

WPCS ELITE ATHLETE'S GUIDE

JULY 8TH 2023

Île Notre-Dame, Montreal, QC, Canada
<https://montreal.triathlon.org>



World Triathlon
Para Series
MONTREAL
2023



Americas
Triathlon
Cup

Montréal 2023
Sprint

Canada

Québec

Montréal

TOURISME /
MONTREAL

TABLE OF CONTENTS

WELCOME MESSAGES	4	TRAINING	19
		Gym Training	19
USEFUL CONTACT INFORMATION	6	Swim Training & Familiarization	20
Contact Information	6	Bike Training & Familiarization	21
Key Contacts	7	Run Training & Familiarization	22
Athletes' Quarters Map	8		
RACE VENUE	8	RACE RULES AND APPEALS	23
Athletes' Quarters Map	8	DOPING CONTROL	23
EVENT SCHEDULE	9	COACHES MEETING	23
Athletes' Start Times	11	ATHLETE BRIEFING	23
ENVIRONMENTAL SUSTAINABILITY AT GROUPE COPLEY WORLD TRIATHLON	12	RACE PACKAGE PICK UP	24
		EQUIPMENT VERIFICATION PTWC	24
GENERAL INFORMATION	14	ATHLETE'S LOUNGE	24
Registration	14	FINISH AREA	25
Accreditation	14	MEDICAL AREA	25
Visas	14	CHECK IN	25
Currency	15	WATER QUALITY	25
Language	15	Water Temperature	25
Time Zone	15	Water Quality	25
City of Montreal	15		
Montreal City Map	15	PARKING AT THE VENUE	26
Weather	16	WPS GENERAL RACE MAP	27
TRANSPORTATION	17		
Public Transport	17		
Airport Transportation	17		
Transportation to the Venue	18		
Accommodation	18		
Parking	18		

SWIM COURSE	28	RESULTS	34
Swim Warm Up	28	MEDAL CEREMONY	34
Start Area	28	LOST & FOUND	34
BIKE COURSE	30	PARTNERS	35
Wheel Stations	30		
Bike Penalty Box	31		
RUN COURSE	32		
Aid Stations	33		
Run Penalty Box	33		
Run Team Wheel Station	33		

WELCOME MESSAGES

WORLD TRIATHLON

Greetings and a warm welcome to the 2023 Groupe Copley World Triathlon Para Series Montreal.

As we return to this wonderful setting for another dose of world-class Para triathlon racing, it is back to a city with which our sport shares a rich history, one that has provided the stage for the world's best Para triathletes since 2019.

The famous Parc Jean Drapeau will again be the setting, iconic home of the 1976 Olympic Games and the Montreal Formula 1 circuit, where six male and six female medal events will take place across all categories.

The athletes will take to the Bassin Olympique for the 750m swim before five bike laps along the Gilles-Villeneuve race track, and concluding with a two-lap run along the lake's edge, giving the athletes a spectacular setting in which to race.

This year sees Montreal host the third stop of our top-tier Para Series, following on from WTPS Devonport and WTPS Yokohama and ahead of WTPS Swansea, before the world's best Para triathletes head to Pontevedra for the World Championships in September.

I would like to extend my thanks to the Local Organising Committee, Triathlon Canada, Sport Canada, the Quebec government, all the volunteers, officials and people of Montreal for once again showing their passion for our sport, delivering another magnificent event and a great racing opportunity here in this celebrated Canadian city, helping our wonderful sport to continue to flourish.

Finally, I want to wish all the athletes the best of luck in achieving their goals this weekend. This is a magical city, and I urge you all to explore and enjoy it to the fullest as it hosts the spectacle of World Triathlon racing.

Sincerely,



Marisol Casado
World Triathlon
President
IOC Member



TRIATHLON CANADA

Dear Athletes,

On behalf of Triathlon Canada, I wish to welcome you to the beautiful city of Montreal, where adrenaline meets endurance in the spirit of international competition and national excellence! We are thrilled to host both the prestigious World Triathlon Para Series and the Americas Triathlon Cup and bring together exceptional athletes from across Canada and from around the world.

As you prepare to test your physical limits and showcase your athletic prowess, we invite you to embrace the vibrant energy and captivating beauty of our city. Montreal, a melting pot of cultures and a hub of innovation, will serve as the perfect backdrop for these extraordinary events.

This occasion not only celebrates the remarkable accomplishments of individual athletes but also fosters camaraderie and sportsmanship among participants. You will have the opportunity to connect with fellow triathletes, exchange experiences, and create lasting memories. Together, we will witness the triumph of determination and the pursuit of excellence.

Our organizing committee has spared no effort to ensure a flawless experience for all participants. From meticulously planned routes to state-of-the-art facilities, we have taken every detail into account to provide you with the ideal setting to push your limits and achieve your personal best.

We extend our gratitude to the athletes, coaches, officials, volunteers, and spectators who have come together to make this event possible. Your passion and dedication inspire us, and we are honored to welcome you to Montreal.

As you embark on this thrilling journey, we wish you success, perseverance, and an unforgettable experience. May your spirit soar, your performance shine, and your memories be filled with pride and joy.

Welcome to Montreal, and let the competition begin!



Warm regards,

Joe Morissette
Chief Executive Officer,
Triathlon Canada



USEFUL CONTACT INFORMATION

The purpose of the Athlete's Guide is to ensure that Elite athletes are well informed of information regarding the 2023 World Triathlon Para Series Montreal.

Please keep in mind that some information may change and the final race information will be provided to the athletes at the athletes briefing.

You are encouraged to ask technical questions regarding your race during the mandatory pre race briefing where the World Triathlon Technical Delegate (TD) will inform you on all race procedures, course routes and race specific situations. The pre race briefing will be held at the Alt Hotel on Friday, July 7th between 6pm and 7pm.

General Contact: info@triathlonmontreal.com or the Technical Delegate for Technical questions (see emails below).

CONTACT INFORMATION

LOCAL ORGANIZING COMMITTEE

Groupe Copley World Triathlon

OFFICE:

