

V1



WPCS ELITE ATHLETE'S GUIDE

JULY 8TH 2022



World Triathlon
Para Series
MONTREAL
2022

Canada

Québec

Montréal

TOURISME /
MONTREAL

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

V1 ATHLETE'S GUIDE UPDATE

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted on the website. Any updated version of this Guide will be identified by the version number on the cover page (Ex. V1, V2, V3, etc.).

For the latest updates you can visit montreal.triathlon.org



TABLE OF CONTENTS

ATHLETE'S GUIDE UPDATE	2	TRAINING	21
WELCOME MESSAGES	5	Gym Training	21
USEFUL CONTACT INFORMATION	8	Swim Training & Familiarization	22
Contact Information	8	Bike Training & Familiarization	24
Key Contacts	9	Run Training & Familiarization	25
RACE VENUE	10	RACE RULES AND APPEALS	26
EVENT SCHEDULE	11	DOPING CONTROL	26
ENVIRONMENTAL SUSTAINABILITY AT GROUPE COPLEY WORLD TRIATHLON	13	COACHES MEETING	26
GENERAL INFORMATION	15	ATHLETE BRIEFING	26
Registration	15	RACE PACKAGE PICK UP	27
Accreditation	15	EQUIPMENT VERIFICATION PTWC	27
COVID-19	15	ATHLETE'S LOUNGE	27
Currency Exchange Office	16	FINISH AREA	28
Language	16	MEDICAL AREA	28
Time Zone	16	CHECK IN	28
Visas	16	WATER QUALITY	28
City of Montreal	17	PARKING AT THE VENUE	29
Weather	18		
TRANSPORTATION	19		
Public Transport	19		
Airport Transportation	19		
Transportation to the Venue	20		
Accommodation	20		
Parking	20		

WPS GENERAL RACE MAP	30	RESULTS	38
SWIM COURSE	31	MEDAL CEREMONY	38
Swim Warm Up	31	LOST & FOUND	38
Start Area	31	PARTNERS	39
BIKE COURSE	33		
Wheel Stations	33		
Bike Penalty Box	34		
RUN COURSE	35		
Aid Stations	36		
Run Penalty Box	36		
Run Team Wheel Station	36		

WELCOME MESSAGES

WORLD TRIATHLON

Greetings and a warm welcome to the 2022 Groupe Copley World Triathlon Para Series Montreal.

It is always a pleasure to return to the wonderful setting of Montreal, a city with a rich sporting history that first held our World Championships back in 1999, before returning to host elite international triathlon in 2016.

The famous Parc Jean Drapeau, a great legacy of the 1976 Olympic Games and home of the Montreal Formula 1 circuit, provides the ideal setting for this second stage of the 2022 Para Series, with six male and six female medal events across all categories.

The athletes will take to the Bassin Olympique for the 750m swim before five bike laps of the Gilles-Villeneuve race track, and concluding with a one-lap run round the edge of the lake, giving the athletes an iconic setting in which to race.

After its spectacular debut back in 2019, Montreal will be the second stop of the top-tier Para Series this year, following on from WTPS Yokohama and ahead of WTPS Swansea, before the world's best para triathletes head to Abu Dhabi for the World Championships in November.

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

Finally, I want to wish all the athletes the best of luck in achieving their goals this weekend. For any newcomers to Montreal, you are in for an incredible experience here, and I urge you all to explore and enjoy the city to the fullest as it hosts the spectacle of World Triathlon racing.

Sincerely,



Marisol Casado
World Triathlon
President
IOC Member



LOCAL ORGANIZING COMMITTEE

Patrice Brunet,
President of
Groupe Copley
World Triathlon



Passeport MTL

Get hot deals on cool attractions

Find out more:
PASSEPORTMTL.COM



An initiative of
**TOURISME /
MONTREAL**

USEFUL CONTACT INFORMATION



The purpose of the Athlete's Guide is to ensure that Elite athletes are well informed of information regarding the 2022 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 the technical question regarding your race during the online pre race briefing where the World Triathlon Technical Delegate (TD) will inform you on all race procedures, course routes and race specific situations. The briefing will be recorded and available at https://triathlon.org/about/downloads/category/race_briefings.

