



SCHEDULE OF EVENTS 2022

IT IS STRONGLY ADVISED THAT YOUR TRAVEL PLANS INCLUDE CONTINGENCIES FOR DELAYS

Wednesday, July 27th

Arrive Penticton – Assemble Bike and Bike Certificate Completed – Bike Barn, please book an appointment (250) 492 - 4140.

Course Reconnaissance as time permits. Race Preparations, as necessary.

Peach City Runners, 214 Main Street, Penticton

12:00 Noon – 5:00 pm – Registration & Equipment Pick-up

Early Arrival Registration – we have a tight schedule that needs to be followed as closely as possible. If you have the time to register at this early time, please do so to help us get everyone through on time and reduce the rush on Thursday.

Registration Takes at least 15 - 20 minutes if you are prepared and organized. Instructions will be issued in advance.

Medical Check-In and Announcing Profile will take an additional hour.

Thursday, July 28th

Peach City Runners, 214 Main Street, Penticton

9:00 am – 5:00 pm – Registration & Equipment Pick-up

Please arrive as early as possible

Registration Takes at least 15 - 20 minutes if you are prepared and organized. Instructions will be issued in advance.

Medical Check-In and Announcing Profile will take an additional hour.



SCHEDULE OF EVENTS (continued) 2022

Friday, July 29th

Location – Days Inn Convention Centre – 152 Riverside Drive

8:00 am – 9:30 am – Breakfast – Formal introduction of Athletes and staff.

9:30 am – 11:30 - Bike Course, Run Course, Swim Briefing & Crew Conduct Presentation

Mandatory for athletes & crews

Group Photo – Athletes, Crews, Families and Staff

Race Schedule – we do not wait for late arrivals, and we do not make time adjustments.

Saturday, July 30th – Day 1

**It takes approximately 20 - 30 minutes to drive to OK Falls from Penticton.
Please plan accordingly.**

5:15 am - 5:45 am - Stage 1/Swim - Check-in - Swim Start Christie Beach, Okanagan Falls

6:15 am - Ceremonial Opening & Group Photo - Swim Start Christie Beach, Okanagan Falls

6:25 am – Swim Prerace Briefing - Swim Start Christie Beach, Okanagan Falls

6:30 am - Stage 1/Swim - Start - Swim Start Christie Beach, Okanagan Falls

12:30 pm - Stage 1/Swim - Cut-off - Swim Finish Christie Beach, Okanagan Falls

6:30 pm - Stage 1/Bike - Cut-off - Kenyon Park, Okanagan Falls

Sunday, July 31st – Day 2

5:15 am - Stage 2/Bike - Check-in – Skaha Marina, Penticton

5:45 am - Stage 2/Bike - Stage Briefing – Skaha Marina, Penticton

5:55 am - Support Teams - Depart – Skaha Marina, Penticton

6:00 am - Stage 2/Bike - Start – Skaha Marina, Penticton

6:00 pm - Stage 2/Bike - Cut-off – Kenyon Park, Okanagan Falls.

Monday, August 1st – Day 3

6:30 am- Stage 3/Run - Check-in – Kenyon Park, Okanagan Falls

6:55 am - Stage 3/Run - Stage Briefing - Run Start – Kenyon Park, Okanagan Falls

7:00 am - Stage 3/Run - Start – Kenyon Park, Okanagan Falls

7:00 pm - Stage 3/Run - Cut-off – Kenyon Park, Okanagan Falls

1:00 pm - 8:00 pm - Finish Line Party & Celebrations – Kenyon Park, Okanagan Falls



SCHEDULE OF EVENTS (continued) 2022

Tuesday, August 2nd

9:30 am - 2:00 pm - Equipment Return to Peach City Runners - 214 Main Street,

Mandatory - do not bring equipment to awards banquet!

9:30 am – Selected Finishers Product will be available for Retail Sales.

Location – Days Inn Convention Centre – 152 Riverside Drive

3:30 pm - 4:00 PM Arrival & Cocktails

4:15 pm - Parade of Athletes (Please be on Time)

4:30 pm – 5:45 - Awards

6:00 pm - 7:30 Dinner

7:30 pm – Awards Continue.

8:30 pm – Video Show