

# SCHEDULE

## WEDNESDAY SEPTEMBER 9<sup>th</sup>, 2026



EVENT	START	FINISH	LOCATION
Pre-race briefing-FRENCH	6pm	7:30pm	<a href="#">Triathlon Esprit Montreal Facebook Page</a>
Pre-race briefing-ENGLISH	8pm	9:30pm	<a href="#">Triathlon Esprit Montreal Facebook Page</a>

## THURSDAY SEPTEMBER 10<sup>th</sup>, 2026

EVENT	START	FINISH	EMPLACEMENT
	3pm	4:30pm	
Beginner's seminar -FRENCH	4:30pm	6pm	
	6pm	7:30pm	Athletes' Quarters - Parc Jean Drapeau Parking P2
Beginner's seminar -ENGLISH	6pm	7:30pm	140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Registration and race kit distribution	4pm	8pm	
Open-water swim training in the Olympic Basin	5pm	6:30pm	

## FRIDAY SEPTEMBER 11<sup>th</sup>, 2026

EVENT	START	FINISH	LOCATION
Registration and race kit distribution	4pm	8pm	Athletes' Quarters - Parc Jean Drapeau Parking P2
Open-water swim training in the Olympic Basin	5pm	6:30pm	140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Expo and Boutique	4pm	8pm	Expo Zone

# SATURDAY SEPTEMBER 12<sup>th</sup>, 2026

EVENT	START	FINISH	LOCATION
Expo and Boutique	6am	5pm	Expo Zone
Opening of the transition zone	6am		
Olympic Wave 1	7am		
Olympic Wave 2	8:10am		Athletes' Quarters - Parc Jean Drapeau Parking P2
Olympic Wave 3	9:30am		140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Olympic Wave 4	10:45am		
Olympic Wave 5 + Teams	12pm		
Medal Ceremony-Olympic (Top 3 only)*	12pm		Stage and Expo Zone
Olympic Wave 6	1pm		Athletes' Quarters - Parc Jean Drapeau Parking P2
Découverte / Try a tri	1:50pm		140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Medal Ceremony (Try-a-tri-Top 3 only)*	3pm		Stage and Expo Zone

# SUNDAY SEPTEMBER 13<sup>th</sup>, 2026

EVENT	START	FINISH	LOCATION
Expo and boutique opening hours	6am	5pm	Expo Zone
Opening of the transition zone	5:30am		
Demi-Esprit (individual and teams)	7am		
Duathlon Sprint	9:30am		Athletes' Quarters - Parc Jean Drapeau Parking P2
Sprint Wave 1	10:15am		140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Sprint Wave 2	11am		
Medal Ceremony-Duathlon (Top 3 only)*	11:30am		
Sprint Wave 3	11:45am		
Medal Ceremony-Demi-Esprit (Top 3 only)*	12pm		Stage and Expo Zone
Sprint Wave 4	12:30pm		Athletes' Quarters - Parc Jean Drapeau Parking P2
Sprint Wave 5	1:15pm		140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6
Sprint Vague 6	2pm		
Medal Ceremony-Sprint (Top 3 only)*	1pm		Stage and Expo Zone
Challenge Roth 2027 lottery (Athletes must be present in order to be eligible for the draw)	3pm		Stage and Expo Zone