

VANCOUVER
T100
TRIATHLON

ATHLETE GUIDE

13-15 JUNE, 2025

T100 TRIATHLON
SPRINT TRIATHLON
JUNIOR SUPER SPRINT



PLEASE NOTE INFORMATION IN THIS DOCUMENT IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. UPDATES WILL BE POSTED AT THE ATHLETE BRIEFING.

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WELCOME

Welcome to T100 Vancouver!

As members of the PTO Athlete Board, we're thrilled to welcome you to our first event in Vancouver. Whether you're a seasoned athlete or a first-time participant, embrace every moment of the race and enjoy the thrill of competing in such a remarkable setting.

It's truly special to have you join us for an exciting race.

Racing in such an iconic location as Vancouver makes this experience even more memorable. The stunning landscape creates a unique backdrop for our race.

Thank you again for joining and best of luck to each and every one of you.



Aaron Royle
PTO Athlete Board Member

This event runs under World Triathlon Rules and will follow World Triathlon safety & contingency protocols.

The Vancouver T100 follows World Triathlon rules and upholds strict safety and contingency protocols to ensure a fair and secure race.

It is the responsibility of all participants to read and understand the Athlete's Guide, which contains essential race regulations, course details, and important event information.

Please review it carefully to be race-ready.

ACKNOWLEDGING THE UNCEDED TERRITORIES

"The PTO and T100 Triathlon World Tour gratefully acknowledges that we live, work, compete and connect on the traditional, unceded territories of the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətał (Tsleil-Waututh) and we thank them for their stewardship of these lands since time immemorial."

DESTINATION
VANCOUVER

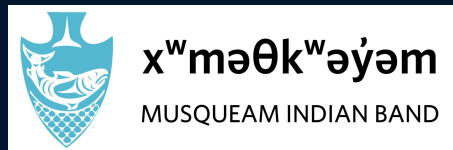
MESSAGES FROM THE HOST NATIONS

"On behalf of leadership and community, Musqueam is thrilled to welcome visiting and local athletes and supporters to our ancestral territory for the Vancouver T100 Triathlon.

A special thank you to the T100 organizing team for working hard to collaborate with Musqueam, Squamish, and Tsleil-Waututh to create an inclusive, positive, and unforgettable weekend.

This is the first time we are welcoming T100 Triathlon to our territory, and Musqueam looks forward to continuing to welcome you back for years to come."

Chief Wayne Sparrow
Musqueam Indian Band



"Sk̓wxwú7mesh Úxwumixw (Squamish Nation), alongside our friends and neighbours the xʷməθkʷəy̓əm (Musqueam) and səliłwətał (Tsleil-Waututh) Peoples, is thrilled to welcome the T100 Triathlon participants and fans to Vancouver this year!

We at Sk̓wxwú7mesh Úxwumixw believe in the power of sport as a catalyst for connection and change. And by including the host First Nations in a meaningful way, we hope all those who attend leave with a deeper connection to our lands, culture, and history, and with warm memories they will always treasure."

Sxwíxwtn Wilson Williams, Spokesperson and Councillor, Sk̓wxwú7mesh Úxwumixw (Squamish Nation)



ʔo: si:yérh nə siyéy̓ə, Friends and Relatives,

We are thrilled to welcome the world to the shared territories of the xʷməθkʷəy̓əm (Musqueam), Sk̓wxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Peoples. Sport is like medicine to our people and can help heal and inspire our communities. The T100 Triathlon has the power to bring people together and inspire future generations to embrace active living.

I raise my hands in gratitude towards T100 staff for their commitment to engaging meaningfully with the Host Nations. Congratulations on launching the Vancouver T100 Triathlon!

hay čxʷ q̓ə, thank you,
Chief Jen Thomas, səliłwətał (Tsleil-Waututh Nation)



səliłwətał
Tsleil-Waututh Nation
PEOPLE OF THE INLET



VISIT
VANCOUVER

A Warm West Coast Welcome

Start Planning Your
Vancouver Adventure.

destinationvancouver.com

VISIT



Discover Vancouver

Vancouver, located on the west coast of Canada in British Columbia, is a vibrant and diverse city renowned for its stunning natural surroundings and dynamic urban life. Surrounded by the Pacific Ocean and the Coast Mountains, Vancouver offers a unique mix of outdoor beauty and cosmopolitan culture. The city is known for its environmentally conscious lifestyle, multicultural communities, and a strong focus on sustainability, making it one of the most livable cities in the world.

To find out more about what Vancouver has to offer please visit <https://www.destinationvancouver.com>.

DESTINATION
VANCOUVER

TOP 5 MUST-SEE ATTRACTIONS IN VANCOUVER

Whether you decide to explore the city pre or post-race we've gathered the five "must-see" attractions. Get out and enjoy!

1. Stanley Park

Stanley Park offers scenic walking and biking trails along the seawall and houses the Vancouver Aquarium.



2. Granville Island

Granville Island is a lively hub with a public market, artisan shops, and waterfront dining.



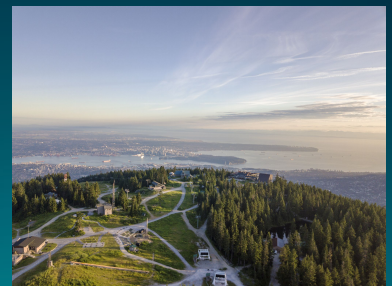
3. Capilano Suspension Bridge Park

Capilano Suspension Bridge Park provides thrilling views of the forest canopy and river below.



4. Grouse Mountain

Grouse Mountain is perfect for hiking in summer and skiing in winter, with panoramic views of the city.



5. The Museum of Anthropology

The Museum of Anthropology highlights Indigenous art and culture, while **Gastown**, the city's historic district, features cobblestone streets, boutique shops, and the famous steam clock.



