

SCHEDULE

BEFORE THE RACE

WEDNESDAY

SEPTEMBER 3, 2025

- 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 4, 2025

- 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 5, 2025

- 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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*Schedule subject to change

SCHEDULE

ESPRIT MONTRÉAL TRIATHLON

SATURDAY

SEPTEMBER 6, 2025

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

- Mixed gender and age start.

** Access to the transition area is possible 2:00 before each start. participants in wave 1 must clear the transition area by 11:30 and participants in wave 2 must have cleared the transition by 12:30.

*** 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 7, 2025

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 and Corporate relay

12:45 p.m. WAVE 4

1:30 p.m. WAVE 5

• Mixed gender and age start.

** Access to the transition area is possible 2:00 before each start. participants in the duathlon events must clear transition by 11:30 and wave 1 must clear transition by 12:00.

*** 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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