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

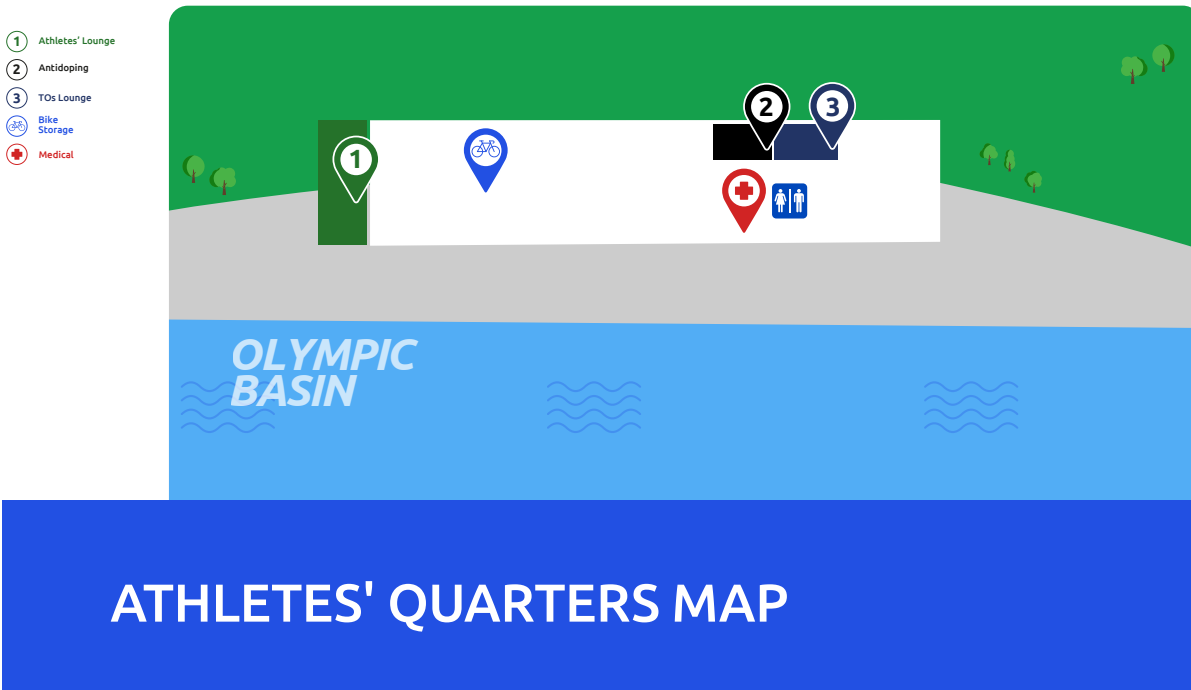


World Triathlon Team

TRI Technical Delegate	Felix Molina	felix.molina@americas.triathlon.org
TRI Assistant Technical Delegate	Janice Ryan	nowjaniceturner@gmail.com

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	Eric Noël	eric.noel@triathlonmontreal.com
Operations Manager	Claire Mauxion	logistique@triathlonmontreal.com
Sport Manager	Andrew Dacanay	andrew.dacanay@triathlonmontreal.com
Sport Manager	Jean Piolé	jean.piole@triathlonmontreal.com
LOC Athletes Services	Jean Piolé	info@triathlonmontreal.com



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	
Monday, July 4 th	07:00 – 11:00	Gym Training Athletes' Quarter - PJD	
	07:30 – 11:00	Swim Training - Swimming Pool Aquatic Complex - PJD	
Tuesday, July 5 th	07:00 – 11:00	Gym Training Athletes' Quarter - PJD	
	07:30 – 11:00	Swim Training - Swimming Pool Aquatic Complex - PJD	
Wednesday, July 6 th	07:30 – 11:00	Swim Training - Swimming Pool Aquatic Complex - PJD	
	18:00 – 19:00	WPCS Online Pre Race Briefing Online	
Thursday, July 7 th	08:30 – 09:00	PTS / PTVI Bike Familiarization Transition Area	●
	08:30 – 09:00	PTWC Run Familiarization Transition Area	●
	09:15 – 09:45	PTS / PTVI Run Familiarization Transition Area	●
	09:15 – 09:45	PTWC Bike Familiarization Transition Area	●
	10:00 – 10:45	Swim Familiarization (All) 750m Transition Area	
	11:00 – 12:00	WPCS Race Package Distribution Athlete Lounge	
	11:30 – 12:30	Equipment Check Transition Zone	
	12:00 – 12:30	Coach Meeting Venue	
Friday, July 8 th	06:15 – 07:00	PTS / PTVI Athlete Lounge Check-In Venue	●
	06:30 – 07:15	PTS / PTVI Transition Zone Check-In Venue	●
	06:45 – 07:15	PTS / PTVI Swim Warm Up Venue	●
	07:20	PTS / PTVI Athletes Introduction Venue	●

● PTS / PTVI

● PTWC

Date	Time	Activity	
Friday, July 8 th	07:25 – 08:10	PTWC Athlete Lounge Check-In Venue	●
	07:40 – 08:25	PTWC Transition Zone Check-In Venue	●
	08:00 – 08:30	PTWC Swim Warm Up Venue	●
	08:30	PTWC Athletes Introduction Venue	●
	07:30:00	PTS 5 - Men Start Venue	●
	07:35:00	PTVI 1 - Men Start Venue	●
	07:37:46	PTVI 2/3 - Men Start Venue	●
	07:39:00	PTVI 1 - Women Start Venue	●
	07:42:19	PTVI 2/3 - Women Start Venue	●
	07:45:00	PTS 5 - Women Start Venue	●
	07:46:00	PTS 2/3/4 - Women Start Venue	●
	07:55:00	PTS 4 - Men Start Venue	●
	07:56:00	PTS 2/3 - Men Start Venue	●
	08:40:00	PTWC 1 - Men Start Venue	●
	08:42:59	PTWC 2 - Men Start Venue	●
	08:50:00	PTWC 1 - Women Start Venue	●
	08:53:42	PTWC 2 - Women Start Venue	●
	09:24	Swim Cut Off Swim Course	
	10:00	Bike Cut Off Bike Course	
	10:30 – 11:00	Run Course Measurement Run Course	
10:30 – 10:50	Medal Ceremony Venue		
Saturday, July 9 th	08:00 – 10:00	Swim Training - Open Water Jean Doré Beach - PJD	

ENVIRONMENTAL SUSTAINABILITY AT GROUPE COPLEY WORLD TRIATHLON

Triathlon is a sport that benefits from having pristine natural environments such as rivers, lakes, parks, oceans, forests and open countryside in which to swim, bike and run. We believe in the importance of protecting our natural environment and that our actions can contribute to the health of the planet and a reduction in climate change. It is for these reasons that we want all persons involved in this event to participate in our sustainability efforts. Together we can make a significant impact and improve our natural environment.

At this year's World Championship event the Triathlon Mondial Groupe Copley wants to lead by example with our multiple sustainability initiatives. Some of our efforts will be visible to you and others will be behind the scenes, however we are committed to informing you of all of our sustainability actions related to the triathlon. Please follow our announcements on how you can do your part, as well as our reports on all actions taken to protect our planet. Here are some details on how you can participate and on our efforts thus far.

