

JUNE 24TH – JUNE 26TH

V2

JUNIOR ATHLETE'S GUIDE



GROUPE COPLEY
World Triathlon
Championship Series
Sprint & Relay
MONTREAL 2022



Copley

Grand Quai, Montreal, QC, Canada
<https://montreal.triathlon.org>

Canada

Québec

Montréal

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MONTREAL

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V2 ATHLETE'S GUIDE UPDATE

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the Info Booth (located within the Expo). 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 also visit montreal.triathlon.org

V2 UPDATES

Page 14: TRI Medical Delegate, Dr Humberto Aguilar;

Page 18: Parade of Nations, Opening Ceremony & Pasta Party Schedule;

Page 30 - 31: Parade of Nations, Opening Ceremony & Pasta Party Information;

Page 39: Massage tables and bike trainers can be set up in the athletes' lounges.

Page 53: **RULE EXCEPTION,** The World Triathlon Technical Committee has decided to waive the bike lap out rule during the Junior Mixed Team Relay to be held on Sunday, 26 June, 2022 in Montreal.



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WELCOME MESSAGE

WORLD TRIATHLON

Greetings and a very warm welcome to the 2022 World Triathlon Sprint and Mixed Relay World Championships Montreal.

It is always a pleasure to return to the wonderful setting of Montreal, a city with a rich sporting history and one that has been associated with World Triathlon's top-tier of racing since its debut on the circuit in 2016.

Last year, we saw the spectacular elimination format unfold over two days here, followed by the brilliant elite Mixed Relay that made such an impact at Tokyo 2020. This year, Montreal will again provide a hugely entertaining stop on the World Triathlon Championship Series as well as crown not only our 2022 Mixed Relay World Champions, but all of our Age Group World Triathlon Sprint Champions as well.

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. It is by offering triathletes of all ages the chance to experience the thrill of competition on world-class courses like this that help us continue to grow the sport, and I cannot wait to once again witness the celebration and excitement that the world's Age Group racers always bring with them.

There can be no doubt as to the wide positive impacts of hosting a World Triathlon Championship Series event such as this, and I would like to thank Triathlon Canada, the Local Organising Committee, the 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 every year, we know that the success would not be possible without the support of our fantastic host cities.

Good luck to all the athletes in achieving your goals and for those of you who are newcomers to Montreal, I urge you all 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



LOCAL ORGANIZING COMMITTEE

The Triathlon World Championships finally return to Montreal after an absence of 23 years!

The last 2 years have highlighted the paramount importance of adopting a healthy lifestyle by everyone. The mission of the Groupe Copley World Triathlon is to be a major player in presenting high-end sporting events to inspire the population to stay active and healthy.

The Triathlon World Championships showcase 3 of the most accessible sports disciplines; to see the best race in our city and cross the finish line a few meters from them will undoubtedly inspire many spectators to continue or start training.

The new Elimination and Mixed Relay formats represent an exciting evolution of our sport. They put the athlete and their spectacular performances at the forefront of the extraordinary experience of seeing a triathlon live, while adding innovative elements of equity, by combining men and women on the same team.

Thank you for joining us at this event, in preparation for several years, hosted by the best team of professionals and volunteers in the world!



Patrice Brunet,
President of
Groupe Copley
World Triathlon



THINGS ARE HAPPENING IN THE CITY!

Montreal will have the privilege of welcoming numerous athletes from over 40 countries for the 2022 World Triathlon Sprint and Mixed Relay Championships. Performance and thrills will be at the heart of this international-calibre competition, which will contribute to the reputation of our city as a host city for sporting events.

The Quebec government is proud to support this major event that promotes healthy lifestyles and physical activity. It is an opportunity for triathletes to surpass themselves by taking part in the sprint distance and mixed relay events. Participants and spectators are invited to take full advantage of the city and its attractions, and to discover the pleasures of the summer season.

Thank you to the International Triathlon Union team and to all those who support the Groupe Copley World Triathlon



Isabelle Charest
Minister responsible
for Education
Minister responsible
for the Status of
Women



Chantal Rouleau
Minister responsible
for Transportation
Minister responsible
for the Metropolis
and the Montreal
region

MAYOR'S MESSAGE, Ms. VALÉRIE PLANTE

The city of Montréal is proud to host, for the first time, the 2022 World Triathlon Sprint & Relay Championships, which will take place from June 22nd to 26th in the Old Port of Montréal.

While Montréal has hosted the World Triathlon Series annually since 2016, this year the international scope of the event takes on a whole new dimension.

The World Triathlon Sprint & Relay Championships is the second largest triathlon competition in the world after the Olympic Games.

Montréal is already recognized as a sports city par excellence, and this competition will once again allow the city to demonstrate all of its talents and assets to successfully host large-scale sports events.

The basins of the Old Port of Montréal, as well as the streets of its historic district, will be showcased in all three components - swimming, running and cycling - of the Championships.

In addition to the 1,500 athletes who will be attending from Montréal and around the world, more than 60,000 spectators are expected to attend the competition.

Swimming, cycling or running, it's a date!



Valérie Plante,
Mayor of Montreal

Photo: Ville de Montréal / Sylvain Légaré



SPORT CANADA

Welcome to the 2022 World Triathlon Sprint and Mixed Relay World Championships Montreal!

Our government is pleased to support the sport community as it recovers after more than two difficult years. It is a pleasure to see the people of Canada come together and find ways to share their passion for sport.

Triathlon is a test of strength and determination. During this event, Canadian triathletes will have the chance to face off against the international elite to prove that they have what champions are made of. For the rest of us, this is a wonderful opportunity to attend a competition in which endurance, power and speed are indicators of excellence.

As Minister of Sport and Minister responsible for the Economic Development Agency for the Regions of Quebec, I would like to thank Triathlon Canada and everyone who has helped make these championships possible. Best wishes for a successful competition!



**The Honourable
Pascale St-Onge**



TRIATHLON CANADA

Dear Competitors and Spectators,

On behalf of everyone in the Triathlon Canada Nation, I would like to welcome you back to one of the most prestigious triathlon venues in the country for the Groupe Copley World Triathlon as it hosts the 2022 World Triathlon Sprint & Relay Championships.

It is a pleasure to have the international triathlon community back to the historic City of Montreal – a place now renowned for hosting world-leading triathlon events. This prestigious event brings together more than 1,500 of the best age group triathletes with the world's elite who are sure to put their grit, resilience, and excellence on centre stage in the heart of Old Montreal.

In what has been an annual stop on World Triathlon's calendar, Montreal is no stranger to hosting the biggest triathlon events outside of the Olympic or Paralympic Games. In doing so, the City has played host to many memorable Canadian triathlon moments including Tyler Mislawchuk's first World Triathlon Championship Series podium when he battled to the bronze in 2019 – the same year that Canada's Paralympic triathlete, Jessica Tuomela, also finished third. Joanna Brown has also thrilled the passionate triathlon community in Quebec with back-to-back fourth-place finishes in La Belle province.