EVENTS SCHEDULE

TIME	EVENT	LOCATION
FRIDAY, 13 JUNE		
14:00-18:00	Race Expo Open	Jericho Sailing Centre
17:00	In-Person Athlete Briefing	Jericho Sailing Centre
14:00-18:00	Package Pick Up - 100km, Sprint, & Super-Sprint	Jericho Sailing Centre
SATURDAY, 14 JUNE		
4:45	Shuttle Service Begins	Thunderbird Parkade
5:30-6:45	5K Sun Up Run Package Pick Up	Jericho Sailing Centre
07:00-8:30	5K Sun Up Run	Jericho Sailing Centre
07:00-17:00	T100 Expo Open	Jericho Sailing Centre
08:00-14:00	Package Pick Up	Jericho Sailing Centre
08:00-08:30	Lululemon Sun Up Yoga	Locarno Beach
09:30	PRO Race Men Start	Jericho Sailing Centre
09:00-15:00	AG Transition Check-In	Jericho Sailing Centre
12:00	PRO Race Women Start	Jericho Sailing Centre
16:50-17:05	PRO Race Medal Ceremonies	Jericho Sailing Centre
16:30-17:30	Junior Canadian Draft-Legal Super Sprint Series	Jericho Sailing Centre
16:45	Broadcast End	
18:30	Shuttle Service Ends	Jericho Sailing Centre

EVENTS SCHEDULE

TIME	EVENT	LOCATION
SUNDAY, 15 JUNE		
03:15	Shuttle Service Begins*	Thunderbird Parkade
04:00	Transition Opens	Jericho Sailing Centre
05:30	Age Group T100 Race Start	Jericho Sailing Centre
08:00-14:00	T100 Expo, Merch Tent Open	Jericho Sailing Centre
09:30	Age Group Sprint Race Start	Jericho Sailing Centre
12:45	Age Group Sprint Awards	Jericho Sailing Centre
13:30	Age Group T100 Awards	Jericho Sailing Centre
15:30	Shuttle Service Ends	Jericho Sailing Centre

* 100km athletes looking to take the shuttle to the venue on Sunday please arrive with plenty of time to spare and board the shuttle by 04:45am at the latest to ensure adequate time to reach the venue.

Important Note:

- We will be hosting an in person athlete briefing at 5:00pm on Friday 13th June on the awards stage next to Jericho Sailing Centre to help you with any final race preparations.

GETTING TO THE VENUE

Address Jericho Sailing Centre, 1300 Discovery St, Vancouver, BC V6R 4L9, Canada

All NW Marine Drive parking west of Trimble Street along the beach will be closed during Saturday and Sunday race times.

RIDE SHARE & TAXI

A designated Ride Share (Uber, Lyft, taxi, etc.) drop off and pick up location will be shared with all services in Metro Vancouver. This will not cross the course and allow drivers to safely and efficiently access the venue and area during the road closures.

The location of this pick up and drop off location is **NW Marine Drive @ W 2nd Avenue**.

TRANSIT & TRAVELLING FROM DOWNTOWN

City transit will get you within walking distance of the venue. Visit translink.ca for most up-to-date schedules.

For those travelling from downtown we would recommend taking the **N17 or 014** bus on race morning to **WB W 10 Ave @ Trimble St**, this takes you to within a 20 minute walk to the venue. Alternatively, use the drop off location above if taking Uber or Ride Share services.

EVENT SHUTTLE BUS

A complimentary shuttle bus will run between Thunderbird Parkade (6085 Thunderbird Blvd, University Endowment Lands) and the venue every 15 minutes on the hour. Pick up location is across the street from the main entrance (south) to the parkade. The shuttle ride time is 12 minutes. Shuttles will run during the following times:

