



GROUPE COPLEY
World Triathlon
Championship Series
MONTREAL
2023



Copley



AGE GROUP ATHLETE'S GUIDE

JUNE 24TH

Canada

Québec

Montréal

TOURISME /
MONTREAL

NTT

SUBARU
METROPOLITAIN

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WELCOME MESSAGE

WORLD TRIATHLON

Greetings and a very warm welcome to the 2023 World Triathlon Championship Series Montreal.

It is always a pleasure to return to Montreal, a magnificent city with a rich sporting history that has been associated with hosting World Triathlon's top-tier of racing since 2017 and first saw the World Championships held here all the way back in 1999.

Last year we had more spectacular elimination-format racing over two days here, followed by the elite Mixed Relay World Championships, Age-Group World Triathlon Sprint Championships and a first Age Group Mixed Relay. This year, we return to the ever-exciting sprint-distance course for the elite individual race, and a second day of action with another dose of high-quality Mixed Relay entertainment, both offering precious qualification points for Paris 2024.

The location is magnificent, the crowds always bring a unique atmosphere, and we are looking forward to a real feast of triathlon over the weekend here on the edge of the St Lawrence River.

I would like to once again thank Triathlon Canada, the Local Organising Committee, the officials, volunteers and the city of Montreal for their commitment and hard work in staging this event. As we continue to grow and reach new audiences year after year, we know that this success would not be possible without the support of our fantastic host cities.

Good luck to all the athletes and, especially for those of you who are newcomers to Montreal, I urge you to explore and enjoy the city to the fullest as it hosts the prestigious spectacle of top-tier World Triathlon racing.



Yours in Sport,

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 Championships Series and our National Championships 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

For all general questions on site, please visit the Information Booth at the Grand Quai (see information below).

For technical questions regarding your race, you are encouraged to ask your questions during the pre race briefing that will take place 15 minutes prior to your start time at the swim start.

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

ON SITE CONTACT

The LOC on site is located at the Info Booth on the Grand Quai and is open daily from Thursday, June 22nd until Sunday, June 25th, phone number: (438) 383-8351

Location:
Info Booth on the Grand Quai

Opening hours

Friday 23rd 16:00–20:00

Athlete Registration, Terminal 1.

Saturday 24th 06:00–16:00

Expo, Terminal 1.

Sunday 25th 06:00–14:00

Expo, Terminal 1.

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

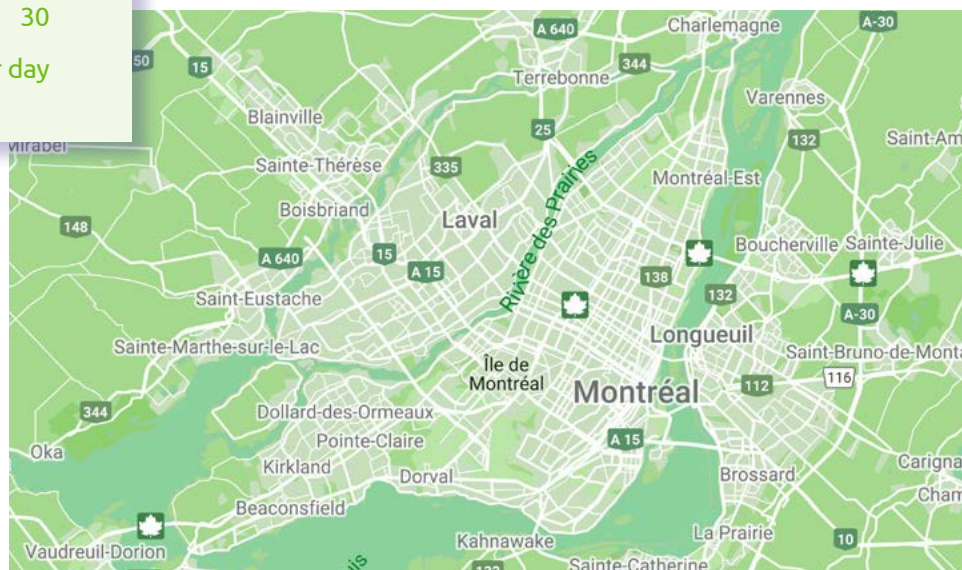


World Triathlon Team		
TRICAN Delegate	Dina Drabek	dinadrabek@hotmail.com
TRICAN Assistant Delegate	Adam Eikenberry (CAN)	esrtcoach@gmail.com
TRICAN Head Referee	Caroline Gelin (CAN)	caroline_gelin@hotmail.com
LOC Medical Director	Dre Mélanie Truong	

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	Jean Piolé	info@triathlonmontreal.com
LOC Travel Management & Hotels	Diskat	info@triathlonmontreal.com

Statistics on the event

Number of athletes	600
Number of Technical Officials	30
Number of volunteers	350 per day



