



ATHLETE GUIDE

AUGUST 22–23, 2026

CLOVER POINT, VICTORIA, BC

www.triathloncanada.com

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EVENT SCHEDULE

FRIDAY, AUGUST 21 – Registration & Briefing

TIME	EVENT	LOCATION
3:00 – 3:30 PM	Race Briefing – Age Group	Clover Point
4:00 – 6:30 PM	Athlete Registration – Age Group & Elite	Clover Point
4:00 – 5:00 PM	Swim Familiarization	Spiral Beach, Clover Point
6:00 – 7:00 PM	Elite Athlete Briefing (online)	Online

SATURDAY, AUGUST 22 – Age Group Super Sprint & Elite

TIME	EVENT	LOCATION
5:30 – 7:00 AM	Transition Open – Bike Drop Off	Clover Point
7:10 – 7:18 AM	Opening Ceremony	Clover Point
7:20 – 7:45 AM	Semi Final 1 – Jr/U23 Women	Spiral Beach
7:40 – 8:05 AM	Semi Final 2 – Jr/U23 Women	Spiral Beach
8:00 – 8:25 AM	Semi Final 1 – Jr/U23 Men	Spiral Beach
8:40 – 9:05 AM	Semi Final 2 – Jr/U23 Men	Spiral Beach
9:00 – 10:00 AM	Age Group Super Sprint – Men	Clover Point
9:10 – 10:10 AM	Age Group Super Sprint – Women	Clover Point
10:00 AM – 3:00 PM	Subaru Social (open to all)	Clover Point
11:30 – 11:55 AM	B Final – Jr/U23 Women	Spiral Beach
11:50 AM – 12:15 PM	Final – Jr/U23 Women	Spiral Beach
12:10 – 12:35 PM	B Final – Jr/U23 Men	Spiral Beach
12:30 – 12:55 PM	Final – Jr/U23 Men	Spiral Beach
12:30 PM	Boomtown Social (details below!)	Spiral Beach
1:00 PM	Dallas Road Re-Opens	
1:00 – 2:00 PM	Free 5km Community Run (open to all)	Dallas Road
1:30 PM	Elite and Age Group Awards	Clover Point
2:30 – 3:00 PM	Kids' Race – Clover Point Loop	Clover Point

SUNDAY, AUGUST 23 – Mixed Relay & Closing

TIME	EVENT	LOCATION
7:30 – 10:00 AM	Transition Open	Clover Point
9:00 – 11:00 AM	Jr/U23 Mixed Team Relay	Clover Point
10:00 AM – 1:00 PM	Subaru Social	Clover Point
11:15 AM	Closing Awards Ceremony	Clover Point
1:00 PM	Dallas Road Re-Opens	

FIRST TIMERS

Congratulations on registering for your first triathlon — and a National Championship at that! Triathlons are meant to be fun, and we hope you enjoy your race weekend in beautiful Victoria.

If you have not raced before, we encourage you to attend the Race Briefing on Friday, August 21 at Clover Point. This is your opportunity to ask questions, walk the transition area, and get a feel for the course before race day.

We also offer a **Swim Familiarization** at Spiral Beach on Friday from 4:00–5:00 PM. We strongly encourage all athletes to take advantage of this opportunity to get comfortable with the water conditions and entry/exit points. There will be lifeguard support on site for this hour.

OCEAN SWIMMING

This event includes an ocean swim course. **Tides and currents are a safety risk when safety support is not in place to monitor swimmers. It is not recommended to swim on the racecourse outside of designated familiarization and racing times.** The water is cold and the beach is rocky, so additional equipment is permitted on this course. All athletes are permitted to wear shoes or wetsuit booties during competition. Neoprene swim caps are always permitted underneath the official race caps. Gloves are not permitted, as these provide a competitive advantage.

