



MONTREAL

25 February 2023

THE 2023 ESPORTS TRIATHLON
WORLD CHAMPIONSHIP



ATHLETE GUIDE



CEO's WELCOME

Hello and welcome to the Arena Games Triathlon powered by Zwift.

It is my pleasure to welcome you to the Arena Games Triathlon powered by Zwift World Championship Series 2023.

I am very excited by the growth of Arena Games Triathlon and to see where this unpredictable but captivating new format will go. In 2022 we saw broadcast viewing figures of more than 21 million across three events, which was truly phenomenal and beyond all expectations. What it serves to underline is that Arena Games Triathlon's unique hybrid race format is bringing new fans to our sport, fans who otherwise may never engage with triathlon.

Arena Games Triathlon has also been a huge talking point in the wider sports industry, with so many major rights holders looking at it and wondering whether they can replicate it in some ways themselves as they see this is a direction of travel for attracting fans and the IOC, as we also aim for Olympic inclusion.

I am often asked whether Arena Games is the future of triathlon. My answer is no. Super League is the future of triathlon, and Arena Games is part of that.

Our amazing and wonderful sport has the ability to cater for more than just traditional triathlon fans and participants, and any sport that stops innovating and developing, stops fighting for audience and competitors in an ever more competitive market will, make no mistake, go backwards.

It is why I have been so encouraged to see athletes embrace this new way of racing, and in particular to promote a new and exciting wave of talent bubbling away for whom seeing technology as integral to every facet of their lives, including sport, is only natural, as is the possibility in this increasingly interconnected world to be inspired to train and race.

Also the support from partners, host venues who have been so keen to help us expand the Series, and World Triathlon. They have refused to stand still and have embraced progress with the aim of developing our sport and reaching wider audiences. Their courage and foresight deserves our applause and admiration.

All that remains is for me to thank you all for your support of Arena Games Triathlon. Enjoy the racing.

Michael D'hulst
Super League Triathlon
CEO and Co-Founder





WT's WELCOME

Hello and a very warm welcome to the Arena Games Triathlon.

Hello and a very warm welcome to the 2023 Arena Games Triathlon World Championship Series.

World Triathlon is delighted to present its unique partnership with Super League Triathlon for the second year, as together we get ready to crown the 2023 Esports World Champions in triathlon.

The Arena Games World Championships provide fast and furious racing like no other, offering opportunities for emerging triathlon talents and established champions alike to put their close-season work to the test and set the tone for the year to come.

Last year we saw the first incarnation of the Series that really took each of the host cities by storm, packed crowds inside the venues underlining exactly what makes these Arena Games so special by creating an electric atmosphere that the athletes loved, helping inspire Alex Yee and Beth Potter to the first ever world titles.

World Triathlon has always sought to innovate and partner with organisations that are looking to do likewise, and working alongside Super League Triathlon continues to be a hugely positive experience for both organisations.

I would like to thank all those who have worked so hard with us to make sure the 2023 Series builds on everything that was done last year to make this championships an even bigger spectacle. I know that this season's fantastic host cities of Montreal, Sursee and London will ensure warm welcomes and stunning settings that will get the best out of the athletes and be enjoyed around the world.

The Arena Games format is undoubtedly drawing in new fans and new ways of presenting the magic of swim-bike-run, which is what we always want to strive for, so enjoy the non-stop action, and good luck to all the athletes chasing their dreams!

Yours in (e)Sport

Marisol Casado
World Triathlon President
IOC Member





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GENERAL INFO

ORGANISER

The Arena Games Montreal powered by Zwift is organised by Super League Triathlon in partnership with World Triathlon.

