



ROYAL MILITARY COLLEGE OF SAINT-JEAN

REMPARTS AQUATHLON

Organised by
CMRSJ's Triathlon Club

Athlete's Guide 2026

DEPARTURES & SCHEDULE

- Your starting wave and pool lane number will be confirmed on Thursday, April 30th.
- You will likely be in the same wave as the one corresponding to your chosen category, as selected during registration.
- This information will be sent to you by email and will also be available on the event website.
- To register, simply click on the following link:

<https://www.ms1inscription.com/aquathlondesremparts2026>

**A pre-race meeting will take place
10 minutes before each start**

Saturday, May 2nd

Wave 1 - 10h00 à 10h45

Wave 2 – 10h45 à 11h30

Wave 3 – 11h30 à 12h15

Wave 4 – 12h15 à 13h00

Prize giving – 13h15-13h30



WARM-UP PERIOD

- Athletes can warm up on the running course or on the 400m track (if open).
- The pool will be open for warm-ups between **9:00 and 9:45 a.m.** Each athlete will have access to lockers for their personal belongings. Bringing a padlock is recommended.



ROUTE MAP - DISTANCE

- The aquathlon will have the following format: a 2.8 km run, a 730 m swim, and another 2.8 km run.
- The swim portion will take place in a pool lane.
- Each stage of the event will be timed using electronic chips.



2,8 km



730 m in
lane



2,8 km

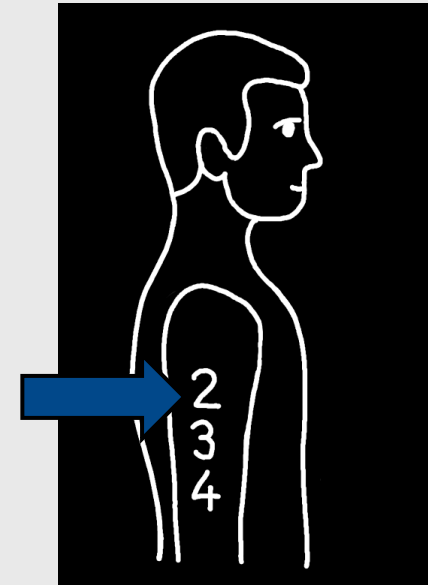
MARKING

- You must collect your timing chip and swim cap from the welcome tent. You will also receive your race number there.
- Only essential race gear may be left in the transition area (no bags).