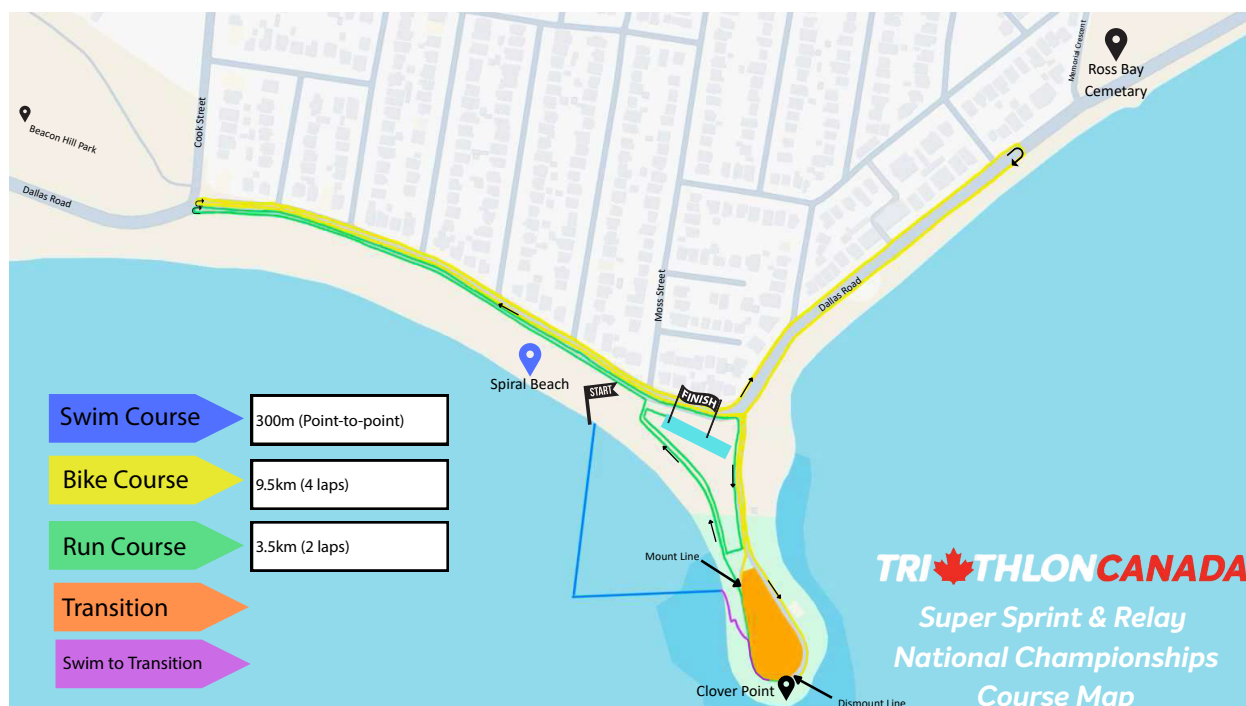
If you would like to get into the ocean prior to the race, there are public swimming docks in Esquimalt at Banfield Park. There are no lifeguards on duty, so please exercise caution and swim with friends. Banfield Park is inside Victoria's Inner Harbour where the water more protected.

RACE DAY INFORMATION

Transition opens on **Saturday at 5:30 AM** for bike drop off. We suggest arriving no later than one hour before your race start. Please allow extra time for parking and road closures in the area around Clover Point and Dallas Road.

COURSE INFORMATION

Please read this guide carefully and review the course maps. The course will be marked with coloured tape, course signs, and marshals. All course maps are available at triathloncanada.com/nationals.



Age Group Super Sprint Triathlon:

- Swim – Spiral Beach, Clover Point (300m)
- Bike – Dallas Road waterfront, multi-lap (9.5km)
- Run – Clover Point Park (3.5km)

⚠ IMPORTANT: THIS IS A DRAFT-LEGAL EVENT

Age group athletes will race on the same course as the elite competition in a draft-legal format. This is a rare and exciting opportunity — please read the rules section carefully as this changes several key requirements.

- Triathlon bikes and bikes equipped with aero bars are **NOT PERMITTED**.
- Athletes must compete on road bikes with standard drop bars.

ATHLETE REGISTRATION & PACKAGE PICK UP

Athlete registration and package pick up will take place on Friday, August 21 from 4:00–6:30 PM at Clover Point will receive the following in your race package:

- Bib number & safety pins
- Swim cap
- Helmet sticker
- Bike sticker
- Event swag

YOU WILL RECEIVE YOUR TIMING CHIP ON RACE MORNING.

If you are unable to attend package pick up on Friday, please contact us in advance at agegroupteam@triathloncanada.com.

IMPORTANT INFORMATION

MANDATORY ATHLETE REGISTRATION

All participants are required to register and collect their race package at Clover point on Friday, August 21 from 4:00–6:30 PM.