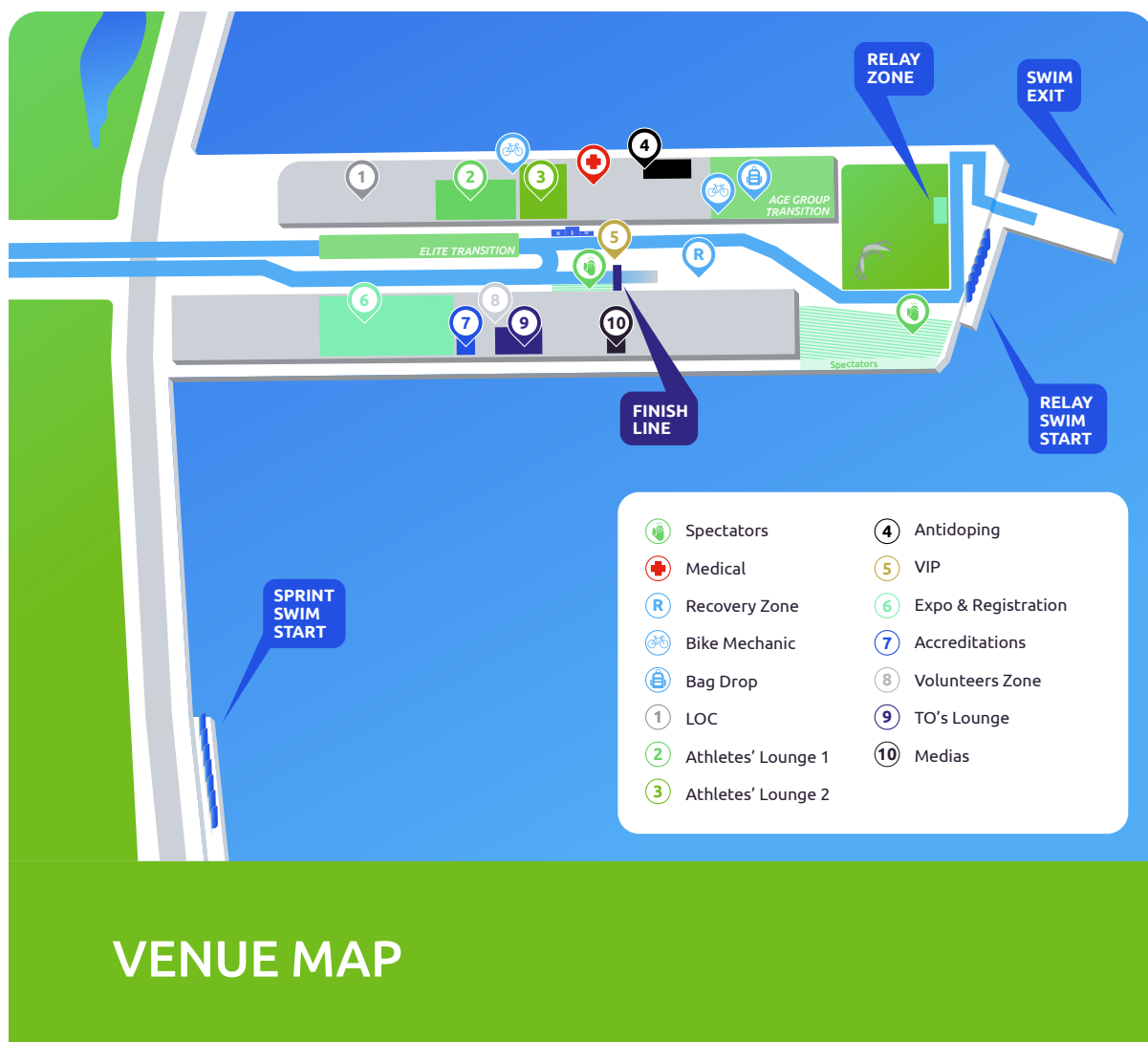
MONTREAL CITY MAP

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 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!



VENUE

The venue is situated along the Saint Lawrence River, at the Grand Quai in the Old Port (Vieux Port) of Montreal. Located in the centre of the city, the Vieux Port is a historic area southeast of downtown featuring many attractions such as the Place Jacques-Cartier, the Montreal City Hall, the Bonsecours Market, the Place d'Armes, the Pointe-à-Callière Museum, the Notre-Dame Basilica of Montréal and the Montreal Science Centre.

You will also be able to explore these areas when you come to the Expo and Registration, which are situated on the Grand Quai.

EVENT SCHEDULE

Date	Time	Activity
Friday, June 23 rd	16:00 – 20:00	Age Group Registration & Race Package Pick Up Terminal 1
Saturday, June 24 th	06:00 – 08:00	Age Group Registration & Race Package Pick Up Terminal 1
	07:30 – 08:45	Age Group Transition Open Terminal 2 - AG Transition
	08:45 – 09:00	Age Group Race Briefing Swim Start
	09:05	Age Group Men Sprint START Swim Start
	09:07	Age Group Women Sprint START Swim Start
	11:05	Age Group Sprint Run Cut Off Venue
	10:50 – 11:00	Medal Ceremony Main Podium - Grand Quai
	11:05	Podium Terminal 1
	10:30 – 12:00	Age Group Transition Check Out (ALL) Terminal 2 - AG Transition



SUBARU METROPOLITAIN

24-25 juin 2023

vosre commanditaire majeur
lors du Triathlon Mondial Groupe Copley 2023



514-725-6777
subarumetropolitain.com



4550 Boul. Métropolitain Est.
Montréal, H1S 3A8



TREMBLAY
AUTO GROUPE

GENERAL INFORMATION

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).

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



WEATHER

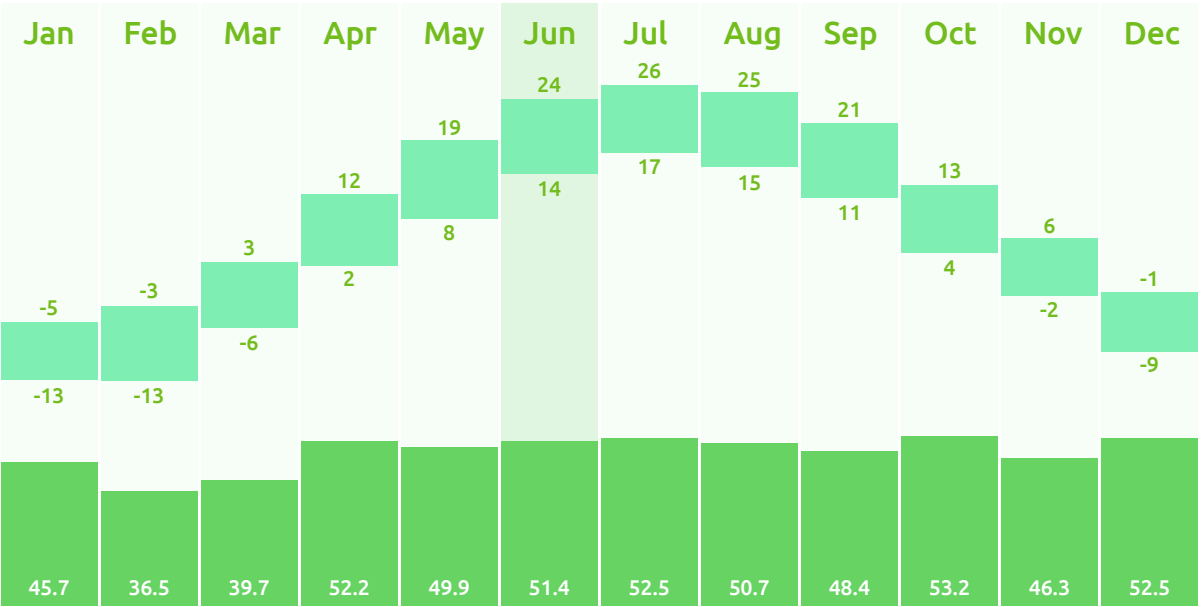
Summer weather in Montreal is classified as a warm, humid continental climate. Local weather can be checked on the [Meteomedia website](#).