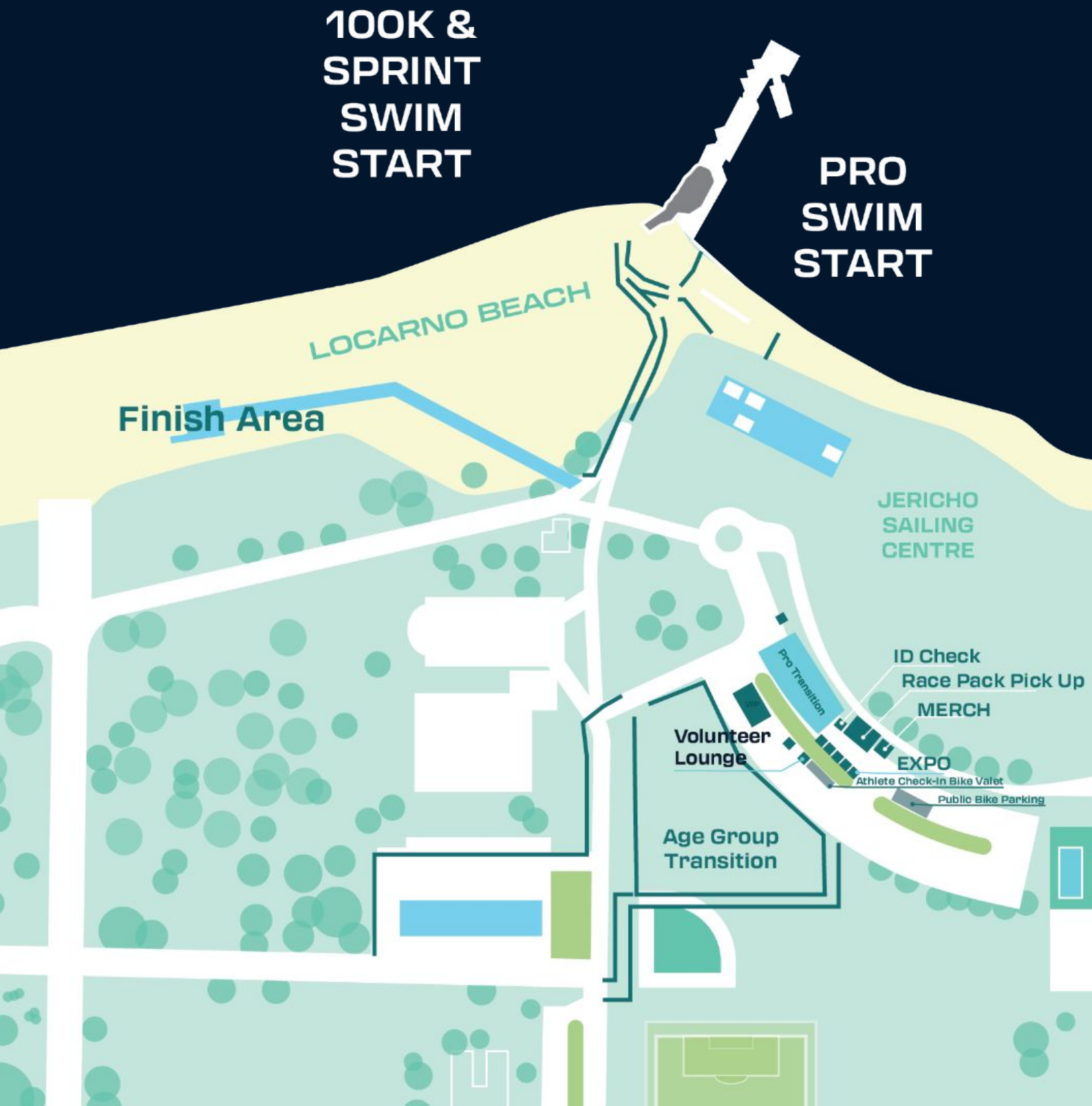
Saturday 14 June 04:45 – 18:30

Sunday 15 June 03:15 – 15:30

Bikes are not allowed on the shuttle. Athletes should ride their bikes down to the race site on Saturday for bike check-in and travel on the shuttle as normal on race day. For 100km athlete please board the shuttle before 04:45 on Sunday to ensure adequate time to reach the venue.

As part of the event's green initiatives, please consider sustainable transportation methods like cycling to the venue, ride-sharing services or carpooling. There will be a bike valet service as well as bike racks available at the venue to rack your bike (BYO bike lock!)

VENUE



COURSE DESCRIPTION

Get ready to experience one of the world's most dramatic and exciting triathlon courses!

100KM

THE SWIM

The Vancouver T100 100km Triathlon begins with a **two-lap** clockwise swim in the Pacific Ocean with an Aussie exit between laps. This is where athletes will exit the water, run around a set of markers before re-entering the water for their second lap. Athletes should expect that the swim will be wetsuit mandatory.

THE BIKE

The Vancouver T100 100km bike course takes athletes on **four scenic laps** past Spanish Banks, along NW Marine Drive and SW Marine Drive. The course has one climb per lap with the aid station situated on the lower section of the climb. The course will be closed to traffic.

THE RUN

The Vancouver T100 100km run course consists of **three fast and scenic out-and-back laps** along the beach, packed gravel, pathways with sweeping ocean and city skyline views.

SPRINT

THE SWIM

The swim begins with a **one-lap** clockwise swim in the Pacific Ocean. Athletes should expect that the swim will be wetsuit mandatory.

THE BIKE

The bike course takes athletes on **one lap** past Spanish Banks, along NW Marine Drive and SW Marine Drive. The course has one climb towards the beginning of the route.

THE RUN

The run course consists of **one lap** of a fast and scenic out-and-back route along the beach pathways with sweeping ocean and city skyline views.

100KM COURSE MAPS - OVERVIEW

100KM LAPS

Swim - 2 Laps

Bike - 4 Laps

Run - 3 Laps

Venue, elevation maps and GPX course files can be found [here](#).



SPRINT COURSE MAPS - OVERVIEW

SPRINT LAPS

- Swim - 1 Lap
- Bike - 1 Lap
- Run - 1 Lap

Venue, elevation maps and GPX course files can be found [here](#).



COURSE MAPS - OVERVIEW



RACE PACK COLLECTION

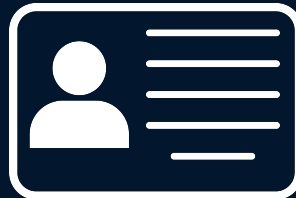
JERICO SAILING CENTRE PARKING LOT

Friday, 13 June 2025

14:00-18:00

Saturday, 14 June 2025

08:00-14:00



You will need:

- 1. YOUR ID** (eg. driver's licence or passport)
- 2. RACE QR CODE**
- 3. PROVINCIAL FEDERATION LICENSE** (if applicable)

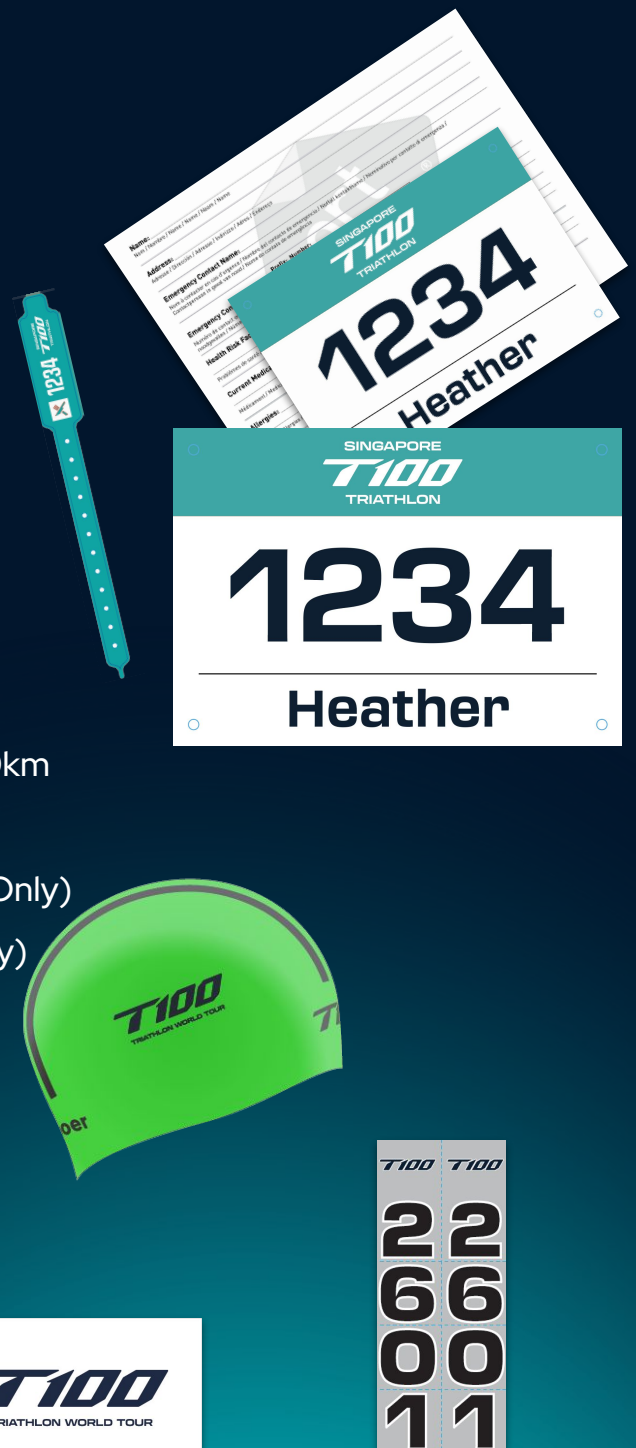
PLEASE TAKE NOTE OF THE FOLLOWING IMPORTANT POINTS:

