



CANADA MAN WOMAN


Lac-Mégantic  **SPRINT** Triathlon



SPRINT

2021 RACE MANUAL

TABLE OF CONTENTS



Presentation	3
Schedule	4
Registration and cancelation	4
The course	5
Rules	6
COVID-19 Measures	6
Lodging and tourist information	10

PRESENTATION

Interested in experiencing a revolutionary sprint triathlon?

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

The Canada Man/Woman Sprint is designed for those who want a glimpse of an extreme triathlon. The SPRINT triathlon is also perfect for those who will act as assistants for the Canada Man/Woman Extreme that will unfold the next day and want to participate in the event!

Race manual

This manual contains important information required to ensure the race unfolds smoothly, but also to guarantee your safety. The race manual will constantly evolve. This is even more true because of the pandemic. We have modified several elements to comply with the standards prescribed by Triathlon Québec and Public Health recommendations. The document will be updated per the standards that are to be respected if necessary.

Any event modifications aim to ensure it meets public health standards, namely social distancing and hygiene. Every stage of the race has been simplified and reduced to a minimum in order to guarantee that athletes spend as little time as possible on the competition site and thus, reduce contagion risk.



SCHEDULE

DATE	TIME	WHAT	WHERE
Saturday, Sept. 25 th , 2021	9:00 a.m.	Pre-race meeting	A link will be sent to you a few days prior to the meeting
Saturday, Oct. 2 nd , 2021	7:00 a.m.	Arrival race site Group 1	Parc de la Baie-des-Sables 2370, Du Lac Road, Lac-Mégantic
	7:05 a.m.	Arrival race site Group 2	
		Lunch	

REGISTRATION

Rates and registration periods *

INDIVIDUAL SPRINT	
REGISTRATION PERIOD	RATE*
Until March 31, 2021	\$80 CDN
Until June 18th, 2021	\$100 CDN

Registration includes * :

- One (1) technical clothing item
- One (1) post-race meal
- All race logistics
- Medals for finishers
- Certificates** for top 3 in each age group
- Certificates** and prizes for winners in overall rankings
- Most importantly, a revolutionary triathlon sprint that gives you a glimpse of the Canada Man/Woman Triathlon Extreme!

Registration is done directly online, on the website: www.caxtri.com

*To limit contacts and because there is no in-person meeting, the technical clothing item, your meal, and your finisher's medal will be left at your spot in the transition. You may not eat your lunch on site (we are providing it because you deserve it!). No exchanges will be possible for the technical clothing item.

**Certificates and prizes will be mailed to participants.

REFUND POLICY

You have the option, at the time of registration, to purchase a refund insurance.

THE COURSE

A course that embodies everything the Canada Man/Woman Extreme stands for

SWIMMING (750 m)

The race will be launched from the Baie des Sables beach. The 750 m U-shaped course will be marked with buoys. Participants will return to the beach facing the transition zone entrance.



BIKING (20 km)

In true Canada Man/Woman style, the biking section course comprises 20 km of magnificent roads that offer up challenging climbs and staggering descents as well as a positive elevation change of 400 metres!

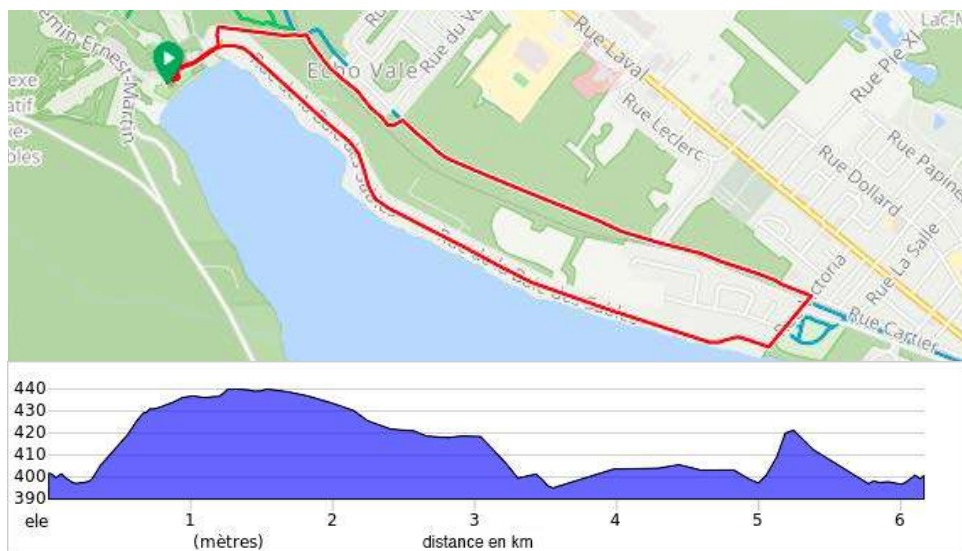
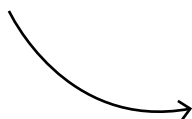


RUNNING (6,2 km)

An all new special COVID-19 course that avoids narrow trails and ensures social distancing of 2 metres can be respected.



