

FINAL Triathlon

Sport Venue **Whonnock Lake Park**
 Breakfast **Maple Ridge Secondary**
 Dinner **Golden Ears Winter Club**
 Accommodation **Garibaldi Secondary**
 Showers **Accommodation Site**
 Shuttle Route **B**



Scan QR code for online Bus & Meal and Sport Schedules

Updated: July 10, 2024

This Bus & Meal Schedule is your sport's itinerary for the duration of the BC Summer Games. It begins as of Thursday morning from your accommodation site. All transportation and meals will be in place to get participants to Maple Ridge, through accreditation, and checked into accommodation sites on Wednesday, July 17.

SHOWERS: Showers are located at the accommodation site. Please be mindful of your length of showers, as many other athletes and coaches are staying at your accommodation site. Coaches should work together to schedule times for their zone teams to shower.

BIKE STORAGE: Bikes will be taken to the accommodation site on Wednesday night from the Participant Accreditation Centre. Bikes can be built and stored overnight in Room 2050 (Cafeteria). Build bikes will be taken to the sport venue on Thursday morning and stored at Whonnock Lake Centre on Thursday and Friday nights. After competition on Saturday, bikes will be taken back to the accommodation site where they can be broken down for transport home on Sunday.

Thursday July 18, 2024	Zones:	Shift One
		All 56

Depart by bus with competition equipment (bikes) to Maple Ridge Secondary for breakfast	9:06 AM
Arrive at Maple Ridge Secondary	9:27 AM
Breakfast	9:30 AM - 10:10 AM
Depart by bus to Whonnock Lake Park	10:18 AM
Arrive at Whonnock Lake Park	10:43 AM
Athletes and Coaches Meeting	11:30 AM - 12:00 PM
Lunch at Whonnock Lake Park (63)	12:00 PM
Venue Familiarization	12:30 PM - 2:30 PM
Depart by bus to Garibaldi Secondary	3:00 PM
Arrive at Garibaldi Secondary	3:20 PM
Depart by bus to Golden Ears Winter Club for dinner and the Opening Ceremony	4:26 PM
Arrive at Golden Ears Winter Club	4:42 PM
Dinner	4:45 PM - 5:15 PM

After your dinner at Golden Ears Winter Club (GEWC), walk to the Opening Ceremony Marshalling Area at Albion Fairgrounds, which is located across the parking lot from GEWC.

At the conclusion of the Opening Ceremony, you will be marshalled towards the shuttle buses for departures to your accommodation site. Shuttles are based on assigned Shuttle Route (see top of the Bus & Meal Schedule or your accreditation badge).



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Friday July 19, 2024	Zones:	Shift One All	56
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Depart by bus to Maple Ridge Secondary for breakfast	5:51 AM
Arrive at Maple Ridge Secondary	6:12 AM
Breakfast	6:15 AM - 6:55 AM
Depart by bus to Whonnock Lake Park	7:03 AM
Arrive at Whonnock Lake Park	7:28 AM
Warm-up	8:00 AM
Competition Begins	8:30 AM
Zone Team Photos at Whonnock Lake Park	11:30 AM - 12:30 PM
Lunch at Whonnock Lake Park (63)	11:45 AM
Competition Ends	3:00 PM
Medal Presentations	3:15 PM - 3:45 PM
Depart by bus to Garibaldi Secondary	4:15 PM
Arrive at Garibaldi Secondary	4:35 PM
Depart by bus to Golden Ears Winter Club for dinner	5:41 PM
Arrive at Golden Ears Winter Club	5:57 PM
Dinner	6:00 PM - 6:40 PM
Depart by bus to Participant Special Event and Garibaldi Secondary	6:43 PM

After leaving dinner, your bus will stop at the Participant Special Event and then continue on to your accommodation site. This will be the only opportunity to go to the Participant Special Event. Shuttles back to your accommodation will begin at 8:30 pm and will run every 15–20 minutes. The Participant Special Event concludes at 10:00 pm.

Saturday July 20, 2024	Zones:	Shift One All	56
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Depart by bus to Maple Ridge Secondary for breakfast	5:21 AM
Arrive at Maple Ridge Secondary	5:42 AM
Breakfast	5:45 AM - 6:25 AM
Depart by bus to Whonnock Lake Park	6:33 AM
Arrive at Whonnock Lake Park	6:58 AM
Warm-up	7:30 AM
Competition Begins	8:00 AM
Lunch at Whonnock Lake Park (63)	11:45 AM
Competition Ends	1:30 PM
Medal Presentations	1:45 PM - 2:15 PM
Depart by bus with competition equipment (bikes) to Garibaldi Secondary	2:45 PM
Arrive at Garibaldi Secondary	3:05 PM
Depart by bus to Golden Ears Winter Club for dinner	5:41 PM
Arrive at Golden Ears Winter Club	5:57 PM
Dinner	6:00 PM - 6:40 PM
Depart by bus to Participant Special Event and Garibaldi Secondary	6:43 PM

After leaving dinner, your bus will stop at the Participant Special Event and then continue on to your accommodation site. This will be the only opportunity to go to the Participant Special Event. Shuttles back to your accommodation will begin at 8:30 pm and will run every 15–20 minutes. The Participant Special Event concludes at 10:00 pm.



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Sunday July 21, 2024 **Shift One**
Zones: All 56

Pack luggage before departing for breakfast. There will be very little time upon arrival back at the accommodation site to shower and prepare for departure to the Closing Celebration. Any participant not competing today MUST shower prior to departure for breakfast to ensure those competing have the opportunity to shower when they return to the accommodation site after competition.

Depart by bus to Maple Ridge Secondary for breakfast	5:36 AM
Arrive at Maple Ridge Secondary	5:57 AM
Breakfast	6:00 AM - 6:40 AM
Depart by bus to Whonnock Lake Park	6:48 AM
Arrive at Whonnock Lake Park	7:13 AM
Warm-up	7:30 AM
Competition Begins	8:00 AM
Competition Ends	9:15 AM
Medal Presentations	9:30 AM - 10:00 AM
Depart by bus to Garibaldi Secondary	10:30 AM
Arrive at Garibaldi Secondary	10:50 AM

Depart by bus with ALL luggage to Golden Ears Winter Club for Closing Celebration and departures 12:00 PM

Arrive at Golden Ears Winter Club	12:16 PM
Lunch at Golden Ears Winter Club (63)	12:15 PM

Upon arrival at Golden Ears Winter Club (GEWC), take your luggage to the Bus Departures Area and drop it at the designated space for your method of travel home. If you are on a Games charter bus or flight, drop your luggage at the stall designated with your Bus # or Flight # as identified on your Games travel itinerary. If you are making your own way home from the Games, wait until your parent/guardian is on-site to pick you up before collecting your luggage from GEWC.

Once you have dropped your luggage in the designated area, you are welcome to walk to the Closing Celebration at Albion Fairgrounds for an opportunity to celebrate and say goodbye to your fellow participants. The Closing Celebration is an ongoing event that will feature 15 minutes of speeches at 1:15 pm. Not all sports will be on-site for the speeches. Please ensure you depart the Closing Celebration with enough time to catch your bus or flight departure, even if it means missing the speeches.

All Games travel home departs from the Bus Departures Area between 1:00 pm and 4:05 pm. Board the appropriate bus as identified either by the Bus # or Flight # that is noted on your Games travel itinerary. If you are on a bus home, your Games travel itinerary will show the scheduled departure time from the Bus Departures Area. If you are on flight, you will be bused directly to the airport from the Bus Departures Area after being checked into your flight by BC Games personnel.