- All athletes must collect their race pack and timing chip within the stipulated hours.
- Your QR Code can be found within your confirmation email and in your participant dashboard. We recommend taking a screenshot of this so it is ready upon arrival to the venue.
- Please place your bike on the racks available outside the Race Expo, and do not take it into the Race Pack Collection room. A bike valet service will be available but also remember to bring a bike lock if you have to leave this elsewhere.

RACE PACK COLLECTION CHECKLIST

RACE PACK CHECKLIST:

- ☐ One (1) Wristband
- ☐ One (1) Bib Number
- ☐ One (1) Sticker sheet
 - ☐ 3x Helmet Stickers
 - ☐ 1x Bike Post Sticker
 - ☐ 1x Bag Drop Sticker
 - ☐ 2x Transition Bag Stickers
 - ☐ 1x After-race Bag Sticker
- ☐ One (1) Swim Cap
- ☐ One (1) Race Number Tattoo Set
- [Click here for application instructions](#)
- ☐ One (1) Swim to Bike Bag - T1 (BLACK - 100km Only)
- ☐ One (1) Bike to Run Bag - T2 (RED - 100km Only)
- ☐ One (1) After Race Bag (WHITE - 100km Only)
- ☐ One (1) Timing Chip
(Issued at Race Pack Collection)



SWAG COLLECTION CHECKLIST

T100 SWAG CHECKLIST:

- ☐ One (1) T100 Backpack (100km) or
T100 Drawstring Bag (Sprint & Super
Sprint)
- ☐ One (1) T100 Patch
- ☐ One (1) T100 Water Bottle
- ☐ One (1) T100 Participant T-Shirt
- ☐ One (1) Finisher Medal
 - ☐ Awarded Post Race



COURSE CUT-OFFS



COURSE CUT-OFFS

The course cut-off times for the 100km Triathlon are:

- Swim course cut-off: 7:15
- Bike course cut-off 11:00
(Athletes are not allowed to start the last lap after 10:05)
- Run course cut-off 14:00

COURSE CUT-OFFS



COURSE CUT-OFFS

The course cut-off times for the Sprint Triathlon are:

- Swim course cut-off: 10:30
- Bike course cut-off 12:00
- Run course cut-off 13:00

BIKE & HELMET CHECK-IN

Your bike and helmet must be checked into the transition area on Saturday between 09:00-15:00, where it will remain overnight.

Bike and helmet check-in is strictly not allowed on the morning of the race.

STEP-BY-STEP GUIDE

BEFORE PROCEEDING TO CHECK-IN AT THE TRANSITION AREA:

1. Secure the numbered wristband around your wrist. Please do not remove your wristband. It is essential for identification purposes and must be worn until after your race.
2. Affix the seatpost sticker on your seat post.
3. Affix helmet sticker on the front of your helmet.
4. Ensure you have both T1 and T2 transition bags.
(See "transition bag" page for more information.)

Important Note:

- All the above mentioned items must be prepared before arriving at the Transition Area Check-In.

AT TRANSITION AREA CHECK-IN:

1. Put on your helmet with the strap securely fastened for inspection.
2. A race official will visually inspect your bike and helmet, and only after it passes this inspection will it be permitted into transition.
3. Find your designated bike rack spot, according to your bib number, and rack your bike. Rack your bike by the seat with the front wheel down on the side of the rack with your race number on.
4. Place your helmet into your T1 bag.
5. Hang up your T1 and T2 bag at the transition tent.
(See "transition bag" page for more information.)
6. Leave the Transition Area.

Important Notes:

- No bike covers allowed overnight, or the during race.
- You must place all your equipment in the transition bags provided, with the exception of cycling shoes if they are fixed on the pedals. Any loose gear will be removed from the transition area.
- On race morning you can access the transition area before your race to check your bike, pump your tyres and add nutrition to your bike or transition bags.

BIKE INSPECTION

PRE-RACE BIKE INSPECTION

You are responsible for verifying the safety of your bike before taking it to Transition to prevent rejection. Technical Officials will inspect for various aspects such as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with [World Triathlon rules](#)

If you're uncertain about the safety of your bike, please visit our bike mechanics stationed near the transition area.

Tip: The transition area is exposed to the sun. Don't fill your tyres to the maximum pressure to avoid them bursting in the sun when the tyres warm up.

No bike covers allowed.

HELMET

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition to avoid rejection. You must wear your helmet when you check-in your bike into transition.

- Must be approved by a recognised testing authority (e.g. AUS/UK/US Standards Certified)
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover
- Helmets must be undamaged
- Compliance with [World Triathlon rules](#)

BIKE MECHANIC

BIKE TECH

Bike Tech will be onsite to support all Age Group Athletes on Race Weekend. Pre book your service and repair packages ahead of time.

Visit <https://biketech.ca/> for more information.

