



TRIATHLON

Sarsons Beach Park

4398 Hobson Rd, Kelowna



Central Okanagan
Public Schools
Together We Learn



WESTBANK
FIRST NATION



Okanagan
Indian Band



Black
Press
Media



We respectfully acknowledge the unceded territory of the sqilx'/syilx (Okanagan) peoples, on whose land we live, work, and play.

Updated July 6, 2026

THURSDAY, JULY 23

Start	End	Event
11:30 AM	12:00 PM	Athletes and Coaches Meeting
12:30 PM	2:30 PM	Venue Familiarization

FRIDAY, JULY 24

Start	End	Event
9:00 AM	9:20 AM	Warm-up
9:30 AM	10:15 AM	Male Super Sprint Triathlon
10:15 AM	11:00 AM	Female Super Sprint Triathlon
12:30 PM	12:50 PM	Warm-up
1:00 PM	1:15 PM	Male F1 Triathlon
1:30 PM	1:45 PM	Female F1 Triathlon
2:15 PM	2:45 PM	Medal Presentations

SATURDAY, JULY 25

Start	End	Event
7:30 AM	7:50 AM	Warm-up
8:00 AM	8:20 AM	Female Duathlon
8:30 AM	8:50 AM	Male Duathlon
10:00 AM	10:20 AM	Warm-up
10:30 AM	11:30 AM	Mixed Relay (non-medal event)
12:30 PM	1:00 PM	Medal Presentations

SUNDAY, JULY 26

Start	End	Event
8:30 AM	8:50 AM	Warm-up
9:00 AM	9:15 AM	Female Aquathon
9:20 AM	9:35 AM	Male Aquathon
10:00 AM	10:30 AM	Medal Presentations