Marking on both arms REQUIRED

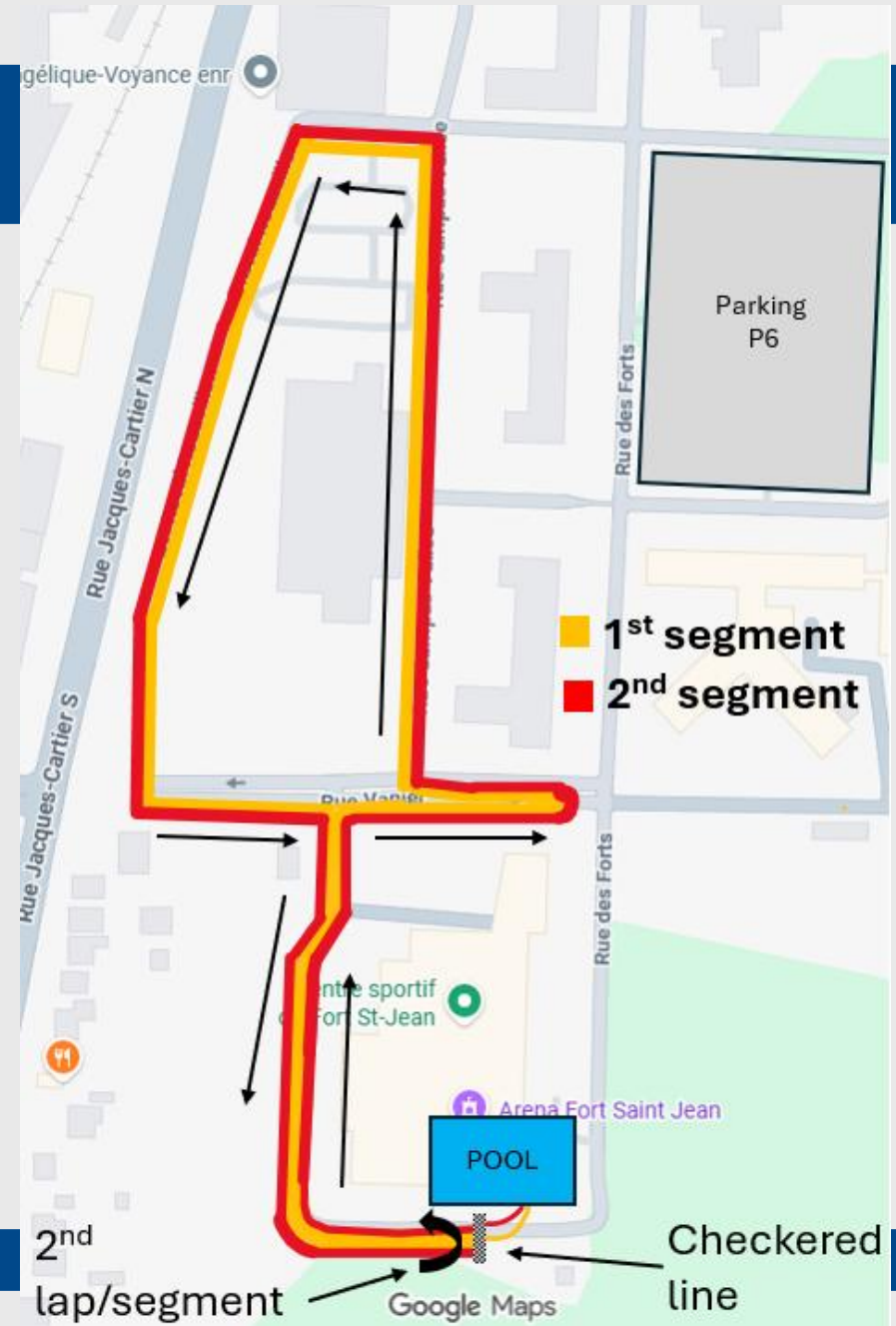
ATHLETE IDENTIFICATION

Race number on
the side of the
biceps
(vertically)