4000 rue St-Ambroise, bur. 174, Montreal, H4C 2C7

Tel.: (438) 383-8351

Email: info@triathlonmontreal.com

Website: montreal.triathlon.org

Facebook: <https://www.facebook.com/trimontrealitu>

Twitter: @TriathlonMTL

Instagram: @triathlonmtl

YouTube: Triathlon International de Montréal

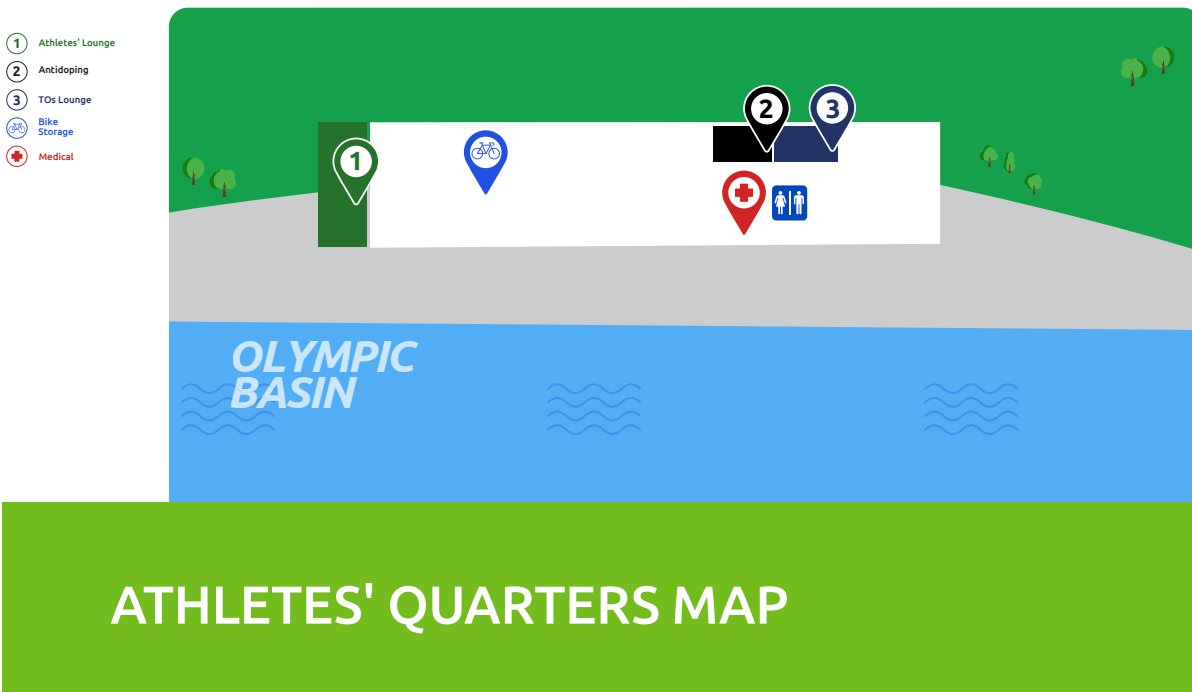
KEY CONTACTS



World Triathlon Team		
TRI Team Leader	Eric Angstadt	eric.angstadt@triathlon.org
TRI Technical Delegate	Stevee Espling	espstevee2@gmail.com
TRI Assistant Technical Delegate	Greg Christensen	gchristensen@hotmail.ca

LOC Team	A small part of the team, there are many more working behind-the-scenes!	
General Manager	Jo-Annie Charbonneau	jo-annie.charbonneau@triathlonmontreal.com
Chief Operating Officer	Ghislain Melançon	ghislain.melancon@triathlonmontreal.com
Race Director	Jean Piolé	jean.piole@triathlonmontreal.com
Operations Manager	Julie Larribe	julie.larribe@triathlonmontreal.com
Sport Manager	Andrew Dacanay	andrew.dacanay@triathlonmontreal.com
Sport Manager	Mathieu Halle	mathieu.halle@triathlonmontreal.com
LOC Athletes Services	Mathieu Halle	info@triathlonmontreal.com

ATHLETES' QUARTERS MAP



RACE VENUE

The venue is situated along the Saint Lawrence River, on the Notre-Dame island in part of the city known as Parc Jean-Drapeau. Notre-Dame Island, a man-made island in the St. Lawrence River most of which was originally built up for the Expo in 1967. The swimming will take place in the Rowing "Bassin Olympique" while the bike and the run courses are located on the Formula 1 track, The Circuit Gilles Villeneuve.

EVENT SCHEDULE

Date	Time	Activity	
Wednesday, July 5 th	07:00 – 11:00	Elite Gym Training PJD	
	07:00 – 10:00	Elite Swim Training - 50m Swimming Pool (4 lanes) PJD	
Thursday, July 6 th	07:00 – 11:00	Elite Gym Training PJD	
	07:00 – 10:00	Elite Swim Training - 50m Swimming Pool (4 lanes) PJD	
Friday, July 7 th	07:30	Hotel Departure ALT Hotel	
	08:30 – 09:00	PTS / PTVI Bike Familiarization (30 min.) Transition Area	●
	08:30 – 09:00	PTWC Run Familiarization (30 min.) Transition Area	●
	09:15 – 09:45	PTS / PTVI Run Familiarization (30 min.) Transition Area	●
	09:15 – 09:45	PTWC Bike Familiarization (30 min.) Transition Area	●
	10:00 – 10:45	WPCS Swim Familiarization (All) 750m (45 min.) Transition Area	
	11:00 – 12:00	Equipment Check PTWC (Can stay on site) Transition Area / Athlete Lounge	
	12:00	Coaches On Site Meeting Transition Area	
	12:30	Departure for Hotel Venue	
	17:00 – 18:00	Americas Triathlon Pre Race Briefing ALT Hotel	●
	18:00 – 19:00	Americas Triathlon Race Package Distribution ALT Hotel	●
	18:00 – 19:00	WPCS Pre Race Briefing ALT Hotel	● ●
	19:00 – 20:00	WPCS Race Package Distribution ALT Hotel	● ●

● PTS / PTVI

● PTWC

● Americas Triathlon

Date	Time	Activity	
Saturday, July 8 th	08:10	PTS / PTVI Hotel Departure ALT Hotel	●
	08:40	PTS / PTVI Arrival On Site Venue	●
	09:25	PTWC Hotel Departure ALT Hotel	●
	09:50	PTWC Arrival On Site Venue	●
	09:35	Medals Ceremony Canadian Championship Men & Women Podium	
	08:45 – 09:30	PTS / PTVI Athlete Lounge Check In Athlete Lounge	●
	09:00 – 09:45	PTS / PTVI Transition Zone Check In Transition Area	●
	09:15 – 09:45	PTS / PTVI Swim Warm Up Swim Course	●
	09:50	PTS / PTVI Athletes' Introduction Start Area	●
	10:00 – 10:45	PTWC Athlete Lounge Check In Athlete Lounge	●
	10:15 – 11:00	PTWC Transition Zone Check In Transition Area	●
	10:30 – 11:00	PTWC Swim Warm Up Swim Course	●
	11:05	PTWC Athletes' Introduction Start Area	●
	10:00 – 11:40	WPCS Athletes Start (Detailed Schedule on p. 11) Swim Course	
	12:25:00	Swim Cut Off Swim Course	
	13:00:00	Bike Cut Off Bike Course	
	13:20:00	Run Cut Off Run Course	
	13:00 – 13:30	WPCS Medal Ceremony Podium	
	13:30 – 13:35	Para National Championship Podium	
	13:30 – 14:15	Run Course Measurement Transition Area	

● PTS / PTVI

● PTWC

● Americas Triathlon

ATHLETES' START TIMES

Date	Time	Activity	
Saturday, July 8 th	10:00:00	PTS 5 - Men Start Swim Course	●
	10:05:00	PTVI 1 - Men Start Swim Course	●
	10:07:41	PTVI 2 / 3 - Men Start Swim Course	●
	10:09:00	PTVI 1 - Women Start Swim Course	●
	10:12:11	PTVI 2 / 3 - Women Start Swim Course	●
	10:15:00	PTS 5 - Women Start Swim Course	●
	10:16:00	PTS 2 / 3 / 4 - Women Start Swim Course	●
	10:25:00	PTS 4 - Men Start Swim Course	●
	10:26:00	PTS 2 / 3 - Men Start Swim Course	●
	11:10:00	PTWC 1 - Men Start Swim Course	●
	11:13:00	PTWC 2 - Men Start Swim Course	●
	11:20:00	PTWC 1 - Women Start Swim Course	●
	11:23:38	PTWC 2 - Women Start Swim Course	●
	11:40:00	Para National Championship Start Swim Course	

● PTS / PTVI

● PTWC

● Americas Triathlon

ENVIRONMENTAL SUSTAINABILITY AT GROUPE COPLEY WORLD TRIATHLON

The Groupe Copley World Triathlon is proud to present the various sustainable development measures implemented for our event. We strongly believe that it is essential to unite sport, the environment and local culture to contribute to a more sustainable future. By promoting environmentally responsible practices and engaging with our community, we can inspire initiatives and create a more sustainable world for generations to come.