WE ASK ALL PARTICIPANTS TO:

REDUCE YOUR CARBON EMISSIONS

- Whether you come from far, very far, or very very far away, we invite you to offset the greenhouse gas emissions related to your trip.
- Promote public transit, carpooling, or any other sustainable transportation when you travel.
- Use the event mobile website instead of printed brochures.

RECYCLE AND COMPOST

- Sort your waste appropriately at waste stations at the race venue.
- Reduce at the source and question yourself before each action to reduce consumption of resources.

REDUCE PLASTIC CONSUMPTION

- To reduce the amount of waste generated by the event, we strongly encourage you to use and re-use the Specialized water bottle that will be given to you at registration.
- Prioritize the water stations that will be set up on-site to fill your reusable bottles.

MAINTAIN AN EXEMPLARY LEVEL OF CLEANLINESS

- Do not litter on the race course or at the race venue.
- Learn about our efforts in terms of sustainable development and the common goal we have to reduce our ecological footprint.
- Raise awareness among those around you.

OUR COMMITMENT

We believe that everyone needs to contribute to caring for our environment, therefore we will be transparent with you concerning our operations and several behind-the-scenes initiatives to integrate an exemplary level of environmental sustainability. We want to guide and support you towards the adoption of the best sustainable practices because we strongly believe in the alliance of sport, environment and culture.

Please visit our website to read about our sustainable development policy and our eco-responsibility action plans. The Groupe Copley World Triathlon will hold the certification “EcoTQ Gold” based on the eco-responsible certification of our provincial federation Triathlon Quebec and we will also follow the eco-responsible standards of the World Triathlon Sustainability initiatives.

To massively reduce the number of printed resources for spectators and participants, we encourage you to visit our website regularly; it will be your primary source of information throughout your Groupe Copley World Triathlon experience! If you have any questions about our commitment to eco-responsibility and sustainable development, do not hesitate to contact our team; we will be happy to receive your feedback and answer your questions (eco@triathlonmontreal.com).



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 medical will pick up their accreditation on Thursday July 7th on the venue.

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

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.

COVID-19

In Quebec, the vaccination passport is no longer required to access a place or to do an activity, except for travel within and outside Canada, by train, plane or cruise ship. Wearing a mask or face covering that covers the nose to under the chin is mandatory on public transit (buses, the subway, ferries, taxis, car services, etc.).

Measures in Force

The Quebec government has lifted most of the public health measures associated with the COVID-19 pandemic. For more information:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/measures-in-force/about-the-measures-in-force>

Travel to Canada: Requirements for vaccinated travellers

Travellers are eligible to enter or return to Canada if they qualify as a fully vaccinated traveller. For more information about the requirements to travel to Canada: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

Covid testing

If you need to provide a Covid test before flying back home, here are some providers, as well as private clinics who provide Covid testing:

–Virtual Rapid Antigen Testing:

–Antigen & PCR Testing:

IMPORTANT COVID-19 REQUIREMENT

All elite athletes along with the support staff applying for accreditation must respect the following pre-event Covid-19 screening conditions:

- Fill in the online pre-event questionnaire. World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents: https://triathlon.org/pre_event_covid_19_screening_guide.
- We will continue to respect the decision/rules of the local public health of the host country.

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 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

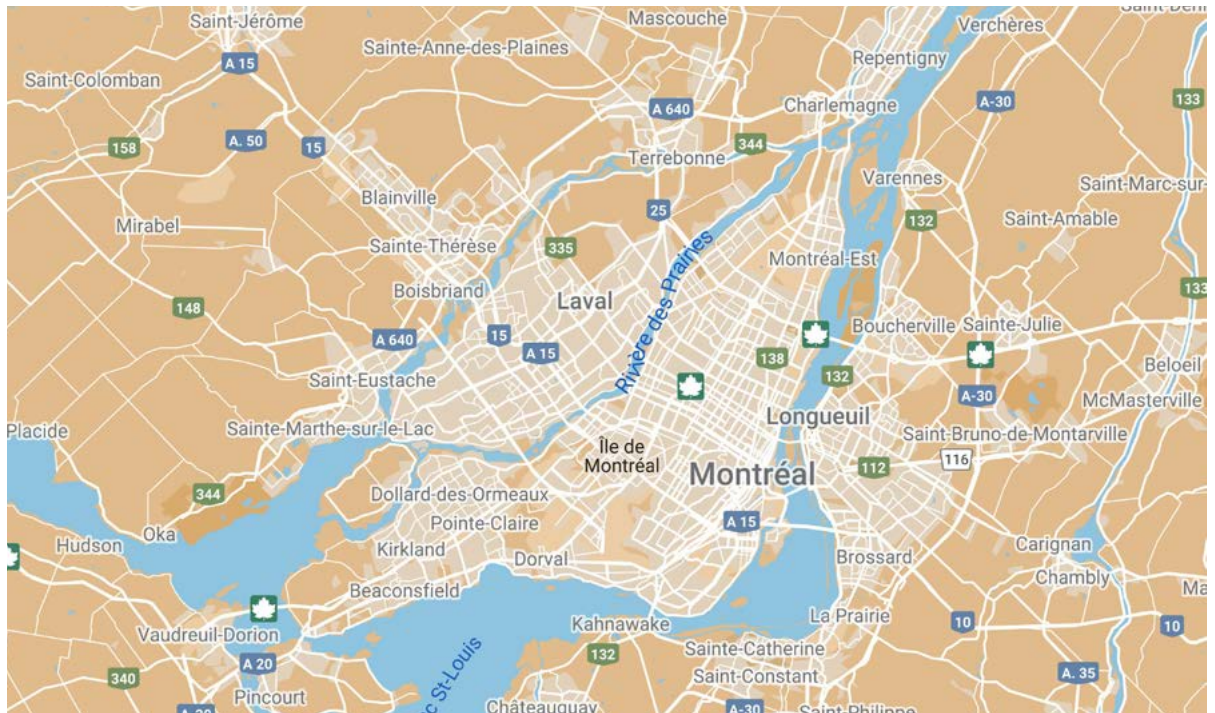
The local time-zone is Eastern Time (ET), which is 5 hours behind Coordinated Universal Time (UTC).