Super League International Ltd
Scott House
The Concourse
Waterloo Station
London
SE1 7LY
<https://superleaguetriathlon.com/>

KEY CONTACTS

Technical Race Director	Michael Thompson	thomo@superleaguetriathlon.com
Head Referee	Keith Iwasaki	keith_iwasaki@hotmail.com
World Triathlon Team Leader	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org
Accommodation and Travel	Louise Garlick	travel@superleaguetriathlon.com
Event Queries	Ashlee D'hulst	ashlee@superleaguetriathlon.com



VENUE LOCATION

COMPETITION

The venue for the Arena Games Montreal 2023 is:

[Olympic Pool at Centre sportif du Parc Olympique
3200 Vial St, Montreal, Quebec H1V 0A7, Canada](#)

RACE BRIEFING

The athlete and coach race briefings will take place on site on Friday 24 February from 16:00 - 17:00 o'clock before the Registration. All athletes and coaches must be on site. The exact room for the race briefing will be announced later.

REGISTRATION

Registration will take place at the Olympic Pool on the afternoon of Friday 24 February in line with the schedule after the Race Briefing.

At registration after confirming that the athletes' have signed the athletes' agreements, we will ask everyone to pick up their tri suit and conduct a photo headshot for the purposes of broadcast.

Please note that the minimum age is 15 years old and all entries must come through the national federations to World Triathlon.

ORGANISERS OFFICE

Location: [Centre sportif du Parc Olympique](#)

Opening Hours:

Friday 24 February: 10:00 - 19:00



TRAVEL & ACCOMODATION

HOTEL

Official Hotel:

[Hotel Universel Montreal](#)

5000, Rue Sherbrooke Est, Montréal, Québec, Canada H1V 1A1

An allocation of rooms are available until the 11 February at the following rates:

- Regular category with 2 double beds, single and double occupancy CAD \$150*
- Superior category with 1 king bed, single and double occupancy CAD \$150*

*Rates are room only board and subject to 19% tax. A la carte breakfast is provided at the hotel, with menu items between \$10-\$18

Rates are effective exclusively from Wednesday February 22 to Sunday February 26 2023.

Contact Reservations:

The rooms can be booked individually using the reservation code: **“Triathlon MTL-Arena Games”**. This code must be quoted at the time of booking in order to qualify for the preferred rates. **The code is valid until February 11 2023**. After this date, reservations can be made at this rate based on availability only.

Book by phone or email

Phone: +1 514-253-3365 or 1 (800) 567 0223

E-Mail: info@hoteluniverselmontreal.com

Or via the following link [Triathlon MTL-Arena Games](#)



TRAVEL & ACCOMODATION

AIRPORT TRANSFERS

Airport transfers are provided for athletes and their coaches between Montreal Airport and Official Hotels on Thursday 23, Friday 24 and Sunday 26 February.

Transfers must be requested via the booking form [HERE](#).

All requests must be submitted no later than 18:00 GMT on Friday 17 February.



SCHEDULE

EVENT SCHEDULE

Thursday 23 February

16:00 - 18:00 Swim Training at the Centre Sportif

Friday 24 February

15:30 - 16:30 Registration and Weigh In Group A
Group A: AUS, CAN, FIN, FRA

16:30 - 17:00 Athletes Briefing on Site

17:00 – 18:00 Venue Familiarisation Group A – Access to Pool, Bike Trainers, Treadmill

17:00 – 18:00 Registration and Weigh In Group B
Group B: GBR, HUN, ISR, LUX, MEX, RSA, SVK, TAH, UKR, USA

18:00 – 19:00 Venue Familiarisation Group B – Access to Pool, Bike Trainers, Treadmills

Group A:
AUS, CAN, FIN, FRA

Group B:
GBR, HUN, ISR, LUX, MEX, RSA, SVK, TAH, UKR, USA



SCHEDULE

Saturday 25 February

From 08:30 Venue Open / Access to Athlete Areas

WOMEN - HEAT 1

08:30 – 09:30 Warm Up Area open for Women Heat 1
09:30 – 09:50 Bike Racking for Women Heat 1
09:55 Athletes' introduction
10:00 – 10:30 Women Heat 1
Stage 1: Swim-Bike-Run
Stage 2: Swim-Bike-Run (Pursuit Start)

