Events
- Zone Wildcard spots – 16 total
 - next fastest 1M + 1F per zone from Qualifier Events
- Provincial Wildcard spots – 2 total
 - 1M + 1F, based on performance & nominations
- 2025 SuperSeries Champion spots – 2 total
 - 1M + 1F, automatic selection from 2025 Super Series

View the full selection criteria on tribc.org/young-athletes/

Zone Qualifier Events will be completed by June 15, 2026.

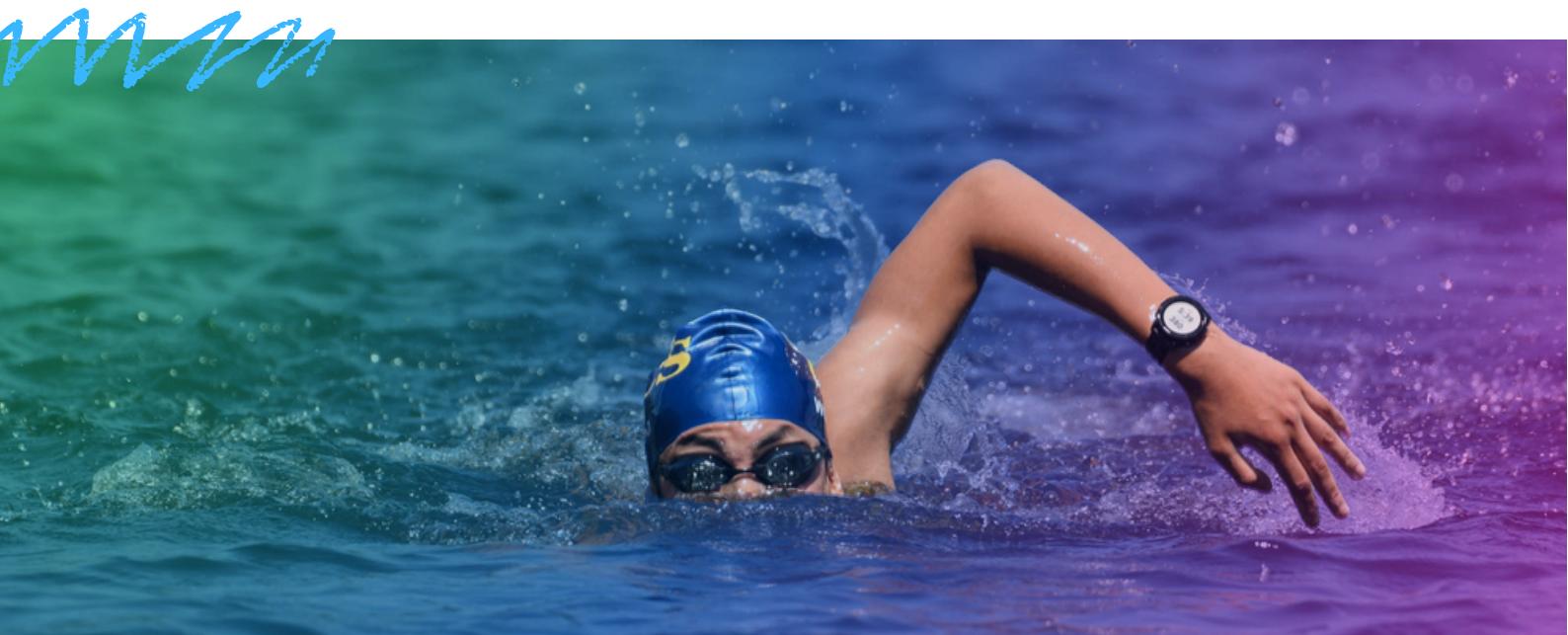
Games registration deadline is June 22, 2026.





Camps, Clinics & Draft Certification

- Triathlon BC will host training camps and draft certification courses leading into the Games.
- All athletes must complete draft certification prior to racing any draft-legal events.
- Camps and clinics will also focus on skills, transitions, and racing strategies.



Timeline to the BC Summer Games - Triathlon



SPRING 2026

- Camps, clinics, draft certification courses offered.

MAY - JUNE 2026

- Zone Qualification Events.

JUNE 15, 2026

- Last day for zone qualifiers/wildcards.

JUNE 22, 2026

- Athlete registration deadline.