CITY OF MONTREAL

After two years without a World Para Championship Series in 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 Francolies 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!



MONTREAL CITY MAP

WEATHER

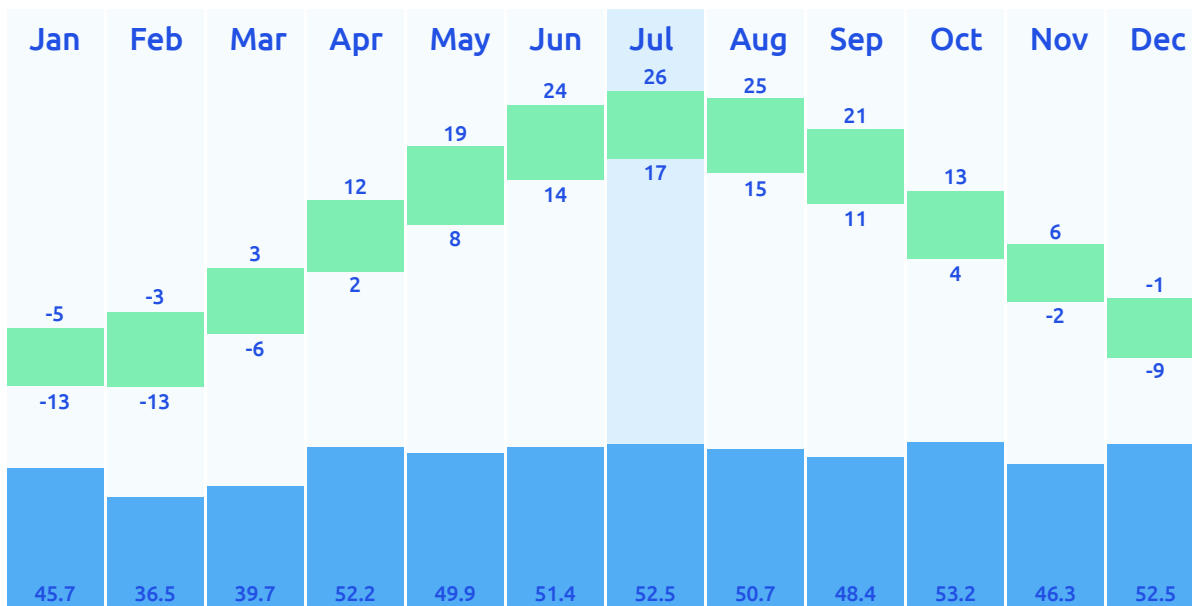
Summer weather in Montreal is classified as a warm, humid continental climate. Local weather can be checked on the [Meteomedia website](#).

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
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
2017	23.9°C	16.1°C	20.0°C	20.0 mm

Data from Environment Canada



Sunrise/sunset on race-day is at 05h14 and 20h45 respectively. The average water temperature of the Olympic Basin is of 24 °C.

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 26, 2022 in order to plan transportation.**

Make sure you fill this form: <https://docs.google.com/spreadsheets/d/18lG2rZ-bFQTYoHxJxl4cFsyQC9xR5fN9X/edit?usp=sharing&oid=104008873695437667895&rtpof=true&sd=true>

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 2022, 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 2022 so that the LOC may coordinate.

CONTACT

Jean Piolé, LOC Athletes' Transportation

Email: info@triathlonmontreal.com

Phone: (514) 977-1905

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

ACCOMMODATION

HOST HOTEL INFORMATION

The official hotel of the event is the Holiday Inn Montreal Centreville Downtown, an IHG Hotel. Breakfast will be served between 6:00 and 11:00 every morning (23\$ fee + taxes). On race day, breakfast boxes will be available at the same price.

HOLIDAY INN MONTREAL CENTREVILLE DOWNTOWN, AN IHG HOTEL

999 Rue Saint-Urbain,
Montréal, QC H2Z 0B4

For reservation,

please contact Mustapha Zehri

Phone : 514-878-4027

Email : groupe@hicvmtl.com

Distance from the venue : 7.0km

Distance from the airport : 19.0km

Distance from the metro (subway) :

100m, station Place-d'Armes. Orange line

PARKING

Parking is available at the Host Hotel, for a daily fee (25\$).

Please contact Jean Piolé at info@triathlonmontreal.com for additional information.

TRAINING

If you arrive early to enjoy Montreal and its famous poutine, but you don't want this to affect your fitness level you will need to access the training facilities! 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 pool. However, the LOC does not provide any security, we suggest that athletes bring their own padlocks.

Session times

Monday 4th 7:00–11:00

Tuesday 5th 7:00–11:00

SWIM TRAINING & FAMILIARIZATION

SWIM FAMILIARIZATION

You will be able to familiarize with the swim course on Thursday, 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

Monday 4th	07:30–09:30 (2 lanes)	09:30–11:00 (6 lanes)
Tuesday 5th	07:30–08:30 (2 lanes)	08:30–11:00 (6 lanes)
Wednesday 6th	07:30–09:30 (2 lanes)	09:30–11:00 (6 lanes)



EXTRÊMEMENT MONTRÉAL

Un événement sportif international qui accueille tant les amateurs que les meilleurs athlètes du monde, pour parcourir Montréal à la nage, à vélo et à la course.