The running section course and its elevation change



RULES

The Canada Man/Woman triathlon is recognized by the Fédération Québécoise de triathlon. Click on the following link to see the complete rules that apply to the Canada Man/Woman Sprint:

www.triathlonquebec.org/officiels/reglements

Wetsuits are mandatory. The water temperature will be below 15° Celsius.

SPECIFIC COVID-19 MEASURES THAT MUST BE RESPECTED AT ALL TIMES ON THE EVENT SITE

Thank you for respecting safety measures outlined by health and hygiene authorities in a pandemic period.

- If you have symptoms such as a cough or fever, do not participate in the event.
- Social distancing (2 metres)
- Carry hydroalcoholic gel and wash your hands as often as possible.
- Wear a mask at all times on the event site.

A presenter will regularly repeat these measures throughout the day as a reminder.

Registration and pre-race meeting

This year, all registration activities and the pre-race meeting will be done online. If you cannot attend the meeting, you can watch the recording on the Web at a later time. There will be no gathering on the Baie des Sables site.

Start time

We will organize continuous starts for 4 people (mixed men-women) at a time, a few tens of seconds apart. We will organize starts from fastest to slowest participants. We will ask you to send us your average race time via email to help us accurately organize the wave starts.



You will receive a separate email indicating the precise time at which you must arrive directly in the Baie des Sables parking lot as well as your individual spot number for the transition zone (Covid-19 measures).

Race day

You must park at the Baie des Sables maximum 1 hour prior to your start time. Respect the arrival time schedule to limit gatherings and waiting lines.

- Group 1 mustn't arrive before 7:00 a.m.
- Group 2 mustn't arrive before 7:05 a.m.
- Group 3 mustn't arrive before 7:10 a.m.
- Group 4 mustn't arrive before 7:15 a.m.
- Group 5 mustn't arrive before 7:20 a.m.

Directly enter the transition with all of your equipment and go to your individual spot. **Note that you will not be allowed to leave the transition.**

You must wear the new mask that will be provided at the transition entrance.

There will be no site (tent or hall) for changing of clothes. You will have to change within the transition zone. Plan accordingly to simplify clothing changes prior to your arrival on site.

You will find your racing kit at your designated spot. It will include stickers (helmet and bike), a swimming cap, your finisher's medal, as well as your event t-shirt.

Athletes will not be marked on site. We strongly encourage you to mark yourself at home using a permanent marker per the standard procedure (bib number on the side of both arms and both legs).

You will have to change on site before directly going to the start line (without exiting transition).



