



Diefenbaker Off-Road Triathlon

Saturday July 27: Optional race package pick up. 4 - 8 pm at Mistusinne Village Office.

Sunday, July 28

- 7:00am Check-in, Transition, Body Marking, Timing Chips
- 8:00 - 8:15 Transition closed, Race Briefing
- 8:45 - Duathlon Start
- 8:46 - 8:55 Swim warmup
- 9:00 Triathlon start
- 11:30 Lunch available
- 1:00pm-ish Course closes, Overall Awards, Age Group Awards

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