

MultiSport Canada

Race Day Summary - Saturday

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 Du will use the section of Transition CLOSER to Parking. 11AM Sprint Tri will use the section of Transition CLOSER to the Canal. 2PM Give-It-A-Tri will use the section of Transition CLOSER to Parking.

Registration:

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

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

12:30PM to 1:30PM for 2PM Give-It-A-Tri

Pre-Race Meetings

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

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

1:30PM – In Transition for 2PM Give-It-A-Tri

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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
- 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.
- Please arrive at the Dock at least 5min before your Start Time

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