



TRIATHLON

Whonnock Lake Park

27871 113 Ave, Maple Ridge V2W 1M9



We respectfully acknowledge that we are on the traditional territory of the Katzie First Nation and Kwantlen First Nation.

Updated July 3, 2024

THURSDAY, JULY 18

Start	End	Event
11:30 AM	12:00 PM	Athletes and Coaches Meeting
12:30 PM	2:30 PM	Venue Familiarization

FRIDAY, JULY 19

Start	End	Event
8:00 AM	8:20 AM	Warm-Up
8:30 AM	11:30 AM	Super Sprint Triathlon
12:30 PM	12:50 PM	Warm-Up
1:00 PM	3:00 PM	Duathlon
3:15 PM	3:45 PM	Medal Presentations

SATURDAY, JULY 20

Start	End	Event
7:30 AM	7:50 AM	Warm-Up
8:00 AM	10:30 AM	F1 Triathlon
12:00 PM	12:20 PM	Warm-Up
12:30 PM	1:30 PM	Mixed Relay
1:45 PM	2:15 PM	Medal Presentations

SUNDAY, JULY 21

Start	End	Event
7:30 AM	7:50 AM	Warm-Up
8:00 AM	9:15 AM	Aquathon
9:30 AM	10:00 AM	Medal Presentations