Montreal is an important event for all of us to safely reconnect following the global pandemic through a drive to defy our limits, and a shared passion for the simple acts of swimming, cycling, and running.

This event promises to be another display of sportsmanship and competition regardless of the start line you are on, or the sideline you are cheering from. It is also a week that is simply not possible without the gracious support of the corporate community, Sport Canada, and the incredible fans who have lined the streets of Old Montreal in the past and who will be avidly watching online from around the world in appreciation of this endurance sport.

In closing, I would like to thank our partners at the Groupe Copley World Triathlon for your commitment and leadership to bring the best triathletes in the world to Canada.



To all the athletes joining us, I wish you the very best of luck!

One leaf. Three sports. No limits

Joe Morissette
Chief Executive Officer,
Triathlon Canada



TRIATHLON QUEBEC

Dear participant,

What a pleasure for Triathlon Quebec to welcome you to our wonderful province!

The entire Triathlon Quebec team is proud to be a partner of the 2022 World Triathlon Championships here in Montreal. Since 2016, our team has helped make the Groupe Copley Montreal International Triathlon one of the five signature sporting events in the city of Montreal.

Triathlon Quebec is the sports federation mandated by the Quebec government to promote and develop triathlon in our beautiful province. Our federation distinguishes itself by a strong commitment to cultivating healthy lifestyle habits through sport and a community of positive minded individuals.

The arrival of the Groupe Copley World Triathlon in 2016 has been a major factor in the development of triathlon in Quebec. It has allowed many Quebecers to discover this wonderful sport in the heart of downtown Montreal. In addition, the Montreal International Triathlon has also provided the opportunity for many of our Quebec team athletes to gain experience in World Cup racing before taking part in the World Series. Over the years, Montreal has established itself as one of the world's leading triathlon destinations.

The great success of this event is due to the excellent work of the organizing committee, the volunteers, the officials, the city of Montreal and most of all, the many athletes like you, who are passionate about our sport.

We know how difficult the last two years have been for triathlon lovers. You have been patient and have worked hard to get to the starting line. Now it's time to take advantage of it and line up at the start of your World Championship.

We wish you the best of races!



Marie-Eve Sullivan
General Manager
Triathlon Quebec



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PASSEPORTMTL.COM



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MONTRÉAL**

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 online pre race briefing where the World Triathlon Technical Delegates (TDs) and the Race Director will inform them 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. You can find more information about the briefing on [page 38](#) of this guide.

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 23rd until Sunday, June 26th, phone number: (438) 383-8351

Location:
Info Booth on the Grand Quai

Opening hours

Thursday 23rd 9:00–16:00

Athlete Registration, Pavilion 2nd floor.

Friday 24th 8:30–20:30

Expo, Terminal 1.

Saturday 25th 8:30–19:30

Expo, Terminal 1.

Sunday 26th 8:30–19:00

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

[Strava Group](#)

KEY CONTACTS



World Triathlon Team		
TRI Sprint Junior Technical Delegate	Gustavo Abade	thanos.nikopoulos@triathlon.org
TRI Elite & Junior/U23 Mixed Relay Technical Delegate	Stevee Espling	thanos.nikopoulos@triathlon.org
TRI Age Group Sprint Triathlon	Esteban Benitez	thanos.nikopoulos@triathlon.org
TRI Age Group Mixed Relay Technical Delegate	Ulf Schuetze	thanos.nikopoulos@triathlon.org
TRI Eliminator Format Technical Technical Delegate	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org
TRI Head Referee 1	Janice Ryan	
TRI Head Referee 2	Patty Petty	
TRI Head Referee 3	Yan Therrien	
TRI Medical Delegate	Dr Humberto Aguilar	drhumbertoaguilar@me.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	Aurélien Marchon	operations@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
LOC Travel Management & Hotels	Nirvana	contactus@nirvanaeurope.com

LE GRAND QUAI DU PORT DE MONTRÉAL

TRIATHLON MONDIAL GROUPE COPLEY



- Water Station
- Spectators
- Recovery Area
- Medical



VENUE MAP

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

JUNIOR WORLD CHAMPIONSHIPS GENERAL

750M/19.3KM/5KM

Blue = Swim Course : 750m (1 lap counter-clockwise)

Yellow = Bike course : 4,82km (4 laps counter-clockwise = 19,3km)

Red = Run Course : 2.5km (2 laps counter-clockwise = 5 km)

Green = Transition Area

 = Team Wheel Station

 = Neutral Wheel Station

 = Penalty Box

Green = Transition Area

MIXED TEAM RELAY WORLD CHAMPIONSHIPS

JUNIOR/U23

300M / 6.6KM / 1.5KM

Blue = swim course : 300m (1 lap counter-clockwise)

Yellow = bike course : 3.3km (2 laps counter-clockwise = 6.6km)

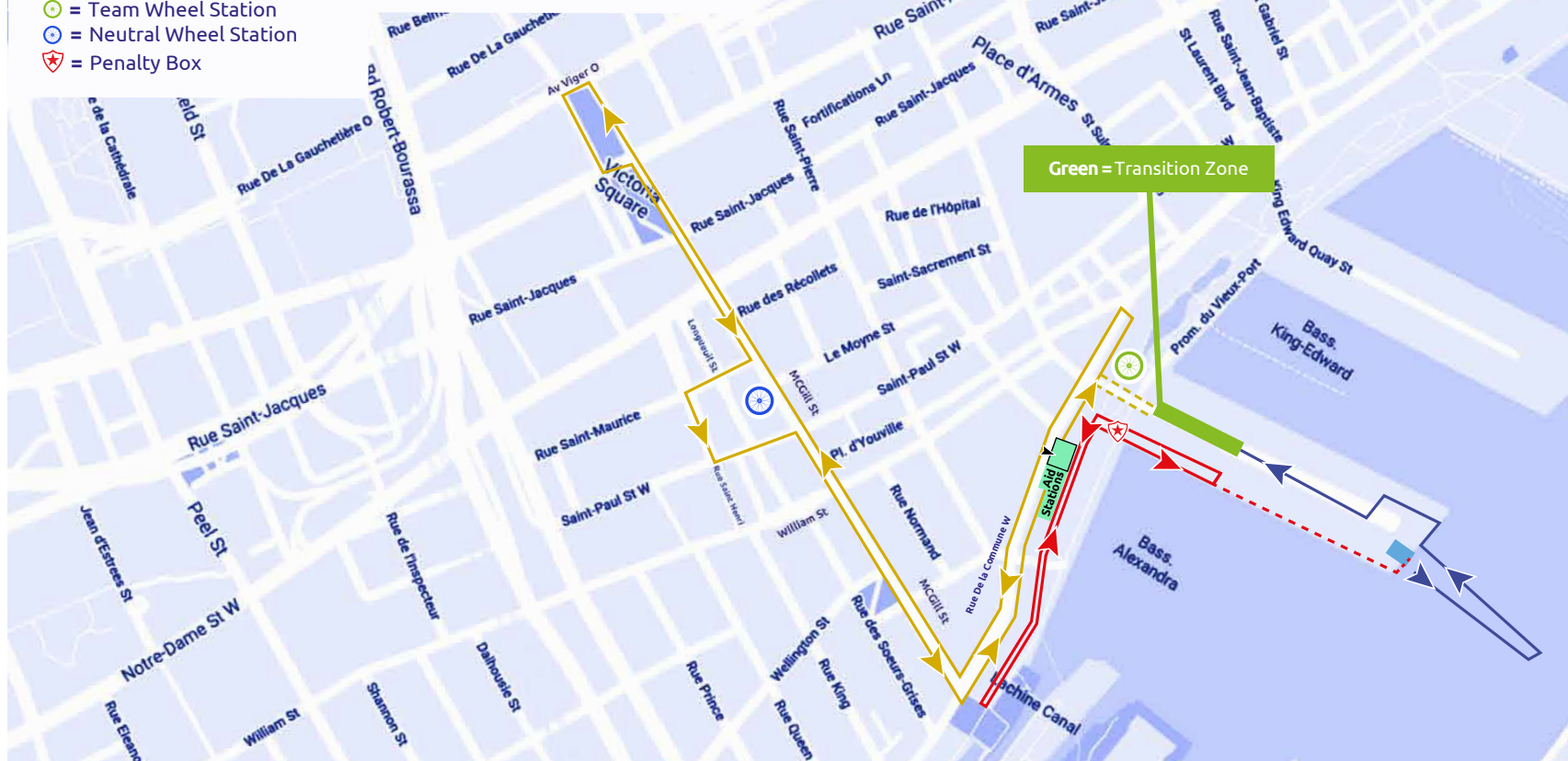
Red = run course : 1.5km (1 lap counter-clockwise)

