



**2019 Apple Triathlon
Triathlon Canada National Championships
& CAMTRI Continental Cup
July 6-7, 2019**

SCHEDULE OF EVENTS:

Saturday, July 6

- **Kids Triathlon**
 - 6-9 Year Olds
 - 10-11 Year Olds
 - 12-13 Year Olds
 - 14-15 Year Olds
 - This is open to all kids and there are no qualification requirements.
- **Youth/Junior/U23 Draft Legal Race**
 - This event is part of the Triathlon BC Project 2024 Draft Legal SuperSeries and Triathlon Canada National Development Series
 - There are no qualifications required for this event aside from athlete age and ability to race in a draft legal event.
- **Adult Try-a-Triathlon**
 - This is a short distance race for new triathletes to test the waters with a shortened race.
- **CAMTRI Continental Cup Heats (Super Sprint Distance)**
 - 3 Heats of 30 athletes for both males and females
 - Country quota is determined by ITU and CAMTRI
 - Qualification and Registration for this event is done through Triathlon Canada and is open to elite, U23 and junior athletes with an International Competition Card (ICC) only.

Sunday, July 7

- **Standard Distance Age Group National Championships (Draft Illegal)**
 - National Champions will be crowned in each 5-year age category (18-24, 25-29, etc.)
 - 3 Age Group World Championship Qualifying Spots PER age category to represent Canada at the 2020 Grand Final in Edmonton, Canada.
 - This event is open to everyone to compete for as long as space remains - there are no qualifications to compete in the National Championships.
- **Sprint Distance Age Group National Championships (Draft Illegal)**
 - National Champions will be crowned in each 5-year age category (16-19, 20-24, etc.)
 - 2 Age Group World Championship Qualifying Spots PER age category to represent Canada at the 2020 Grand Final in Edmonton, Canada.
 - This event is open to everyone to compete for as long as space remains - there are no qualifications to compete in the National Championships.
- **CAMTRI Continental Cup Final (A and B - Draft Legal)**
 - Athletes will qualify for the A or B final based on their placing from Saturday's heats.
 - The Elite National Champions will be crowned from these finals.
- **Triathlon Canada Development Race / CAMTRI C Final (Draft Legal)**
 - Athletes remaining from the CAMTRI heats on Saturday who do not make it into the A or B final will proceed to the C Final
 - Junior and U23 athletes from the Saturday BC SuperSeries event are eligible to register to the C-Final. Please see the ["Pathway to Nationals"](#) document for more information.