



XTC Squamish

Alice Lake, Squamish, BC

Saturday, September 19th & Sunday, September 20th

SATURDAY, SEPTEMBER 19:

3:00pm - 5:00pm

XTC Late Registration & Package Pickup.

LOCATION: XTC EXPO AREA - Alice Lake, Squamish, BC CANADA

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

SUNDAY, SEPTEMBER 20:

8:00am

Transition Area Opens

8:00am - 8:30am

Late Registration (*Due to schedule on race day we encourage racers to register on Saturday at the latest. 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). Don't forget the race entry fee goes up another \$10 for the off-road duathlon/triathlon individual registration and \$15 for team.*)

8:30am - 9:15am

Package Pickup

Due to schedule on race day we encourage racers to pickup packages on Saturday. 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!

8:30am - 9:15am

Body Marking (Adult Race)

9:30am

Mandatory Pre-Race Meeting XTC Squamish Full & Half

10:00am

XTC Squamish Off-Road Triathlon & Duathlon - Full Distance Start

10:10am

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

10:15am

XTC Squamish Off-Road Triathlon & Duathlon - Half Distance Start

12:00pm - 2:30pm

Post-Race BBQ

1:30pm

XTC Squamish Full Distance Triathlon & Duathlon Cut-off at T2

1:00pm - 1:30pm

Package Pickup - Kids Race (**Note: There will be NO Registration at this time!!!!**)

1:00pm - 1:30pm

Kids 7&under and 8-11 Body Marking

1:30pm

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

2:00pm

XTC Squamish Kids Race Start (Age group 7&Under and 8-11.)

(please note, Kids race will be pushed back if adults still on course - race will start no later than 2:30pm)

2:30pm

XTC Squamish Awards Ceremony (please note, Awards Ceremony will be pushed back to 3:00 if kids are still on race course)

3:00pm

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 September 15, 2009. Schedule is subject to change.