SERVICE AND REPAIR PACKAGES & RACE READY INSPECTION - \$125

- Inspection of frame, fork & Inspection of wheels and tyres
- Brake system inspection and adjustment as required
- Drivetrain inspection and adjustment as required
- Chain inspection and lubrication as required
- * All necessary/additional/major adjustments - starting at \$15

SERVICES BIKE BUILDS - \$199

- Unpacking and assembly of bike
- Includes pre-ride safety inspection
- All necessary/additional/major adjustments - starting at \$15

DEPARTURE PACKAGE - \$189

- Collection of bike from transition (during run segment of the race)
- Disassembly and packing of bike

FULL FLIGHT PACKAGE - \$299 (Pre-booked)/ \$399 (Week of Expo/Walk-ins)

- Unpacking and assembly of bike
- Includes pre-ride safety inspection
- Collection of bike from transition (during run segment of the race)
- Disassembly and packing of bike
- * All necessary/additional/major adjustments - starting at \$15



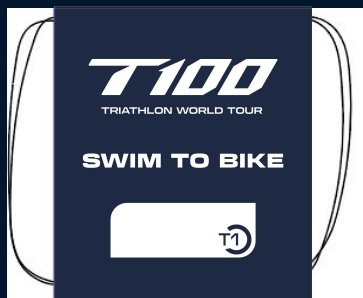
TRANSITION BAGS CHECK-IN (100KM ONLY)

Both transition bags, along with your bike, must be checked into the transition area by where they will remain overnight.

Important Notes:

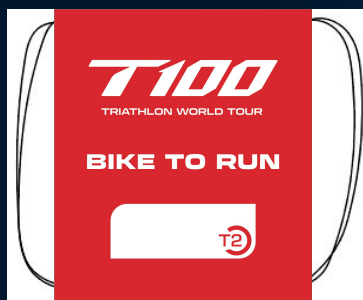
- Transition bag check-in is strictly not allowed on the morning of the race.
- Leave all essential items in the transition bag overnight, you will be able to add nutrition to your bike and bag on race morning.
- T100 athlete must hang their T1 Bag in the Change Tent & T2 Bag by their bike rack
- Transition bags are for 100km athletes. Sprint & Super Sprint athletes must leave all items by their bike in the transition area and will use a personal bag for the bag drop.

PREPARING YOUR TRANSITION BAGS



T1 BAG (SWIM TO BIKE) TRIATHLON (100KM ONLY)

1. Stick a numbered transition bag sticker on the bag.
2. Place all the cycling gear you need for the race into this bag.
Examples:
 - Cycling shoes, if they are not clipped on your bike
 - Helmet
 - Sunglasses
 - Bike Nutrition

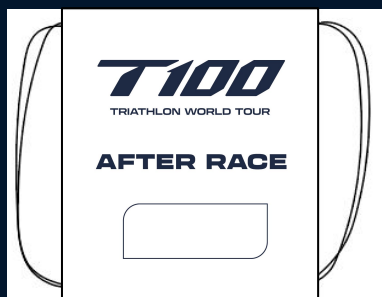


T2 BAG (BIKE TO RUN) TRIATHLON (100KM ONLY)

1. Stick a numbered transition bag sticker on the bag
2. Place all the running gear you need for the race in this bag.
Examples:
 - Running shoes
 - Bib number - to be worn on the run and pinned on your race belt or running shirt, making it visible from the front. Athletes can wear it on the bike if they wish but it is not a requirement.
 - Running cap
 - Sunglasses
 - Run Nutrition

AFTER-RACE BAG & POST-RACE COLLECTION (100KM ONLY)

PREPARING YOUR AFTER-RACE BAG



PREPARATION

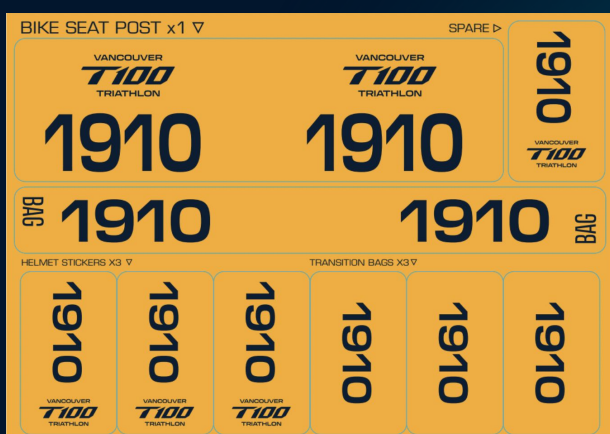
1. Stick your numbered **"After-race bag"** sticker on the after-race bag.
2. Place any gear you need post-race into this bag. Examples: clean clothes, towel, toiletries.

BAG DROP-OFF

1. Athletes can drop their after-race bag in the Bag Deposit tent in transition for retrieval after the event.

Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition.

AFTER-RACE BAG & POST-RACE COLLECTION (SPRINT & SUPER SPRINT)



PREPARATION

1. Stick your numbered **"BAG"** sticker (the long sticker in the middle of your middle set) on your personal bag.
2. Place any gear you need post-race into your bag. Examples: clean clothes, towel, toiletries.

BAG DROP-OFF

1. Athletes can drop their bag in the Bag Deposit tent in transition for retrieval after the event.
2. Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition. Please use the extra transition bag stickers to mark this

MILESTONES



Receive your confirmation email.



Check out the course and elevation profile online.



RACE PACK & SWAG COLLECTION:
Bring your ID and QR code for Race Pack & Swag Collection.



TTBIKE CHECK IN: Check in your bike and drop off your transition bags (Running shoes, Helmet, Sunglasses, Hat, Sunscreen, Race Belt, Bib Number.



RACE MORNING: Transition Check In
(Nutrition and any last minute items you need to add to your transition bags)



Head to the swim start and line next to the sign closest to your estimated swim time



Technical Officials will provide any final instructions.

BIKE AID STATIONS

*Pre-filled bike bottles of water and Maurten Drink Mix 160 (40g of carbs per 500ml bottle – one bottle per person per lap) will be provided as well as Maurten Gel 100 (25g of carbs per sachet) as well as fruit, sweets and savoury options.

