

**2023 Triathlon Schedule**

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| **FRIDAY, JUNE 30 *T.G.I.F.!*** |
| Race Kit Pick-upNorth 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. |
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| **SATURDAY, JULY 1 *Happy Canada Day!*** |
| Race Kit Pick-upNorth 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. |
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| **SUNDAY, JULY 2 *Happy Race Day!*** |
| Race Kit Pick-upNorth 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 PoloArmstrong Beach |  | 11:00 a.m. |
|  | Awards | 12:30 p.m. |
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|  ***Thank you for participating in this year’s Kiwanis North Bay Triathlon !*** |