Historical weather conditions

At the end of June 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 June 26th 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	25.1 °C	17.8 °C	21.5 °C	21.8 mm
2020	27.0 °C	16.8 °C	21.9 °C	Trace
2019	28.8 °C	17.2 °C	23.0 °C	0.2 mm
2018	23.9 °C	9.9 °C	16.9 °C	0.0 mm

Data from Environment Canada



Sunrise/sunset on race-day is at 05h06 and 20h47 respectively. The average temperature of the St Lawrence River at the end of June is 22 °C.

TRAVEL AND ACCOMMODATION

MONTREAL TOURISM OFFICE

Contact 174 Notre-Dame St E, Metro Champ-de Mars
From Thursday to Monday, from 10:00 to 13:00 and from 14:00 to 18:00
+ 1 877 266-5687
info@mtl.org

ACCESS TO MONTREAL

By plane

Closest international airport is the Montreal-Pierre Elliott Trudeau International Airport. It is located approximately 20 km from Montreal's City Centre.

Taxi & Uber

Taxi and Uber are available at the airport. The cost to the city is between \$40 and \$70 depending on your arrival time (no extra fee for the bike).

Bus

The 747 shuttle service runs 24 hours a day, 7 days a week, between Montréal airport, métro station Lionel-Groulx and métro station Berri-UQAM (downtown). The cost of a ticket is \$10 (bikes included). There are four fare vending machines in the international arrivals area. Payment can be made in cash, by debit card or with VISA or MasterCard credit card. Before leaving for the airport, you can also buy your fare in metro stations or at the Tourist Welcome Office in Old Montréal. The \$10 fare can also be paid in cash with exact change on the bus (no bank bills).

PUBLIC TRANSPORT

Montreal is served by a very dense network of public transport services 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.



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: Place d'Armes (Orange 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 (June 24th is a legal holiday in Quebec).

Bike sharing Montreal

BIXI is Montreal's bike sharing system. Take one when you need one and leave it at the closest station when you arrive at your destination. Fees apply. The Bixi stands closest to the competition venue are situated on:

De la Commune – Place Jacques-Cartier (station 6026)

De la Commune – St Sulpice (station 6036)

De la Commune – Berri (station 6023)

Saint-Nicolas – Place d'Youville (3037)

De la Commune – King (6052)

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!**

ATHLETE SERVICES

INFORMATION BOOTH

Location Info Booth on the Grand Quai

Opening hours TBC

Information Booth will provide assistance with the following:

- City maps
- Event Schedule
- Traffic conditions
- Transport
- General event information
- Free Wifi

LOST & FOUND

Location Info Booth on the Grand Quai

Opening hours TBC

Any lost and found property will be taken to the Information booth at the Grand Quai. Please view the times and location above. Please note that the Race Organizers are not responsible nor liable for lost property. For any inquiries after the event, please contact the LOC at info@triathlonmontreal.com. Arrangements to ship or mail lost property are solely at the cost of the athlete.

MEDAL CEREMONY

Saturday 24th **10:50–11:00** Age Group Medal Ceremony (3 overall)
Main Podium Grand Quai

Saturday 24th **11:05** Podium per Age Group
Podium Terminal 1

The top 3 athletes/teams in each Age Group (male and female) will be called to the podium and presented with their award.

BAG-DROP

There are no changing rooms available at the venue. A bag-drop will be provided during the age group events. It will be located at the age group transition area in Terminal 1.

2023 Event Schedule

ABU DHABI

United Arab Emirates

YOKOHAMA

Japan

CAGLIARI

Italy

MONTREAL

Canada

HAMBURG

Germany

SUNDERLAND

Great Britain

PONTEVEDRA

Spain



World Triathlon Global Partner



<https://wtcs.triathlon.org/>

EQUIPMENT

WETSUIT RENTAL

Although the average temperature of the swim course in late June is 22°C, the water temperature is variable and depends on our spring weather in Quebec. Remember, that, as per the Competition Rules, the wetsuit call will only be made one hour prior race start. If you need a wetsuit, our partner Aquaman offers rentals (in store only).

AQUAMAN

MEDICAL ASSISTANCE

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue on Saturday, June 24th before and during competition hours. Medical and paramedical personnel will be available throughout the competition. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

If you require medical assistance during your stay in Montreal, but are not at the race venue, you can dial the emergency number 911.

Medical services provided at the race venue are free of charge.

RACE RULES AND PENALTIES

The Groupe Copley World Triathlon will be conducted in accordance with the latest published Competitions Rules of Triathlon Québec.

You can find Triathlon Québec Competition Rules here:
<https://www.triathlonquebec.org/officiels/reglements/>

TRAINING

BIKE TRAINING

RECOMMENDED BIKE TRAINING ROUTES

You can 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.

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. As the Circuit Gilles Villeneuve will be closed until Friday, June 24th, 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](#)

Camillien Houde Way; A UCI Pro Tour Climb!

Camillien Houde Way is a popular winding road over Mount Royal, well known to all Montreal cyclists. The Mount Royal Park was designed by Frederick Law Olmsted, who also designed Central Park in New York City, and overlooks the city of Montreal. Camillien Houde Way is used for the annual UCI Pro-Tour race and was the scene of the 1974 UCI World Championships where Eddy Merckx won his third world title and became the first cyclist to win the Triple Crown of the Tour de France, Giro d'Italia and Worlds in the same year. The “CH” (as it is affectionately called) is the best place in town if you are looking for some elevation. The KOM, which has nearly 200 m of elevation in 1.6 km (or one mile), is also held by James Picolli at over 28 kph ([Segment Strava](#), [Segment Strava](#)). James has also climbed Mount Royal 100 times in a row to raise money for public health workers during the pandemic.

Lachine bike path

Built in 1825 to bypass the Lachine rapids, the Lachine canal extends over 14.5 km (9 mi.), between the Old Port and Lake Saint-Louis. The bike path is easily accessible from the venue.

