

TRIATHLON CANADA

2019 EVENT SCHEDULE

ITU Multisport World Championship Festival
Pontevedra, Spain

April 27th - May 5, 2019



2019 | Pontevedra
ITU World
Duathlon
Aquathlon
Triathlon Cross
Aquabike
Long Distance Triathlon | triathlon
Multisport Championships

2019 EVENT SCHEDULE

Team Canada specific events denoted in red



Please note that the Event Schedule is subject to change; make sure you check back and check in with your Management Team in Spain.

START	END	TYPE	ACTIVITY	VENUE
THURSDAY, APRIL 25				
8:30 AM	9:30 AM	Duathlon	Bike course familiarization Standard and Sprint	Alameda
9:30 AM	10:30 AM	Duathlon	Run course familiarization Standard and Sprint	Alameda
11:00 AM	12:00 PM	Duathlon	AG Team Managers Briefing Sprint & Standard Duathlon	Pazo da Cultura
12:00 PM	8:00 PM	Duathlon	Registration/Package Pick Up - AG Sprint & Standard Duathlon	Alameda
2:30 PM	3:30 PM	Duathlon	AG Team Briefing	TBC
FRIDAY, APRIL 26				
9:00 AM	5:00 PM	Duathlon	Registration/Package Pick Up - AG Sprint & Standard Duathlon	Alameda
12:00 PM	4:00 PM	Duathlon	Registration/Package Pick Up - AG Sprint & Standard Duathlon	Alameda
2:00 PM	3:00 PM	Duathlon	Video Briefing + Q&A - AG Sprint & Standard Duathlon	Alameda
3:00 PM	5:30 PM	Duathlon	Bike Check In - AG Sprint Duathlon	CGTD
3:00 PM	5:30 PM	Duathlon	Bike Check In - AG Standard Duathlon	CGTD
5:30 PM	6:45 PM	All	Parade of Nations	Alameda
6:30 PM	7:15 PM	All	Opening ceremony	Alameda
7:15 PM	9:00 PM	All	Pasta Party 1	Alameda
SATURDAY, APRIL 27				
6:15 AM	7:45 AM	Duathlon	Transition check in - AG Sprint Duathlon - NO BIKE CHECK	CGTD
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
8:00 AM	9:08 AM	Duathlon	RACE STARTS - AG Sprint Duathlon	
8:00 AM		Duathlon	RACE START: M16-29	
8:03 AM		Duathlon	RACE START: M30-44	
8:06 AM		Duathlon	RACE START: M45-59	
8:09 AM		Duathlon	RACE START: >M60	
8:15 AM		Duathlon	RACE START: Open M	
8:55 AM		Duathlon	RACE START: F16-44	
8:57 AM		Duathlon	RACE START: >F45	
9:08 AM		Duathlon	RACE START: Open W	
10:00 AM	11:30 AM	Training	River swim training session	
11:00 AM		Duathlon	Bike cut off time	
11:15 AM	12:30 PM	Duathlon	Bike Check Out - AG Sprint Duathlon	CGTD
11:25 AM		Duathlon	Run cut off time	
11:00 AM	2:00 PM	Duathlon	Bike Check In - AG Standard Duathlon	CGTD
2:00 PM	3:45 PM	Duathlon	Transition check in - AG Standard Duathlon - NO BIKE CHECK	CGTD

4:00 PM	4:50 PM	Duathlon	RACE STARTS - AG Standard Duathlon	
4:00 PM		Duathlon	RACE START: M18-M29	
4:03 PM		Duathlon	RACE START: F18-F44	
4:06 PM		Duathlon	RACE START: F>45	
4:30 PM		Duathlon	RACE START: M30-M44	
4:35 PM		Duathlon	RACE START: M45-M59	
4:38 PM		Duathlon	RACE START: M>60	
4:45 PM		Duathlon	RACE START: Open M	
4:50 PM		Duathlon	RACE START: Open W	
8:30 PM		Duathlon	Bike cut off time	
8:45 PM	10:30 PM	Duathlon	Bike Check Out - AG Standard Duathlon	
9:30 PM		Duathlon	Run cut off time	
10:00 PM		All	Concert	Alameda
SUNDAY, APRIL 28				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
10:00 AM	11:30 AM	Training	River swim training session	
12:00 PM	6:00 PM	Cross Tri	Registration Open/Package Pick Up - AG Cross Triathlon	Alameda
2:00 PM	3:00 PM	Cross Tri	Team Canada Bike Course Familiarization	TBC
3:00 PM	4:00 PM	Cross Tri	Team Canada Run Course Familiarization	TBC
6:00 PM	8:00PM	All	Team Canada Meet & Greet - Pontevedra Market	Market
8:30 PM	9:00 PM	All	AG Medal ceremonies - Standard Duathlon	Recinto Feiral
9:00 PM	9:30 PM	All	AG Medal ceremonies - Sprint Duathlon	Recinto Feiral
9:30 PM	11:30 PM	All	Closing ceremony 1 - Orquesta Panorama	Recinto Feiral
MONDAY, APRIL 29				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
12:00 PM	6:00 PM	Cross Tri	Registration Open/Package Pick Up - AG Cross Triathlon	Alameda
11:00 AM	12:00 PM	Cross Tri	AG Team Managers Briefing Cross Triathlon	Pazo da Cultura
12:00 PM	1:00 PM	Cross Tri	Video Briefing + Q&A - AG Cross Triathlon	Alameda
12:30 PM	1:30 AM	Cross Tri	Team Canada AG Team Briefing	TBC
01:00 PM	2:00 PM	Cross Tri	Briefing Juniors/Para Cross Triathlon	Alameda
01:30 PM	3:30 PM	Cross Tri	Swim course familiarization	
TUESDAY, APRIL 30				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
1:00 PM	3:30 PM	Cross Tri	Transition Check In - AG Cross Triathlon (with bike)	Finish River
3:45 PM	3:55 PM	Cross Tri	RACE START - AG Cross Triathlon	
3:45 PM		Cross Tri	RACE START: M18-M44	
3:50 PM		Cross Tri	RACE START: M>45	
3:55 PM		Cross Tri	RACE START: Women	
4:40 PM		Cross Tri	Bike Start cut off time	