BIKE AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the “Litter Zone End” sign will result in penalties!

The Bike Course has one aid station per lap for the 100km (each lap is 20km). Please carry your own hydration needs for the Sprint distance.

Note that there is **NO AID STATION IN TRANSITION**. We recommend that you start the bike leg with two full water bottles. **BIKE AID STATION PROCEDURE**

Bike Aid Stations will offer:
Water (in bike bottles)
Maurten Drink Mix (in bike bottles)*
Maurten Energy Gels*

Slow down when entering the aid station to ensure you get what you need, but don't stop in front of the aid station! If you do not require any product from the aid station please stay to the left of the lane.

There will be signs along the aid station listing what is on offer. Marshals will also be communicating what they are holding – please remember to ask politely for what you need.

DISCARDS / DROP ZONES

Please discard any unwanted items before the “Litter Zone End” sign. Anything discarded outside this area will result in a 30-seconds penalty.

BIKE AID STATION ORDER



RUN AID STATIONS

*There will be a range of hydration and nutrition options including water, Maurten Drink Mix 160 (40g of carbs per 500ml bottle), Maurten Gel 100 (25g of carbs per sachet), cola, and ice. For safety reasons, you must ensure all litter is placed in the bins provided.

RUN AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the "Litter Zone End" sign will result in penalties!

Each lap of the run course has four aid stations located approximately 1.5km apart.

Run Aid Stations will offer:
Water (in cups)
Maurten Drink Mix (in cups)*
Cola (in cups)
Maurten Energy Gels*
Food
Ice

RUN AID STATION PROCEDURE

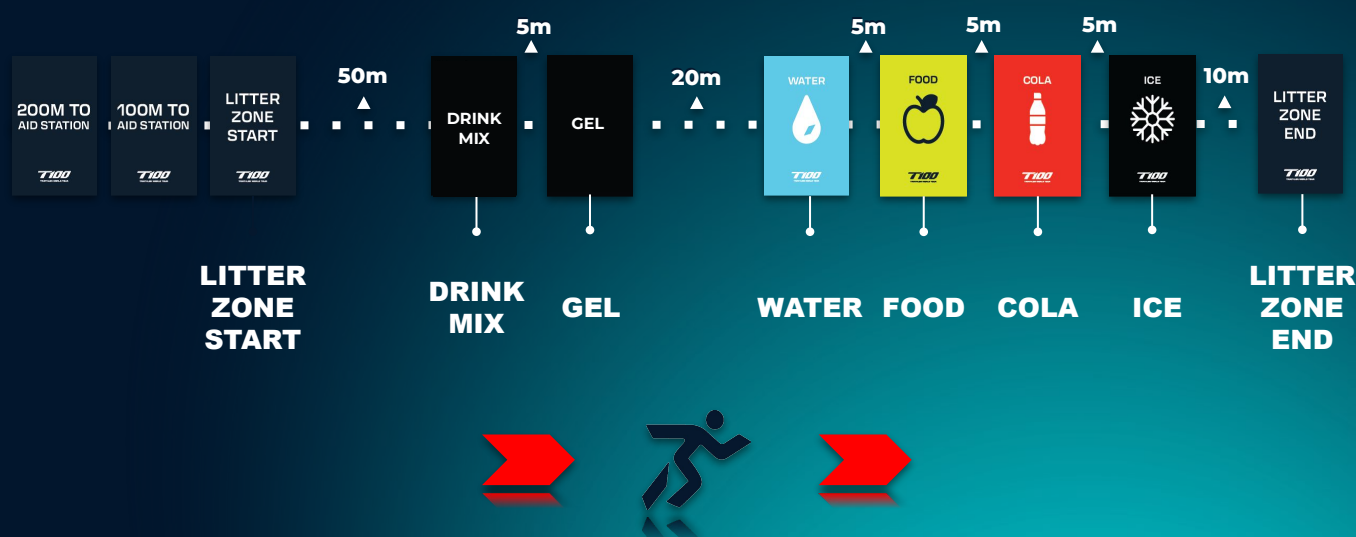
Slow down when entering aid stations. If you do not require any product from a run aid station please stay to the left.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARDS / DROP ZONES

Please discard any unwanted items before the "Litter Zone End" signs. Anything discarded outside this area will result in a 30-seconds penalty.

RUN AID STATION ORDER

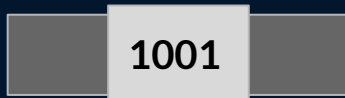


TIMING CHIP INFO

TIMING CHIPS

Upon receiving your race pack, promptly proceed to collect your Timing Chip. You need to present your race pack and verify your personal details.

Securely store your timing chip after you receive it, and don't forget to bring it along on the morning of the race!



TIMING CHIP

Securely strap it around your left ankle for the whole race.

Notes:

- Wear the Timing Chip on your left ankle, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category ranking.

Failure to wear your timing chips throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.

RACE WITHDRAWAL & TIMING CHIP RETURN

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to the Information Booth located in the T100 Race Expo area.

After your race, return your timing chip at the finish line.

If you fail to return your timing chip or strap, a replacement charge of US\$75 will be applied.

