



**TRIATHLON
PSP 2025**



Participant's Guide

PSP Montreal Region Triathlon 2025

Montreal Garrison Sports Centre

April 11

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Congratulations on your registration for our 2025 edition of the triathlon! In this participant's guide, you will find all the details to prepare for the race and find the answers to your questions about the course of the event.

Distances to be completed:

Rowing machine: 2000 m

Cycling: 5 km

Running: 2.15 km

Before the race

Training

In order to prepare you for the race, a progressive training guide has been made available on the event page. This includes 3 training sessions per week but can be adapted to your situation. For assistance, please do not hesitate to contact your local PSP team.

Registration

A link to the registration file can be found on the event page. You can enter your information in the time slot of your choice. If you are competing in the team component, make sure that the name entered for the event chosen by each member is the correct one. Be sure to remove your name if you are unable to attend and you can no longer attend the event.

Qualification for the elite wave

For the first time, the 2025 edition of the PSP Montreal Region Triathlon will have a competitive wave for women and one for men. The 3 fastest athletes from last year in each category will be invited to take part and will automatically qualify. The remaining available spots will be awarded to those who submitted the fastest times.

In order to ensure that the context in which these times were achieved is uniform, different qualifying test time slots will be offered by PSP. Only the times achieved during these time slots will be considered. Some activities normally scheduled will then be replaced by a qualification time slot. Units with reserved time slots with the service of a PSP instructor will also be offered the opportunity to have one of their sessions replaced by a qualifying test for the elite wave.

Here are the activities that will be replaced and the time of the qualifying tests:



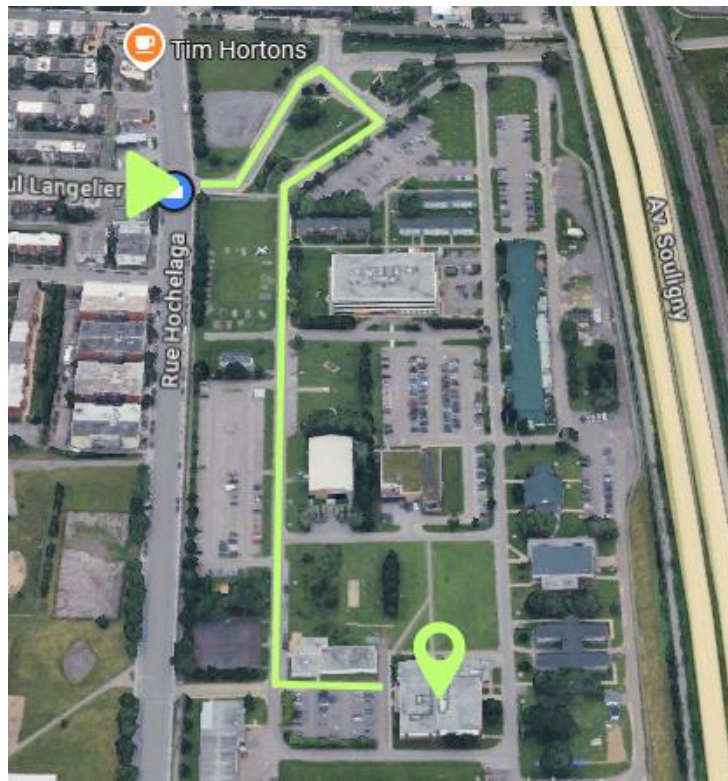
- X-FORCE – Tuesday, April 1, 2025 at 11:00 a.m.
- Bootcamp - Wednesday, April 2, 2025 at 12:00 pm
- Spinning – Thursday, April 3, 2025 at 6:30 a.m.

Space will be limited at the qualifying sessions and will be available on a first-come, first-served basis.

The deadline to submit a qualifying time is April 3, inclusive. Participants who have qualified will be contacted by email on April 4.

How to Get There

The sports centre is located on the north side of the Montreal Garrison and the entrance is located at the intersection of Hochelaga and Langelier streets. Once on base, turn right and the sports center will be the last building on your left. The building number is L-199 and the base address is 6560 rue Hochelaga, Montréal, QC H1N 3X9.



Warm-up

A section will be provided for this purpose in the gymnasium and will be clearly signposted. If participants wish to go for a run outside for their warm-up, we ask that they avoid using the multipurpose track and stay on the asphalt to keep the gym free of dirt and rocks as much as possible.

Bibs

In order to be able to register the results of the participants, each wave will have a bib color associated with it. Upon arrival, a welcome table will be at the entrance of the sports center with the list of registrations. A member of our team will then give you a bib of the color and number corresponding to the registration list. For the team component, only runners will be given a bib.

The Race

Schedule

- 06:00 – Opening of the sports centre
- 07:00 – Start of the 1st individual wave
- 07:20 – Start of the 2nd individual wave
- 07:40 – Start of the 1st team wave
- 08:00 – Start of the 3rd individual wave
- 08:20 – Start of the 4th individual wave
- 08:40 – Start of the 2nd team wave
- 09:00 – Start of the women's individual competitive heat
- 09:20 – Start of the men's individual competitive heat
- 09:40 – Start of the 3rd team wave
- 10:30 am – Break
- 11:00 am – Start of the 5th individual wave
- 11:20 am – Start of the 6th individual wave
- 11:40 am – Start of the 4th team wave
- 12:00 pm – Start of the 7th individual wave
- 12:20 pm – Start of the 8th individual wave
- 12:40 pm – Start of the 5th team wave
- 1:30 p.m. – End of the event

Departure

4 minutes before the start of the wave, a call will be made to the participants to take their place on the rowing machine. A brief reminder of the rules and the course



of the event will be made before starting the countdown. The lane number entered in the registration file will correspond to the lane occupied by the participant on the day of the race.

