



## Age Group Performance Week September 15 – 18

### *What is it?*

This is a fun, personal event that will allow you to “race” Canada’s best! Last week, Canada’s elite triathlon community were put to the test, undergoing a series of time trials and races to test themselves and each other.

Have you always wondered what it takes to race in the Elite field? Now’s your chance!

### *How does it work?*

In your own time, between September 15-18, complete any number of the events and see where you rank. You can do any combination of events, in any order. You can choose to do 1 or all! It’s up to you.

Upload your results to the [Google Sheet](#) and see where you rank. You’ll also have to upload either a link to your data (for example, a Strava or Garmin file, or even just a photo of your watch face). The honour system is in effect!

We’ll be posting some metrics for you very soon – you can see where you stack up versus the Canadian Team.

### *What else?*

This is all in good fun, a way to wrap up your season with some fun efforts.

### *Got any questions?*

Email Christine ([agegroupteams@triathloncanada.com](mailto:agegroupteams@triathloncanada.com))

Good luck and have fun !