BIKE TRAINING & FAMILIARIZATION

BIKE FAMILIARIZATION

A bike training familiarization is provided by the LOC on Thursday 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 22:00. 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 - 22:00

For sure, the Circuit will be closed on Thursday, July 7th from 08:00-10:00 for the WPCS bike familiarization and on Friday, July 8th from 07:00-10:00 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 Thursday 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 2022 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 Thursday, July 7th at 12:00 local time.

Meeting point: Transition Area

ATHLETE BRIEFING

The athlete briefing will take place virtually on Wednesday, July 6th at 18:00 local time.

Please refer to the link below for the athletes' briefing:

https://us02web.zoom.us/webinar/register/WN_fgo4UzJ1Swuc6F2j-o0xIA

RACE PACKAGE PICK UP

The Race Package pick up will take place at the Athlete Lounge on Thursday, July 7th between 11:00-12:00.

All athletes must pick up their own race kit at registration and are handed out by the World Triathlon Officials. **Please make sure that you have completed the pre-event questionnaire prior to this (see [page 24](#)).** 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 Thursday, 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 6:15 for PTS and PTVI athletes and at 07:25 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 6th, 2022.

- 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 2022 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 12th, 2022. Next tests will be done in July 2022.

The water quality is normally excellent. As of April 26th, the water analysis results for 3 main factors of water quality were:

- Faecal enterococcus from 0 to 28 CFU/100 mL
- *Escherichia coli* 0 CFU/100 mL for all samples
- pH from 6.6 to 6.9

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

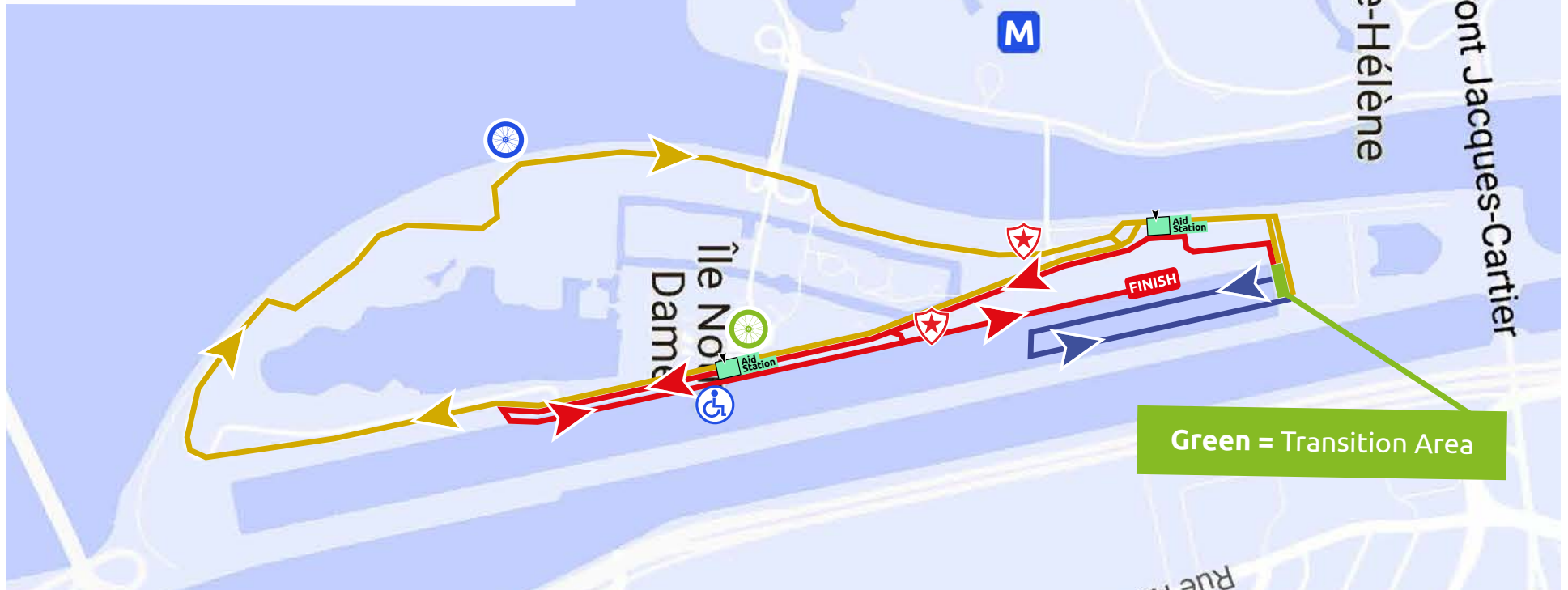
Parking will be available next to the venue during the familiarization on July 7th, 2022, and the morning of the competition on July 8th, 2022.

Parking fees are applicable.

