

SCHEDULE

BEFORE THE RACE

WEDNESDAY

SEPTEMBER 4

6:00 p.m. to 7:00 p.m. Online Pre-race Briefing on the
Esprit de Montréal Triathlon Facebook page (French)

8:00 pm Online Pre-race briefing on the
Esprit de Montréal Triathlon Facebook page (English)

THURSDAY

SEPTEMBER 5

5:00 p.m. to 6:30 p.m. Open water swim training in the Olympic Basin

4:00 p.m. to 7:00 p.m. Race kit distribution

3:00 p.m. **FR only** Beginner's information seminar

4:30 p.m. **FR only** Beginner's information seminar

6:00 p.m. **EN and FR** Beginner's information seminar

Each participant must come and pick up their own kit. You cannot pick up another participant's kit as well as your own.

Relay teams: one participant can pick-up the relay team kit for the team with a proxy from the absent participants.

FRIDAY

SEPTEMBER 6

5:00 p.m. to 6:30 p.m. Open water swim
training in the Olympic Basin

4:00 p.m. to 7:00 p.m. Race kit distribution



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page

*Schedule subject to change

SCHEDULE

ESPRIT MONTRÉAL TRIATHLON

SATURDAY

SEPTEMBER 7

6:00 a.m. Transition zone opens

JUNIOR/U23/SENIOR CANADIAN CHAMPIONSHIPS (SPRINT DISTANCE) + NATIONAL DEVELOPMENT SERIES

6:45 a.m.  Men - Draft-legal race for Elite athletes only

7:30 a.m.  Women - Draft-legal race for Elite athletes only

U13-U15 QUEBEC CUP

8:15 a.m.  Boys - U13-U15 Quebec Cup (draft legal)

8:17 a.m.  Girls - U13-U15 Quebec Cup (draft legal)

OLYMPIC TRIATHLON

8:45 a.m.  WAVE 1*

10:00 a.m.  WAVE 2*

11:20 a.m.  WAVE 3 + Relay teams *

12:45 a.m.  WAVE 4

2:00 p.m.  WAVE 5

TRY-A-TRI TRIATHLON & U13-U15 (recreational without drafting)

2:45 p.m.  U13-U15 (recreational without drafting)
start - Combined gender start

2:50 p.m.  Try-A-Tri start

CORPORATE CHALLENGE

3:15 p.m.  Sprint Triathlon

3:20 p.m. Sprint Duathlon

- Mixed gender and age start.
- ** Participants in the Aquabike events will start in wave 2 of the Sprint and Olympic Triathlon events based on the estimated time to complete the event as indicated during registration. **NO WAVE CHANGES ALLOWED.**

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SCHEDULE

ESPRIT MONTRÉAL TRIATHLON

SUNDAY

SEPTEMBER 8

6:00 a.m. Transition zone opens

DEMI-ESPRIT TRIATHLON (CANADIAN CHAMPIONSHIP)

7:00 a.m.  Rolling start

DUATHLON (CANADIAN CHAMPIONSHIP)

8:45 a.m. Sprint Duathlon

9:00 a.m. Olympic Duathlon

SPRINT TRIATHLON

10:30 a.m.  WAVE 1*

11:15 a.m.  WAVE 2*

12:00 p.m.  WAVE 3 + Relay teams

12:45 p.m.  WAVE 4

1:30 p.m.  WAVE 5

• Mixed gender and age start.

** Participants in the Aquabike events will start in wave 2 of the Sprint and Olympic Triathlon events based on the estimated time to complete the event as indicated during registration. NO WAVE CHANGES ALLOWED.

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