

**WILDCAT LAKE TRIATHLON**  
**BREMERTON WASHINGTON**  
**JULY 11, 2026**

New Course Record Emma MacDonald 1:03:29 Well Done!



# Wildcat Lake Safety Briefing

**July 9, 2026, 7 pm**



**July 11, 2026**

# **Wildcat Lake Triathlon**

**📍 Wildcat Lake Park**

**9245 Holly Road NW Bremerton, WA 98312**

## Categories

Triathlon-Sprint - Sprint Triathlon 1/4S, 11B, 5kR

Triathlon-Sprint - RELAY 1/4S, 11B, and/or 5kR

Triathlon-Sprint - Splash n Dash - Kids 7-15 age

Triathlon-Sprint - Olympic Distance 1kS, 22B, 10kR

Triathlon-Sprint - Relay Olympic Distance 1kS, 22B, 10kR





NW Holly Rd

NW Holly Rd

Swell Park Ln NW

2 Flaggers

P

Wildcat Lake  
Triathlon  
July 11, 2026, 8 am  
Transition Area  
1/4 mile Swim,  
13.4 mile Bike  
4.3 mile run

Google Maps

ers

Start and end hidden

Distance  
3.42 mi

Wildcat  
Lake

Start/Finish  
5k Run  
Wildcat Lake  
Park

Triathlon July 11, 2026



# USAT Rules

- Wetsuits are allowed - No Flipper, web gloves, or floatation devices
- Must wear race provided swim cap
- No ear buds or radios on the bike, swim or run
- No outside help from spouses, friends or family
- Bike handles must be plugged. We will inspect your bike
- No motorized bikes, electric shifting is okay.
- You may walk your bike up steep hills
- No littering, glass, or cussing
- No drafting on the bike

📍 Bremerton, WA - Choose area ⋮



74 °F | °C

Precipitation: 0%  
Humidity: 51%  
Wind: 5 mph

Weather  
Thursday 6:00 PM  
Sunny

Temperature | Precipitation | Wind



7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

1 PM

4 PM

Thu



76° 54°

Fri



73° 55°

Sat



71° 54°

Sun



71° 51°

Mon



78° 53°

Tue



82° 54°

Wed



83° 54°

Thu



80° 56°



[Google Weather](#) • [Feedback](#)



# Upcoming Events



[RESULTS Pine Lake Triathlon](#) [Video](#)

[Soaring Eagle Trail Race 250 results](#) [Video](#)

[2026 Fall Events](#) [Refund Policy](#) [USATF Waiver](#) [USAT Waiver](#) [one day membership](#)



## Wildcat Lake Triathlon [Fastest Swimmer](#)

Sat, Jul 11 | Wildcat Lake ...

[More info](#)

[Bike Map](#)

[Classic Deluxe T-Shirt](#)

[Transition](#)

[Run Swim Map](#)

[Register](#)

[Winners](#)

[Medal](#)



## Run the Trestle

Sat, Jul 25 | Fred V. Haben...

[More info](#)

[Flyer](#)

[Register](#)



## Golden Gate Bridge Half 13.1,...

Sat, Aug 08 | The Embarc...

[More info](#)

[Register](#)



## Monterey Half 13.1, 10k, 5k

Sun, Aug 09 | 631 Ocean ...

[More info](#) [Flyer](#) [5k](#) [10k](#)

[Video](#)

[Half 13.1](#)

Register



## Half Sam 13.1, 10k, 5k

Sun, Aug 23 | Issaquah Co...

[More info](#)

Register



## Beaver Lake Triathlon 2026

Sun, Aug 30 | Sammamish

[More info](#)

Register



## Columbia River Half Iron FULL...

Sun, Sep 06 | Vantage Bo...

[More info](#) [Banner](#) [Bike1](#) [Bike2](#)

[Wind Breaker](#) [Swim](#) [Run](#)

Register

[Video](#)



## Rattlesnake Lake Triathlon

### Rattlesnake Lake Triathlon

Sun, Sep 06 | North Bend

[More info](#) [Swim, Bike, Run](#)

Register



## Sammamish City Marathon 26.2

Sat, Oct 24 | Skyline High ...

[More info](#)