Timing chips

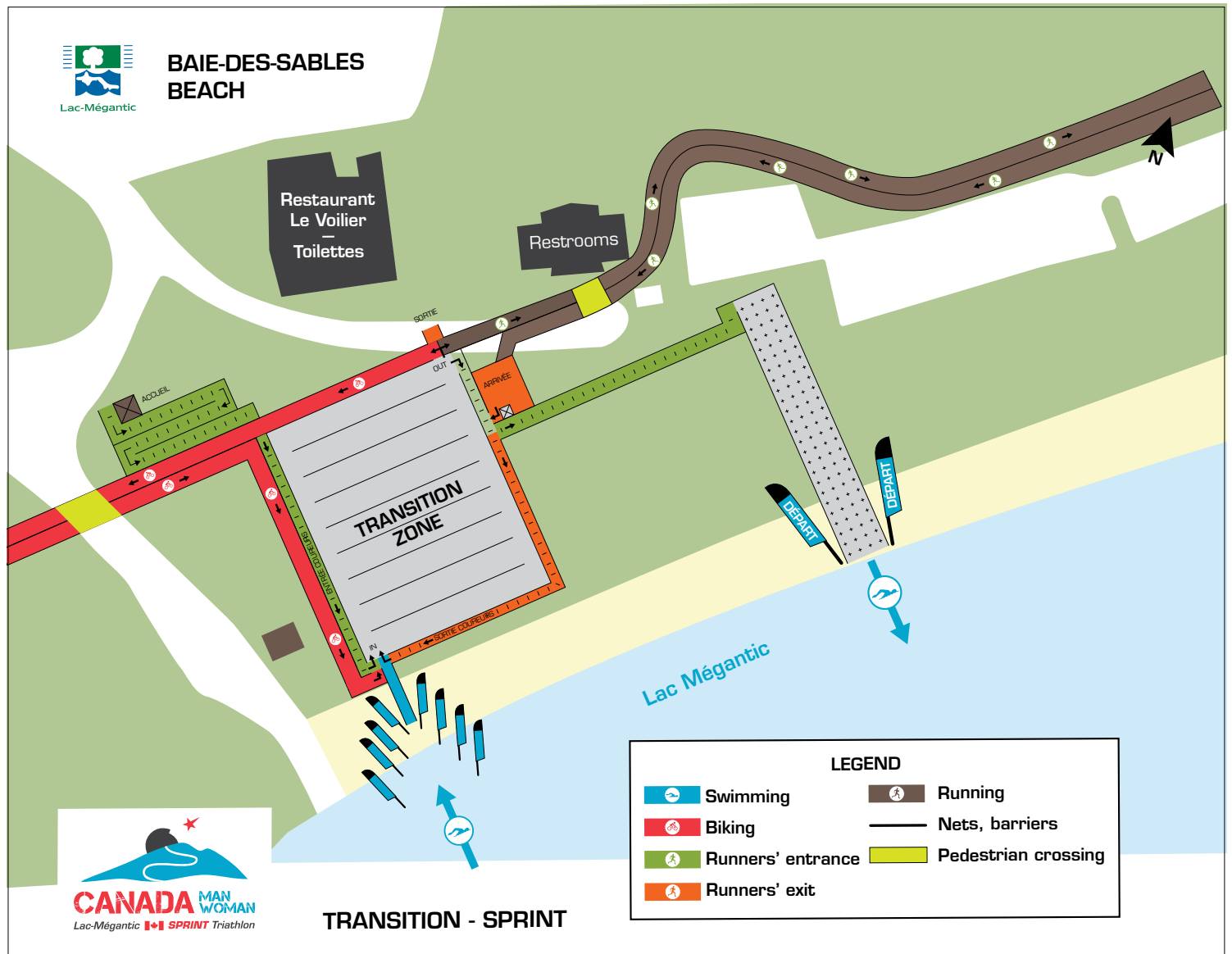
Timing chips will be deposited at the transition entrance. You are responsible for returning the timing chip in the finish area.

You must set your timing chip in the designated bin in the finish area. If you lose the timing chip, we will have to invoice you for it.

Transition zone

The transition zone will be larger than usual in order to respect social distancing standards and Triathlon Québec's recommendations. There will be a distance of 2 metres between bikes and rows will be separated by a 5-metre corridor.

To reach the transition zone and the start line, corridors will be marked on the ground (distance of 2 metres). It is imperative that these distancing corridors be respected at all times.



COVID-19 PROCEDURE INDICATION

There will be volunteers who will be responsible for enforcing the sanitary protocol surrounding the event (markings on ground to respect 2-metre social distancing, transition directives, collection of Covid-19 masks at entrance of transition and at running exit, collection of masks at race arrival, etc.).

Water and fuel stations

To limit contact among racers and our team of volunteers, there will be no water or fuel stations. You must therefore be fully autonomous throughout the Sprint triathlon (swimming, biking, and running sections).

Spectators and assistants

To limit the number of people on the event site, it will not be accessible to the public nor to accompanying persons. You must come alone with any equipment required for the race.

No bike repair stand will be on site. For this reason, be sure to check your bikes prior to your arrival. Brakes will be highly solicited since there are several steep hills that require hard braking.

Limited number of participants

At this time, we must limit the number of people on site to 230. For this reason, we can only offer 230 spots for the Sprint triathlon. Only individual participation will be allowed. We cannot accept teams this year due to the numerous interactions that necessarily occur among team members.

Start

Right before the start, once you are on the first starting line, you will set your masks in the garbage can located next to you.

Starts will occur every 10 seconds, 4 athletes at a time.

Passing in biking section

When you are 12 metres behind another participant, begin moving 2 metres to the left to pass him or her.

Passing in running section

When you are 4 metres behind another runner, move 2 metres to his or her left to begin passing.



Arrival

When you cross the finish line, collect a protective mask provided by the organization.

You must return your timing chip in a specific area.

There will be no medal ceremony to limit contact between volunteers and participants. Winners will receive their awards or prizes in the mail.

You will be redirected towards the transition zone to collect your equipment and definitively exit towards the parking lot. We ask that participants leave the site immediately to avoid gatherings, even if we provide a post-race meal. The lunch is offered to congratulate you for having completed the 2021 Canada Man/Woman Sprint Triathlon and recharge your energy levels for your drive home!

There will be no results presentation on site. You can view complete results directly on the website.

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/pg>





ENDURANCE AVENTURE

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