We would like to thank our partner, RECYC-QUÉBEC, who supports us in this environmental transition and in our mission to make the sport event industry more sustainable.



CONSUME BETTER

We are committed to reducing the environmental impact of our event and we know that this responsibility is not limited to our organization. This is why we have chosen to share with you the awareness campaign created by RECYC-QUÉBEC on the importance of reducing, reusing and repairing in order to limit the amount of residual materials that are reaching worrying heights.

EACH YEAR, WE SEEK TO SIGNIFICANTLY REDUCE THE AMOUNT OF WASTE PRODUCED DURING THE EVENT BY :

- Valuing the 5R-VE principle; Refuse, Rethink, Reduce, Reuse, Recycle, Recover and Dispose;
- Eliminating all single-use plastics on site, except for sealed bottles that must be provided to elite athletes;
- Continuously improving our waste management;
- Reusing as much as possible our signage at each event;
- Providing water filling stations on site;
- Distributing reusable water bottles and glasses;
- Reducing the number of printed materials for communications;
- Rethinking the food offer.

In 2022, we diverted approximately 73% of the waste collected during the event from landfill. We were able to divert over 960 kg of food waste for bio-gas production.

We would like to remind our visitors and stakeholders of the importance of properly disposing of residual materials on our event site. To help you in this process, we invite you to use the RECYC-QUÉBEC application [Ça va où?](#), which will allow you to know how to sort and dispose of your waste and recyclables in a responsible manner. If in doubt, please refer to this application to help reduce our environmental footprint.

VIVATS 2022 AWARD–TOURISM MONTREAL DISTINCTION

In 2022, the Montreal International Triathlon was a finalist for the Vivats Prize for the next generation of athletes, as well as the Vivats RECYQ-QUÉBEC Prize for Responsible Waste Management.

The event received the Tourism Montreal Distinction, for having implemented practices that encourage sustainable development and for the positive impact on the local community.

SUPPORTING A LOCAL AND RESPONSIBLE ECONOMY

In addition to our commitment to sustainability, our organization aims to have a positive impact on the local community by fostering partnerships with local businesses and socially conscious organizations.

By attracting participants from outside the region, we also contribute to the local economy by generating revenue for businesses such as hotels, restaurants and stores. Overall, our organization is dedicated to promoting sustainability while having a positive impact on the local economy and fostering a sense of community involvement.

Triathlon International de Montréal is also committed to environmental awareness and education through a variety of measures including:

- Promoting the training of volunteers as eco-responsible ambassadors,
- Promoting the communication of eco-friendly measures, the option of a green medal and eco-friendly gifts,
- Encouraging our stakeholders to implement sustainable practices,
- Supporting local communities and engaging in community missions.

**COME ON, LET'S ALL TAKE
UP THE CHALLENGE TO
DELIVER A GREENER AND
MORE SUSTAINABLE EVENT!**

GENERAL INFORMATION

REGISTRATION

National Federations will register their Elite athletes, coaches and medical staff using the World Triathlon online system.

ACCREDITATION

Elite Athletes, coaches and team medical will pick up their accreditation on Friday July 7th on the venue.

All accreditation requests for sport delegations must be submitted through their National Federations.

VISAS

You will find the document(s) you need to travel to Quebec, Canada by using [this link](#). Most competitors will require either a Visitors Visa or an Electronic Travel Authorization. The entry document that you will need depends on:

- The type of travel document you plan to travel with;
- The country that issued your travel document;
- Your nationality;
- Your method of travel to Canada for this trip.

[Find out if you need a visitor visa or an ETA.](#)

If you require a written letter to assist with your Visa application, please contact your national federation.

CURRENCY

Canada's currency is the Canadian Dollar. Approximate exchange rates at the time of writing are:

- \$1 CAD = \$0,73 USD
- \$1 CAD = €0,68EURO
- \$1 CAD = £0,60 GBP

CURRENCY EXCHANGE OFFICE

At the airport:

ICE International Currency Exchange

Close to the venue:

Yap.cx, 86 Notre-Dame St W,
Montreal, Quebec H2Y 1S6

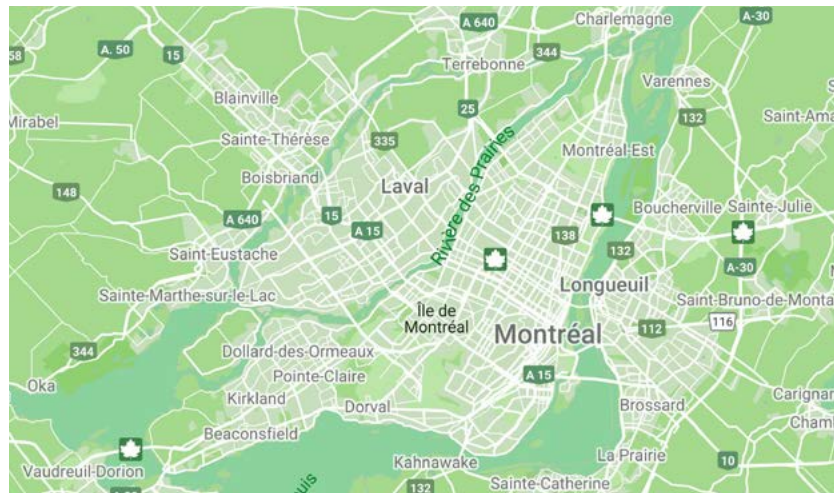
Universal Currency Exchange,
80 Rue Saint-Antoine O,
Montréal, QC H2Y 3X7

LANGUAGE

The official language of Quebec is French, however Montréal is a bilingual city where 57.4% of the population speaks both English and French.

TIME ZONE

The local time-zone is Eastern Time (ET), which is 5 hours behind Coordinated Universal Time (UTC).



MONTREAL CITY MAP

CITY OF MONTREAL

We know you can't wait to line up at the start line and compete against athletes from around the world, but Montreal has so much more to offer. The city has a population of 1,762,949 making it the second-largest city in Canada. The wealth of its cultural life is exceptional. Montreal has hosted multiple international conferences and events, including the 1967 International and Universal Exposition and the 1976 Summer Olympics. It is the only Canadian city to have held the Summer Olympics

Games. The city hosts the Canadian Grand Prix of Formula One since 1978, as well as the largest jazz festival in the world – the Montreal International Jazz Festival, the largest comedy festival in the world – the Just for Laughs festival, and the largest event devoted exclusively to French-language music anywhere in the world – Les Francofolies de Montréal. We are also home to the ice hockey team with the most Stanley Cup wins, the Montréal Canadiens.

LE FRANÇAIS EST LA LANGUE OFFICIELLE DU QUÉBEC!

