



2017 ATHLETES' GUIDE



SATURDAY SEPTEMBER 9, 2017

DÉPART / WAVE

CASQUE DE BAIN / SWIM CAP

DEMI-ESPRIT (TEMPS LIMITE 8 HEURES)

07:45	AMATEUR ÉLITE	ROUGE / RED
07:50	HOMMES / MEN 18 - 39	ORANGE
07:55	HOMMES / MEN 40 - 49	JAUNE / YELLOW
08:00	HOMMES / MEN 50+ ÉQUIPES RELAIS DEMI-ESPRIT TEAMS	VERT / GREEN
08:05	TOUTES LES FEMMES / ALL WOMEN	BLANC / WHITE
08:10	AMIS ET FAMILLE / FRIENDS & FAMILY	BLEU / BLUE

TOUTES ÉQUIPES RELAIS / ALL RELAY TEAMS

08:00	TRIATHLON DEMI-ESPRIT RELAIS	VERT / GREEN
11:15	TRIATHLON SPRINT RELAIS	BLEU / BLUE
11:30	TRIATHLON OLYMPIQUE RELAIS	ORANGE

DUATHLON

11:45	DUATHLON OLYMPIQUE (TOUS LES ATHLÈTES / ALL ATHLETES)
12:15	DUATHLON SPRINT SANS SILLONAGE / NO DRAFTING

TRY-A-TRI - GRAND PRIX - U26

13:00	SUPER-SPRINT / TRY-A-TRI	JAUNE / YELLOW
14:00	ÉLITE GRAND-PRIX FEMMES / WOMEN	Triathlon Québec
14:50	ÉLITE GRAND-PRIX HOMMES / MEN	Triathlon Québec

Trouvez vos résultats sur / Find your results on



Note: Il est important de bien placer votre vélo sur le bon support à vélo. / Make sure to place your bike on the appropriate bike rack.



SUNDAY SEPTEMBER 10, 2017

DÉPART / WAVE

CASQUE DE BAIN / SWIM CAP

TRIATHLON OLYMPIQUE

08:00	HOMMES / MEN 18 - 29	ORANGE
08:10	HOMMES / MEN 30 - 39	JAUNE / YELLOW
08:20	HOMMES / MEN 40 - 49	BLEU / BLUE
08:30	HOMMES / MEN 50+	ROUGE / RED
09:15	FEMMES / WOMEN 18 - 34	VERT / GREEN
09:30	FEMMES / WOMEN 35+	BLANC / WHITE
09:35	AMIS ET FAMILLE / FRIENDS & FAMILY	JAUNE / YELLOW

TRIATHLON SPRINT

10:30	HOMMES / MEN 16 - 34	ORANGE
10:45	HOMMES / MEN 35 - 44	VERT / GREEN
11:00	HOMMES / MEN 45 +	JAUNE / YELLOW
11:15	FEMMES / WOMEN 16 - 29	BLEU / BLUE
11:30	FEMMES / WOMEN 30 - 39	ROUGE / RED
12:00	FEMMES / WOMEN 40+	BLANC / WHITE
12:15	AMIS ET FAMILLE / FRIENDS & FAMILY	JAUNE / YELLOW

U13 - U15

13:00	U13 - U15 Hommes / Men	U13: ORANGE
13:02	U13 - U15 Femmes / Women	U15: BLANC / WHITE

Trouvez vos résultats sur / Find your results on



Note: Il est important de bien placer votre vélo sur le bon support à vélo. / Make sure to place your bike on the appropriate bike rack.



PRE-RACE INFORMATION

RACE KIT PICK UP

Pick up at the **Cafeteria** in the Athletes' Quarters (big long grey building along the Olympic Basin)

Please bring with you your confirmation email and your bib number when picking up your race kit. If you can only pick up your race kit on race day, you must arrive at least two hours before your start.

Friday, Sept. 08	4 p.m. - 7 p.m.
Saturday, Sept. 09	7 a.m. - 5 p.m.
Sunday, Sept. 10	7 a.m. - 12 p.m.