Green = Transition zone

 = Team Wheel Station

 = Neutral Wheel Station

 = Penalty Box



More information about the course can be found in the Competition Section of this guide, from page 42.

EVENT SCHEDULE

Date	Time	Activity	
Monday, June 20 th	07:30 – 08:30	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 2 lanes	● ●
	08:30 – 11:00	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 6 lanes	● ●
Tuesday, June 21 st	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	07:30 – 08:30	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 2 lanes	● ●
	08:30 – 11:00	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 6 lanes	● ●
Wednesday, June 22 nd	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	07:30 – 08:30	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 2 lanes	● ●
	08:30 – 11:00	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 6 lanes	●
	15:00 – 16:00	Junior Online Pre Race Briefing Online	●
	16:30 – 17:30	Junior Athletes' Race Package Distribution Elite Athletes Lounge	●
Thursday, June 23 rd	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	10:30 – 11:00	Bike Familiarisation - Junior Venue	●
	11:00 – 11:45	Swim Familiarisation - Junior Venue	●
	17:00 – 19:00	Parade of Nations & Opening Ceremony	
	19:00 – 20:00	Pasta Party	
Friday, June 24 th	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	08:30 – 11:30	Open Water Swim Training - Elite/Junior Jean-Doré Beach - PJD	● ●

● Elite Events

● Junior Events

● Junior Men Events

● Junior Women Events

Date	Time	Activity	
Friday, June 24 th	06:45 – 07:30	Junior Women Athlete Lounge Check-In Venue	●
	07:15 – 07:45	Junior Women Transition Zone Check-In Venue	●
	07:15 – 07:50	Junior Women Swim Warm Up Venue	●
	07:50	Junior Women Introduction Venue	●
	08:00	Junior Women's Sprint World Championship Venue	●
	09:20 – 09:30	Junior Women's Sprint World Championship Medal Ceremony Venue	●
	08:45 – 09:30	Junior Men's Athlete Lounge Check-In Venue	●
	09:15 – 09:45	Junior Men's Transition Zone Check-In Venue	●
	09:15 – 09:50	Junior Men's Swim Warm Up Venue	●
	09:50	Junior Men Introduction Venue	●
	10:00	Junior Men's Sprint Championship Venue	●
	11:15 – 11:25	Junior Men's Sprint Championship Medal Ceremony Venue	●
Saturday, June 25 th	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	08:30 – 11:30	Open Water Swim Training - Elite/Junior Jean-Doré Beach - PJD	● ●
	18:45 – 19:00	JR/U23 MTR Final Team Declaration Deadline Pavilion 2 nd floor	●

● Elite Events

● Junior Events

● Junior Men Events

● Junior Women Events

Date	Time	Activity	
Sunday June 26 th	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	08:30 – 11:30	Open Water Swim Training - Elite/Junior Jean-Doré Beach - PJD	● ●
	12:15 – 12:30	JR/U23 Declaration of Final Team Composition Venue	●
	12:45 – 13:30	JR/U23 Mixed Team Relay Athlete Lounge Check-In Venue	●
	13:00 – 13:40	JR/U23 Mixed Team Relay Transition Zone Check-In Venue	●
	13:15 – 13:45	JR/U23 Mixed Team Relay Swim Warm Up Venue	●
	13:50	JR/U23 Mixed Team Relay Introductions Venue	●
	14:00	JR/U23 Mixed Team Relay World Championship Venue	●
	15:45 – 16:00	JR/U23 Mixed Team Relay World Championship Medal Ceremony Venue	●
Monday June 27 th	07:00 – 11:00	Gym Training - Elite/Junior Athletes Quarter - PJD	● ●
	09:30 – 11:30	Swim Training - Elite/Junior (50m Swimming Pool) Aquatic Complex - PJD - 4 lanes	● ●

● Elite Events

● Junior Events

● Junior Men Events

● Junior Women Events

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.
- During and after your race, the food and beverage containers used at the aid stations and the post-race meals will be 100% compostable, please place these containers in compostable collection bins.

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 significantly 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).

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.



GENERAL INFORMATION

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 junior and 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; Triathlon Canada has been in contact with them regarding this matter. If not, please contact Triathlon Canada at info@triathloncanada.com and include the following information:

- | | |
|---|--|
| –Full name | –Passport issue date (Day, Month, Year) |
| –Gender | –Passport expiry date (Day, Month, Year) |
| –Birthdate (Day, Month, Year; e.g. 01 September 1991) | –Arrival details (date and times, if possible, flight numbers) |
| –Role (i.e. Coach, Athlete, Medical, Media...) | –Departure details (date and times, if possible, flight numbers) |
| –National Federation | |
| –Country of residence | |
| –Passport number | |

CURRENCY

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

- \$1 CAD = \$0,78 USD
- \$1 CAD = €0,71 EURO
- \$1 CAD = £0,78 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).