WEATHER

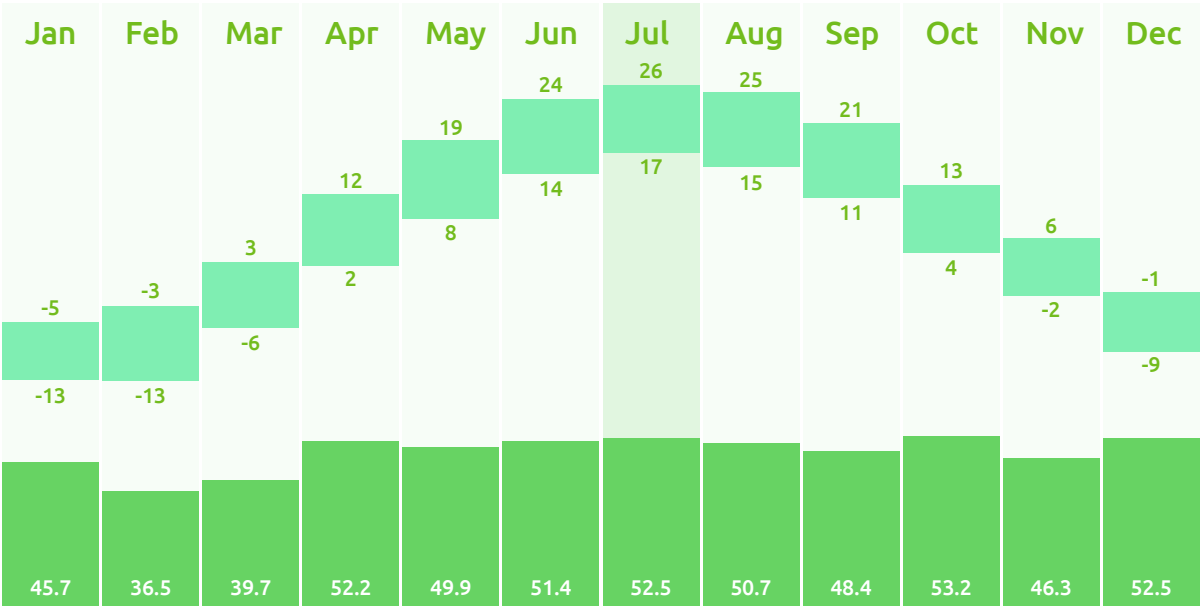
Summer weather in Montreal is classified as a warm, humid continental climate. Local weather can be checked on the [Meteomedia website](#).

Historical weather conditions

At the beginning of July, the daily maximum average is 26 to 27 °C (79 to 81 °F). Temperatures in excess of 30 °C (86 °F) are common. Data for July 8th for the past five years are:

Year	Maximum	Minimum	Average	Precipitation
2022	26.7 °C	15.6 °C	21.2 °C	0.0 mm
2021	19.5 °C	14.2 °C	16.9 °C	18.2 mm
2020	31.0 °C	22.0 °C	26.5 °C	5.4 mm
2019	27.8 °C	12.5 °C	20.2 °C	0.0 mm
2018	29.3 °C	17.5 °C	23.4 °C	0.0 mm

Data from Environment Canada



Sunrise/sunset on race-day is at 05h14 and 20h45 respectively. The water of the Olympic Basin (23° C on average) is regularly tested by a private laboratory. The water quality is always suitable for swimming.

TRANSPORTATION

PUBLIC TRANSPORT

Montreal is served by a very dense network of public transport managed by the Société de Transport de Montréal (STM). The city has four subway lines and many buses that service the city centre. For further information visit <https://www.stm.info/en>. Public transportation is a great way to see the city. Hop on the Metro (subway), a bus or a BIXI (bike sharing service) and within minutes, you're at a museum, a restaurant or in Old Montreal. To top it off, it's affordable and safe.

TAXI SERVICES

Taxi Coop:

Tel: 514 725-9889

Uber

This service is available in Montreal, however you need to register online at <https://www.uber.com>.

MONTREAL SUBWAY

Sunday to Friday from 05:30 to 00:30, **Saturday** from 05:30 to 01:00 (Hours may vary depending on the line)

Closest metro stop to Race Venue: Jean-Drapeau (Yellow line)

Tarif for one (1) trip: \$3.50

Normally, passengers are permitted to transport their bicycles on the metro, in the 1st wagon, Monday to Friday from 10:00 - 15:00, and after 19:00, as well as all day on Saturdays, Sundays, and legal holidays.

AIRPORT TRANSPORTATION

The LOC will provide free transportation for athletes and coaches along with their bikes, between the airport and the official Host Hotel, and back to the airport. If the athlete or coach decides to stay outside of the Host Hotel, we cannot guarantee transportation and fees will apply.

ARRIVAL

We must receive the details of the location **by June 25, 2023 in order to plan transportation**. Make sure you fill [this form](#).

Please notify us of your flight itinerary and check-in and check-out dates as soon as possible, but no less than two (2) weeks prior to your arrival in Montreal, by filling out this form in order to coordinate transportation. If we do not receive the information by June 26 2023, we cannot guarantee transportation from the airport and fees may apply.

DEPARTURE

Please confirm your departure date and time at the WPCS Race Package Distribution on July 7th, 2023 so that the LOC may coordinate.

CONTACT

Mathieu Halle, LOC Athletes' Transportation

Email: info@triathlonmontreal.com

Phone: 514 686-9936

TRANSPORTATION TO THE VENUE

The LOC will provide free transportation for athletes and coaches along with their bikes, between the official Host Hotel and the venue for the familiarizations and on race day. If the athlete or coach decides to stay outside of the Host Hotel, we cannot guarantee transportation and fees will apply.

Fill this [form](#) to confirm if you need transportation

Race Day Transportation Schedule

PTS / PTVI Athletes Hotel **08:10**
Departure

PTWC Athletes Hotel **09:25**
Departure

ACCOMMODATION

HOST HOTEL INFORMATION

The official hotel of the event is the Alt Hotel Montreal, a Germain Group hotel.

The Alt Hotel Montreal is located at 120 Peel Street, Montreal, H3C 0L8

Distance from the venue: 6.3km - 15 min. by car or bike

Distance from the airport: 19.0km - 20 min. by car

For reservation and pricing, please contact calbert@germainhotels.com

PARKING

Underground parking is available at Alt Hotel, managed by Indigo, day and night. Payments by cash, Visa or Mastercard are accepted.

Rates:

Each 30-min. period:	\$ 4
MAX. 12-hr period:	\$ 16
MAX. 24-hr period:	\$ 32

TRAINING

Here are the training spaces we have reserved for you as well as some of the most popular places in Montreal for you to discover during your training sessions.

GYM TRAINING

A legacy from the 1976 Summer Olympics, this sports center located near the Olympic Basin at the Parc Jean Drapeau will allow you to train in high quality facilities.

Location

Quartier des athlètes
140 Chemin du Chenal le Moyne,
Montréal, QC H3C 6J6

<https://www.parcjeandrapeau.com/en/athletes-quarters-olympic-basin-montreal/>

- 20 min by bike from the host hotel via the Concorde bridge
- 23 min by bike from the host hotel via the Jacques Cartier bridge
- Access via the yellow line of the metro, “Jean Drapeau” exit

There will be bike racks for athletes’ bikes outside the gym. However, the LOC does not provide any security, we suggest that athletes bring their own padlocks.

Session times

(Shared with Americas
Triathlon Athletes)

Wednesday 5th 7:00–11:00

Friday 6th 7:00–11:00

SWIM TRAINING & FAMILIARIZATION

SWIM FAMILIARIZATION

You will be able to familiarize with the swim course on Friday, July 7th from 10:00 to 10:45 (all athletes together) directly in the Olympic Basin. Athletes must bring their accreditation and report to the Athletes Lounge in order to participate in the familiarization. Lifeguards and medical services will be available on site. You will only be allowed to swim in the direction of the course and must exit at the swim exit. A bike rack will be provided near the athletes' lounges.

N.B. For safety reasons, it is forbidden to swim in this area outside of the swim familiarization times.