<https://montreal.ca/en/topics/cycling-and-bike-paths>

RUN TRAINING

RUN FAMILIARIZATION

There is no run familiarization provided by the LOC.

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](#)).

REGISTRATION & RACE PACKAGE

RACE PACKAGE PICK UP

Race package will be available for pick up in the Grand Quai Terminal 1 on Friday June 23rd from 16:00 to 20:00, and on race day from 06:00 to 08:00.

SWIM BAG DROP

Location Swim start

AG Sprint distance Saturday 24th 09:05

As a result of our desire to promote eco-responsibility, this event will be an opportunity for us to test a special swim bag drop. Indeed, we invite you to go to the swim start with old clothes and old running shoes or flip flops that you don't use anymore but are still in good condition. All goods collected will be redistributed to charity.

ATHLETE WRISTBAND

All athletes will be provided with an official wristband at registration. Your ID wristband must be worn at all times as this will be your access to athlete-only restricted areas, such as the transition zone. Your ID wristband will be secured to your wrist prior to leaving registration. This is your only means of entry to transition to rack your bike pre-race, collect your race bag after the race and to check-out your bike after the race. You will not be allowed to access these areas without wearing your wristband.

Do not remove your wristband prior to Checking-Out your bike.

No Wristband = No Access

Your race package will contain the following items:

Athlete Wristband

Race Bib Number

Swim cap

Body Tattoos (Decals)

Timing chip

Stickers (incl. helmet stickers, bike seat post sticker, swim bag sticker and personal bag sticker)

Partnership gifts

RACE BIB NUMBER

Your race bib is mandatory for the run segment only and is to be worn on the front. The race bib can be secured via safety pins (available at registration) or athletes can use their own race number belts.

Do not fold, cut or alter your race number in any way. Please complete the information on the back of the race bib including your emergency contact information.

TIMING CHIP

You will collect your timing chip with your race package. Please ensure you put it in a safe place and remember to have it with you on race morning.

Timing chips must be worn on your left ankle.

On race morning, your timing chip must be on to enter transition. Technical Officials will be checking this.

If you do not start the race or pull out of the race for any reason you are to return the timing chip to one of the drop out clerks located at the Event Information Booth.

The timing chips must be returned at the finish line after your race. Athletes will be charged a \$50 fee if they do not return their timing chip.

Timing results will include swim split, bike split, run split, transitions 1 & 2 and finish time. Overall results and category results will also be included.

If the timing chip is not worn throughout the duration of the race, race results will not be available to that athlete.

If a timing chip is lost during the race, you will need to inform Event Staff or Technical Officials in transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the timing chip, using an alternative puts you at risk of losing the chip during the race. Lack of timing data may affect validity of category results.

Timing during the Groupe Copley World Triathlon will be timed by [Sportstats](#).

SWIM CAP

You must start the race with the swim cap provided. Swim Cap colour is based on your gender.

If you are wearing an extra swim cap, ensure your official cap is on the outside. The extra swim cap must be unbranded.

BODY DECALS (TATTOOS)

You will receive 4 body decals (tattoos). On the arms, the 2 body markings should be applied as close to the shoulder as possible. On the legs, the other 2 body markings should be applied as close to the hip as possible. Tattoos should be applied on race morning before entering transition. To apply the tattoo, peel off the plastic protection layer, apply the tattoo to the skin, run water over the tattoo and press for 60 seconds. Be sure you apply your sunscreen after having applied your tattoos. To remove race number tattoos, clean off with baby oil or use removal wipes.

STICKERS

Bike seat post sticker: the bike seat post sticker must be attached to your bike prior to bike check in. Peel the sticker off the label sheet, attach around your seat post and stick the sides together.

Helmet stickers: you will receive 3 helmet stickers. Place the stickers on the right, left & front of your helmet.

Race bag sticker: Peel the sticker off the label sheet, attach around the bottom of the handle of your gear bag and stick the sides together.



RACE BRIEFING

The race briefing will be held at the swim start at 08:45, 15 minutes prior the start of the race.

Race Rules:

<https://www.triathlonquebec.org/officiels/reglements/>

EQUIPMENT RULES

Please note that drafting on the bike course is strictly forbidden for the duration of your bike race. If a Triathlon Québec official notices any act of drafting, they will issue you a drafting infraction, i.e. a blue card will be presented to you and a penalty of one (1) minute for sprint distances will be imposed. The official will determine the penalty and will notify you as soon as it is safe to do so.

(i) Tracking penalties (blue card): when the official blows the whistle (if possible), shows a blue card, calls out the athlete's number and announces «Tracking penalty, you must stop at the penalty area». The official must ensure that the athlete receives the penalty notice. For safety reasons, an official may have to postpone the announcement of a penalty, provided it is before the end of the athlete's bike portion. To learn more about sillonage rules and penalties, you can watch the [federation's official video](#).



TIMING

Live timing will be available at www.sportstats.ca and via the Sportstats Tracker app

