



# TRIATHLON

## West Lake Provincial Park (Nadsilnich Lake)



West Lake Road, Prince George



*We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work, and play.*

Updated July 7, 2022

### WEDNESDAY, JULY 20

| Start | End | Event                                 |
|-------|-----|---------------------------------------|
| TBD   | TBD | Coaches meeting at accommodation site |

### THURSDAY, JULY 21

| Start    | End     | Event                 |
|----------|---------|-----------------------|
| 12:30 PM | 2:30 PM | Venue familiarization |

### FRIDAY, JULY 22

| Start          | End            | Event                      |
|----------------|----------------|----------------------------|
| 7:30 AM        | 8:30 AM        | Warm-up                    |
| 8:30 AM        | 11:30 AM       | Triathlon                  |
| 1:00 PM        | 3:00 PM        | Duathlon                   |
| <b>3:00 PM</b> | <b>3:30 PM</b> | <b>Medal Presentations</b> |

### SATURDAY, JULY 23

| Start          | End            | Event                      |
|----------------|----------------|----------------------------|
| 7:30 AM        | 8:30 AM        | Warm-up                    |
| 8:30 AM        | 11:30 AM       | F1 Triathlon               |
| 1:00 PM        | 2:30 PM        | Mixed Relay                |
| <b>2:30 PM</b> | <b>3:00 PM</b> | <b>Medal Presentations</b> |

### SUNDAY, JULY 24

| Start           | End             | Event                      |
|-----------------|-----------------|----------------------------|
| 7:00 AM         | 7:30 AM         | Warm-up                    |
| 7:30 AM         | 10:30 AM        | Aquathon                   |
| <b>10:30 AM</b> | <b>11:00 AM</b> | <b>Medal Presentations</b> |