



XTC Campbell River

Provincial Off-Road Triathlon Championships

Mclvor Lake, Campbell River, BC

Saturday, August 11th & Sunday, August 12th

SATURDAY, AUGUST 11:

4:00pm - 7:00pm

XTC Late Registration & Package Pickup.

LOCATION: XTC EXPO AREA - Mclvor Lake, Highway 19, Campbell River, BC CANADA

Directions: Follow the highway directions to Gold River. Once you start on Highway 28 (Gold River Hwy) the entrance to Mclvor Lake is approx. 7.5km on your right (just past a sign for Tayco Paving). You will see a big sign for McOver Lake on the right hand side of the road. Once on the Mclvor Lake Road the race site (Lion's Beach) is approx. 1.5km from the entrance.

ALSO - Remember, we can't guarantee race t-shirts if you register late (either before race day or on race day)

SUNDAY, AUGUST 12:

7:00am

Transition Area Opens

7:00am - 8:00am

Late Registration & Package Pickup XTC Campbell River

Don't forget the race entry fee goes up another \$10 for the off-road duathlon/triathlon individual registration, \$15 for team, and \$5 for the trail run race if you register on race day.

*Due to schedule on race day we encourage racers to pickup packages on Saturday and to register on Saturday at the latest. There will be limited volunteers available to help out in this area as they are needed on course. Also, there will be little to no opportunity to ask course questions on Sunday. If you have course/race questions, we strongly recommend you come out on Saturday and race personnel would be happy to assist. Sunday is not the day to find out everything about the course and off-road triathlon for the first time! **Sunday last minute registrants make it difficult for food planning, race preparation and contribute to shortages.***

ALSO - Remember, we can't guarantee race t-shirts if you register late (either before race day or on race day)

7:00am - 8:30am

Body Marking, Swim Cap & Timing Chip Pickup (Off-Road Duathlon & Triathlon Adult & 12-15 age grp)

8:30am

Mandatory Pre-Race Meeting XTC Campbell River Full & Half

9:00am

XTC Campbell River Off-Road Triathlon & Duathlon - Full Distance Start

9:00am

Brooks XTC 5km & 10km Trail Run/Walk Race Start

9:10am

Transition Area Closed - XTC Half Distance bikes must be in transition*

9:15am

XTC Campbell River Off-Road Triathlon & Duathlon - Half Distance Start

10:15am

Mandatory Pre-Race for Kids Age Group; 12 - 15

10:30am

XTC Campbell River Kids Age Group 12 - 15 Off-Road Triathlon & Duathlon

11:00pm - 2:00pm

Post-Race BBQ

11:30am - 12:30pm

Body Marking, Swim Cap & Timing Chip Pickup - Kids Race

12:00pm - 12:30pm

Late Package Pickup - Kids Race (Note: There will be no late registration at this time)

12:00pm - 12:30pm

Kids 7&under and 8-11 Body Marking and Chip Pickup

12:45pm

Mandatory Pre-Race Meeting for Kids Race (age group 7&Under and 8-11)

12:30pm

XTC Campbell River Cut-off at T2

1:00pm

XTC Campbell River Kids Race Start (Age group 7&Under and 8-11. NOTE Age 12 - 15 start at 10:30am)

(please note, Kids race will be pushed back if adults still on course - race will start no later than 1:30pm)

1:30pm

XTC Campbell River Awards Ceremony (please note, Awards Ceremony will be pushed back to 2:00 if kids are still on race course)

2:30pm

Expo Closes

*Please note, the transition area will re-open for athletes to get their bikes after they have completed their race, but there will be staff marshalling athletes during this time. If the area is too busy with athletes still racing, then you will have to wait until they say it is okay to go in. Please be courteous to those athletes who are still racing by getting out of their way.

Schedule as of July 31, 2007. Schedule is subject to change.