Rower

Participants will be able to adjust the resistance of the rowing machine to their liking as well as the footrests. Participants will be able to hold the handle in their hands during the countdown, but will not be able to row. When the signal is given on the screen, the participants will be able to start the event. Once the 2000 meters are completed, they can head off for cycling. If a participant stops rowing before completing the 2000 meters, they must return to that station and finish before continuing.

In order for the various starts not to be delayed, the rowing machine is the only event where there will be a time limit. This will be set at 16 minutes to allow enough time for the next race to be loaded and for participants to adjust their device.

Bicycle

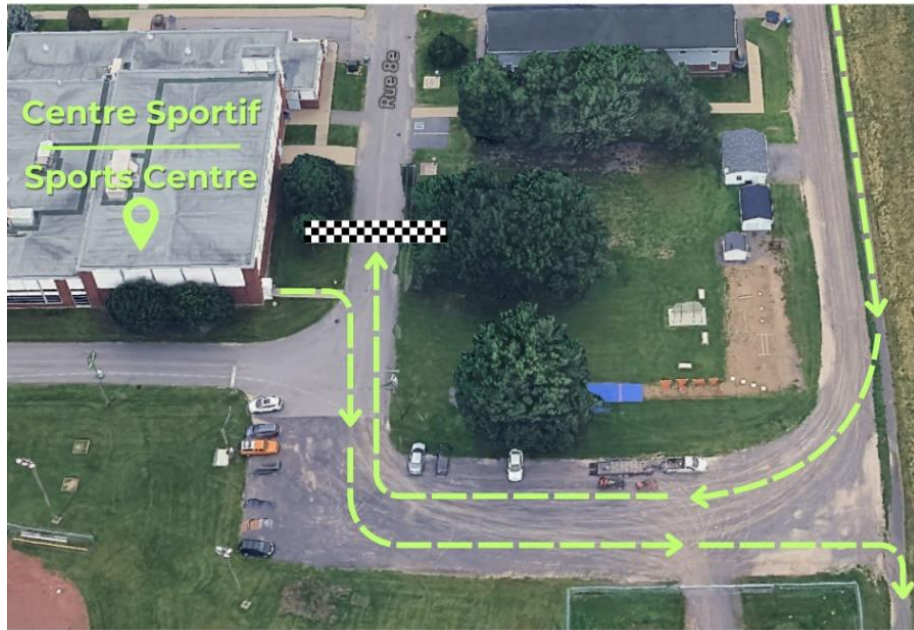
Bike resistance will remain at level 12 at all times. On the monitor, the distance to be covered, written next to *Trip*, represents the number of rotations rather than the number of kilometers. 1 *trip* equals 200 rotations. The event will be over when the 5 *trips* are completed.

Before the start of the wave, participants will be able to adjust their bikes according to their preferences. In the event that the participant from the previous wave is still completing this event before the start of the next wave, the adjustment will be made on a spare bike and the team responsible for the event will make the change once completed.

Running

As soon as the 5 *trips* are completed, participants will head to the exit of the gym to the southwest as shown in the image below. Arrows and cones will be installed to facilitate orientation. At all times, participants must stay on the path along the fence and avoid taking shortcuts. A poster will indicate the finish line and members of our team will note your result.





Team Component

The same distances will be covered in the team component. When a challenge is completed, the participant will have to go to his teammate before he can start his event. The relay will be given with a high five. For cycling, the participant will wait for the relay from his teammate directly on his bike while for the run, the participant will wait for the relay in the transition area indicated on the ground.

If a team is made up of only 2 people, one of the 2 teammates will be allowed to complete 2 events. However, his name must be entered in front of the 2 events chosen in the registration file.

Security

Traffic control will be conducted at the north entrance of the garrison to ensure priority for triathlon participants. A first aid kit and an AED will be present at this location as well as at the sports centre.

Access to the sports centre's parking lot will be open, but the adjacent streets will be closed, as will the King's Road, which runs along the south side of the multipurpose path used for running.

The use of headphones is allowed on the course, but it is not recommended.



After the race

Snack and circulation

A snack table will be located near the finish line. In order to avoid having dirt on the gym floor, you will not be able to enter through the back door of the sports center, but a spectator area will be present so that you can still go and watch the next wave of participants inside while enjoying your snack. However, you will not be able to leave this area. To enter the sports center, you will have to walk around and go through the main gate.

Awards and results

3 gift certificates valued at \$50 each will be randomly distributed among the participants present at the event to be spent at the [Sports and outdoor store](#). The winners will be contacted at the email address used for registration. The results will be shared in the days following the event directly to all participants and will also be available on the event page.

We look forward to seeing you on April 11th!

If you have any questions, please feel free to write to michael.maillet@forces.gc.ca

Event Page & Registration: [CFMWS | MFRC | Montreal Area | CFMWS](#)

