

SCHEDULE

WEDNESDAY SEPTEMBER 9th, 2026

SAIL



CHALLENGE
ESPRIIT MONTRÉAL
PROPULSÉ PAR **ARGON 18**

| EVENT | START | FINISH | LOCATION |
|---------------------------|-------|--------|---|
| Pre-race briefing-FRENCH | 6pm | 7:30pm | Facebook of Triathlon Esprit Montréal |
| Pre-race briefing-ENGLISH | 8pm | 9:30pm | Facebook of Triathlon Esprit Montréal |

THURSDAY SEPTEMBER 10th, 2026

| EVENT | START | FINISH | EMPLACEMENT |
|---|--------|--------|--|
| | 3pm | 4:30pm | |
| Clinic My First triathlon -FRENCH | 4:30pm | 6pm | |
| | 6pm | 7:30pm | Athlete's quarter - Parc Jean Drapeau Parking P2 |
| Clinic My First triathlon -ENGLISH | 6pm | 7:30pm | 140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6 |
| Registration and race kits | 4pm | 8pm | |
| Open-water swim training in the Olympic pool | 5pm | 6:30pm | |

FRIDAY SEPTEMBER 11th, 2026

| EVENT | START | FINISH | LOCATION |
|---|-------|--------|--|
| Registration and race kits | 4pm | 8pm | Athlete's quarter - Parc Jean Drapeau Parking P2 |
| Open-water swim training in the Olympic pool | 5pm | 6:30pm | 140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6 |
| Expo and Boutiques | 4pm | 8pm | Stage and Expo Zone |

SATURDAY SEPTEMBER 12th, 2026



| EVENT | START | FINISH | LOCATION |
|--|---------|--------|--|
| Expo and Boutiques | 6am | 5pm | Expo Zone |
| Opening of the transition zone | 6am | | |
| Olympic Wave 1 | 7am | | |
| Olympic Wave 2 | 8:10am | | Athlete's quarter - 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 | | |
| Protocol Ceremony Olympic Top 3 overall only* | 12pm | | Stage and Expo Zone |
| Olympic Wave 6 | 1pm | | Athlete's quarter - Parc Jean Drapeau Parking P2 |
| Découverte / Try a tri | 1:50pm | | 140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6 |
| Protocol Ceremony Découverte Top 3 overall only* | 3pm | | Stage and Expo Zone |

SUNDAY SEPTEMBER 13th, 2026

| EVENT | START | FINISH | LOCATION |
|--|---------|--------|--|
| Expo and Boutiques | 6am | 5pm | Expo Zone |
| Opening of the transition zone | 5:30am | | |
| Demi-Esprit (individual and teams) | 7am | | |
| Duathlon Sprint | 9:30am | | |
| Sprint Wave 1 | 10:15am | | Athlete's quarter - Parc Jean Drapeau Parking P2 |
| Sprint Wave 2 | 11am | | 140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6 |
| Protocol Ceremony Sprint Duathlon Top 3 overall only* | 11:30am | | |
| Sprint Wave 3 | 11:45am | | |
| Protocol Ceremony Demi-Esprit Triathlon Top 3 overall only* | 12pm | | Stage and Expo Zone |
| Sprint Wave 4 | 12:30pm | | Athlete's quarter - Parc Jean Drapeau Parking P2 |
| Sprint Wave 5 | 1:15pm | | 140, chemin du Chenal-Le Moyne Montréal, QC H3C 6J6 |
| Sprint Vague 6 | 2pm | | |
| Protocol Ceremony Sprint Triathlon Top 3 overall only* | 1pm | | Stage and Expo Zone |
| Challenge Roth 2027 lottery (the interested athlete must be present) | 3pm | | Stage and Expo Zone |



* Due to the number of starts and waves, there will not be an official medal ceremony by age group. Participants who finish in the top 3 of their age group are invited to come collect their medals and take photos at the podium from the following times:

SATURDAY: Olympic: from 3:00 PM • **SUNDAY:** Sprint Duathlon: from 12:00 PM
DEMI-ESPRIT: FROM 12:30 PM • **SPRINT:** FROM 1:00 PM