INFORMATION MEETINGS

Meetings **on Stage** in front of the big white tent at the Olympic Basin

The meetings are different for the Demi-Esprit athletes as well as the Sprint, Olympic and Duathlon participants. It is important that you attend the right meeting for your race – information given during those meetings varies greatly.

DEMI-ESPRIT

Friday, Sept. 08	5 p.m.
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OTHER DISTANCES

Friday, Sept. 08	6 p.m.
Saturday, Sept. 09	3 p.m.

SWIM PRACTICE

Swim practice in **Lane 6**

There will be no swimming allowed in the Olympic Basin except during swim practices on Friday and Saturday after the race. For your own safety, it is critical that you stay in Lane 6, as the rowing teams will be practicing at the same time.

Friday, Sept. 08	3 p.m. - 6 p.m.
Saturday, Sept. 09	3:30 p.m. - 4:30 p.m.

BIKE WARM-UP

Absolutely no warm-up on race day

Keep in mind that there are a lot of athletes on the Circuit; it is therefore important not to overcrowd the bike course. There will be no bike warm-up anywhere on race day! Note that the Circuit will be reopened to the public after the last athlete has re-entered the transition zone on Saturday and Sunday.

TIMING CHIP

Pro Chip system

All participants will be required to pick up a timing chip at the SportStats tent on race day. You will be given your chip as you enter the swim entrance. Once you've picked up your chip, you will not be allowed to exit the swim start. This is the last thing you do before your wave starts. There will be a \$75 fee if you do not return the chip after the race.

PARKING

You can buy a parking pass for **\$20** on Friday during registration. We only sell passes in order to speed up access to Parc Jean-Drapeau. Please note that buying a pass won't guarantee you a parking spot on Ile Notre-Dame (the race site). Parking spots are assigned on a first come, first serve basis. When parking is completely full on Ile Notre-Dame, cars will be directed to other parking lots around the island. The furthest distance from the other parking lots to the race site is 600 meters. **REMEMBER:** The City of Montreal is always under construction. To arrive at the race site, Parc Jean-Drapeau, you can always follow the signs for the CASINO. Plan for extra driving time. We would like to remind you that public transit is always an option. The STM has been informed of the event and will allow bikes on the Metro during race weekend.





PRE-RACE INFORMATION

GIANT SCREEN - LAP COUNTING

Once again this year, we will have a lap counting system. This giant screen is a lap counting aid. You are still responsible to count your own laps; this screen will help you confirm your lap count.

DO NOT GET DISTRACTED BY THE BIG SCREEN!

Remember, there are many riders around you. Don't be a "rubber necker"; keep moving at the same pace!

Demi-Esprit : 21 laps

Olympic : 9 laps

Sprint : 4 laps

Try-a-tri/U13-U15: 2 laps

SHOWERS & TOILETS

Athletes' Quarters

Construction at the Athletes' Quarters is over and we are pleased to announce that we have access to their brand new showers & toilets! Keep in mind that there are a lot of you and few showers, keep it short!

FOOD

Meals will be served in the big white tent for athletes only.



EXPO

In front of the **big white tent** at Olympic Basin

Please stop by our Expo site and visit our sponsors and exhibitors. They will be on site Friday, Saturday and Sunday.

Forgot something? They can help!

MASSAGE

Centre Kinesis will offer massages for the nominal price of \$1 per minute. Visit Centrekinesis.com.

LIVE FEED FROM SPORTSTATS



Your friends and family members can follow you "live" on race day via sportstats.ca or by downloading the iPhone or Android app.

BODY MARKING

In front of **big white tent** at Olympic Basin

Volunteers will be waiting for you in front of the big white registration tent. You may choose to "self body mark" to save time. Numbers go on both arms and outside on both thighs. On your right calf, write your age as of December 31, 2017.

MEDICAL TENT

Main Medical Tent in the Athlete's Quarters

The main medical tent with our doctor is now located in the Athletes' Quarters (big grey building along the basin).

Our medical staff will keep an eye on our athletes throughout the race. The medical staff has the right to stop any participant during the race or to disqualify an athlete for his/her own safety. However, please remember that if a medic stops you, or if you receive medical attention on the course, this does not mean that you will be disqualified.

Please note that we have numerous "first responders" circling the course.



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