WORLD TRIATHLON PARA SERIES

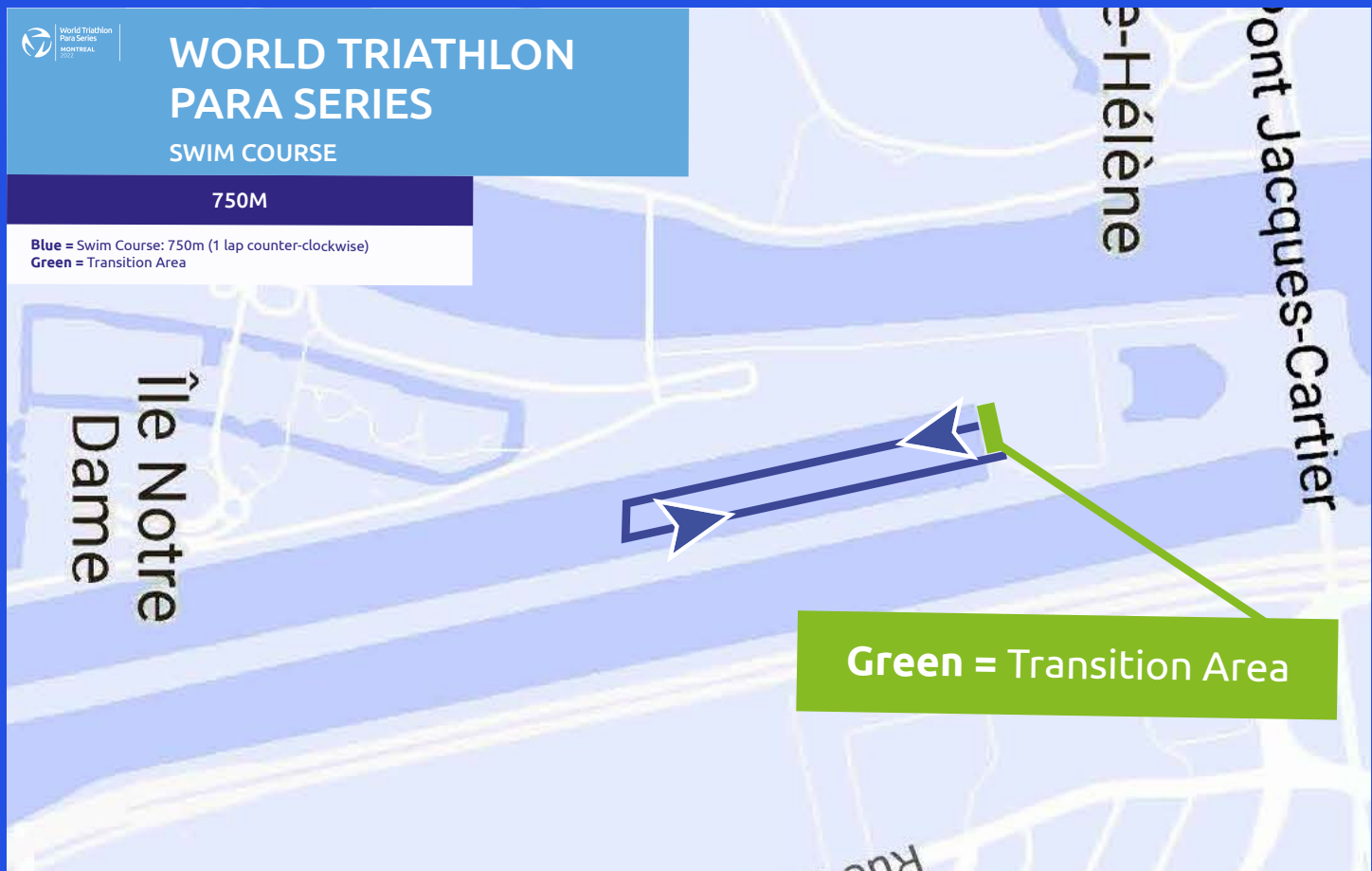
750M / 22.5KM / 5KM

- Blue** = Swim Course: 750m (1 lap counter-clockwise)
- Yellow** = Bike Course: 4.3km (5 laps clockwise + connexions = 22.5km)
- Red** = Run Course: 1.8km (2 laps counter-clockwise + connexions = 5km)
- Green** = Transition Area
-  = Team Wheel Station
-  = Neutral Wheel Station
-  = WC Wheel Stop
-  = Penalty Box



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 6:45 to 7:15 for PTS and PTVI Athletes and at 8:00 to 8:30 for PTWC Athletes.

START AREA

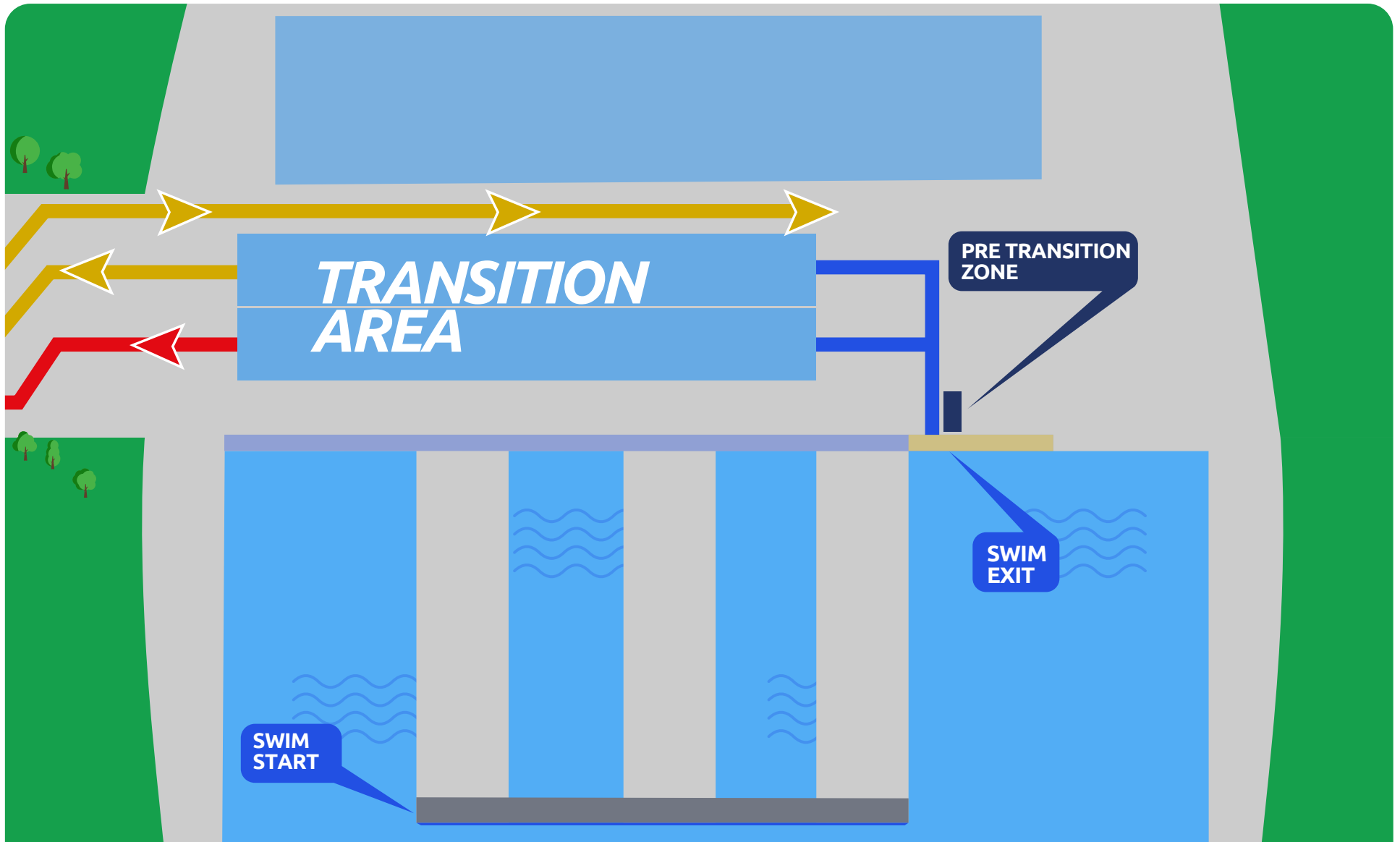
The start area is located at the Olympic Basin. Athletes will gather at the Swim Start area fifteen (15) minutes before the start of their race and be marshalled towards the Swim Start platform.

