



## Competition Schedule

### Triathlon

RM of Estevan Aquatic Center & Area

Highway 47 South, Estevan

July 24-27, 2016

Last Updated: June 1, 2016

#### SUNDAY, JULY 24, 2016

| TIME:       | EVENT:                 |
|-------------|------------------------|
| 11:30-17:00 | Arrival and Bike Check |
| 19:00-20:00 | Opening Ceremonies     |
| 21:00-21:30 | Coaches Meeting        |

#### MONDAY, JULY 25, 2016

| TIME:                           | EVENT: Individual Triathlon  |
|---------------------------------|------------------------------|
| 8:30                            | Bike Transition Area Open    |
| 9:00                            | Athlete Meeting/Course Tours |
| <b>11:30</b>                    | <b>Lunch</b>                 |
| 12:30-13:30                     | Warm Up                      |
| 14:00 (14-15),<br>15:30 (12-13) | Race Start                   |
| <b>17:30</b>                    | <b>Medal Presentation</b>    |

#### TUESDAY, JULY 26, 2016

| TIME:                         | EVENT: Triathlon Team Relay |
|-------------------------------|-----------------------------|
| 9:00                          | Bike Transition Area Open   |
| 9:00-10:30                    | Swim Warm Up                |
| 11:00, 11:45,<br>12:30, 13:15 | Race Start                  |
| <b>15:30</b>                  | <b>Medal Presentation</b>   |

#### WEDNESDAY, JULY 27, 2016

| TIME: | EVENT: Mixed Team Relay   |
|-------|---------------------------|
| 7:00  | Bike Transition Area Open |

|                             |   |
|-----------------------------|---|
| 7:00-8:00                   | Swim Warm Up                                  |
| 8:30, 9:15,<br>10:00, 10:45 | Race Start                                    |
| <b>11:45</b>                | <b>Medal Presentation/ Closing Ceremonies</b> |

Last Updated:



6/1/2016