

# SCHEDULE

## FRIDAY JULY 19, 2024



EVENT	START	END	LOCATION
Open Water Swim Training	7:00 AM	5:00 PM	Bassin Louise   L'Oasis
<b>P113 DEMI</b> Triathlon Registrations Athlete Kit Pick-up No check in on Sunday	12:00 PM	7:30 PM	Cruise Ship Terminal   84 Dalhousie
<b>DISCOVERY + C25 SPRINT + A51 OLYMPIC</b> Triathlon Registrations Athlete Kit Pick-up No check in on Saturday	12:00 PM	7:30 PM	Cruise Ship Terminal   84 Dalhousie
Media and VIP Area	12:00 PM	6:00 PM	Cruise Ship Terminal   84 Dalhousie
Information Center, EXPO, and Shops	12:00 PM	7:00 PM	L'Agora Port Quebec
<b>MINICAP</b> Run Registrations	12:00 PM	7:00 PM	L'Agora Port Quebec   EXPO
<b>DISCOVERY + C25 SPRINT + A51 OLYMPIC</b> Transition Area - Opening Mandatory Bike Check-In	2:00 PM	8:00 PM	Cruise Ship Terminal   84 Dalhousie
<b>DISCOVERY + C25 SPRINT + A51 OLYMPIC</b> Mandatory Athlete Meeting	4:30 PM OU 6:30 PM		L'Agora Port Quebec   Main Stage   Finish Line Area
<b>DISCOVERY + C25 SPRINT + A51 OLYMPIC</b> Mandatory Athlete/Team Meeting At least 1 team member must attend	7:30 PM		Cruise Ship Terminal   Transition Zone   84 Dalhousie

\*SUBJECT TO CHANGE

**DISCOVERY**

**C25 SPRINT**

**A51 OLYMPIC**

**P113 DEMI**

# SCHEDULE

## SATURDAY JULY 20, 2024



EVENT	START	END	LOCATION
Information Center	5:20 AM	5:00 PM	L'Agora Port Quebec
Transition Area - Opening Equipment Drop-off	5:20 AM	6:30 AM	Cruise Ship Terminal   Transition Zone   84 Dalhousie
Information Center, Media and VIP	6:00 AM	9:00 AM	Bassin Louise   Espace Quatre Cents
Athletes' Morning Bag Drop-off	6:30 AM	8:30 AM	Bassin Louise   Port of Quebec   Swim Start Area
Protocol Ceremony	6:50 AM		Bassin Louise   Port of Quebec   Swim Start Area
VIP Area	7:00 AM	1:00 PM	L'Agora Port Quebec   Finish Line Area
<b>DISCOVERY</b> Triathlon Start All Age Groups (Rolling Start)	7:00 AM		Bassin Louise   Port of Quebec   Swim Start Area
<b>C25 SPRINT</b> Triathlon Start All Age Groups (Rolling Start)	7:45 AM		Bassin Louise   Port of Quebec   Swim Start Area
<b>A51 OLYMPIC</b> Triathlon Start All Age Groups (Rolling Start)	8:30 AM		Bassin Louise   Port of Quebec   Swim Start Area
Expo and Shops	8:30 AM	5:00 PM	L'Agora Port Quebec   Finish Line Area
MINICAP Run Registration	8:30 AM	1:30 PM	L'Agora Port Quebec   EXPO
<b>DISCOVERY + C25 SPRINT</b> Equipment Pick-up	9:00 AM	12:30 PM	Cruise Ship terminal   Transition Zone   84 Dalhousie
Open Water Swim Training	10:00 AM	5:00 PM	Bassin Louise   L'Oasis

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**DISCOVERY**

**C25 SPRINT**

**A51 OLYMPIC**

**P113 DEMI**

# SCHEDULE

## SATURDAY JULY 20, 2024



EVENT	START	END	LOCATION
<b>DISCOVERY + C25 SPRINT</b> Athletes' Ceremony Awards and Medals Ceremony	10:30 AM		L'Agora Port Quebec   Main Stage   Finish Line Area
<b>A51 OLYMPIC</b> Equipment Pick-up	11:00 AM	12:30 PM	Cruise Ship Terminal   Transition Zone
<b>A51 OLYMPIC</b> Athletes' Ceremony Awards and Medals Ceremony	12:00 PM		L'Agora Port Quebec   Main Stage   Finish Line Area
<b>P113 DEMI</b> Triathlon Registration Athlete Kit Pick-up	12:00 PM	4:00 PM	Cruise Ship Terminal   Transition Zone   84 Dalhousie
Professional Athletes Briefing	1:00 PM		Cruise Ship Terminal   Transition Zone   84 Dalhousie
<b>P113 DEMI</b> Transition Area - Opening Mandatory Bike Check-In	1:30 PM	5:30 PM	Cruise Ship Terminal   Transition Zone   84 Dalhousie
<b>MINICAP</b> Run Start [500 m and 1 km]	2:00 PM	2:30 PM	L'Agora Port Quebec   Finish Line Area
<b>P113 DEMI</b> Mandatory Athlete Meeting	2:30 PM OU 4:30 PM		L'Agora Port Quebec   Main Stage   Finish Line Area
<b>P113 DEMI</b> Mandatory Athlete/Team Meeting At least 1 team member must attend	5:00 PM		Cruise terminal   Transition Zone   84 Dalhousie

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DISCOVERY

C25 SPRINT

A51 OLYMPIC

P113 DEMI

# SCHEDULE

## SUNDAY JULY 21, 2024



EVENT	START	END	LOCATION
Information Center	5:20 AM	5:00 PM	L'Agora Port Quebec
Transition Area - Opening Equipment Drop-off	5:20 AM	6:30 AM	Cruise Ship Terminal   Transition Zone   84 Dalhousie
Information Center, Media and VIP	6:00 AM	9:00 AM	Bassin Louise   Espace Quatre Cents
Morning Athlete Bag Drop-off	6:30 AM	7:00 AM	Bassin Louise   Port of Quebec   Swim Start Area
Protocol Ceremony	6:50 AM		Bassin Louise   Port of Quebec   Swim Start Area
<b>P113 DEMI</b> Triathlon Start Professional Men	7:00 AM		Bassin Louise   Port of Quebec   Swim Start Area
<b>P113 DEMI</b> Triathlon Start Professional Women	7:02 AM		Bassin Louise   Port of Quebec   Swim Start Area
<b>P113 DEMI</b> Triathlon Start All Age Groups (Rolling Start)	7:07 AM		Bassin Louise   Port of Quebec   Swim Start Area
Expo and Shops	8:30 AM	5:00 PM	L'Agora Port Quebec   Finish Line Area
<b>P113 DEMI</b> Equipment Pick-up	11:30 AM	5:00 PM	Cruise Ship Terminal   Transition Zone   84 Dalhousie
<b>P113 DEMI</b> Athletes' Ceremony Awards and Medals Ceremony	4:00 PM		L'Agora Port Quebec   Main Stage   Finish Line Area
End of activities, see you next year!	5:00 PM		

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**P113** DEMI