VENUE MAP

TOP FACTS ABOUT MONTREAL'S SPRINT & RELAY WORLD CHAMPIONSHIPS

Statistics on the event

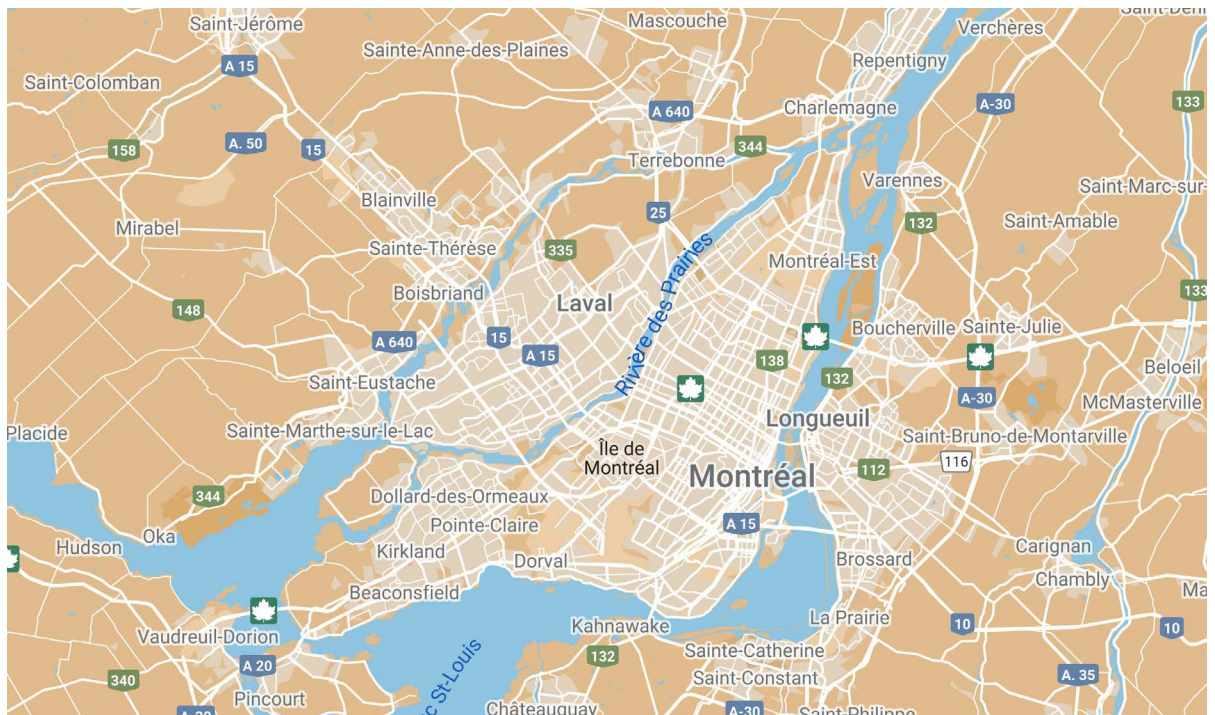
Number of athletes	1,530
Number of NF represented	37
Number of Technical Officials	48
Number of volunteers	500 per day
Number of cones	7,820
Number of fences	36,352 feet
Blue carpet surface	52,000 sq. feet

CITY OF MONTREAL

After three years without a World Championship, 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

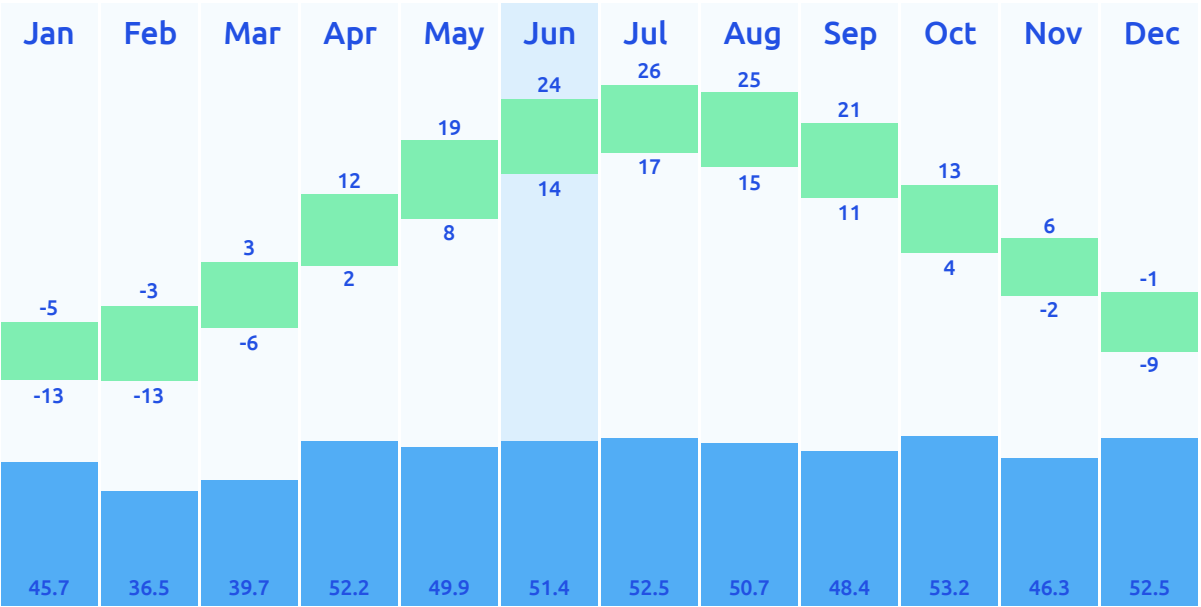
Summer weather in Montreal is classified as a warm, humid continental climate. Local weather can be checked on the [Meteomedia website](#).

Historical weather conditions

At the 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
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
2017	21.9 °C	13.4 °C	17.7 °C	2.0 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.

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.

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)

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: 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.

AIRPORT TRANSPORTATION

In order for all NF's to arrange their transportation from Montreal Airport, please email worldtriathlon@nirvanaeurope.com alongside this completed document which outlines flight details, names, category (Junior or Elite) and bikes per person. [Nirvana](#), our travel partner, will manage the transportation.

REGISTRATION

For junior athletes participating in the sprint course, the registration fee is US\$ 150. As for MTR junior athletes, the fee is US\$ 200 per team. The invoice will be sent directly to your NF before the event. However, if your NF hasn't paid the fee beforehand, you will need to pay on site.

PARADE OF NATIONS, OPENING CEREMONY & PASTA PARTY

PARADE OF NATIONS

THURSDAY, JUNE 23rd 17:00

The Groupe Copley World Triathlon will begin with the Parade of Nations and Opening Ceremony on Thursday, June 23rd. Open to all athletes, friends, family and spectators, these festivities will place all of our competitors in the spotlight.

The Parade of Nations is the perfect opportunity for the different delegations to show their colors, energy and enthusiasm! The parade will start at 17:00 in the heart of Old Montreal on Mills Bridge near Bota Bota Spa and will be lead by a bird from Les Chasseurs de Rêves and by Mamselle Ruiz who have collaborated with Cirque du Soleil, Walt Disney World theme parks and many others. Our parade leaders will offer you rythm and song to represent your country through the beautiful streets of Old Montreal to the Place des Commencements, on the Grand Quai, where the opening ceremony will take place.