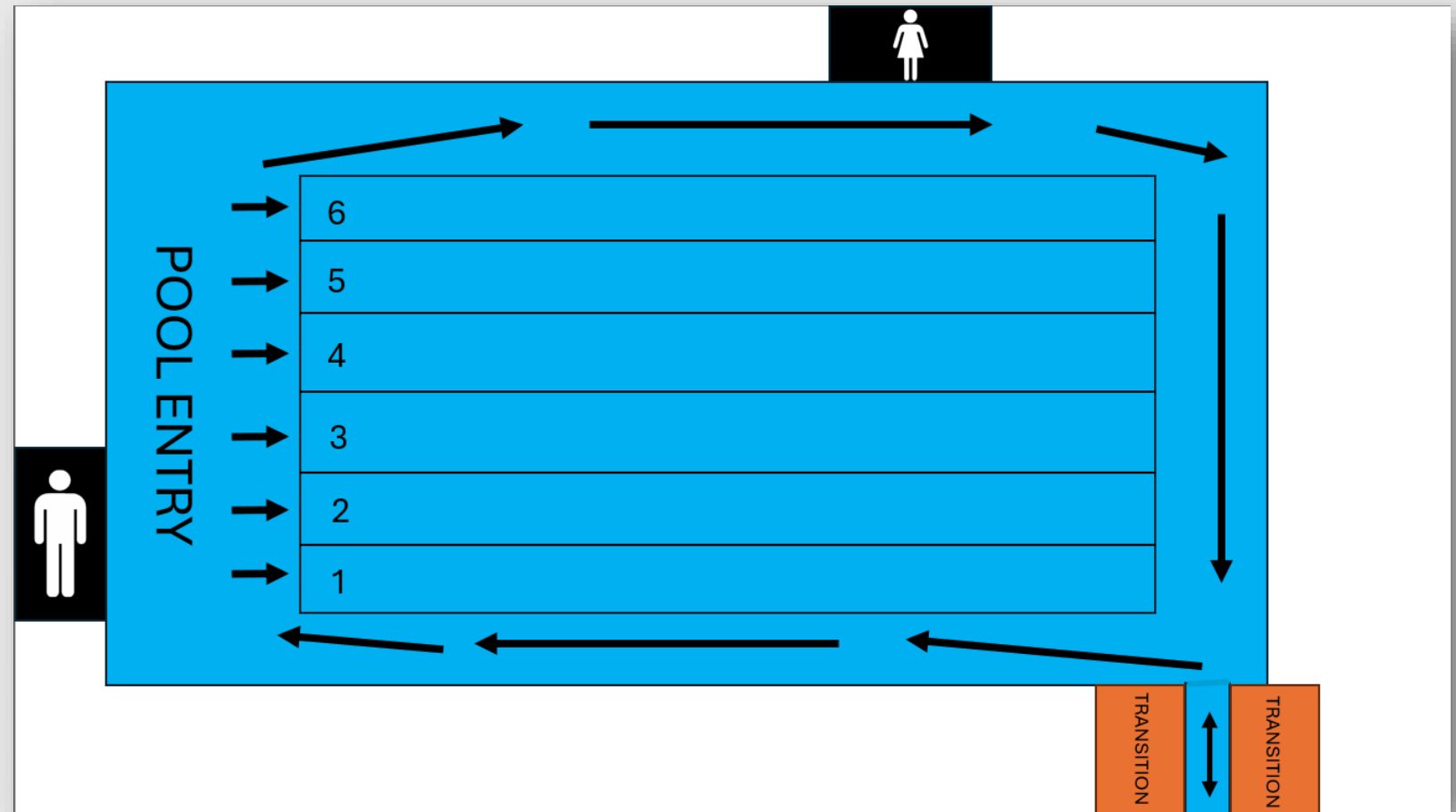
COURSE MAP – RUNNING COURSE

- The two race segments are 2.8 km long, each segment consisting of two laps.
- The start of the second lap will be clearly marked with a sign; simply turn 180 degrees.
- At the end of the first race segment, athletes keep left to enter the transition area.
- Upon exiting the pool, they cross the transition area again to begin the second race segment.
- The finish line will be marked by the Triathlon Québec arch, located at the checkered line.