SWIM FACILITIES FOR TRAINING

OUTDOOR POOL

Complexe aquatique du Parc Jean Drapeau,
130 Chemin du Tour-de-l'Isle,
Montréal, QC H3C 4W7
Tel: +1 514 872-7368

<https://www.parcjeandrapeau.com/en/aquatic-complex-pool-swimming-competitions-montreal/>

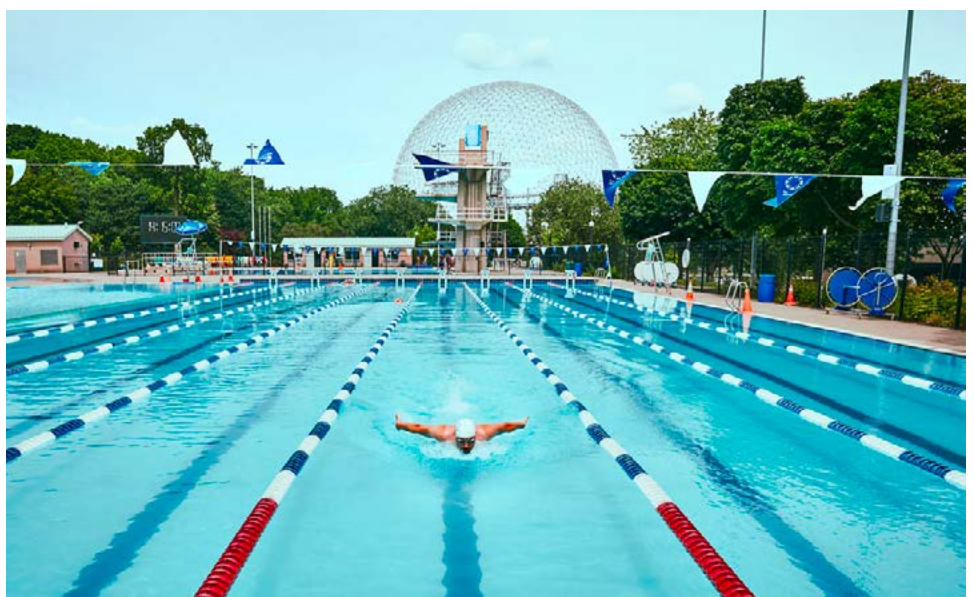
Lanes are offered exclusively for you at Parc Jean-Drapeau Aquatic Complex on a first come first served basis. Please bring your ID with you as you won't have the accreditation yet.

Session times

(Shared with Americas
Triathlon Athletes)

Wednesday 5th 07:00 – 10:00
(4 lanes)

Thursday 6th 07:00 – 10:00
(4 lanes)



BIKE TRAINING & FAMILIARIZATION

BIKE FAMILIARIZATION

A bike training familiarization is provided by the LOC on Friday July 7th from 08:30 to 09:00 (PTS/PTVI) and 9:15 to 9:45 (PTWC).

Meeting point in the Transition area.

RECOMMENDED BIKE TRAINING ROUTES

Circuit Gilles-Villeneuve

It will be possible to train on the Circuit Gilles-Villeneuve. Situated in Parc Jean Drapeau the Circuit Gilles-Villeneuve, or the "Circuit", as it is affectionately called, is a short distance from the Complexe Aquatique. The track is a 4.4 km asphalt loop that is also used for the Montreal Formula 1 (that takes place three weeks before the paratriathlon event). Training on the Circuit is free. It will be possible to train on the Circuit from 06:00 to 23:00. The KOM is held by Montreal pro cyclist James Picolli at over 51 kph for a single circuit (Segment Strava). However, in the 2019 Montreal Grand Prix, Valtteri Bottas had the fastest lap at 216 kph!

When: Monday to Friday from 6:00 - 23:00

For sure, the Circuit will be closed on Friday, July 7th from 08:00-10:00 for the WPCS bike familiarization and on Saturday, July 8th from 07:00-13:30 for the WPCS race.

Cost: free, it is a public space open to all.

La Petite Voie du Fleuve et la Route Verte

"La Petite Voie Maritime" is a 14 km long magnificent strip of land with no vehicular traffic. You can access this cycle path via "Île des Soeurs" and the "Estacade du Pont Champlain"

<https://www.parcjeandrapeau.com/en/south-shore-bike-link-route-verte-montreal/>

Segment Strava

You can also get some miles in using some of our many bike friendly paths and routes accessible from downtown Montreal, like "La Petite Voie du Fleuve", and the extensive network of paths collectively known as "La Route Verte". The Route Verte is a 5,300 km long trail network across Quebec. If you are staying in town after the event and want to explore more of Quebec by bicycle, you can find more information at <http://www.routeverte.com>.

N.B. There is no official route for bike training and these routes are not closed to traffic. It should be noted that you are cycling at your own risk and responsibility, and please be in accordance with [Quebec's road traffic laws](#).

RUN TRAINING & FAMILIARIZATION

RUN FAMILIARIZATION

There is a run familiarization provided by the LOC on Friday July 7th from 08:30 to 09:00 for PTWC athletes and from 09:15 to 09:45 for PTS and PTVI athletes.

RECOMMENDED RUN TRAINING ROUTES

Olympic Rowing Basin

The Olympic Rowing Basin in Parc Jean Drapeau is a legacy from the 1976 Summer Olympics. A paved path around the basin is the perfect place to train for a run with a flat 4.6 km loop. As the Formula 1 event will be tearing down the race site on the Gilles Villeneuve track, please be careful when training around the Rowing Basin. The KOM is held by Canadian Elite middle distance runner Jonathan Tedeschi at a 3 minute/km pace ([Segment Strava](#)).

Lachine bike path

<https://www.strava.com/routes/10029017>

Mont-Royal

A crushed gravel trail run that winds around the Mount Royal Park. There is a beautiful terrace and vista point to view the entire city and beyond near the top of Mount Royal in front of the Mount Royal Chalet. Elite middle distance athlete Chris Balestrini has the KOM at a 3:36/km pace ([Segment Strava](#)).

RACE RULES AND APPEALS

The 2023 World Triathlon Para Series Montreal will be conducted in accordance with the latest published Competitions Rules of World Triathlon.

DOPING CONTROL

Doping Control will be performed in compliance with the World Triathlon Anti-Doping rules and WADA International Standard for Testing by the Canadian Centre for Ethics in Sport (CCES). Doping Control will be located on the athletes quarter near the athletes lounge.

COACHES MEETING

A coaches meeting will take place after the familiarizations on Friday, July 7th at 12:00 local time.

Meeting point: Transition Area

ATHLETE BRIEFING

The athlete briefing will take place at the Alt Hotel on Friday, July 7th at 18:00 local time.

RACE PACKAGE PICK UP

The Race Package pick up will take place at the Alt Hotel on Friday, July 7th from 19:00 to 20:00 local time.

All athletes must pick up their own race kit at registration and are handed out by the World Triathlon Officials. The race kit will be variable depending on the athletes' category. Coaches' and team's medical accreditations will be distributed at the same time.

Vest will be distributed to Personal Handlers at the same time. Personal Handlers accompanying athletes need to present an ID in order to receive a vest. The ID will be given back at the end of the races when the vest is returned at the Athletes' lounge, at the competition venue.

The Race Kit includes:

Three (3) helmet numbers

One (1) bike number

Body decals

Accreditation pass

Welcome gift

EQUIPMENT VERIFICATION PTWC

The equipment verification for PTWC athletes will take place on Friday, July 7th at 11:30 local time.

Meeting point: Transition Area / Lounge

ATHLETE'S LOUNGE

The Elite Athletes' Lounge is located in the Quartier des athlètes building, at the Olympic Basin and open on race day at 08:45 for PTS and PTVI athletes and at 10:00 for PTWC athletes. Sealed water bottles, changing rooms and restrooms will be provided to athletes.

