

Triathlon Schedule



Venue: St. Malo Provincial Park

Date: Thursday August 3, 2023



— WORLD —
POLICE & FIRE
— GAMES —

Action	Time	Notes
Pickup from RBC Transportation Hub	06:00	Athletes will load onto the provided bus at this time
Athletes arrive at St. Malo	07:00	Athletes will have 2 hours to prepare for their competition
Athlete check-in and transition are open	07:05	
Pre Race Meeting	07:45	
Transition area closes	08:30	
Marshal Athletes	08:45	Athletes will make their way to the starting line
Competition Begins	09:00	