MANDATORY BIKE DROP OFF

All athletes racing in the Super Sprint must drop off their bike in transition on Saturday, August 22 during the Transition Open window (5:30–7:00 AM).

GENERAL EQUIPMENT LIST

- Timing chip (collected race morning)
- Swimsuit or triathlon suit
- Swim cap (race provided) and goggles
- Road bike with standard drop bars (NO triathlon bikes or aero bars permitted)
- Helmet & bike shoes (if using) & sunglasses
- Running shoes (and socks if needed)
- Swim shoes or wetsuit booties (Optional)
- Small towel for transition
- Water bottle for the bike
- Race belt for bib number (optional)
- Clothes for before and after the race
- Sunscreen!

AID STATIONS

Due to the short length, there are no aid stations on the bike or run course. Please ensure you carry a water bottle on your bike if needed. The finish line will be stocked with water and electrolytes.

EVENT PARKING

Please review parking information ahead of the event and follow all posted signs on the event weekend. Vehicles parked along the race route (Dallas Road) are subject to ticketing and towing.

Saturday, August 22, and Sunday, August 23

Dallas Road around Clover Point will be closed for racing from the early morning. Please plan your travel route to transition accordingly. We strongly encourage biking to the venue and carpooling. Parking is available in the surrounding neighbourhoods and along streets not impacted by road closures.

VOLUNTEERS

Events like this National Championship would not be possible without incredible volunteer support. If you have friends or family joining you in Victoria, please encourage them to sign up to volunteer.

[Volunteer sign-up link](#)

EMERGENCY INFORMATION

Staff and volunteers will be stationed throughout the course. If you have any issues on course, please notify the nearest volunteer or marshal immediately. If you choose not to finish your race (DNF), please notify staff at the finish line and return your timing chip. Athletes who do not return their chip will be charged for the replacement cost.

AWARDS

The closing awards ceremony will take place on Saturday, August 22 at approximately 1 PM at Clover Point.

- Age Group Super Sprint: awards in 5-year age categories (male/female)

Results will be posted online following the event. Your timing chip will track you throughout the race.

WORLD CHAMPIONSHIPS QUALIFICATION

The Age Group Super Sprint and Mixed Relay National Championships are qualifying events for the Age Group World Championships the following year in Hamburg, Germany. Team Canada ranks among the world's top five largest squads for World Championship events, with more than 600 members competing internationally in 2026.

To be eligible for a qualification slot, please ensure you complete an Expression of Interest (EOI) before the race. Details on qualification criteria and the EOI link are available at

<https://www.triathloncanada.com/athletes-teams/age-group-world-championships/>

Top finishers from each age group/gender category will be recognized at the awards ceremony.

To submit an EOI for this race, [please click here](#).

Kids of K-OS Race

Our new racing brand for kids and youth, **Kids of K-OS** Canada, captures the spirit of our sport as well as what it means to be an adventurous kid in Canada – heading out to make a game out of whatever is at hand and finding fun in a wide variety of activities.

Kids of K-OS is also a homage to the long-standing “Kids of Steel (KOS)” racing program that has been running in Canada for over 20 years. Starting with a sponsorship from Teck, this legacy program has been an entry point for some of our most decorated athletes and remains a well-loved part of our DNA.

Kids will have the opportunity to bike and run in a safe and fun environment. This Kids of K-OS event will **not feature a swim** due to the nature of the course.

Kids can register in the 6-9, 10-11 or 13-15 age groups. Visit <https://upliftercycling.com/#!/events/2026-super-sprint-and-relay-national-championships> to join the fun!

Clover Point 5k

Open to all ages and abilities, the Clover Point 5K is as much a celebration as it is a competition. Come to race, come to cheer, come to soak in the atmosphere of a national championship event right in your own backyard. With the ocean as your backdrop and the energy of the crowd behind you, this is one finish line you won't forget.

To sign up, you can add the registration for free to your Super Sprint registration or visit <https://upliftercycling.com/#!/events/31404-clover-point-5k-fun-run> to sign up.

CLOVER POINT ▶ BOOMTOWN

VICTORIA, BC

AUG 22 · 12:30 PM

THE BOOMTOWN SOCIAL TRIATHLON

Start at Clover Point. Swim 5 minutes, run 5 minutes, ride to BoomTown. Nachos.

