

TABLE DES MATIÈRES

Presentation	
Head Quarter	3
Schedule	4
Registration and cancelation	4
The race course	5
Rules	6
Average temperature in July	6
Lodging and tourist information	7
Forms	8



PRESENTATION

Interested in taking part in Canada's ul- Race manual timate 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 triath-Ion. The Canada Man Sprint is also ideal for those acting as assistants for the Canada Man Xtreme scheduled to unfold the following day.

Please read this manual carefully since it contain 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	
	10:00	Medals ceremony	Parc de la Baie-des-Sables 2370, chemin du Lac, Lac-Mégantic
	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 registrating 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.



6 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.



(4) 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 bellow 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:

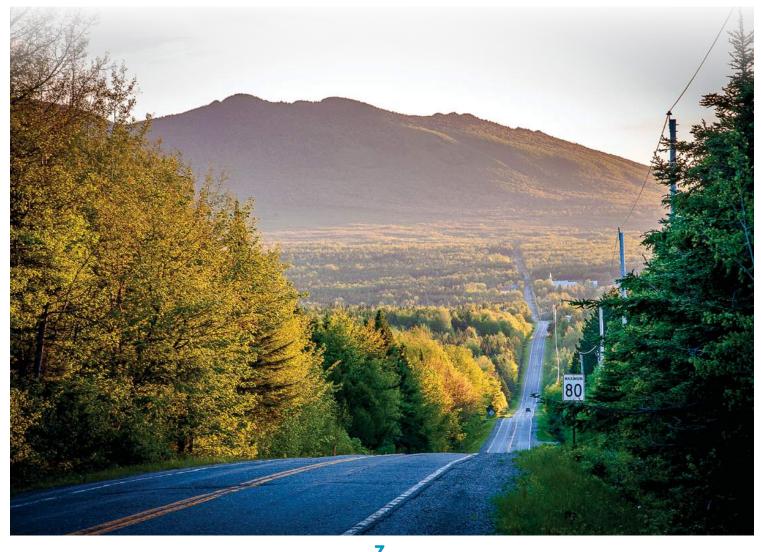
http://www.tourisme-megantic.com/dormir

Lodging in Chartierville:

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

SÉPAQ Mont-Mégantic National Park:

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



FORMS

Participant name

	acknowledge having read the present document. I certify that I understand be of event. I agree to follow the rules and safety rules (road and other).
Signed in	Date
Participant name	Participant signature
Captation Rights	
right to film me, interview me and take pic Canada Man / Woman Sprint that will be he	I consent to grant to Endurance Aventure (here called Le Producteur), the tures of me before, during and after the race Canada Man / Woman and Id in the Mégantic area on July 3 and 4, 2020. These videos, pictures and final mounting of the documentary and on the promotional medias of the
views, videos and pictures used in the docu	Producteur, the right but not the obligation to use and exploit the said intermentary, and this on any territory, in any language, an on any support and ment from Endurance Aventure or its succession.
Signed in	Date

Participant signature





ENDURANCE AVENTURE

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