FINISH AREA

The finish area includes a medical tent and sealed water bottles. Athletes will walk through the mixed zone and coach's zone before returning to the Athletes' Lounge.

MEDICAL AREA

The main medical area is located in the Athletes Quarter, close to the Athletes lounge. A second medical area will be installed behind the finish line.

CHECK IN

On the day of the race, Technical Officials will conduct the Athlete's check-in, the location will be given at the Athletes' briefing on July 7th, 2023.

- Uniform and bike check;
- Distribution of numbered swim caps and timing chips.

WATER QUALITY

WATER TEMPERATURE

Water temperature in July: about 24°C (75.2°F).

WATER QUALITY

The 2023 World Triathlon Para Series Montreal is governed by the highest swimming water quality standards of World Triathlon, the international triathlon federation. These have been established in accordance with World Health Organization (WHO) and European public health standards. And good news! Parc Jean Drapeau Olympic Basin water meets all these requirements with flying colors.

Water quality tests to be submitted to World Triathlon:

- Two (2) months before the competition;
- Seven (7) days before the competition;
- The first day of the competition.

Additional tests may be conducted at the request of the International Federation Technical Delegate in conjunction with the results previously obtained. If the water quality tests show values outside the stated tolerance limits, World Triathlon will cancel the swim portion, unless the World Triathlon Medical and Anti-Doping Committee indicates otherwise.

Here are the results of the tests done on May 8th, 2023. Next tests will be done in July 2023.

The water quality is normally excellent. As of May 8th, the water analysis results for 3 main factors of water quality were:

- Faecal enterococcus 0 CFU/100 mL
- *Escherichia coli* from 0 to 1 CFU/100 mL for all samples
- pH from 6.6 to 7.1

The Group Copley World Triathlon team is available at all times to answer your questions regarding water quality. Do not hesitate to contact us at:

info@triathlonmontreal.com

PARKING AT THE VENUE

Parking will be available next to the venue during the familiarization on July 7th, 2023, and the morning of the competition on July 8th, 2023.

Parking fees are applicable.

WORLD TRIATHLON PARA SERIES

ELITE

750M / 20.4KM / 5KM

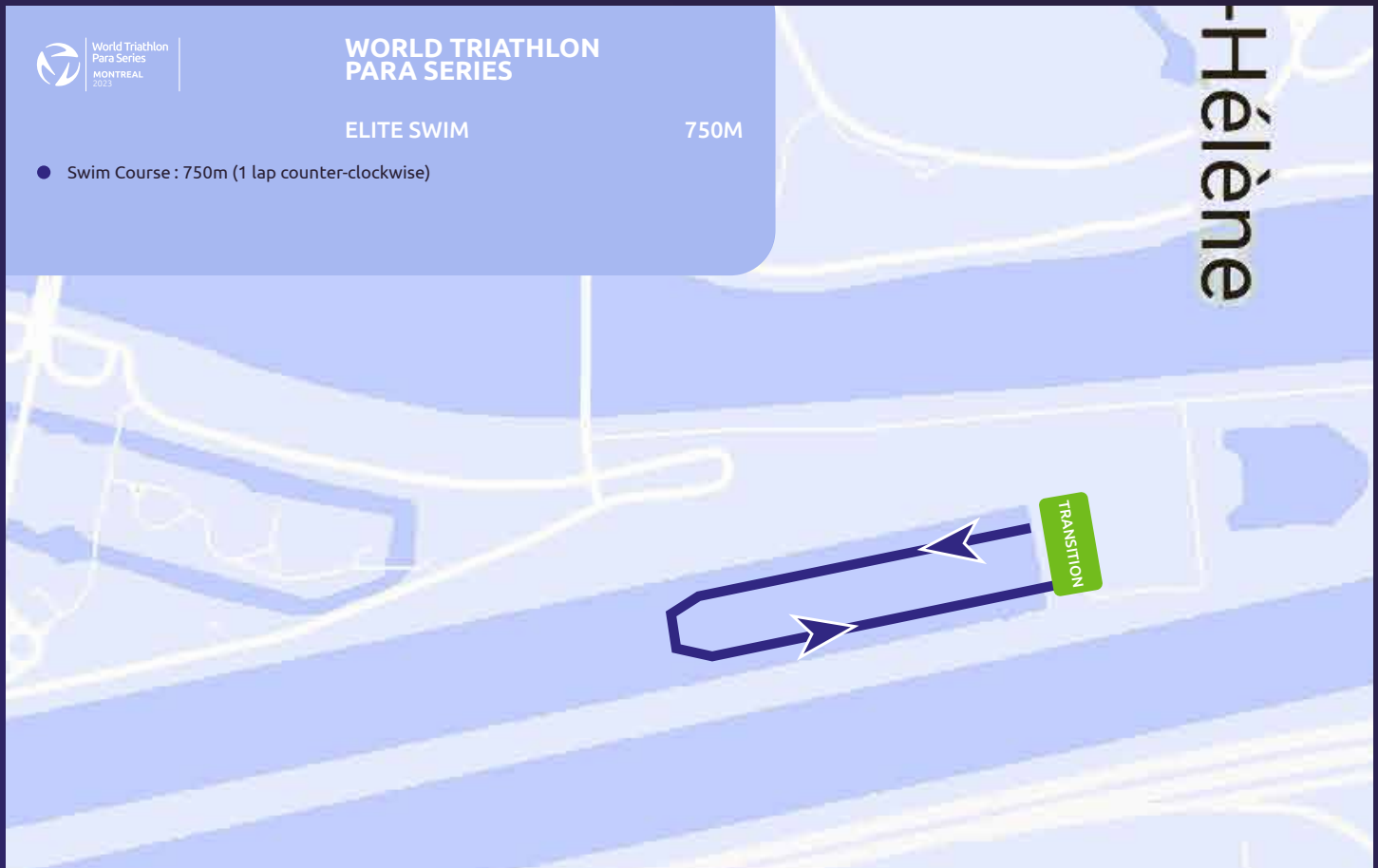
- Swim Course : 750m (1 lap counter-clockwise)
- Bike Course : 20.4km (5 laps clockwise = 3.9km + connexions)
- Run Course : 5km (2 laps counter-clockwise = 1.8km + connexions)

- Team Wheel Station
- Neutral Wheel Station
- Penalty Box
- WC Wheel Stop



SWIM COURSE

The swim portion of the triathlon takes place in the Olympic Basin at the Parc Jean-Drapeau. The course consists of one (1) lap of 750m.



SWIM WARM UP

Swim warm-up before the race will be available in the Olympic Basin at the Parc Jean-Drapeau.

Schedule:

On race day at 09:15 to 09:45 for PTS and PTVI Athletes and at 10:30 to 11:00 for PTWC Athletes.

