



CANADA MAN
WOMAN

Lac-Mégantic  **SPRINT** Triathlon



SPRINT

RACE MANUAL 2020

PHOTO MARC HENRI - ENDURANCE AVENTURE

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PRESENTATION

Interested in taking part in Canada's ultimate sprint triathlon?

The Canada Man/Woman Sprint triathlon presented by Tafisa is for you.

The Canada Man/Woman Sprint is perfect for people who want to try the adventure of extreme triathlon. The Canada Man Sprint is also ideal for those acting as assistants for the Canada Man Xtreme scheduled to unfold the following day.

Race manual

Please read this manual carefully since it contains important information for your security and for a good race proceedings.

Headquarters

Canada Man / Woman – Lac-Mégantic headquarters are located at:

Centre Sportif de Lac-Mégantic,
5400, Papineau Street
Lac-Mégantic (Quebec) G6B 0B9



SCHEDULE

DATE	TIME	WHAT	WHERE
Friday July 3	17:00-21:00	Registration (mandatory)	Centre sportif Mégantic, 5400 rue Papineau, Lac-Mégantic, QC, G6B 0B9
Saturday July 4	8:00	Start from Baie des Sables beach	Parc de la Baie-des-Sables 2370, chemin du Lac, Lac-Mégantic
	10:00	Medals ceremony	
	10:00	Lunch	

REGISTRATION

REGISTRATION FEES AND PERIODS *

SPRINT SOLO	
REGISTRATION PERIOD	FEE*
Until March 31, 2020	80 \$ CAN
Until June 4, 2020	100 \$ CAN
Until July 2, 2020	110 \$ CAN

SPRINT TEAM	
REGISTRATION PERIOD	FEE*
Until March 31, 2020	100 \$ CAN
Until June 4, 2020	140 \$ CAN
Until July 2, 2020	160 \$ CAN

Payment methods :

Register online on the following website: www.caxtri.com

Registration includes:

- All race logistics
- One (1) race apparel
- One (1) after-race lunch
- Medals for age groups
- Medals to the winners
- A Sprint triathlon out of the ordinary in the image of the Extreme Canada Man-Woman Triathlon

REFUND POLICY

You have the option, when registering to the Canada Man/Woman (Sprint or Extreme), to subscribe to a refund insurance. It is up to you.

THE RACE COURSE

A race in the spirit of Canada Man / Woman Extrême

SWIMMING (750 m)

Swimmers will complete an out and back course from the Baie-des-Sables beach on Lac Mégantic.



BIKE (20 km)

The triathletes will then tackle 20 km of beautiful road bike with 400 meters of vertical elevation on one of the same section as the Canada Man/Woman Extreme event.



RUNNING (5 km)

The race course follow the hiking and crosscountry skiing trails of the Baie des Sables. Tie well your shoes!



RULES

The Canada Man Triathlon is recognized by Fédération québécoise de triathlon. Click on the following link for a complete list of rules applicable to Canada Man:

<http://www.triathlonquebec.org/officiels/reglements>
>> regles-de-competition-TQ-2020

The wearing of the wetsuit will be determined according to the water temperature the morning of the event.

- Wetsuit not allowed if water is equal or higher than 22°C
- Wetsuit at your discretion if water is between 15,9°C and 22°C
- Wetsuit mandatory if water is below 15,9°C

AVERAGE TEMPERATURE IN JULY

In July, the Mégantic region enjoys weather conditions that are favourable for a triathlon. Average temperatures are the following:

- 23°C - July – Average daytime temperature
- 12°C - July – Average nighttime temperature
- 18°C - July – Average water temperature – Lac Mégantic



LODGING AND TOURIST INFORMATION

For your lodging needs, do not hesitate to contact the Mégantic region tourist bureau.

3295 rue Laval
Lac-Mégantic (Québec) G6B 1A5
Inter. : 001 819 583-5515
National. : 1 800 363-5515
tourisme@sdegranit.ca

You can also find tourist information on the following website:

<http://www.tourisme-megantic.com/dormir>

Lodging in Chartierville:

<http://chartierville.ca/zone-tourisme/hebergement>

SÉPAQ Mont-Mégantic National Park:

<http://www.sepaq.com/pq/mme>



FORMS

By registering for Canada Man / Woman, I acknowledge having read the present document. I certify that I understand and accept the risks associated with this type of event. I agree to follow the rules and safety rules (road and other).

Signed in

Date

Participant name

Participant signature

Captation Rights

With the signature of the document herein, I consent to grant to Endurance Aventure (here called Le Producteur), the right to film me, interview me and take pictures of me before, during and after the race Canada Man / Woman and Canada Man / Woman Sprint that will be held in the Mégantic area on July 3 and 4, 2020. These videos, pictures and interviews can be used all or in part in the final mounting of the documentary and on the promotional medias of the Canada Man / Woman.

I cede, through the document herein, to Le Producteur, the right but not the obligation to use and exploit the said interviews, videos and pictures used in the documentary, and this on any territory, in any language, on any support and forever and this, without requesting any payment from Endurance Aventure or its succession.

Signed in

Date

Participant name

Participant signature



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