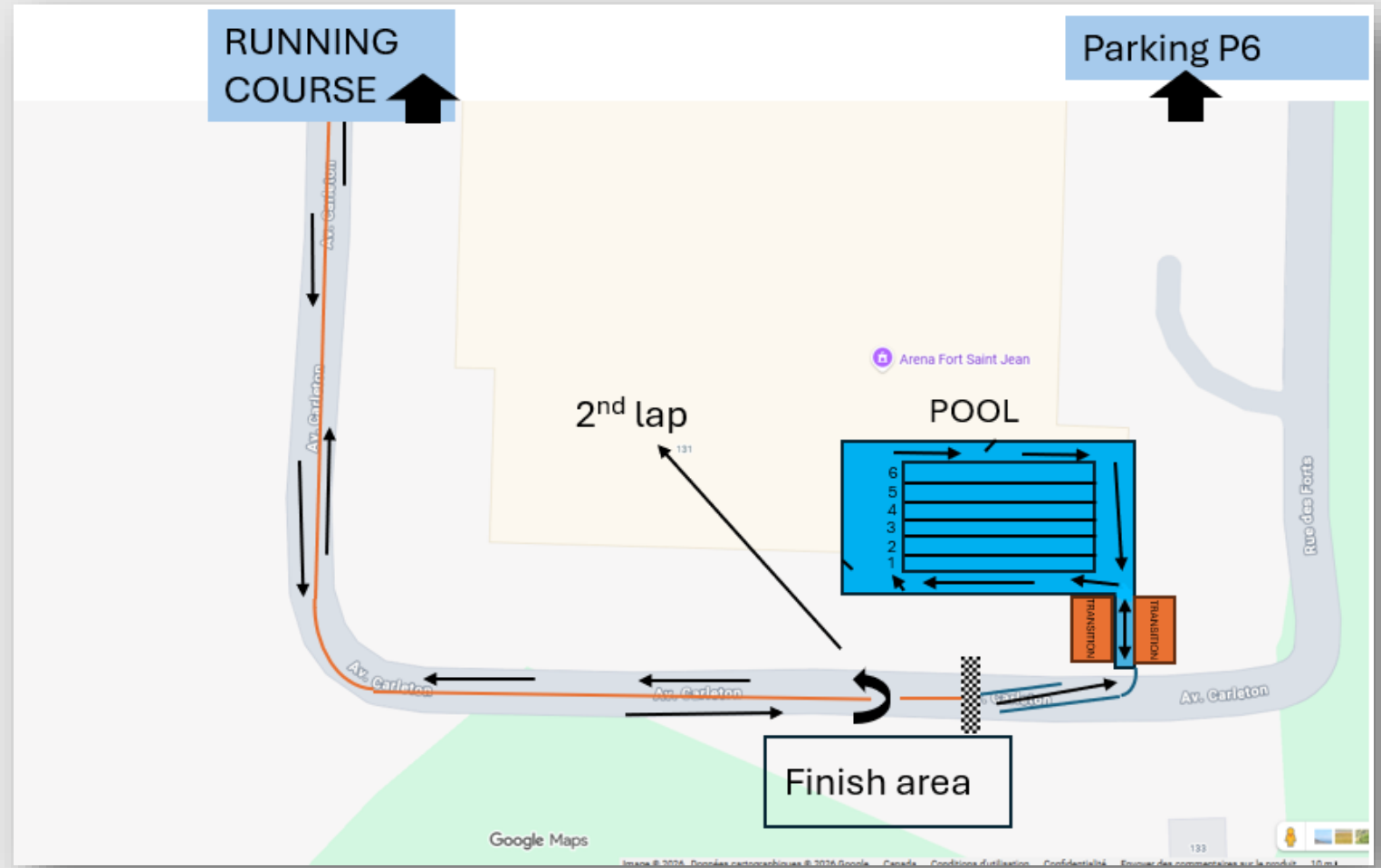
COURSE MAP – SWIMMING

- To exit the pool, walk around it. This way, each athlete covers the same distance.
- Each athlete will be assigned a lane before the race, along with their wave schedule. (See Starts and Schedule section.)
- 32 lengths (16 laps), for a total of 800 yards (730 m).
- Maximum of 4 athletes per lane.



ROUTE MAP – TRANSITION ZONE

- After the first lap, the athletes perform a 180° turn to begin their second.
- After completing the second lap, the athletes proceed to the transition area to enter the pool.
- After the swim, they return to their transition area and begin their second running segment, identical to the first.



END OF THE RACE

Post-Race

Snacks and beverages are available in the finish area after the race.

Personal belongings left in the transition area after the race can be retrieved. Athletes are asked to collect their belongings **before the end of the next wave.**

Awards Ceremony (1:15-1:30 PM)