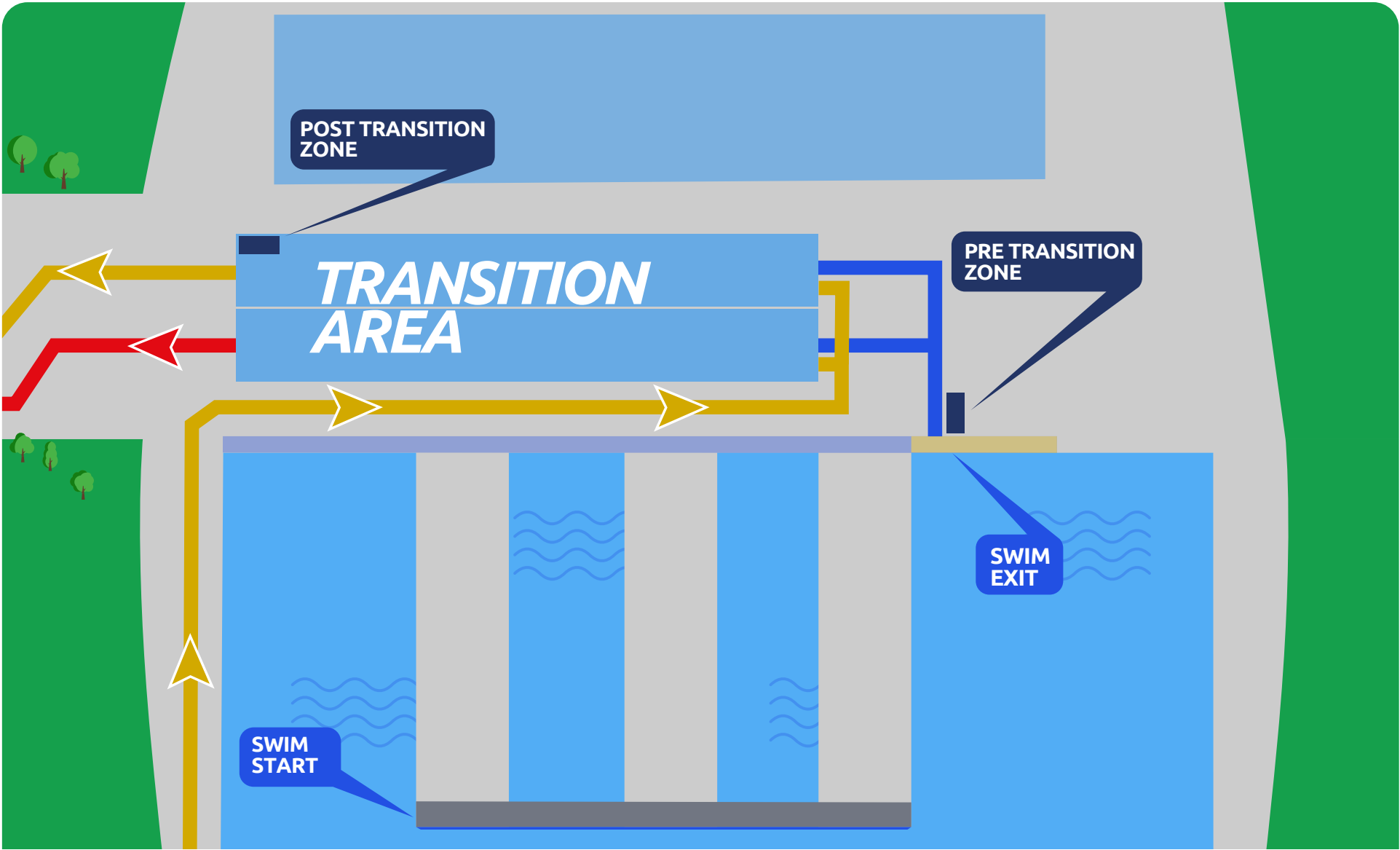
START AREA

The start area is located at the Olympic Basin. Athletes will gather at the Swim Start area fifteen (15) minutes before the start of their race and be marshalled towards the Swim Start platform.

TRANSITION ZONE



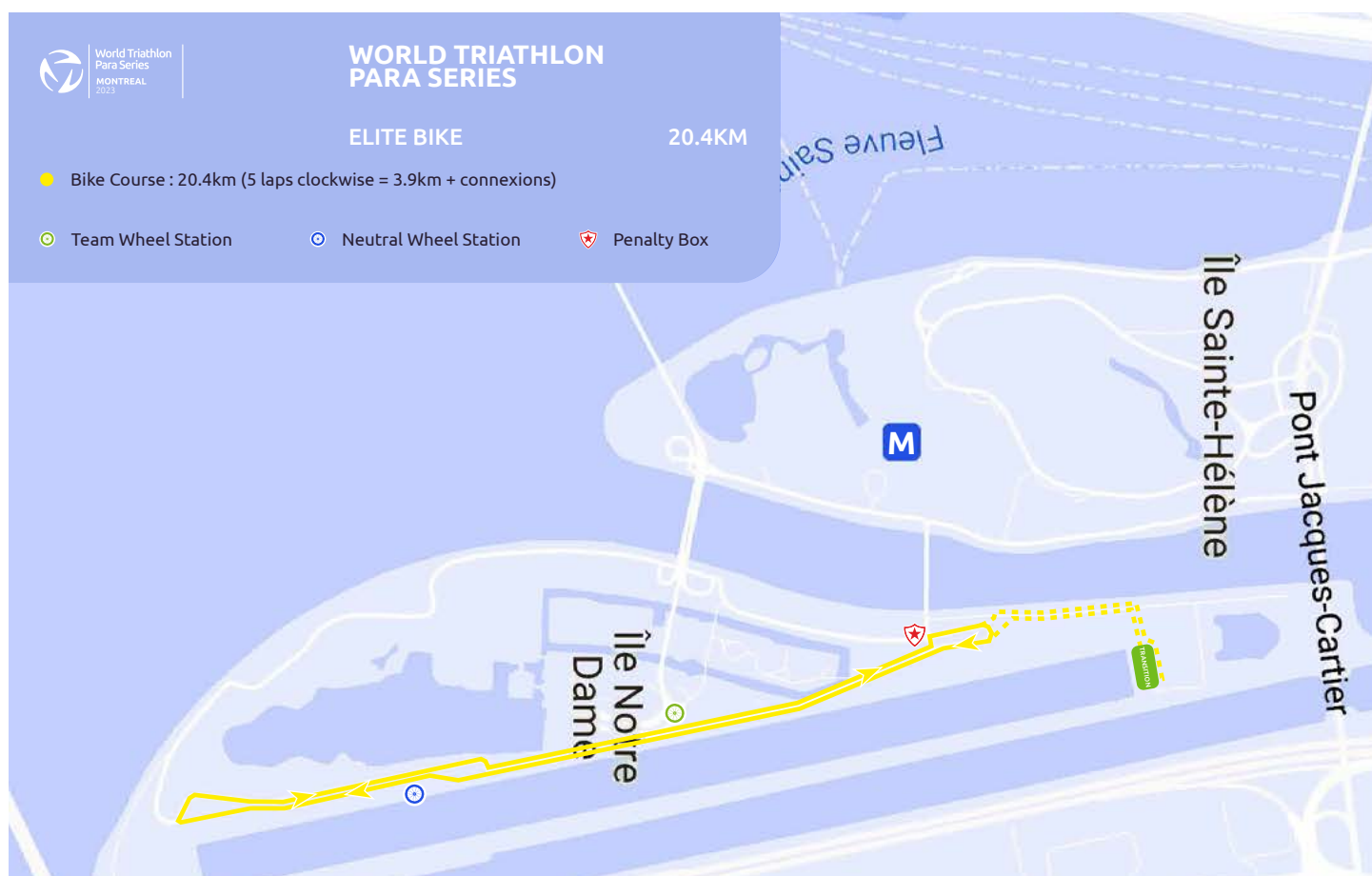
World Triathlon
Para Series
MONTREAL
2023



BIKE COURSE

The WPCS bike course takes place on the Circuit Gilles Villeneuve. The bike course is a clockwise 3.9km loop on the Circuit Gilles Villeneuve (CGV). The loop is ridden five times for a total race distance of 20.4km.