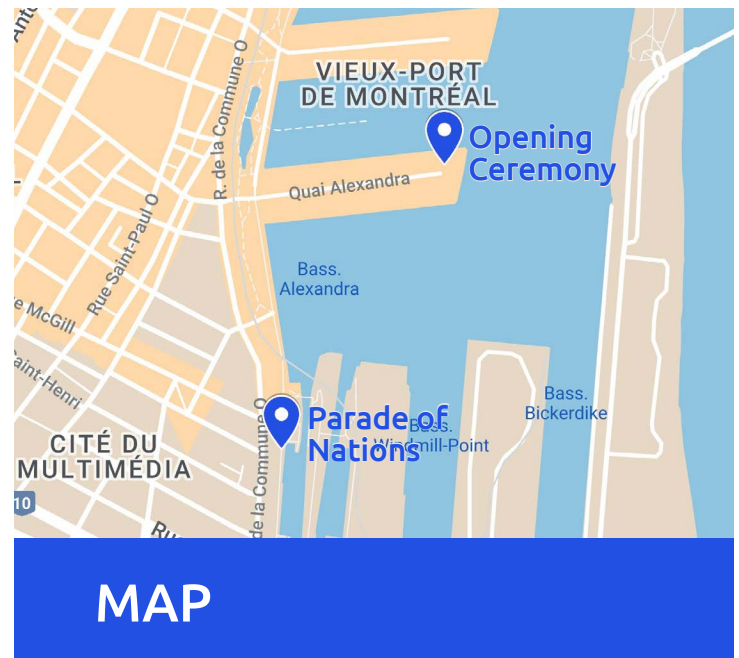
All delegations are asked to meet no later than 16:30 so that the parade can begin at 17:00. We ask each delegation to nominate a flag bearer who will be responsible for carrying their country's flag to the opening ceremonies. Each country is responsible for bringing their flag. Signs with the country's name will be loaned by the LOC.

OPENING CEREMONY

The opening ceremony at Place des Commencements, on the Grand Quai, will be hosted by the dynamic Émilie Duquette, commentator at Radio-Canada during the last Olympic Games.

Before the official speeches, get ready for an entertaining show that reflects the spirit of Montreal: multicultural, multidisciplinary, creative and vibrant! The artists will make you want to move, scream, applaud and dance. We are particularly thrilled to showcase the Kalabanté Productions International Circus for an exciting performance.

After the show, the opening ceremony will take place, followed by our pasta party that you will be able to enjoy on the grass on the Place des Commencements (some chairs will be available). We recommend that you obtain your meal ticket early so that you can also enjoy the evening with our official DJ and violonist Kayiri!



PASTA PARTY

Registration for athletes

No registration needed. Vouchers will be given at the race package distribution.

Registration for accompanying persons

All accompanying persons can also attend the pasta party. Vouchers can be bought directly on site at the Merchandise store at the Expo, next to the registration tent until 16:00 on Thursday, June 23rd. Cost is \$15 per person for the pasta dish only. After 16:00, pasta and drinks can be bought on site directly.

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 competition site via the Concorde bridge
- 23 min by bike from the competition site 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

(shared with Elite Athletes):

Tuesday 21 st	7:00–11:00
Wednesday 22 nd	7:00–11:00
Thursday 23 rd	7:00–11:00
Friday 24 th	7:00–11:00
Saturday 25 th	7:00–11:00
Sunday 26 th	7:00–11:00
Monday 27 th	7:00–11:00

SWIM TRAINING & FAMILIARIZATION

SWIM FAMILIARIZATION

You will be able to familiarize with the swim courses (sprint – 750m and relay – 300m) on Thursday, June 23 from 11:00 to 11:45 directly in the Alexandra 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 in 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/fr/com-plexe-aquatique-piscines-baignade-competi-tions-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 Elite Athletes)

Monday 20 th	07:30–08:30 (2 lanes)	08:30–11:00 (6 lanes)
Tuesday 21 st	07:30–08:30 (2 lanes)	08:30–11:00 (6 lanes)
Wednesday 22 nd	07:30–08:30 (2 lanes)	08:30–11:00 (6 lanes)
Monday 27 th	09:30–11:30 (4 lanes)	



OPEN WATER SWIMMING

Plage Jean Doré,
51 Circuit Gilles-Villeneuve,
Montréal, QC H3C 1A9

<https://www.parcjeandrapeau.com/fr/nage-en-eau-libre-corridors-parcours-nageur-athlete-clubs-sportifs-plage-jean-dore-montreal/>

Three 300-meter courses are offered exclusively for you at Jean-Doré Beach. The courses are marked with buoys and are triangular in shape with each side measuring 100 meters.

Access to both sites

20 min by bike from the competition site via the Concorde bridge.

23 min by bike from the competition site via the Jacques Cartier bridge.

Access via the yellow line of the metro, “Jean Drapeau” exit.

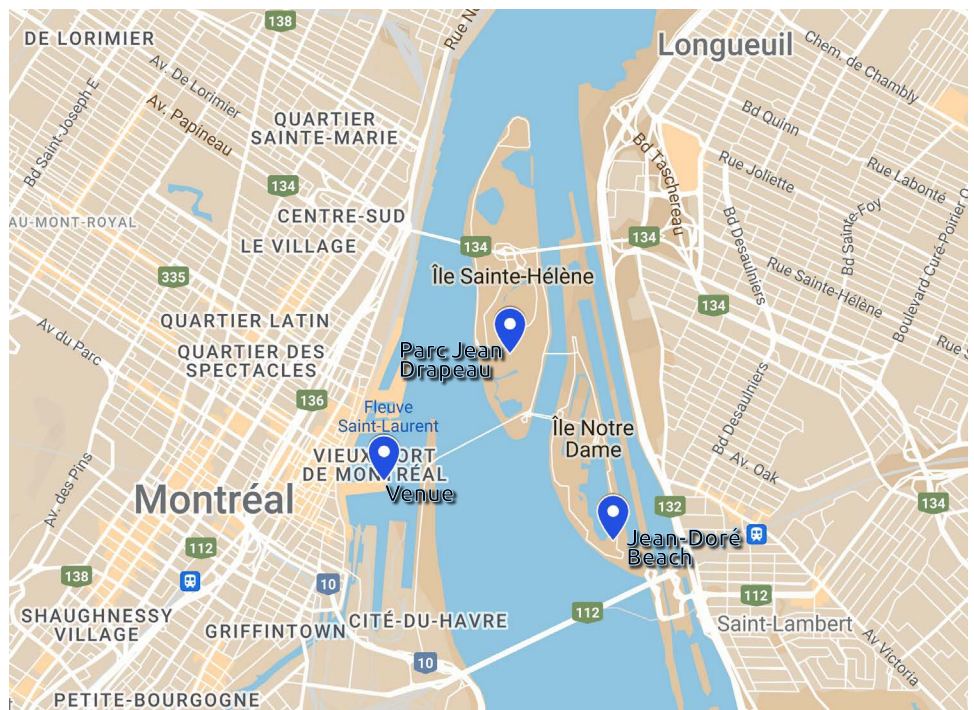
There will be bike racks for athletes’ bikes outside the pool. However, the LOC does not provide any security, we suggest that athletes bring their own padlocks.