Register



WINNER OLYMPIC  
WILDCAT TRIATHLON  
JULY 11, 2026





WILDCAT TRIATHLON  
JULY 11, 2026  
BREMERTON WA

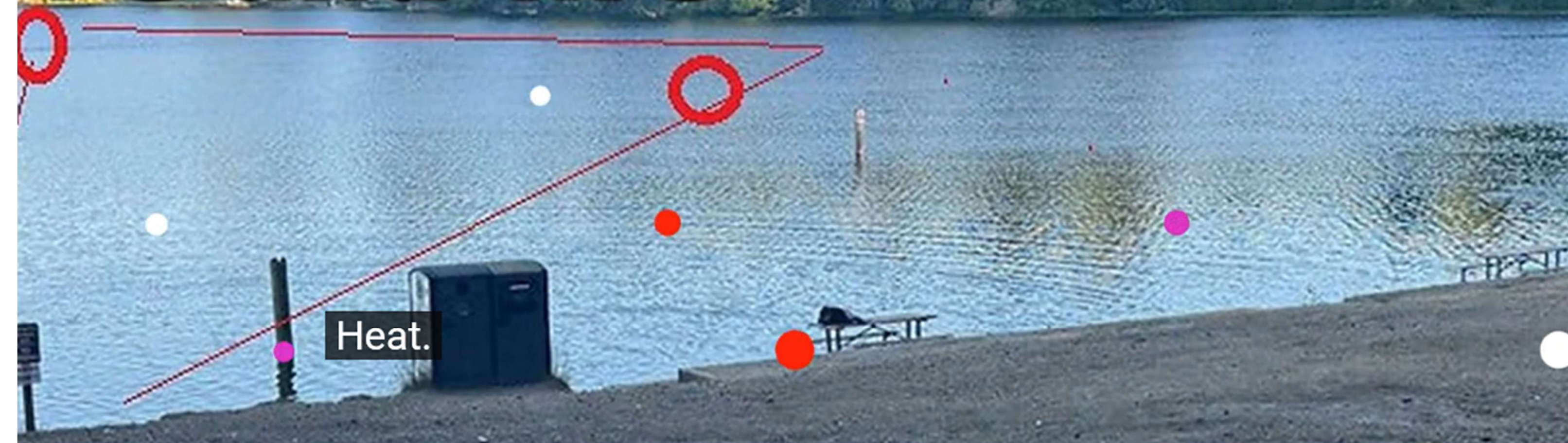


FASTEST SWIMMER  
WILDCAT LAKE TRIATHLON  
JULY 11, 2026

# Madcat Lake Triathlon

July 11, 2026, 8 am

4 S and 1k S





***WE HAVE A GREAT  
WEEKEND PLANNED  
JUST FOR YOU!***



**Bike  
Lanes**



**Transition Area  
Secured Bike racks**



*Chang-Yu:* We have a great weekend planned just for you! On Thursday, July 9, 2026, we have the mandatory safety briefing at 7 pm PDT access codes below. On Friday, July 10, 2026, we have the optional race packet pickup at Silver City Brewery Silverdale Washington 3-4 pm (206 Katy Penman, Bremerton, WA). Pasta Feed. All registrants must be a USAT member. One day memberships are available on our [website](#). Choose between the SPRINT (1/4S, 11B, 5kR) or Olympic distances (1kS, 22B, 10kR). Must place race provided stickers on your bike and helmet. All bikes will be inspected for handlebar plugs. If you do not have you will not be able to race the bike leg. Wet suits will be allowed. Must wear a race swim cap during the swim event. Must wear ankle bracelet for the whole event and Bib for the Bike and the Run. Must have body marked with bib# right arm and age on left calf. Race starts promptly at 8 am in knee deep water at Wildcat Lake beachfront. The ¼ mile swim goes clockwise around the two closest buoys (triangle) and the 1kS goes around all four buoys. The race is chip timed. You will get six scores Swim, Bike, Run, T1, T2, Total time. Swim time is when you go through the timing gates at the secured corral area. Relays will use the swimmer's anklet for the event (exchange inside the corral area). Only registered athletes are allowed in the secured corral area. No outside help from spouses, family, or friends, but volunteers are welcome. Call 911 in case of an emergency, race director for flat tire, sprained ankle. We have bike kits on site (i.e., pumps). Winners for the sprint and Olympic distances both male and female get a [trophy](#). [Fastest swimmer](#) for the ¼ swim gets a trophy. All finishers get a classic deluxe [medal](#). No floatation devices, flippers, or webbed gloves are allowed. No earbuds are allowed. Follow directions from certified flaggers and race director. You are responsible for knowing the course: Maps [Bike](#), [Swim](#), [Run Transition](#). Please do not ask flaggers which way to go. There will be certified lifeguards in the water with AEDs. Oranges, apples and bananas at the finish along with festive music await you. Times will be posted on our website shortly after the race. It is a USAT sanctioned event. Classic deluxe [T-Shirts](#) are in your race packet. Must wear the race provided bib on front torso for the bike and run. Transition area opens at 7 am on race day for you to rack your bike. If you have your race packet, you do not have to check in again. The run is a 5k around the Lake - stay to the left the whole race (do not cross any roads) the 10k run Olympic distance is twice around. Follow the elevated signs and **orange** route arrows in the pavement in both the run and bike. Water, Gatorade, Gel/Gu, and first aid on the course every 3 miles. There is plenty of parking at Wildcat Lake Park (9245 Holly Road NW Bremerton WA). You picked a gorgeous day for the event 68F and overcast. Invite your friends! [REGISTER](#)

\*\*\* Access Codes Below \*\*\*

Topic: **Safety Briefing Wildcat Lake Triathlon**

Time: Jul 9, 2026, 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/83835570082?pwd=t6kGDNPXytBADphMZZVtbW1xklavJN.1>

BREAKING NEWS: 2027 Nationals Are Headed to Des Moines. [Start Planning](#) →



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als Home

Multisport Rules



## Multisport Rules

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## **Helmets And Chinstraps**

Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

## **Unauthorized Assistance**

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

## Entire Course

Athletes must complete the race course in its entirety and as prescribed including in segment order.

## Headphones And Communication Devices

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type - including but not limited to cell phones, smart watches and two-way radios - in any distracting manner during the competition. A distracting manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.

## **Non-Draft Legal Bike Position Rules**

Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

## **Glass Containers**

Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

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## Race Numbers

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

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## Race Number Transferring

Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is disqualification and one year suspension from membership in USAT for transferring a number without race director permission.



Pine Lake Triathlon June 29, 2025, 8 am 1/4 S, 11B, 6kR



- ***RACE PACKET  
PICK UP SILVER  
CITY BAR GRILL  
MEET YOUR  
COMPETITORS!***



Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

[mic@beaverlaketriathlon.com](mailto:mic@beaverlaketriathlon.com)