Iphone: <https://apple.co/3MX1Tdu>

Android: <https://bit.ly/3tqjrJS>

AGE GROUP
SPRINT

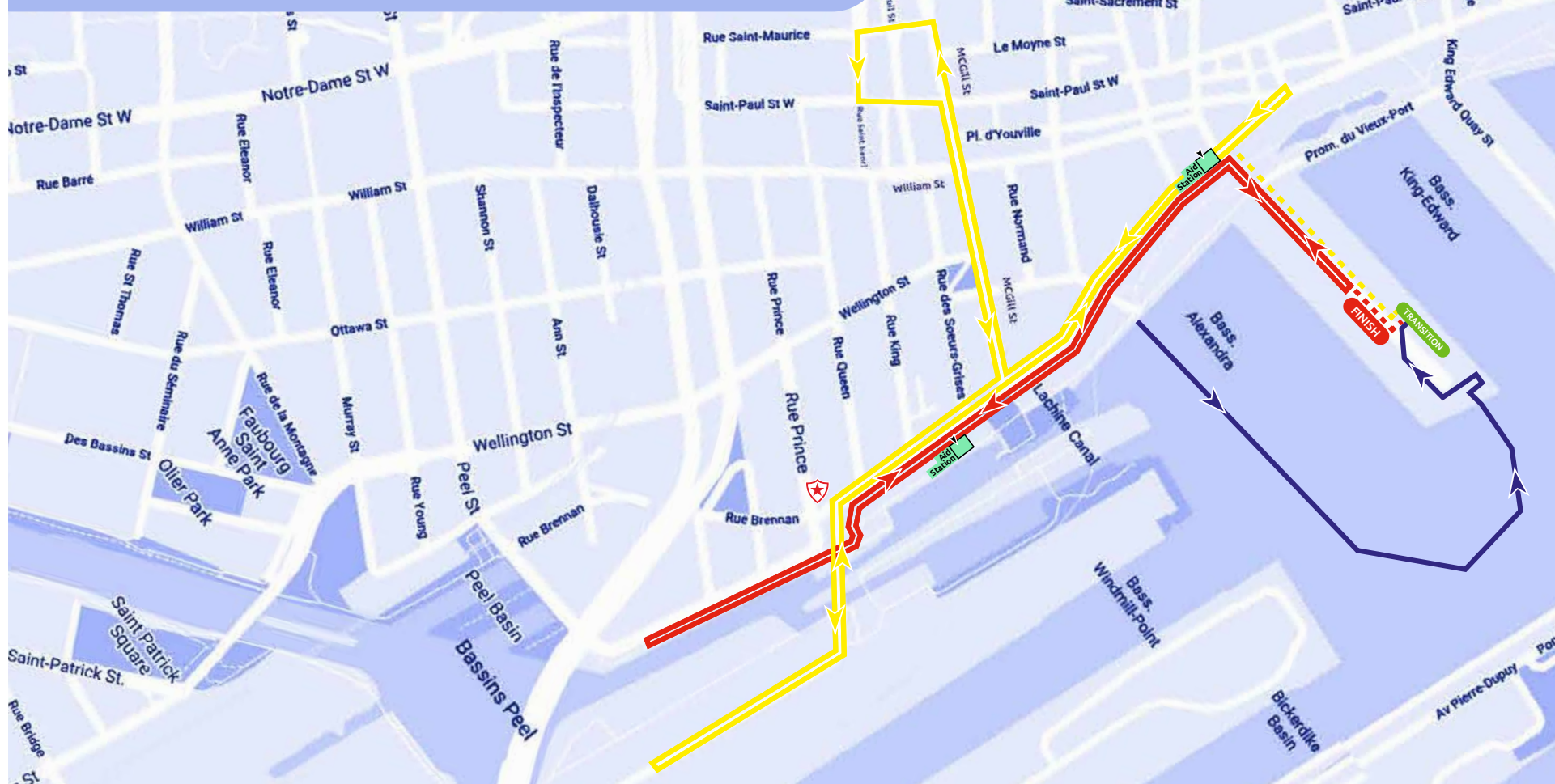
AGE GROUP
SPRINT

WORLD TRIATHLON CHAMPIONSHIP SERIES MONTREAL | SPRINT

AGE GROUP 750M / 19KM / 5KM

- Swim Course : 750m (1 lap counter-clockwise)
- Bike Course : 19km (5 laps counter-clockwise = 3,65km)
- Run Course : 5km (2 laps counter-clockwise = 2,5km)

Penalty Box



RACE MORNING ACCESS

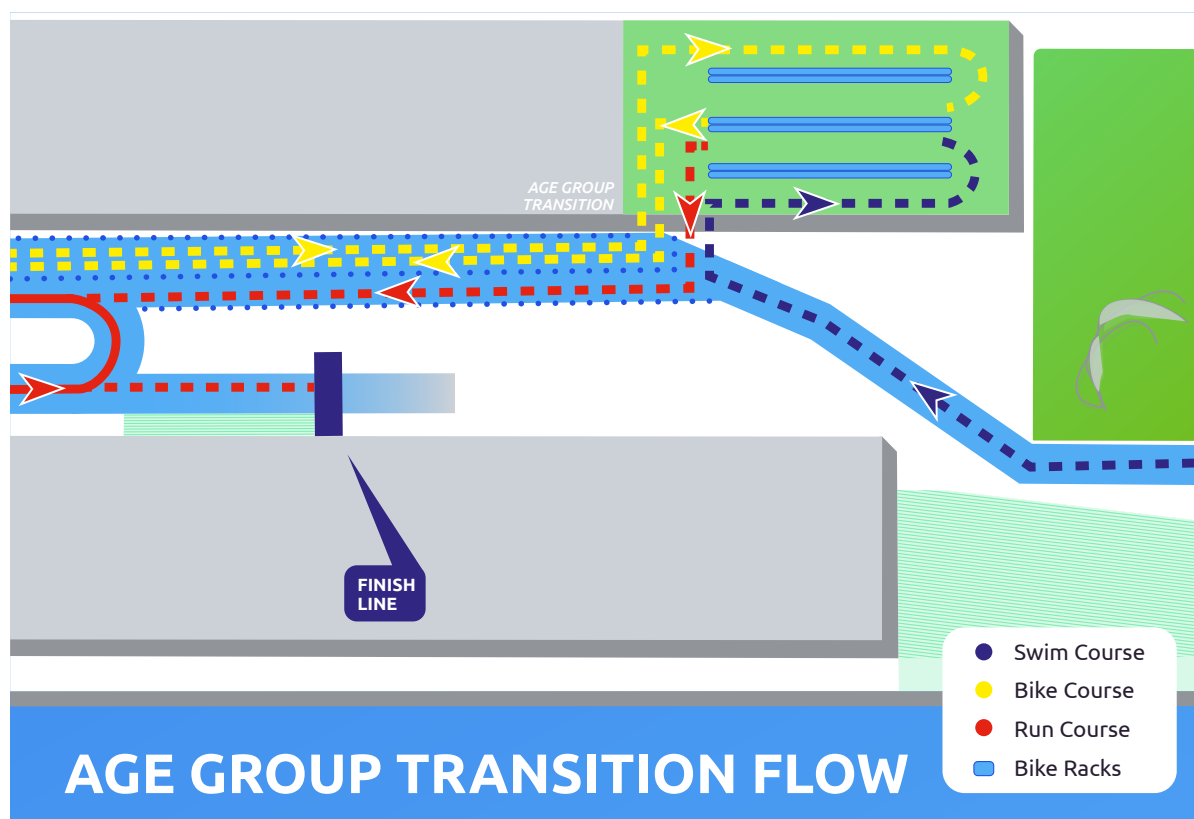
When you arrive on site on race morning, follow the red line to register and then access Transition Area.