Session times (Shared with AG Athletes)

Friday 24th 8:30–11:30

Saturday 25th 8:30–11:30

Sunday 26th 8:30–11:30



SWIM TRAINING LOCATION

BIKE TRAINING & FAMILIARIZATION

BIKE FAMILIARIZATION

A bike training familiarization is provided by the LOC on Thursday June 23rd from 10:30 to 11:00. Meeting point at the Transition Area. Athletes will be escorted by the police to ensure their safety. Please be sure to show up on time, as you will not be able to participate in the familiarization otherwise.

If you try to get on the course on your own, it should be noted that you are cycling at your own responsibility and in accordance with Quebec road traffic laws. If you do not respect the Quebec Highway Code, you can be fined. The main information to know is as follows:

- By law, cyclists must ride on the right.
- Under any circumstances, it is prohibited to ride a bicycle on the sidewalk.
- In a group (two or more cyclists), you ride in a line. The Highway Safety Code (article 486) specifies that this line cannot contain more than 15 cyclists.
- Cyclists must obey the signs, as must other road users.

Some portions of the bike course are on the wrong side of the road when the route is not closed.

RECOMMENDED BIKE TRAINING ROUTES

Although the Circuit Gilles Villeneuve is the favorite playground of Montreal cyclists, it will only open on June 24th 2022. Before that date, 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](#)

Circuit Gilles Villeneuve; for Speed Demons

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 the week before the triathlon). 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!

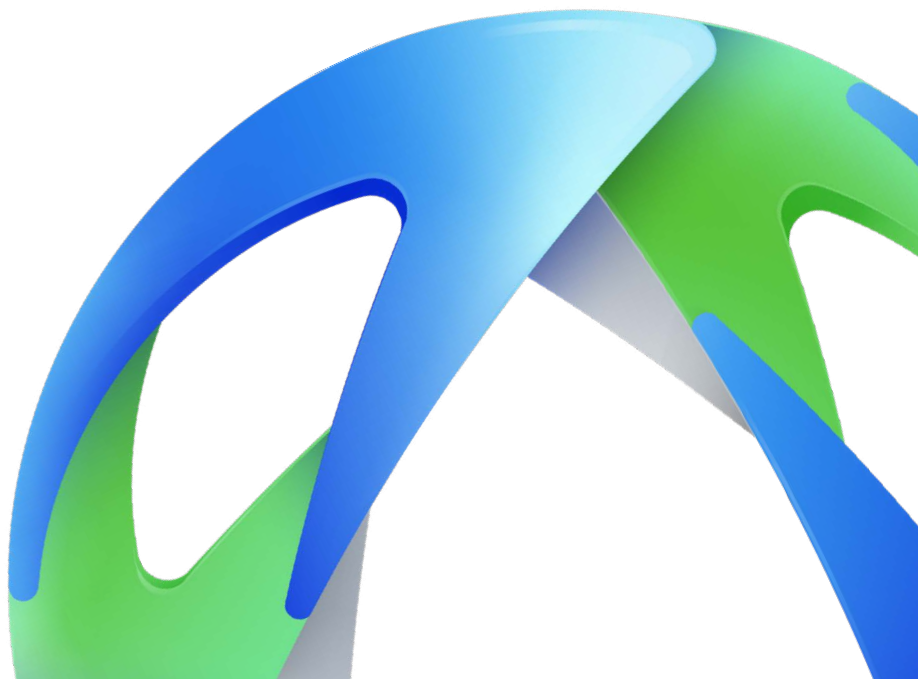
Camillien Houde Way; A UCI Pro Tour Climb!

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 & FAMILIARIZATION

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](#)).

RACE RULES AND APPEALS

The Groupe Copley World Triathlon will be conducted in accordance with the latest published Competitions Rules of World Triathlon. The World Triathlon Technical Committee has decided to waive the bike lap out rule during the Junior Mixed Team Relay to be held on Sunday, June 26, 2022 in Montreal.

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 first floor of the Terminal 2, near the athletes lounge and will be accessible from the back of the podium.

ATHLETE BRIEFING

The Junior athlete briefing will take place virtually on Wednesday, June 22nd at 15:00 local time.

Pre-briefing registration is required. Please refer to the link below for the junior athletes' briefing:

https://us02web.zoom.us/webinar/register/WN_Ahnkk3juTRyfEuc_pprTfq

RACE PACKAGE PICK UP

The Race Package pick up will take place at the Elite/Junior Athlete Lounge on **Wednesday, June 22nd between 16:30-17:30.**

All Junior athletes must pick up their own race kit at registration, following the Junior Athletes' Briefing, 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.

IMPORTANT!

An additional athlete/medical waiver will be provided at the time of the briefing and will have to be signed in order to retrieve their Race Kit.

The Race Kit includes:

Three (3) helmet numbers

One (1) bike number

Body decals for both arms and legs

Accreditation pass

Welcome gift

ATHLETES' LOUNGES

The athlete lounges are located adjacent to the transition area in Terminal 2 of the Grand Quai. This Terminal is an open air space with a roof and there will be separate lounges for women and men with washrooms in each area. Massage tables and bike trainers can be set up in the athletes' lounges.

RECOVERY AREA

The recovery area is located behind the finish line in a closed off area which includes a medical tent, toilets and sealed water bottles. At the finish line, water will be available and athletes will walk through the mixed zone and coach's zone before arriving in the recovery area.

Toilets and changing facilities are available at both locations. Sealed bottles of water will be provided at both locations, as well as at the finish line.

There will also be a tented area for athletes located beside the swim start. Water, sport drinks, fruits and cereal bars will be provided.

MEDICAL AREA

The medical area is located behind the finish line which includes toilets and sealed water bottles.



CHECK IN

On the day of the race, Technical Officials will conduct the Junior Athlete's check-in, directly at the Athletes Lounge:

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

WATER QUALITY

WATER TEMPERATURE

The average temperature of the St Lawrence River at the end of June is 22 °C. On Tuesday May 31st the water temperature rised to 17°C. The updated swim course temperature can be found on station FSL-200 (Ville-Marie, Marina du Vieux-Port, rue Jacques-Cartier).

WATER QUALITY

The Groupe Copley World Triathlon is governed by the highest standards of World Triathlon water quality standards. The World Triathlon competition rules ensure safe swimming conditions for all athletes. The Alexandra Basin meets all the requirements.