TRANSITION ZONE

2022 WORLD TRIATHLON PARA SERIES MONTREAL

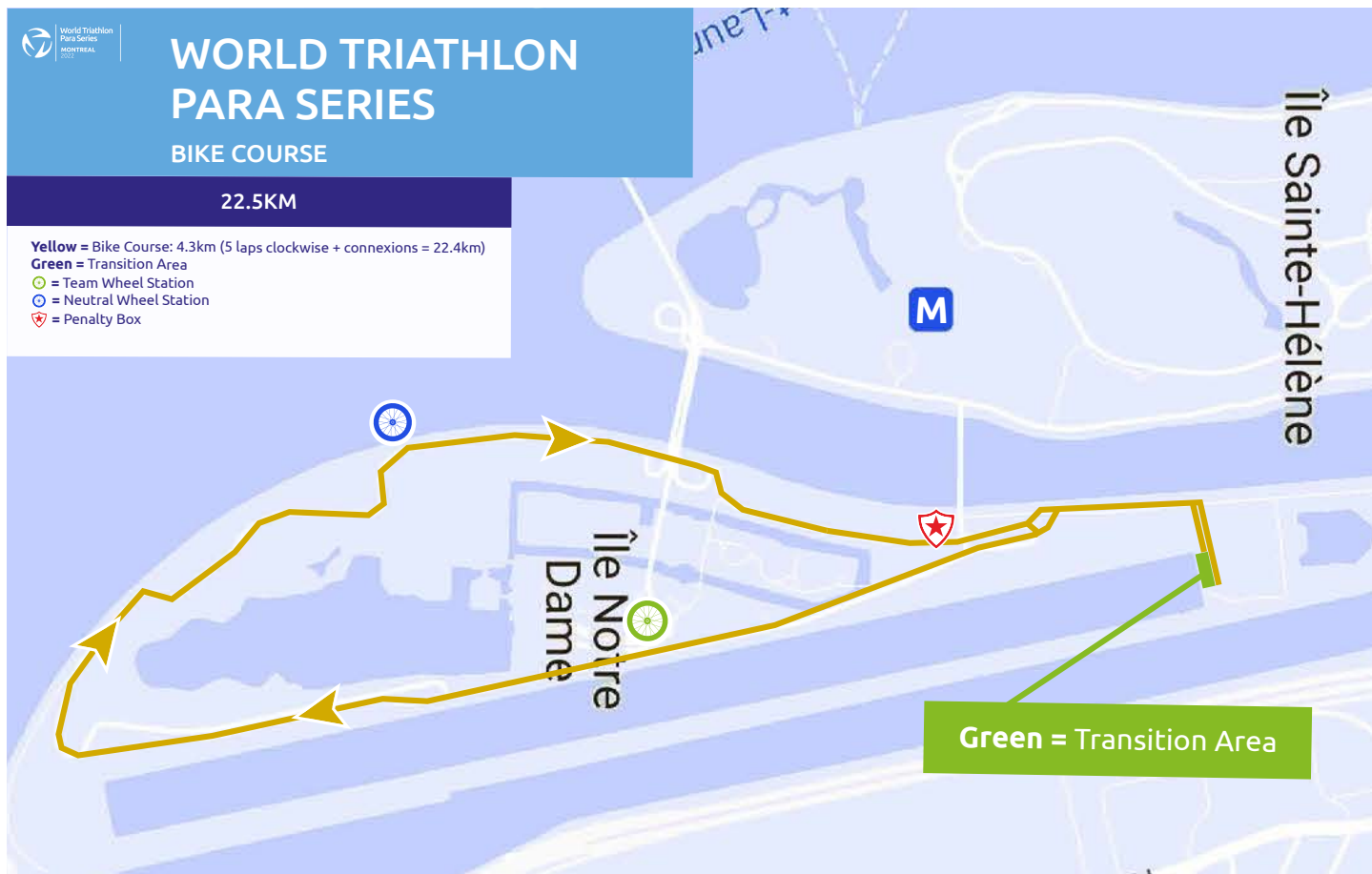


World Triathlon
Para Series
MONTREAL
2022



BIKE COURSE

The WPCS bike course takes place on the Circuit Gilles Villeneuve. It is accessed from Transition Area/P2 along the Chemin du Chenal le Moyne. The circuit has 14 corners and combines left and right turns, small hills and descents. The athletes will ride five laps clockwise before returning to the Transition area via the same route. Total race distance is 22.5 km.