WOMEN - HEAT 2

09:20 – 10:20 Warm Up Area open for Women Heat 2
10:30 – 10:40 Bike Racking for Women Heat 2
10:45 Athletes' introduction
10:50 – 11:20 Women Heat 2
Stage 1: Swim-Bike-Run
Stage 2: Swim-Bike-Run (Pursuit Start)

MEN - HEAT 1

10:10 – 11:10 Warm Up Area open for Men Heat 1
11:20 – 11:30 Bike Racking for Men Heat 1
11:35 Athletes' Introduction
11:40 – 12:07 Men Heat 1
Stage 1: Swim-Bike-Run
Stage 2: Swim-Bike-Run (Pursuit Start)

MEN - HEAT 2

11:00 – 12:00 Warm Up Area open for Men Heat 2
12:10 – 12:20 Bike Racking for Men Heat 2
12:25 Athletes' Introduction
12:30 – 12:57 Men Heat 2
Stage 1: Swim-Bike-Run
Stage 2: Swim-Bike-Run (Pursuit Start)



SCHEDULE

Saturday 25 February

17:30 – 19:45 **Live TV Broadcast**

WOMEN - FINAL

16:15 – 17:15 Warm Up Area open for Women Final
17:15 – 17:25 Bike Racking
17:31 Athletes' Introduction
17:36 – 18:21 Women Final
Stage 1: Swim-Bike-Run
Stage 2: Run-Bike-Swim
Stage 3: Swim-Bike-Run (Pursuit Start)
18:26 Women Medal Ceremony

MEN - FINAL

17:20 – 18:20 Warm Up Area open for Men Final
18:20 – 18:30 Bike Racking
18:36 Athletes' Introduction
18:41 – 19:25 Men Final
Stage 1: Swim-Bike-Run
Stage 2: Run-Bike-Swim
Stage 3: Swim-Bike-Run (Pursuit Start)
19:30 Men Medal Ceremony

20:30 Venue Closed



PRE-COMPETITION

UNIFORMS

Athletes are required to wear the trisuits that will be provided by the LOC. The trisuit will have a pre-selected colour that matches each athlete's virtual avatar with World Triathlon and Arena Games Triathlon logo - but will be without sponsor logos.



Women's Tri-Suits



Men's Tri-Suits



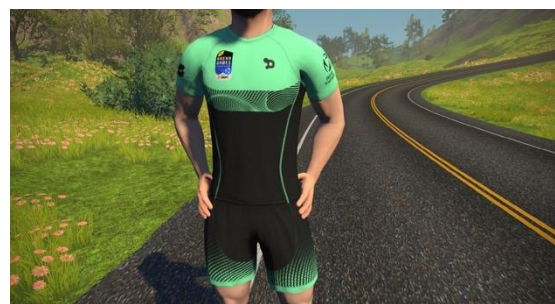
PRE-COMPETITION



Matching Virtual Cycling Uniform



Matching Virtual Running Uniform





PRE-COMPETITION

HEART RATE MONITORS

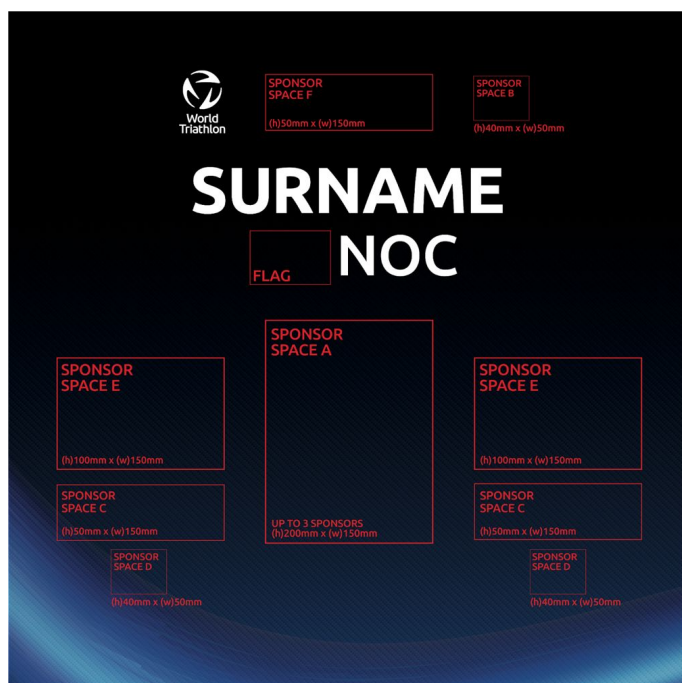
The LOC will provide Heart Rate Monitors that must be worn during competition. Heart Rate Monitors will sync with Zwift and the athlete's heart rate will be displayed on Live TV Broadcast.