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

- Fæcal enterococcus from 7 to 13 CFU/100 mL
- *Escherichia coli* from 9 to 24 CFU/100 mL
- pH 6.8

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**World Triathlon
Championship Series**



World Triathlon
Championship Series

JUNIOR SPRINT WORLD CHAMPIONSHIPS



JUNIOR WORLD CHAMPIONSHIPS GENERAL

750M/19.3KM/5KM

Blue = Swim Course : 750m (1 lap counter-clockwise)

Yellow = Bike course : 4,82km (4 laps counter-clockwise = 19,3km)

Red = Run Course : 2.5km (2 laps counter-clockwise = 5 km)

Green = Transition Area

 = Team Wheel Station

 = Neutral Wheel Station

 = Penalty Box

Green = Transition Area

SWIM COURSE

750M – 1 LAP



The swim course of the triathlon takes place in the Alexandra Basin in Montreal's Old Port. The course is a one lap 750m counter clockwise swim. You will be able to exit the water via the swim exit ramp that is installed on a floating dock. You can then proceed via the ramps leading to the barge and then to land. You can then run towards the transition zone.

Athletes can leave their pre-competition bags at the Athlete Lounge or at the Swim Start.

Dive start. Keep the 4 yellow buoys on your left shoulder. The red buoys are alignment buoys.

START AREA

The start area is located 750m from the Athletes Lounge. Athletes will gather at the Swim start area at least fifteen (15) minutes before the start. A tent will be available to leave your personal belongings. Please leave your back packs at the athletes' lounge, only last minute gear should be left at the start area tent. They will be brought back to the Athletes Lounge by the LOC.

SWIM WARM UP

Swim warm-up before the race on Friday the 24th will be available at the Alexandra Basin.

Junior Women 07:15–07:50

Junior Men 09:15–09:50

19.3 KM – 4 LAPS

[illegible]

TEAM WHEEL STATION

The team wheel station is located on the north-east side of the Grand Quai exit, between the Old Port Promenade and De La Commune St. Team wheels can be dropped off at the athlete lounge and will be transported to the Teams Wheel Station by officials.

NEUTRAL WHEEL STATION

The neutral wheel station will be located on the bike course on de la Commune Street just before Mills bridge.

Martin Swiss Cycles is the 2022 Groupe Copley World Triathlon's exclusive bike repair provider. They specialize in triathlon bikes and will have full maintenance services at the venue. They will also be present in the junior and elite lounges.

- 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



© 2021 CHRISTIAN MARTIN PHOTOGRAPHE

5 KM – 2 LAPS

[illegible]

There will be two aids stations on the run course located on De La Commune Street and McGill Street. A littering zone will be attached to the aid station. Sealed water bottles will be provided.

- Aid station 1: at 230 m from the Transition Area
- Aid station 2: at 1550 m from the Transition Area

The penalty box will be located on the Grand Quai, right before the bike and run turn-arounds, as well as the finish line.

FINISH LINE AREA

Please avoid lying down or sitting on the blue carpet area behind the finish line unless you require medical assistance.

Please do not congregate on the blue carpet behind the finish line. There will be sealed water bottles, the mixed zone, the coaches zone, the medical area and the recovery area, all located behind the finish line area.

COACHES AREA

There will be specific areas for coaches located at the Swim start and alongside the transition area between the transition and Terminal 2 of the Grand Quai. Coaches will also have access behind the finish line.



**JUNIOR/U23
MIXED TEAM
RELAY WORLD
CHAMPIONSHIPS**



GRUPE COPLEY
World Triathlon
Championship Series
Sprint & Relay
MONTREAL 2022



MIXED TEAM RELAY WORLD CHAMPIONSHIPS

JUNIOR/U23

300M / 6.6KM / 1.5KM

Blue = swim course : 300m (1 lap counter-clockwise)

Yellow = bike course : 3.3km (2 laps counter-clockwise = 6.6km)

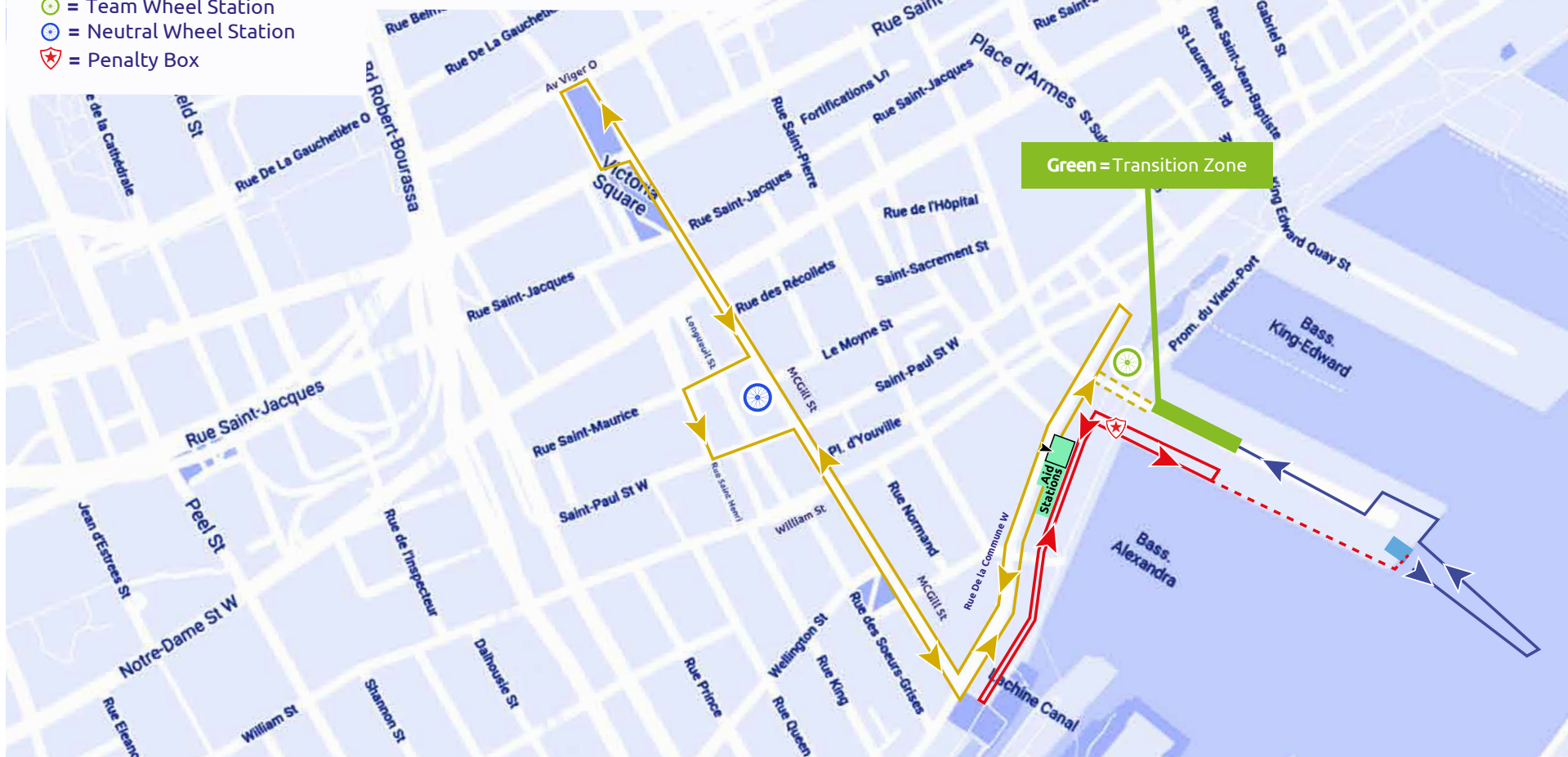
Red = run course : 1.5km (1 lap counter-clockwise)

Green = Transition zone

⊕ = Team Wheel Station

⊕ = Neutral Wheel Station

⚠ = Penalty Box



SWIM COURSE

300 M – 1 LAP

Athlete A will start the swim with a pontoon dive start. The 300m course is an anti-clockwise U shape course which will have three yellow turn buoys to be kept on the swimmer's left side. The swim exit will feature ramps to land and the 300m run towards the transition zone.



