

MultiSport Canada

Race Day Summary - Sunday

Important Items to Note:

- First Aid Location: at the Finish Line
- Enter Transition and place your Bike BEFORE coming to Registration
- Bikes are Racked by Bib Number Range. For example, if you were Bib 23, you would put your Bike on the racks marked for Bibs 1 to 35.
- Bikes are racked on alternate sides and limited to Six (6) per pole section to maintain 2m spacing
- Int Du will use the section of Transition CLOSER to Parking. Olympic Tri will use the section of Transition CLOSER to the Canal.

Registration:

6:00AM - 7:30AM for 8AM Olympic Tri and Int Du

Pre-Race Meetings

7:30AM – In Transition for 8AM for Olympic Tri and Int Du

Run Start Details:

- Duathlon First Run will begin from the Finish Line
- Starts will be based on Bib Number
- Bib Numbers, and EXACT Start Times, will be posted on or before 9PM on Wed Sept 15th

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- Runners will start one-a-time on a 30sec Interval.
- Please arrive at the Finish Line at least 5min before your Start Time

Swim Start Details:

- Swim Start at the end of the Dock in-front of the glass-walled building North of the Transition Area.
- Starts will be based on Bib Number
- Lower Bib Numbers will come from Start Groups with a lower projected Finishing Time
- Higher Bib Numbers will come from Start Groups with a higher projected Finishing Time
- Bib Numbers, and EXACT Start Times, will be posted on or before 9PM on Wed Sept 15th
- Swimmers will start one-a-time on a 30sec Interval. First Start at 8AM and Final Start around 10AM
- Please arrive at the Dock at least 5min before your Start Time

Transition Reopens after LAST BIKE has returned. After that time all participants are asked to gather their equipment and depart as soon as possible