NAME SIGNS

The LOC will provide name signs for each athlete which will be positioned in front of each run & bike station. Athletes can submit their individual sponsor logos which will be printed on the name signs [HERE](#).

Deadline for the submission of logos is 3rd February 2023. Logos submitted after this date can not be considered anymore and Athlete Name Signs will only show the Athlete's name, flag and country code.

The number of logos, sizing and positioning will follow World Triathlon Uniform Guidelines.





PRE-COMPETITION

ACCREDITATION

All Athletes and registered coaches will be provided with official event accreditation to facilitate access to certain venue areas. Accreditation cards are number coded and provide access to specific areas of the competition areas.

All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

Note that coaches and medical team need to register via their National Federation on the World Triathlon online registration platform. No accreditation will be handed over if the names are not on the World Triathlon list.

Collection: Accreditation and Uniforms will be picked up from the Venue (Centre sportif) on Friday 24 February during registration.

HEADSHOTS

All participants are required to be present during registration to have head shots done for broadcast purposes. Headshots will be taken during your hour long registration period at the Centre sportif.



PRE-COMPETITION

TRAINING AND FAMILIARISATION

Pre-competition swim training is provided at the Venue on the evening of Thursday 23 February and during the Venue Familiarisation on the afternoon of Friday 24 February. There are limited swim lanes, curved treadmills and bike trainers during the Venue Familiarisation, so there will be a split in line with the schedule below:

Thursday, 23 February*	16:00 - 18:00	Swim Training
Friday, 24 February	15:30 - 16:30	Registration Group A
	17:00 - 18:00	Venue Familiarisation Group A
	17:00 - 18:00	Registration Group B
	18:00 - 19:00	Venue Familiarisation Group B

Group A:

AUS, CAN, FIN, FRA

Group B:

GBR, HUN, ISR, LUX, MEX, RSA, SVK, TAH, UKR, USA

***NOTE:** To access the training, reference "Arena Games Triathlon" at the Ticket Office of the venue.



PRE-COMPETITION

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance on 25 February during competition hours.

Medical and paramedic personnel will be available throughout competition times. Ambulances will be available to provide emergency transfer to hospital.

BIKE MECHANIC SERVICE

A bike mechanic will be present at the competition venue during registration, familiarisation and throughout the day on competition day.

If you need help outside these hours please contact the Event Office.