The bike course leaves TZ along the Chemin du Chenal le Moyne and accesses the CGV via a gate by the hairpin Turn 10. The bike course follows the CGV for approximately 2 km (the Casino Straight) before entering the pit lane. On the exit of the pit lane the course makes a 180° turn around before returning along the circuit. Just before turn 11 the course turns left onto an access road to join the circuit proper just before turn 10. At turn 10 the athletes will make a lap/TZ split and either turn left off the circuit and return to TZ via the Chemin du Chenal le Moyne or continue around the hairpin and complete another lap.



WHEEL STATIONS

TEAM WHEEL STATION

Team Wheel will be checked in at registration/bike check and transported to team wheels station. The team wheel station is on the Casino Straight by the entrance to the Casino.

NEUTRAL WHEEL STATION

Neutral Wheel Station is located approximately 3 km into the loop at the Pavillion du Canada/Les Floralties.

The wheels available at the neutral wheel station are :

- 2x 700c Front wheels, rim brake;
- 2x 700c Front wheels, 160mm rotor disc brake;
- 2x 700c Front wheels, 140mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, rim brake;
- 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, 140mm rotor disc brake;
- 2x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake;
- 2x 700c Rear wheels with 12speed cassette, 140mm rotor disc brake.

MARTIN SWISS CYCLES

313, ave. Victoria, Montreal (Qc) H3Z 2N1

Tel. / Tél.: (514) 488-9717

www.martinswiss.net

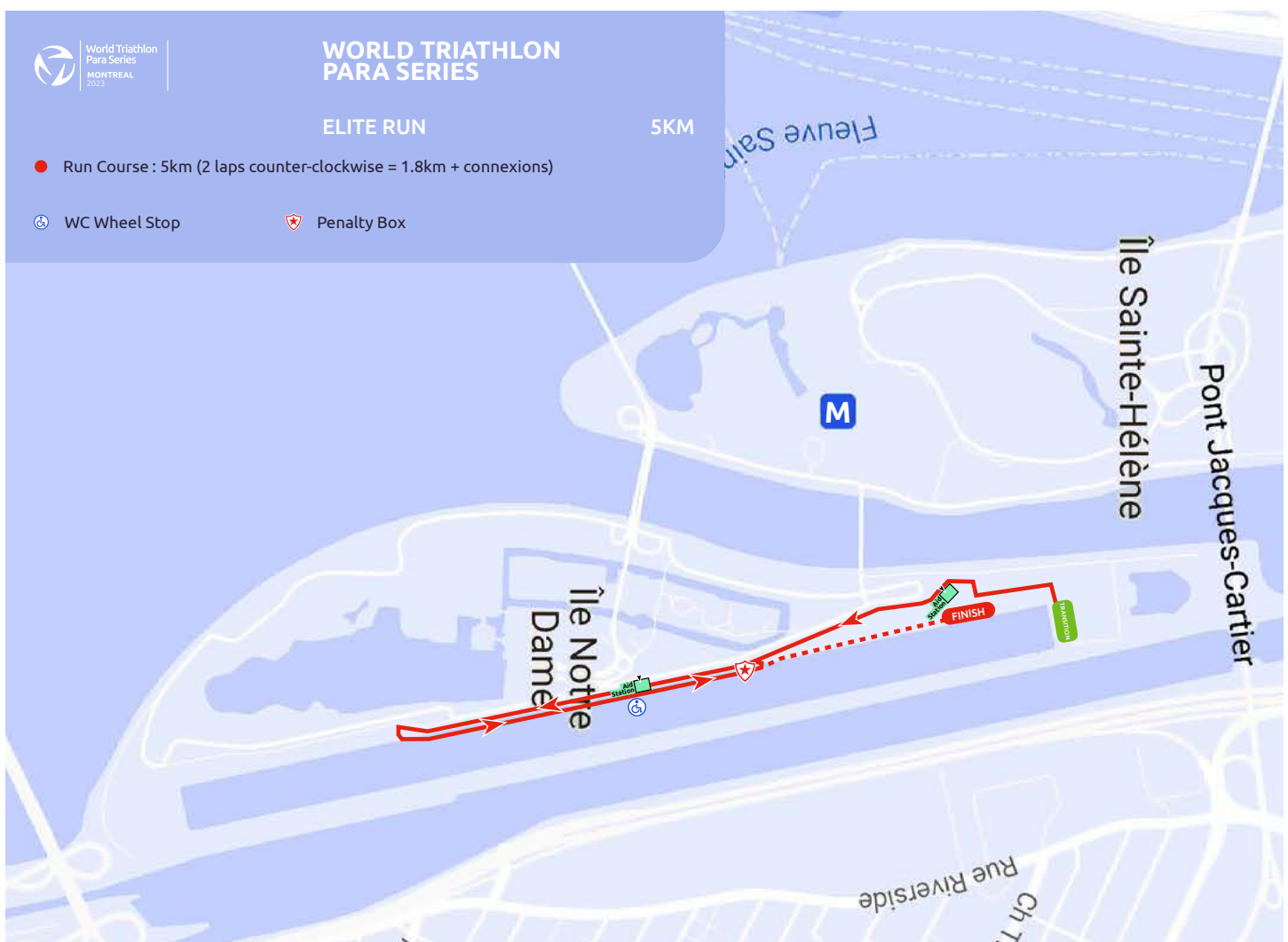
Martin Swiss Cycles is the 2023 World Triathlon Para Series Montreal exclusive bike repair provider.

BIKE PENALTY BOX

The Bike Penalty Box is located 100m before the lap/TZ split. You will pass five (5) times in front of it. Standard World Triathlon procedures apply for the bike penalty box.

RUN COURSE

The WPCS run course takes place on the Circuit Gilles Villeneuve and the path alongside the Olympic Basin. Athletes will exit transition toward the north side of the basin, enter on the circuit through a gate on the hairpin. The run loop follows the CGV westwards to the pit-lane, where the athletes will take two left turns to follow the path on the north side of the Olympic Basin to a turnaround at the run penalty box. Here they will take two left turns to go back on the CGV and repeat the loop. As the athletes reach the penalty box a second time they will go straight ahead to the finish line in front of the Grandstands on the north side of the rowing basin. There are four (4) free leading zones on the run course, two aid stations and a team wheel stop for PTWC. Total run distance is 5km.



AID STATIONS

There are two aid stations on the run course:

- Station 1 is located at 200 m from Transition Area.
- Station 2 is in between the CGV and the run path and can be accessed from both sides. It will be accessed at:
 - 1.1 km
 - 2.3 km
 - 3.0 km
 - 4.1 km

The LOC will provide sealed water bottles for Elite athletes.

RUN PENALTY BOX

There is a single run penalty box, located at the turnaround at the end of the run loop before the loop/finish split, at approximately 2.5 km into the run. It will be passed on both run laps.

RUN TEAM WHEEL STATION

A single wheel station for handcycles is provided on the run loop. It is co-located with the Aid Station 2 and can be accessed on both sides.

RESULTS

Results will be updated live on Sportstats and World Triathlon official websites.

MEDAL CEREMONY

Elite award ceremony will be held near the finish gantry, facing the grandstands on Saturday, July 8th from 13:00 to 13:30.

LOST & FOUND

All Athletes lost and found items will be redirected to Athlete Lounge.

PARTNERS

WE THANK OUR PARTNERS FOR MAKING THIS EVENT POSSIBLE.

MAIN PARTNER



PUBLIC PARTNERS



SUSTAINABILITY



ACCOMODATIONS & TRANSPORT



OFFICIAL SUPPLIERS



FEDERATIONS



2023 WPCS ELITE ATHLETE'S GUIDE