THE ORDER OF PLAY

12:30 PM	Tater-loading & nonies Clover Point – roll in, say hi	SOCIALIZE
⋮	↓ MUSTER AT SHORE	
12:45 PM	Event starts Swim, walk/run, grab the bike	SWIM & RUN & BIKE
⋮	↓ BIKE TO BOOMTOWN	
1:15 PM	Arrive BoomTown Nachos & real ales	SOCIALIZE & SAY YOU TRI'D!



Scan to order your pre-race tater tots!



Scan to complete the waiver

EVENT RULES

The 2026 Super Sprint & Relay National Championships is a sanctioned event that follows Triathlon Canada and World Triathlon Rules and Regulations. For the full rules, please visit triathloncanada.com.

KEY RULE: DRAFT-LEGAL FORMAT

This event is **DRAFT-LEGAL**. The following apply:

- Triathlon bikes and bikes equipped with aero bars are **NOT** permitted. Road bikes with standard drop bars only.
- Drafting (riding in another athlete's slipstream) is permitted on the bike course.
- Ride on the right — pass on the left.

General Rules:

- You must always have your helmet on and buckled when your bike is off the rack — from the moment you remove it until it is returned.
- Mount your bike AFTER the mount line. Dismount BEFORE the dismount line.
- Do not unbuckle your helmet until your bike is back on the rack.
- Only equipment you need for racing should be in transition.
- Headphones are NOT permitted during the run or bike.
- Littering is not allowed.
- Dress for the weather.
- Be safe — and have fun!

ACCOMMODATIONS

Triathlon Canada has secured room blocks at partner hotels to provide conveniently located accommodation across a range of price points.

Hotel Grand Pacific — Official Host Hotel

Dates: August 20–23, 2026

Location: 463 Belleville St. #3, Victoria, BC

Rate: \$289–\$369/night

Booking Deadline: Monday, July 20, 2026

Group Name: Triathlon Canada National Championships

Group Code: AUG26TRIATHON

Toll Free: 1-800-663-7550

Direct: (250) 386-0450

Please note: a maximum of 2 bikes are permitted per guestroom. Guests must use a hotel drop sheet when storing bikes in rooms.

Accent Inn

Dates: August 20–23, 2026

Location: 3233 Maple St, Victoria, BC

Rate: \$299–\$319/night

Booking Deadline: 30 days prior to reservation date

Group Number: 5636829

Phone: 1-800-663-0298 (ask for Accent Inns Victoria)

Online: www.reservations.accentinns.com

Reference: "2026 Triathlon Canada National Championships"

RECOVERY & RELAXATION

HAVN Saunas

Add a recovery and relaxation experience to your race weekend with a 3-hour sauna circuit in the heart of Victoria, BC. HAVN blends creative design with hydrotherapy to make being present a little easier.

- Sessions begin at 8:00 AM on August 22 and 23, available every 15 minutes
- Each time slot is limited to 4 guests — book early!
- Cost: \$94 + GST

For more information and to book, visit havnsaunas.com.

FREQUENTLY ASKED QUESTIONS

When should I arrive on site?

At least one hour before your anticipated start time. Arrive early to set up in transition and cheer on other competitors.

When can I get into transition?

Transition opens at 5:30 AM on Saturday, August 22, for bike drop off. On Sunday, transition opens at 7:30 AM.

Can I use my triathlon bike or aero bars?

No. This is a draft-legal event. Triathlon bikes and aero bars are strictly prohibited. Road bikes with standard drop bars only.

Are there toilets on site?

Yes. Portable toilets will be around the expo area and finish line. There are no toilets at the swim start.

When will my event start?

Age Group Super Sprint Men start at 9:00 AM and Women at 9:10 AM on Saturday, August 22. See the full [schedule](#) for all events.

Will there be food at the finish?

Yes — snacks, water, and electrolytes will be available at the finish line.

Where can I see results?

Results will be posted online following the event. Your timing chip will track you throughout the race.

Where do I park?

Dallas Road around Clover Point will be closed for racing. Please allow extra time and plan to bike in, for nearby street parking, or carpooling. See the parking section for more details.

What is the Subaru Social?

The Subaru Social is an open spectator and athlete area at Clover Point on both race days — come celebrate, enjoy a BBQ and the atmosphere, and watch the action! Open from 11:00 AM on both days.