SWIM / ATHLETES B, C & D

Athletes B, C & D will run down the ramp onto the barge and dive into the water from the far south-eastern corner of the barge. An additional red turn buoy for athletes B, C & D will be located approximately 30 m south-west of the entry point before swimmers will continue along the U shaped swim course. The remainder of the swim course is identical to the swim of Athlete A. All buoys must be kept on the swimmer's left side.

BIKE COURSE

6.6 KM – 2 LAPS

The mixed team relay bike course is a fast, flat loop of 3.3 km with technical turns. This two lap course winds through the historic streets of Old Montreal and returns to the Grand Quai **without** passing through the transition area.



RULE EXCEPTION

The World Triathlon Technical Committee has decided to waive the bike lap out rule during the Junior Mixed Team Relay to be held on Sunday, 26 June, 2022 in Montreal.

TEAM WHEEL STATION

The team wheel station is located on the north-east side of the Grand Quai exit, between the Old Port Promenade and De La Commune St. Team wheels can be dropped off at the athlete lounge and will be transported to the Teams Wheel Station by officials.

NEUTRAL WHEEL STATION

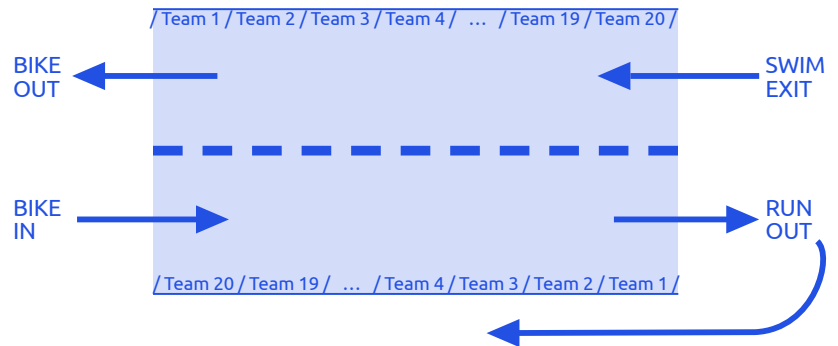
The neutral wheel station will be located on the bike course on de la Commune Street just before Mills bridge.

Martin Swiss Cycles is the 2022 Groupe Copley World Triathlon's exclusive bike repair provider. They specialize in triathlon bikes and will have full maintenance services at the venue. They will also be present in the age group and elite transition areas.

TRANSITION FLOW

2 SIDES

Since the athletes do not pass through transition between the two bike laps, the transition area will be installed on one side for T1 and on the other side for T2. The teams will therefore have two spaces to prepare. T1 and T2.



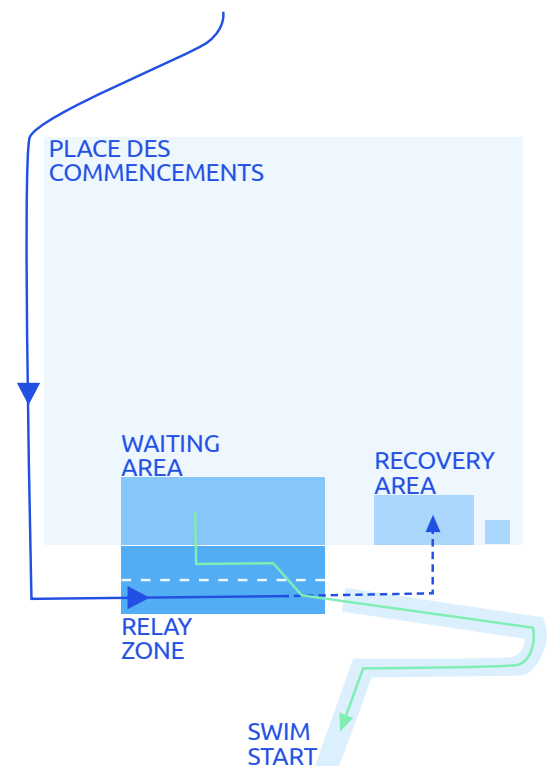
RELAY ZONE

The Relay Zone will be located at the end of the Grand Quai (South-West).

The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long. The exchange is completed by the incoming athlete, using their hand to contact the body of the out-going athlete within the relay zone. If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified. If the exchange is not completed, the team will be disqualified.

RUN / ATHLETE D

Athlete D will complete the same run as the other athletes except at the end they will run into the finish chute rather than the relay zone. The run for Athlete D will be of 1.3 km ; 200 m shorter than the run for athletes A, B and C (1.5 km).



1.5 KM – 1 LAP

**JUNIOR/U23 MIXED TEAM RELAY
WORLD CHAMPIONSHIPS**

RUN COURSE

1.5KM

Red = Run Course: 1.5km (1 lap counter-clockwise = 1.5km)
Green = Transition Area
 ⬡ = Penalty Box

The penalty box will be located on the Grand Quai, right before the bike and run turn-arounds, as well as the finish line.

Please avoid lying down on sitting on the blue carpet area behind the finish line unless you require medical assistance.

Please do not congregate on the blue carpet behind the finish line. There will be sealed water bottles, the mixed zone, the coaches zone, the medical area and the recovery area, all located behind the finish line area.

**ON
BOUGE
AVEC
VOUS !**

POST COMPETITION

RESULTS

Race results will be updated live on Sportstats and on the World Triathlon Website.

PROTESTS & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

MEDAL CEREMONY

	Time	Date
Women	09:20	Saturday June 25 th
Men	11:15	Saturday June 25 th
Mixed Team Relay	15:45	Sunday June 26 th

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 briefing in this case. In addition to this, it will be communicated by the announcers on site and on social media.

HAVE A GREAT RACE!



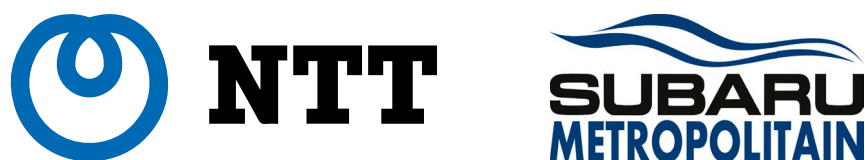
PARTNERS

WE THANK OUR PARTNERS FOR MAKING THIS EVENT POSSIBLE.

PRINCIPAL BENEFACTOR



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