3 winners per category

- 1st: \$20 gift card

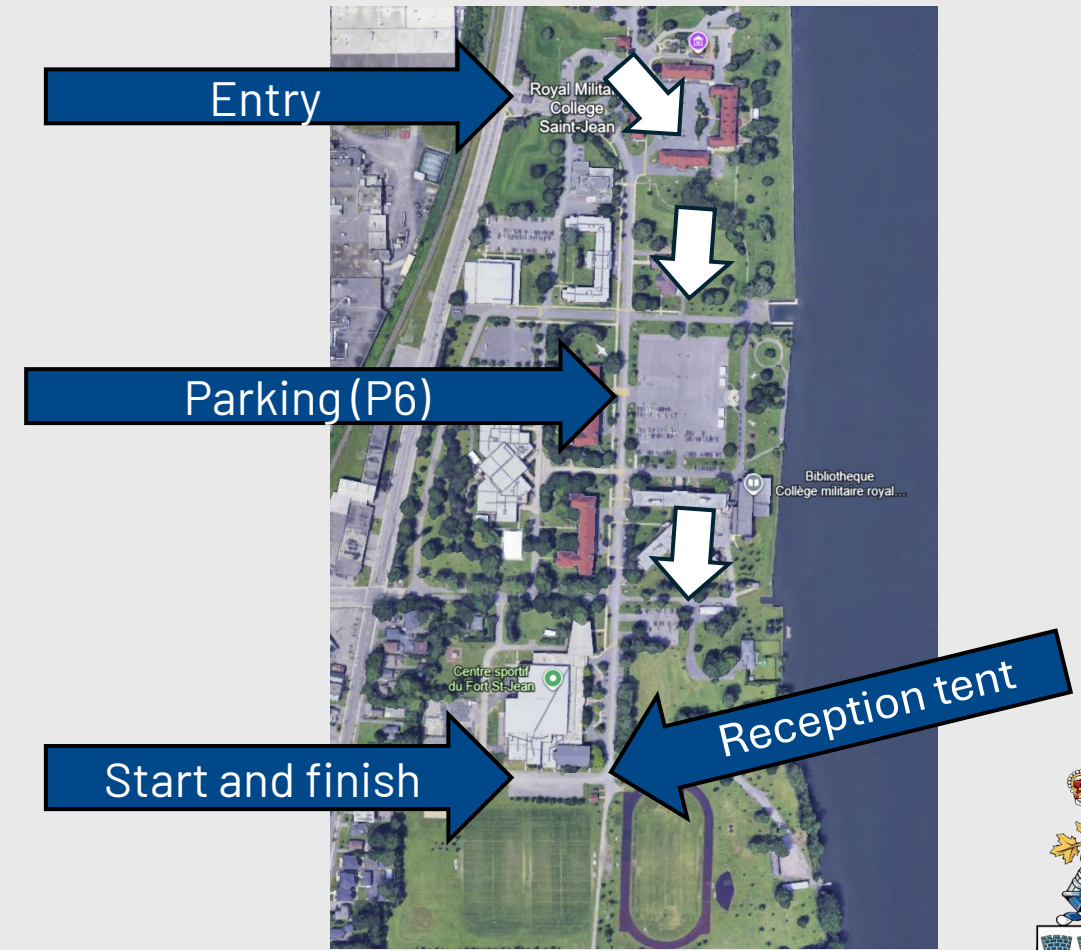
- 2nd: \$15 gift card



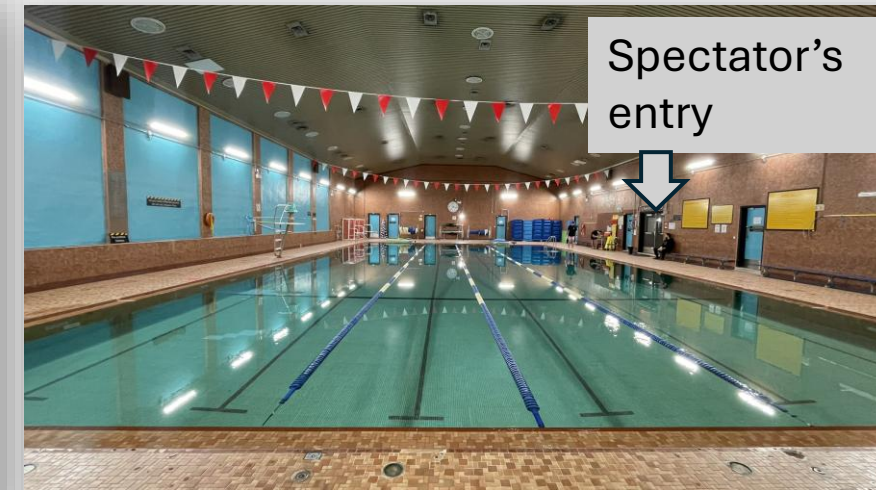
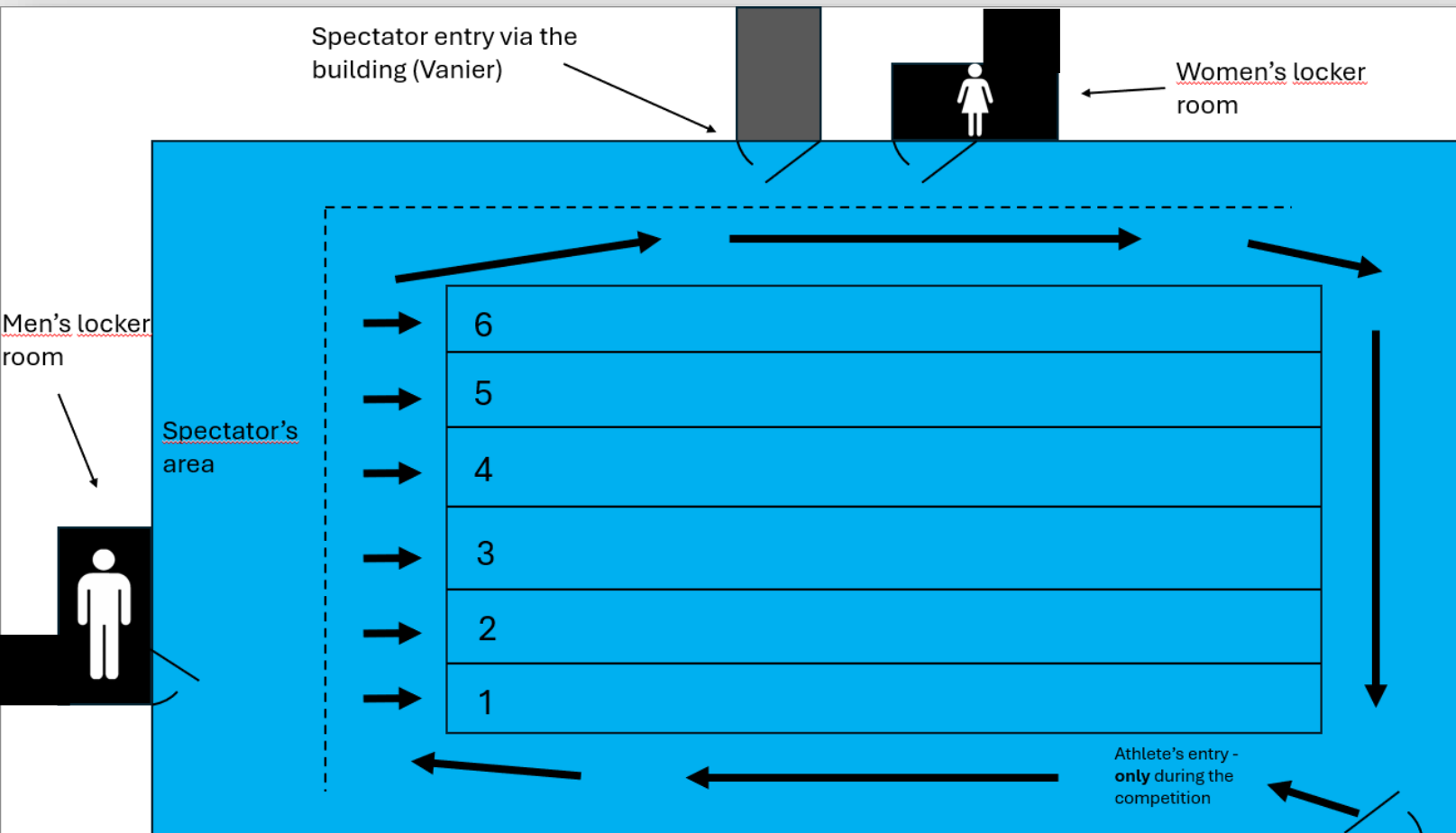
SITE MAP – PARKING & RECEPTION TENT

**Site entry: 15 Rue Jacques-Cartier
Nord, Saint-Jean-sur-Richelieu, QC,
J3B 8R8**

- Ask for directions to parking lot 6 (P6) at the gatehouse.
- From the parking lot, follow the signs to the aquathlon venue.
- The welcome tent will have a blue canopy with the Remparts team logo.



MAP FOR SPECTATORS - POOL



PARTNERS



TRIATHLON
QUÉBEC



HUB



CORPORATION DU
FORT ST-JEAN
SERVIR... NOTRE FORCE