WHEEL STATIONS

TEAM WHEEL STATION

Team Wheel will be checked in at registration/bike check and transported to team wheels station. Team Wheel Station is located 0.8 km into the loop.

NEUTRAL WHEEL STATION

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

The wheels available at the neutral wheel station are:

- 2x 700c front wheel
- 2x 700c front wheel with 140mm disc brake
- 2x 700c front wheel with 160mm disc brake
- 2x 700c 11 cassette Shimano rear wheels
- 2x 700c 11 cassette Shimano with 140mm disc brake rear wheel
- 2x 700c 11 cassette Shimano with 160mm disc brake rear wheel

MARTIN SWISS CYCLES

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

Tel. / Tél. : (514) 488-9717

www.martinswiss.net

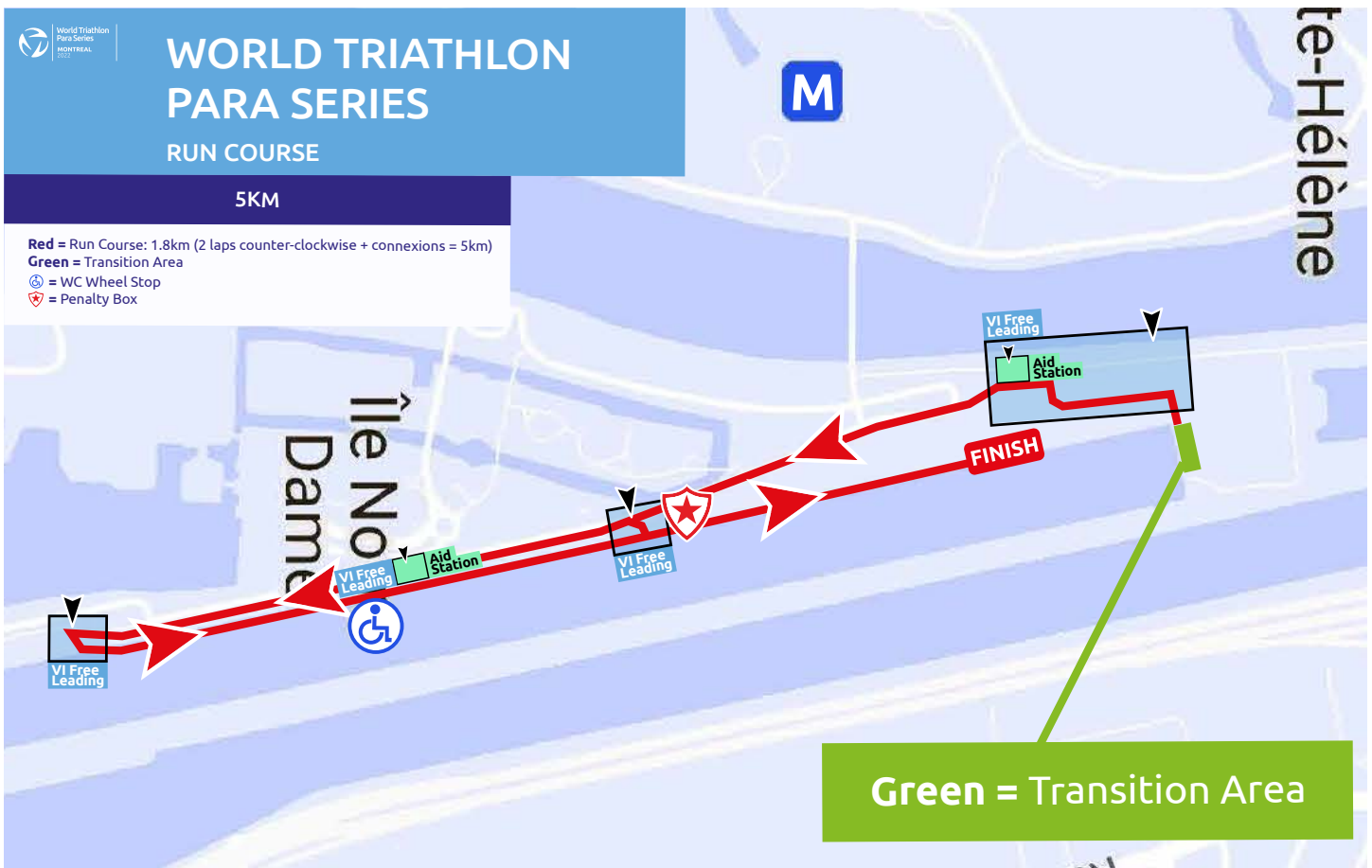
Martin Swiss Cycles is the 2022 World Triathlon Para Series Montreal exclusive bike repair provider.

BIKE PENALTY BOX

The Bike penalty box is located at the end of the bike lap. 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.

Triathlonlive



Triathlonlive.tv

SIGN UP NOW

TO WATCH LIVE AND ON DEMAND + HOURS OF ARCHIVE AND ALL NEW BONUS CONTENT



World Triathlon
Championship Series

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 n on Friday, July 8th at 10:30.

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 PARTNERS



NTT



ACCOMODATIONS & TRANSPORT

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

PUBLIC PARTNERS



OFFICIAL SUPPLIERS



OFFICIAL BROADCASTER



FEDERATIONS



**ON
BOUGE
AVEC
VOUS !**

Votre 
gouvernement

Québec 
FIER PARTENAIRE

2022 WPCCS ELITE ATHLETE'S GUIDE

