



North Bay Triathlon
Kiwanis
International

2023 Triathlon Schedule

FRIDAY, JUNE 30 <i>T.G.I.F.!</i>		
Race Kit Pick-up North Bay Canoe Club	Kid's Race Kits	5:00 p.m. – 6:00 p.m.
	All others	6:00 p.m. – 7:00 p.m.
SATURDAY, JULY 1 <i>Happy Canada Day!</i>		
Race Kit Pick-up North Bay Canoe Club	Kid's Race Kits	10:00 a.m. – 12:00 p.m.
	All others	4:00 p.m. – 5:00 p.m.
Kid's Triathlon	Walkthrough Instructions	12:30 p.m.
	Kid's Tri Starts	1:00 p.m.
SUNDAY, JULY 2 <i>Happy Race Day!</i>		
Race Kit Pick-up North Bay Canoe Club	Try-a-Tri	6:30 a.m. - 7:30 a.m.
	Adult & Relay Teams	6:30 a.m. - 9:00 a.m.
Try-a-Tri	Race Starts	8:00 a.m.
	Awards	10:30 a.m.
Adult & Relay Teams	Race Starts	9:30 a.m.
	Wave 1 Duathlon	
	Wave 2 Women & Relay Teams	
	Wave 3 Men	
Exhibition Water Polo Armstrong Beach		11:00 a.m.
	Awards	12:30 p.m.
<i>Thank you for participating in this year's Kiwanis North Bay Triathlon !</i>		