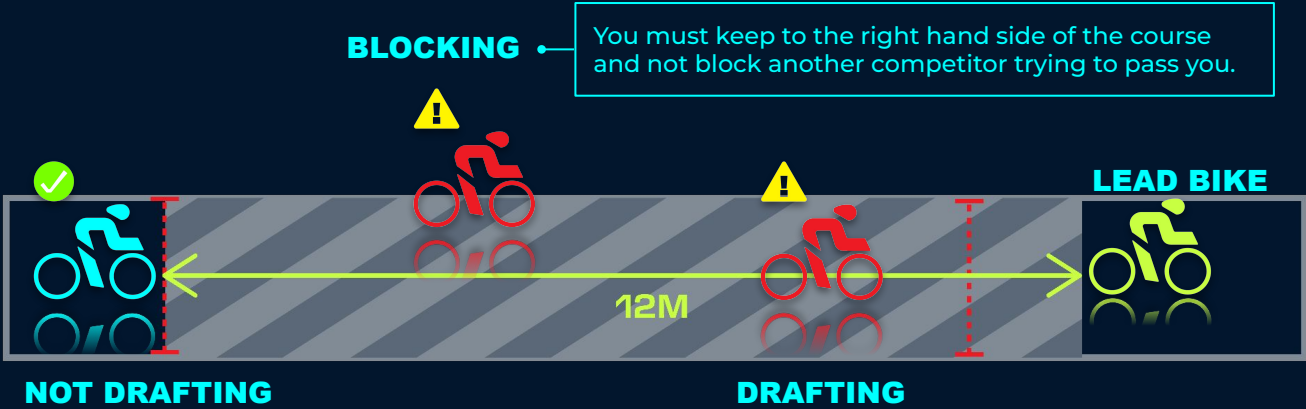
RULES / DRAFTING

THIS IS A NON-DRAFTING EVENT

We believe in a fair and enjoyable race for all, so the 12m non-drafting rule is strictly enforced. It also makes the race safer, so we all win!

All athletes must keep six (6) bike lengths apart, from the front edge of the first cyclist's front wheel, to the front edge of the front wheel of the second cyclist.

Time penalties received must be served in the bike course penalty tent.



MAKING A PASS

You may enter the draft zone to make a pass within the time of **25 seconds**.

25 SECONDS

Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

DISTANCE	1st OFFENSE	2nd OFFENSE	3rd OFFENSE
100KM	2 MINS PENALTY	2 MINS PENALTY	DISQUALIFICATION
Sprint	30 Seconds	DISQUALIFICATION	

T100 / ATHLETE TRACKING APP

Available in all App Stores – it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



FINISH LINE

This is your moment to celebrate! Get ready to smile for the cameras!

As you cross the line, you will be presented with your finisher medal and a cold drink. Chaperones will be there to direct you to the Athlete Recovery area where you will be reunited with your friends and family.

FINISH LINE PHOTOS

FinisherPix is proud to be selected as the Official Photo Service of the event. FinisherPix will have photographers working at the swim exit, on the bike course, the run course and at the Finish Line! The best news is your race entry comes with complimentary race photos – so remember to smile!

Tips to score the best photos:

- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your cycling photos.
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the finish line so we can identify your photos.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievements.

POST-RACE ATHLETE RECOVERY AREA

After you have finished, you will be directed to the Athlete Recovery area powered by lululemon.

It includes the following facilities:

- Food and drinks
- Massage and recovery

Spectators are permitted to join you in this area.

OTHER INFORMATION

MEDICAL

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race, or have not been feeling physically fit in the lead up to the event, we highly recommend you seek medical advice from your doctor.

On race day, the Medical Team will be situated in the following locations:

- Swim, Bike & Run Courses
- Transition Check-In
- Finish Area
- It is strongly advised that you have adequate personal insurance regardless of whether you are Vancouver based or from further abroad.

HOSPITALITY PACKAGE

Experience race day in comfort with a Hospitality Experience! Enjoy a breakfast bar, grab & go lunch, all-day coffee, tea, and non-alcoholic drinks, plus a cash bar and exclusive finish line viewing. Includes VIP wristband and access to the hospitality area near the transition zone. Scan the QR code below now to secure your place!



LULULEMON REMINDER

- For those looking to attend SUN UP yoga powered by lululemon on Saturday 14 June at 8:00am, please remember to bring a towel with you

AWARDS CEREMONY

TIME	EVENT	LOCATION
SUNDAY, 15 JUNE		
12:45	Sprint Awards	Main Stage
13:30	T100 Awards	Main Stage

**TOP 3 MALES & FEMALES IN EACH AGE CATEGORY
WILL RECEIVE A PLACE MEDAL**

QATAR T100 AGE-GROUP WORLD CHAMPIONSHIPS QUALIFICATION

Top 10 men and women athletes of their specific Age-Group and gender in the 100km Triathlon will qualify for the Qatar T100 World Championships on December 12-13 2025.

More information on the T100 Age-Group World Championships can be found [here](#).

2026 WORLD TRIATHLON LONG DISTANCE CHAMPIONSHIPS QUALIFYING

The 100km race is a Triathlon Canada national team world championship qualifying event. The top three men and women in each 5-year age category (as of Dec 31, 2026) will qualify for Team Canada at the 2026 Abu Dhabi World Triathlon Long Distance Championships.

Full information on how to register your expression of interest with Triathlon Canada and accept your spot on the team can be found [here](#).

If you are hoping to earn a qualifying spot you will need to complete a Triathlon Canada expression of interest (EOI) prior to the start of the race.

This can be found [here](#).

DISCOUNTS

- Lee's Donuts: T100 Triathlon Donut - June 12 - 16
- Jo's Italian Deli (Alma): 10% off with proof of registration/bib - June 12th-16th
- Loafe Cafe Alumni Centre: Free beverage with the purchase of a rice bowl or sandwich with proof of registration/bib - June 12 - 16
- Killer Ice Cream: T100 Triathlon Triple Berry Treat - June 12 - 16
- Steve's Poke Bar UBC: 1 mini bowl + drink for \$15 with proof of registration (June 12 - 16)



JO'S Italian DELI



PRO RACE SCHEDULE & BROADCAST - SATURDAY 14 JUNE

TIME	EVENT
09:15	Broadcast Live
09:30	Pro Men Start
12:00	Pro Women Start
16:45	Broadcast End

For those at the race venue, there will a big screen located next across from the Pro transition area near which will show all the action.

