

# SCHEDULE

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



**CHALLENGE**  
ESPRI<sup>T</sup> MONTRÉAL  
POWERED BY ARGON 18

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



Schedule for **Saturday September 12<sup>th</sup>** on the next page.



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



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

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

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