

MultiSport Canada

Race Day Summary - Friday

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
- 8AM Sprint Tri will use the section of Transition CLOSER to the Canal. 11AM Sprint Tri will use the section of Transition CLOSER to Parking. 2PM Sprint Tri will use the section of Transition CLOSER to the Canal.

Registration:

6:30AM - 7:30AM for 8AM Sprint Tri

9:30AM to 10:30AM for 11AM Sprint Tri

12:30PM to 1:30PM for 2PM Sprint Tri

Pre-Race Meetings

7:30AM – In Transition for 8AM Sprint Tri

10:30AM – In Transition for 11AM Sprint Tri

1:30PM – In Transition for 2PM Sprint Tri

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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.
- 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