If you can't be at the venue, then be sure to watch the live broadcast on PTO+ or YouTube



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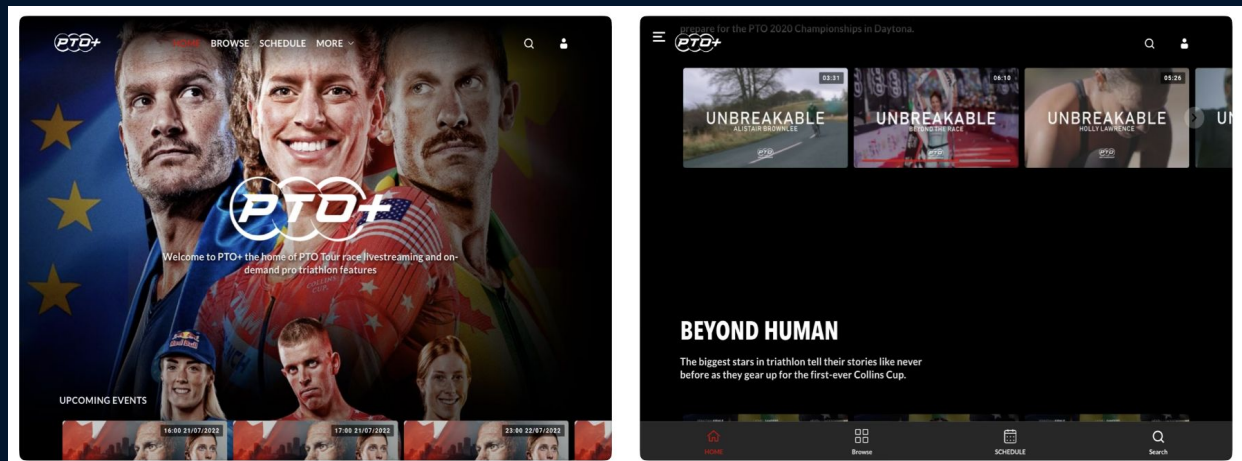
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T100 / WATCH

Watch for free, live, from anywhere in the world!

Simply download our PTO+ app and watch on PTO+ or the T100 YouTube channel.



You can also watch the T100 Triathlon PRO races live in Europe on Discovery+, Eurosport and max.

BROADCAST PARTNERS



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in US & Europe (excl. UK Germany, Italy)

RULES

WETSUIT USE

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6 °C. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C. Please note, 24.6 is for 1501m +, Sprint is 22.0 °C. These are Age Group temps. Elite for 1501+ m swim, cutoff is 22.0 °C. The latest water readings were 14.6 °C.

SWIMWEAR

- The World Triathlon guidance on swimwear can be found in a pdf located [here](#).
- Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.
- Bib is not necessary on the bike, only on the run (and must be worn on the front).

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

PENALTY

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the bike penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **yellow card** is shown for any other bike penalties incurred and, again, you must serve these at the bike penalty box, which will be prior to the entrance to T2.

BIKE PENALTY BOX

The bike penalty box will be located on the bike course.

BROOM WAGON

In case of not completing the necessary distance within the cut-off times and/or a DNF during the bike section, there will be two vans collecting the athletes. The vans will transport you to the transition area after the bike leg is over for all athletes. Please be patient.

PROTEST

Should you wish to protest, you must speak to the Head Referee at the Finish Line within 5 minutes of your finish time. For age groupers, you have 15 minutes from your finish time to file a protest.

***RULES NOT APPLIED FOR JUNIOR SUPER SPRINT AND IS GOVERNED BY TRIATHLON BC RULES**

ONE PAGER

PRE-RACE

KEY LOCATIONS

RACE VILLAGE/EXPO/RACE PACK COLLECTION

Jericho Sailing Centre Parking Lot

START LINE

Locarno Beach

T1/T2 LOCATIONS

Jericho Sailing Centre Parking Lot

FINISH

Locarno Beach

RACE PACK COLLECTION

All athletes must collect their Race Pack in the Expo Area during the following times;

- Friday, June 13th: 14:00 -18:00 (T100, Sprint, & Super-Sprint)
- Saturday, June 14th: 8:00 - 14:00 (T100, Sprint, & Super-Sprint)

You must bring your Race QR Code, Photo ID and National Federation License (if applicable) to collect your race pack.

Your QR Code can be located in your confirmation email and participant dashboard. We would recommend taking a screenshot and having this ready to present on arrival

MANDATORY BIKE CHECK IN

All bikes **MUST** be checked in the day before your race. There will be no check-in on race morning. All athletes must rack and check in their bike in T1 (Jericho Sailing Centre) during the following times.

T100, Sprint, & Super-Sprint

- Saturday, June 14th: 9:00 - 15:00

BIKE CHECK OUT

Transition will be open from 11:00 - 16:00 to check out your bike after the race. You must have your athlete wristband on in order to enter transition.

RACE DAY

RACE DAY SHUTTLE

Starting at 03:15 from Thunderbird Parkade. Every 15 minutes. Last shuttle departs the venue at 15:30.

Bikes are not allowed on the shuttle. Athletes should ride their bikes down to the race site on Saturday for bike check-in and travel on the shuttle as normal on race day.

RACE MORNING

Transition will be open from 04:00 to 09:10 for any last-minute bike adjustments. We would recommend all athlete use the race day shuttle provided as there are limited parking options near the venue.

COURSE MAPS

Course maps can be found [HERE](#).

WETSUIT RULES

According to World Triathlon competition rules, wetsuits will be allowed at this event up to 24.6°C. Wetsuits are forbidden at temperatures of 24.6 °C and above. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

CUT OFF TIMES

100km

- Swim course cut-off: 7:15
- Bike course cut-off 11:00
(Athletes are not allowed to start the last lap after 10:05)
- Run course cut-off 14:00

Sprint

- Swim course cut-off: 10:30
- Bike course cut-off 12:00
- Run course cut-off 13:00

CONTACT

INFORMATION BOOTH

An information desk will be staffed all weekend. This is your go-to place for any questions or concerns during the event. A friendly smile, lost and found, directions – we're all ears!

GENERAL CONTACTS

Email: vancouver@t100triathlon.com

INCLEMENT WEATHER ARRANGEMENTS

This is a rain or shine event. In the case of a thunderstorm during the race please listen to race officials for latest updates.

Facebook and Instagram will be used to share weather updates. Organisers will contact participants by email should there be any significant changes.



For all registration and race related inquiries please contact vancouver@t100triathlon.com