AGE GROUP SPRINT

DAY	TIME	ACTIVITY
Saturday 24 th	07:30 - 08:45	Age Group Transition Open
	08:45 - 09:00	Age Group Race Briefing
	09:05	Age Group Men's Sprint
	09:07	Age Group Women's Sprint
	11:05	Age Group Sprint Run Cut Off
	10:30 - 12:00	Age Group Transition Check Out

Athletes must drop their bag with the bag sticker already attached and with their athlete number already written on it.



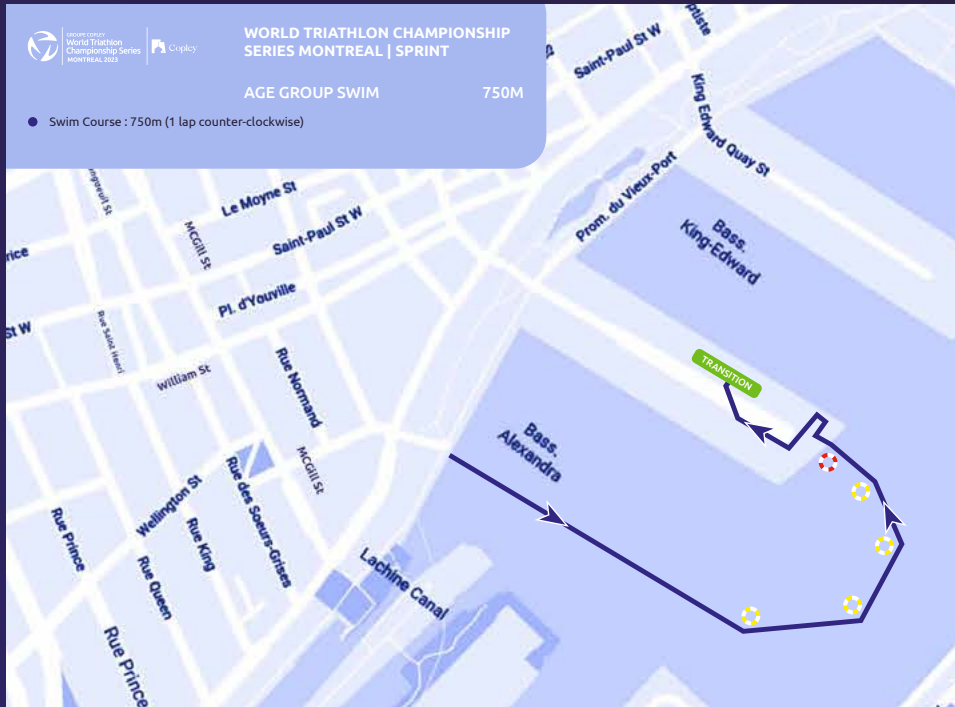
CHARITY SWIM BAG DROP

As a result of our desire to promote eco-responsibility, this event will be an opportunity for us to test a special swim bag drop. Indeed, we invite you to go to the swim start with old clothes and old running shoes or flip flops that you don't use anymore but are still in good condition. All goods collected will be redistributed to charity.

SWIM COURSE

Location: Bassin Alexandra

Distance: 1 lap of 750 m



- Anti-clockwise course
- In-water start by age group
- Swim turn buoys; yellow triangles
- Swim exit will be marked by red cylindrical buoys
- Athletes complete one lap of course
- Decision on wearing a wetsuit will be given by head referee one hour before the race

WATER QUALITY

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 2 to 46 CFU/100 mL (TRI standards no more than 200 CFU/100 mL)
- Escherichia coli* from 10 to 46 CFU/100 mL (TRI standards no more than 500 CFU/100 mL)
- pH 7.4 (TRI standards between 6 and 9)

GETTING TO THE SWIM START

The swim start area is 750 m from the transition area and is on the Promenade, opposite Bota Bota Spa on the water. Transportation to the swim start is not provided. Please allow at least 15 minutes to walk from the venue on the Grand Quai to the swim start area.

Once at the swim start, there will be bathrooms, trash-cans for gel-wrappers and so on, as well as a medical tent. Please do not forget your timing chip. If you do, please see one of the Technical Officials at the swim-start area.

START LINE PROCEDURE

Athletes need to be in the swim start area 20 minutes before their designated start time.

A technical official will allow the athletes to move to the start area and will control the flow to keep this process safe. Athletes will select any position which is not used, however Technical Officials may ask the athletes to move from crowded to empty areas of the start line. Volunteers will be on hand to help participants to move towards the pontoon and enter the water. One minute before their start time, athletes will be asked to enter the water. The start signal (horn blast) will be sounded at the exact start time of the wave.

No diving is permitted.

Please follow all instructions from volunteers and Technical Officials.

CUT OFF TIME

All athletes will have 30 mins from their wave start time to finish the swim portion.

WETSUIT RULING / SPEED SUITS

The water temperature in the Bassin Alexandra in June/July is likely to be around 22 degrees Celsius. The official water temperature for each race will be taken 1 hour prior to the start of the first wave.

This will determine whether wetsuits will be allowed as per the following:

AGE GROUP FROM THE YOUNGEST TO 55-59

- Wetsuit Forbidden: wetsuits will not be allowed if the water temperature is 22 degrees Celsius and above.
- Wetsuit Optional: wetsuits will be optional if the water temperature is between 21.9 degrees Celsius and 16.0 degrees Celsius.
- Wetsuit Mandatory: wetsuits will be mandatory if the water temperature is 15.9 degrees Celsius and below.

AGE GROUP FROM 60-64 TO THE OLDEST

- Wetsuit Forbidden: wetsuits will not be allowed if the water temperature is 24.6 degrees Celsius and above.
- Wetsuit Optional: wetsuits will be optional if the water temperature is between 24.5 degrees Celsius and 16.0 degrees Celsius.
- Wetsuit Mandatory: wetsuits will be mandatory if the water temperature is 15.9 degrees Celsius and below.

all competitors. Wetsuit check will be done on race morning.

SPEED SUIT

A competitor may wear a speed suit at any time during an event. Please note that the World Triathlon Rules definition of a speed suit:

Trisuit must be 100% textile material, which is

The wetsuit thickness must not exceed 5 mm for

defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns

used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);

Note that if a swimskin is worn, it CAN NOT be removed in transition and therefore must be worn for the duration of the event. Accordingly, the suit must also comply with the World Triathlon Uniform rules in respect of branding and country code.