6:00 PM	9:00 PM	Cross Tri	Bike Check Out - Elite/U23/AG Cross Triathlon	Finish River
7:30 PM		Cross Tri	Bike cut off time	
9:00 PM		Cross Tri	Run cut off time	
9:40 PM		Cross Tri	Medal ceremonies - AG Cross Triathlon	Alameda
WEDNESDAY, MAY 1				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
11:00 AM	12:00 PM	Aquathlon	AG/Para Team Managers Briefing Aquathlon	Pazo da Cultura
12:00 PM	6:00 PM	Aquathlon	Registration/Package Pick Up - AG/Para/Open Aquathlon	Alameda
12:00 PM	1:00 PM	Aquathlon	Video Briefing + Q&A - AG/Para/Open Aquathlon	Alameda
12:30 PM	1:30 AM	Aquathlon	Team Canada Run Course Familiarization	TBC
1:30 PM	3:30 PM	Aquathlon	Swim course familiarization	
2:30 PM	3:00 PM	Aquathlon	Team Canada AG Team Briefing	TBC
5:00 PM	7:00 PM	All events	Team Canada Meet & Greet	Hesperia Vigo
THURSDAY, MAY 2				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
9:00 AM	10:00 AM	LD/Aquabike	Team Canada Bike Course Familiarization	TBC
10:00 AM	11:00 AM	LD/Aquabike	Team Canada Run Course Familiarization	TBC
12:00 PM	6:00 PM	LD/Aquabike	Registration Open/Package Pick Up	Alameda
2:00 PM	3:00 PM	Aquathlon	Transition zone check in - AG/Open/Para Aquathlon	Finish River
4:00 PM	4:35 PM	Aquathlon	RACE STARTS - AG Aquathlon	
4:00 PM		Aquathlon	RACE START: M16-M44	
4:05 PM		Aquathlon	RACE START: M>45	
4:10 PM		Aquathlon	RACE START: W16-W39	
4:15 PM		Aquathlon	RACE START: W>40	
4:30 PM		Aquathlon	RACE START: Open M	
4:35 PM		Aquathlon	RACE START: Open W	
PER ITU		Aquathlon	Swim cut off - AG/Open Aquathlon	
4:00 PM	6:30 PM	Aquathlon	Transition check out - Elite/U23/Juniors/AG/Open Aquathlon	Finish River
FRIDAY, MAY 3				
8:00 AM	1:00 PM	Training	Pool swim training session	SanXenxo
8:30 AM	4:00 PM	Training	Pool swim training session - Pontevedra Swimming Pool	Pontevedra
10:00 AM	11:00 AM	LD/Aquabike	AG/Para Team Managers Briefing	Pazo da Cultura
12:30PM	1:30 PM	LD/Aquabike	Team Canada AG Team Briefing	TBC
12:00 PM	4:00 PM	LD/Aquabike	Registration/Package Pick Up	Alameda
12:00 PM	2:00 PM	LD/Aquabike	Swim course familiarization	
1:00 PM	2:00 PM	LD/Aquabike	Athletes' Briefing - ENGLISH	Pazo da Cultura
1:00 PM	5:00 PM	LD/Aquabike	Bike Check In	CGTD
6:00 PM	8:00 PM	All	Pasta Party 2	Alameda

SATURDAY, MAY 4

6:15 AM	7:45 AM	LD/Aquabike	Transition check in - NO BIKE CHECK	CGTD
6:45 AM	7:45 AM	LD/Aquabike	Swim Warm-up	
8:25 AM	8:45 AM	Long Distance	RACE STARTS - AG Long Distance Triathlon	
8:30 AM		Long Distance	RACE START: M18-M49	
8:35 AM		Long Distance	RACE START: M>50	
8:40 AM		Long Distance	RACE START: F18-F44	
8:45 AM		Long Distance	RACE START: F45>	
9:15 AM	9:30 AM	Aquabike	RACE STARTS: AG Aquabike	
9:15 AM		Aquabike	RACE START: Men	
9:20 AM		Aquabike	RACE START: Men 2nd wave	
9:30 AM		Aquabike	RACE START: Women	
PER ITU		LD/Aquabike	Swim cut off - AG/Open Long Distance Triathlon/Aquabike	
3:00 PM		LD/Aquabike	Bike Cut-off time end of 2nd lap	
4:30 PM		LD/Aquabike	Bike Cut-off time end of bike	
4:45 PM	9:00 PM	LD/Aquabike	Bike check out	CGTD
7:30 PM		Long Distance	Run Cut-off time end of 3rd run lap - Long Distance AG	
8:30 PM		Long Distance	Cut-off time end finish - Long Distance AG	
9:10 PM	9:40 PM	Long Distance	Medal ceremonies - AG Long Distance triathlon	Alameda
9:40 PM	10:05 PM	Aquabike	Medal ceremonies - AG Aquabike	Alameda
10:05 PM	10:15 PM	All events	Multisport Legends	Alameda
10:15 PM	1:00 AM	All events	Closing ceremony 2 (speeches + Queen concert)	Alameda