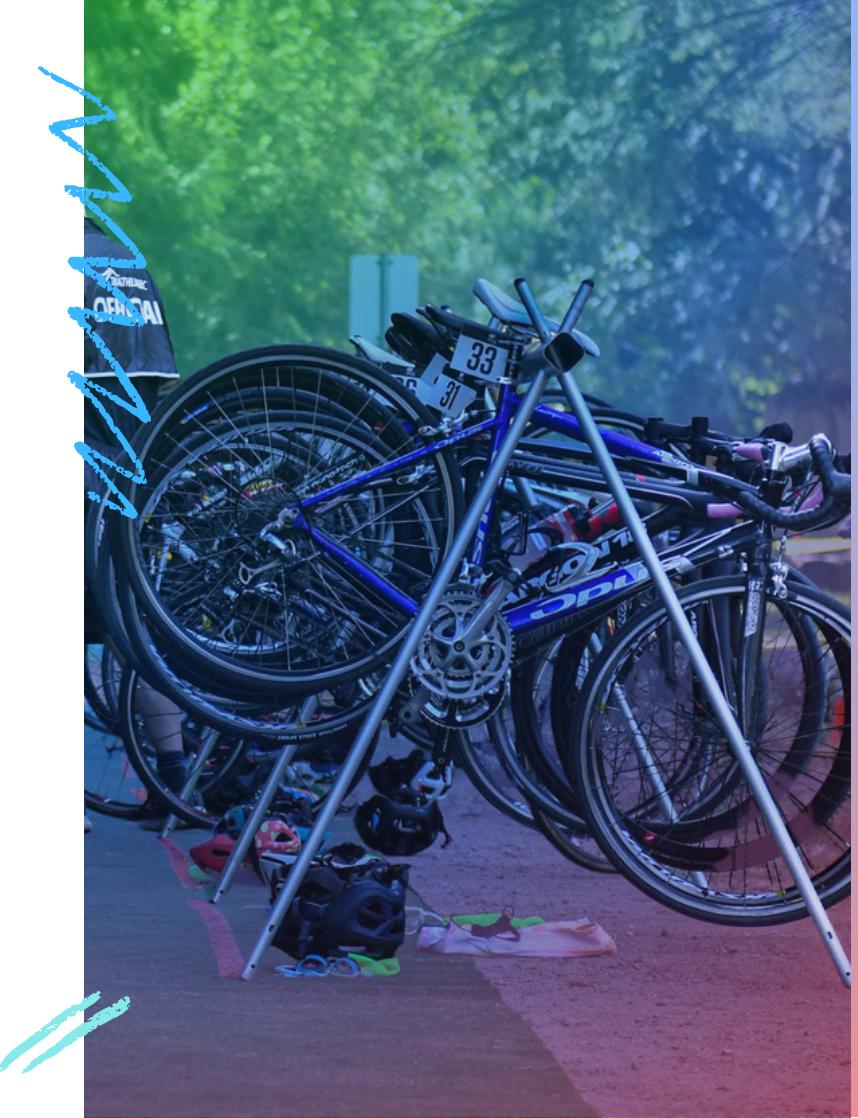
JULY 22-26, 2026

- BC Summer Games in Kelowna

Equipment Requirements

ALL CYCLING EVENTS FOLLOW DRAFT-LEGAL EQUIPMENT RULES:

- Road bikes only (drop-bar handlebars)
 - Gravel Bikes are ok. No mountain bikes
- Helmets must meet safety standards
- No time trial bikes
- No disc wheels
- No aerobars



Packing List

GENERAL ITEMS

- Sleeping bag, pillow, fitted sheet
- Casual clothing & team gear
- Toiletries & towel
- Water bottles & nut-free snacks
- Sunscreen, hat, jacket, casual shoes
- Entertainment (book, cards, notebook)

TRIATHLON-SPECIFIC GEAR

- Road bike (meeting draft-legal rules)
- Helmet
- Tri suit
- Swim gear: goggles + spare cap
- Running shoes (2 pairs recommended)
- Bike shoes (if used)
- Spare tubes & basic repair kit



Frequently Asked Questions

Q: Why should I participate in the BC Summer Games?

A: The Games are a stepping stone into the high-performance pathway, a chance to represent your Zone, and an opportunity to experience a multi-sport event with athletes from across BC.

Q: What zone am I in?

A: Zone maps and boundaries are available here: bcgames.org/games/zones.

Q: How old do I need to be?

A: Athletes must be 14–15 years old by Dec 31, 2026 (born 2011–2012).

Q: How much does it cost?

A: Athlete registration fee is \$175, which covers accommodation, transportation, meals, and racing.

Q: Are there any additional fees?

A: Athlete's are encouraged to purchase a custom zone specific Jakroo racesuit with their last name on it, for a fee of ~\$150.

Q: Are there any bursaries to help families with financial assistance?

A: We want to ensure everyone who has qualified is able race, regardless of financial status. We offer a number of bursaries to offset the fees to ensure all athletes can participate.

Q: Can my parents come watch?

A: Yes! Parents and spectators are welcome at all events, though athletes are required to stay in BC Games accommodation.



Contact

TRIATHLON BC

TIM SHERSTOBITOFF

Program Manager



EMAIL

programs@tribc.org



INFORMATION PAGE

www.tribc.org