Up-to-date Water Temperature information will be posted at the Info point.

If you have any questions about wetsuit rules, please see the World Triathlon Rules or ask your NF Team Manager.

SWIM RULES

See full rules at:

<https://www.triathlonquebec.org/officiels/reglements/>

–All competitors must wear the official event swim cap that has been provided in your race kit. Check your cap colour is correct with your Wave Start.

–If needed, there will be spare swim caps at the Swim start.

–Any other swim equipment is prohibited, including iPods/MP3 players, gloves or socks (including, but not limited to, compression socks).

–Do not discard your swim cap on the course. This is considered littering and will result in a penalty. It should be placed in transition with your gear.

–Your time starts from your designated start wave. Starting in an earlier wave will result in a disqualification. Starts between waves are not allowed.

TRANSITION

Get ready for a long transition! The swim exit is composed of a ramp leading to a floating dock which is connected to a barge. From the barge, you will run up another ramp to the blue carpet for a 200 m run to the transition zone. Be careful while running, the mats and the steps can become slippery when wet.

Continue to your assigned spot, put on your helmet, attach the chin strap and head to the bike exit located on the opposite side of the transition zone. Once out of the transition area, don't forget to get on your bike after crossing the green line on the ground! Be careful when entering the bike course, other bikes may be passing on your left.

BIKE COURSE

COURSE DESCRIPTION

The 18.6 km course (5 laps counter-clockwise of 3,65 km each) is mostly flat and has technical turns. Each lap winds through the historic streets of Old Montreal and returns to the Grand Quai, without passing through the transition area.



BIKE RULES

Adapted from the 2022 World Triathlon Competition Rules:

- Your helmet must remain securely fastened at all times while you are on the cycle course until you rack your bike. This includes any time you stop on the side of the road, for example for mechanical repairs.
- Keep as far to the RIGHT as possible at all times. For safety reasons, please try to pass other athletes on their left. Do not cross the centre/dividing line of the road.
- A competitor must mount and dismount their bicycle at the respective designated mounting and dismounting zones.
- A competitor must at all times rack his/her own bicycle only at their designated bicycle rack location and leave it in stable position.
- A competitor must at all times place all their equipment at their designated bicycle rack location.
- A competitor must not wear, use or carry items deemed to be a hazard to themselves or others.

BLOCKING

Although this is a draft-legal race you must still keep as far to the right of the road as is safe and practical. If you fail to do so and you impede the progress of another athlete, you may be subject to a blocking penalty.

OTHER PENALTIES

Illegal pass: Passing on the right (Yellow card).

Littering: Discarding items (e.g. tires, water bottles, gel wrappers, etc.) on any part of the course except within a designated littering zone (Yellow card).

Helmet: Failing to have your chin strap securely fastened when moving with your bike in transition (warning and amend) or during the bike segment (warning and amend, if not corrected: DSQ and removed from competition).

PENALTY PROCESS

If you are given a penalty, a technical official will blow a whistle, call out your race number, show you a blue or yellow card and advise you of the nature of the infringement. If this happens, you must serve your time penalty at the next bike penalty box. When you stop at the bike penalty box, be prepared to give the Technical Official your bike number.

It is your responsibility to stop at the next penalty box to serve your penalty. A board will not be shown, and the technical officials at the penalty box will not stop you if you do not attempt to stop. For all yellow card violations, the time penalty is 10 seconds.

There is one penalty box on the bike course. Failure to stop at the next bike penalty box will result in disqualification.

DISQUALIFICATION

A disqualification is for infringements that are more serious than those which warrant a time penalty. Infringements which may result in disqualification include:

- Offensive and unsportsmanlike behaviour
- Urinating or defecating in public
- Outside assistance (from anyone other than a race official)

Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages or as a music player (with or without a headset).

PENALTY BOX LOCATION

There is one penalty box location:

- Rue de la Commune & Rue Mill (at km 8 and 18)

Penalty box will be marked with a Penalty Box sign, refer to the bike course map on [page 38](#) of this guide to see the exact locations.

There will be a “200 m to Penalty Box” sign to allow you to prepare to stop.

BIKE LITTERING ZONE

There will be designated littering zones on the bike course where you will be able to dispose of litter without being penalized. The litter zone will be located 200 m before and 200 m after the penalty box. If you are seen discarding litter outside of this area, you will receive a yellow card time penalty to be served at the next penalty box.



RUN COURSE

COURSE DESCRIPTION

The course is a two lap 5 km course that is run in an anti-clockwise direction. The course layout is an out-and-back format and follows the Lachine Canal.



AID STATIONS

There are two aid stations on the run course. Aid stations will provide water and sport drinks (the brand will be added in the next version of the athlete's guide). Water will be provided in cups.

Each aid station will also be a littering zone. You may discard litter (such as gel packets) in this area. The start and end of the littering zone will be marked with signs like this:



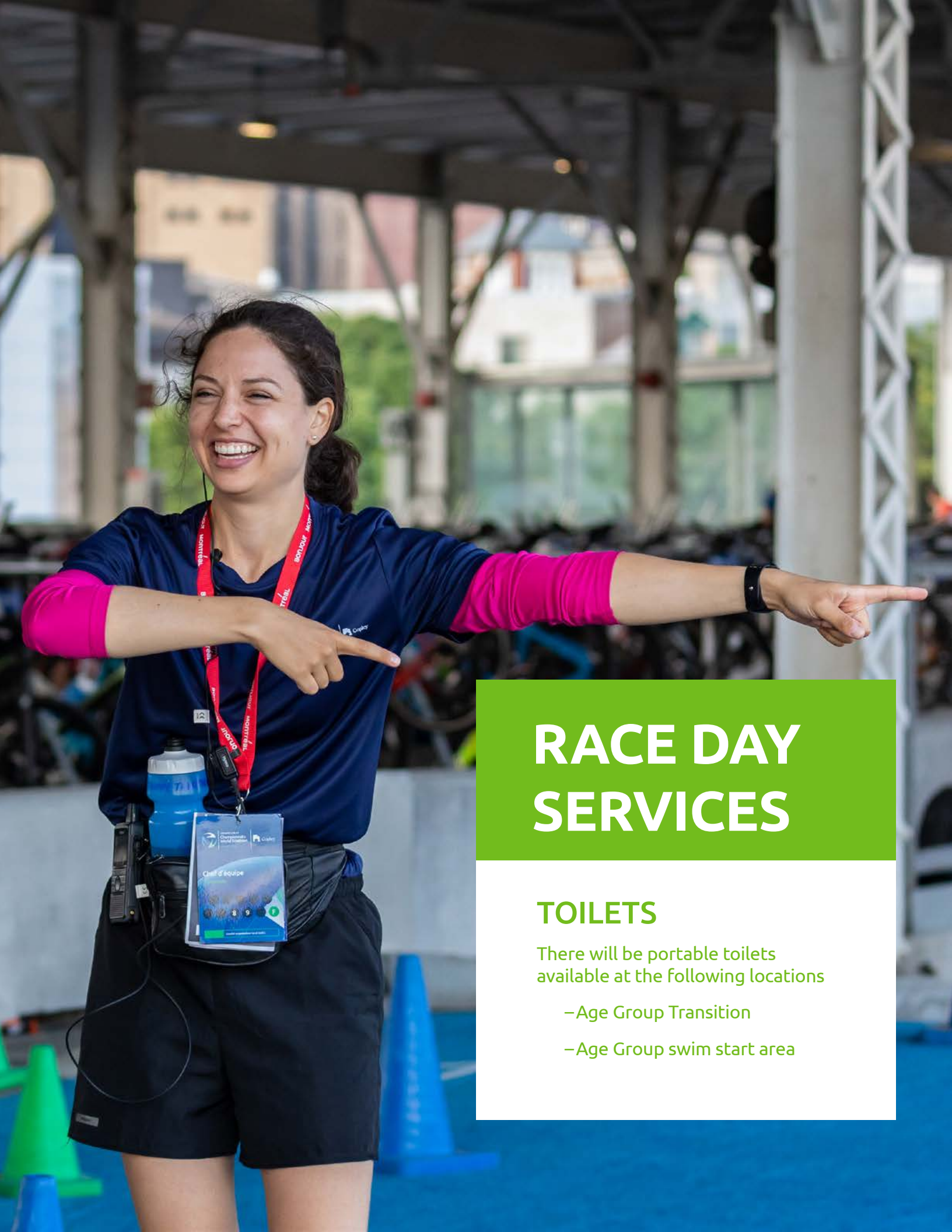
AID STATION NOTES

- If you do not require any product from the run aid station, please stay to the right of the course.
- There will be signs within the Aid station listing what is available. Volunteers will also be calling out what they are holding. Please help the volunteers help you by communicating politely as per your needs.
- Be aware that not all the volunteers will speak English.
- Please discard any unwanted items between the litter zone start sign and end signs. If you discard anything outside this area you will be subject to a littering penalty.

RUN RULES

Adapted from the Triathlon Québec Competition Rules:

- A competitor may not crawl.
- Athletes may not run with a bare torso on any part of the run course of an event.
- A competitor must clearly display their race number on the front of their torso at all times on the run course.
- A competitor must not wear, use or carry items deemed to be a hazard to themselves or others (e.g. a hard cast, jewellery, glass/metal containers, etc.).
- Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages or as a music player (with or without a headset). See World Triathlon Competition Rules 2.1a (xiv) for further details.
- A competitor will not be able to discard any litter except in the designated littering zones adjacent to the Aid stations or Penalty Box.



RACE DAY SERVICES

TOILETS

There will be portable toilets available at the following locations

- Age Group Transition
- Age Group swim start area

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented athletes will be notified by the World Triathlon Technical Delegates. A short briefing will be held at the AG Manager briefing in this case. In addition to this, it will be communicated by the announcers on site and on social media.

POST RACE INFORMATION

FINISH LINE

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes' finish line experience. For the Mixed Team Relay, Athletes A, B and C will not be allowed to join athlete D in the finish area.

As you cross the line, volunteers will be there to escort you to the secured recovery area. You will be presented with your Finisher Medal. Please return your Timing chip at the finish line.

These volunteers will endeavour to briefly assess you as you proceed and may need to take you directly to the medical tent for treatment.

RECOVERY AREA

Make the most of the facilities post race before you exit the area and return to transition to take your bike and meet your family/friends. There is a no re-entry policy to the recovery area, so make sure you are comfortable before you exit. Please remember volunteers and the medical team are there to help you at any time should you require assistance. However, take into consideration that not all of them speak English.

The post race recovery area will offer:

- Water
- Sport drink
- Fruits
- Cereal bars

BIKE CHECK OUT

Location Grand Quai, AG Transition

Date Saturday 24th 10:30–12:00

RESULTS

Don't forget to download the Sportstats App to see all the results!

General results will be uploaded live at the Sportstats website.

VOLUNTEERS AND TECHNICAL OFFICIALS

ARE YOU INTERESTED IN BEING BEHIND THE SCENES OF AN INTERNATIONAL SPORTING EVENT AND CONTRIBUTING TO THE ORGANIZATION OF THE GROUPE COPLEY WORLD TRIATHLON?

In order to be able to welcome our extensive field of international athletes in optimal conditions we are looking for many volunteers. We hope that our athletes' families and friends will participate as volunteers in order to experience a magical moment and make the athletes' races even more memorable!

Information and registration at: <https://app.betterimpact.com/PublicOrganization/bf13c017-38b1-462e-b104-33409964e28c/1>

The Groupe Copley World Triathlon would like to thank its many volunteers for their energy, availability, dedication, generosity and above all their time. It is thanks to their precious collaboration as volunteers that this event can take place! There are also 48 technical officials from 7 different countries who will be working to ensure the event is safe and fair.

WE WOULD LIKE TO SAY A BIG THANK YOU TO THE VOLUNTEERS AND TECHNICAL OFFICIALS AND WE ENCOURAGE YOU TO DO THE SAME WHENEVER IT IS POSSIBLE!

HAVE A GREAT RACE!

PARTNERS

WE THANK OUR PARTNERS FOR MAKING THIS EVENT POSSIBLE.

PRINCIPAL BENEFACTOR



MAIN PARTNERS



NTT



SUSTAINABILITY



PUBLIC PARTNERS



OFFICIAL SUPPLIERS



FEDERATIONS



2023 AGE GROUP ATHLETE'S GUIDE

