

# 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.**

**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**

**7:00 a.m.** Men – Draft-legal race for Elite athletes only

**7:45 a.m.** Women – Draft-legal race for Elite athletes only

#### **OLYMPIC TRIATHLON**

**8:15 a.m.** WAVE 1\*

**9:30 a.m.** WAVE 2\*

**10:45 a.m.** WAVE 3\*

**12:00 p.m.** WAVE 4\*

**13:00 p.m.** WAVE 5\* + Relay Teams and Corporate Relay

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

**1:45 p.m.** U13-U15 (recreational without drafting)  
start – Combined gender start

**1:50 p.m.** Try-A-Tri start

- Mixed gender and age start.

\*\* Participants in the Aquabike events will start in wave 5 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.** Individual, Relay Teams & Long Distance Aqua-Bike

#### DUATHLON (CANADIAN CHAMPIONSHIP)

**9:45 a.m.** Sprint Duathlon

**10:00 a.m.** Olympic Duathlon

#### SPRINT TRIATHLON

**11:00 a.m.** WAVE 1\*

**11:45 a.m.** WAVE 2\*

**12:30 p.m.** WAVE 3\*

**13:45 p.m.** WAVE 4\*

**2:30 p.m.** WAVE 5 + Relay Teams and Corporate Relay

- Mixed gender and age start.

\*\*\* Participants in the Aquabike events will start in wave 5 of the Sprint & Olympic Triathlon events based on the estimated time to complete the event as indicated during registration. NO WAVE CHANGES ALLOWED.

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