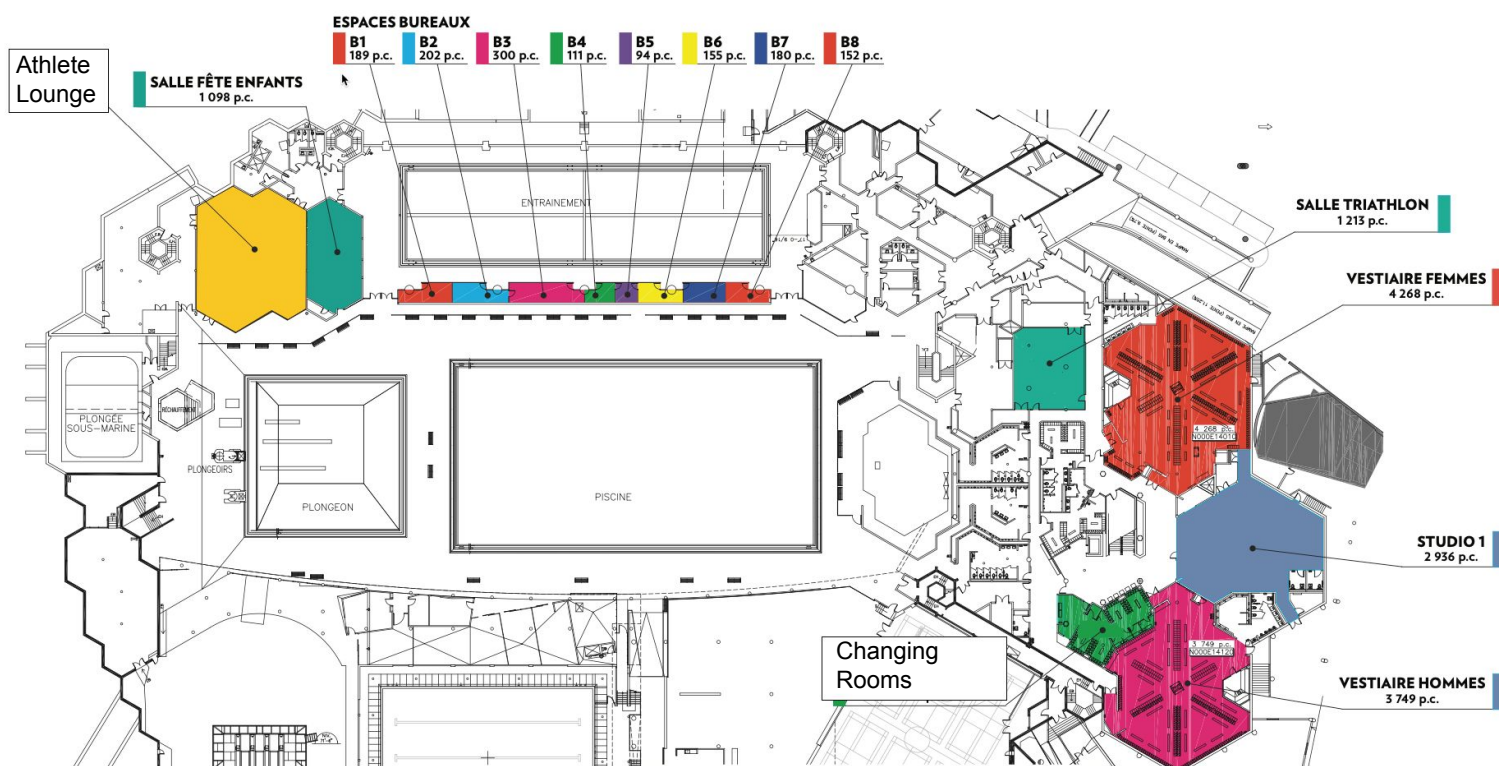
ATHLETE AREAS

ATHLETE'S CHANGING AREA

Athletes can access the public changing rooms within the venue.

ATHLETE'S LOUNGE

The Athlete Lounge will be in the room "Palestre" on the pooldeck by the diving pools on Saturday only.





ATHLETE AREAS

COACHES AREAS AND ATHLETE VIEWING

Athletes and coaches who are not competing need to be in the Seating Gallery.

Coaches and non competing athletes cannot be on the pool deck at any time during competition.



ATHLETE AREAS

WARM UP AREA

Athletes and coaches are permitted to enter the warm up area at specific times (see schedule below) Outside of these times, they are asked to sit in the athlete seating area or use the athletes changing area.

08:30 - 09:30	Warm Up Area open for Women Heat 1
09:20 - 10:20	Warm Up Area open for Women Heat 2
10:10 - 11:10	Warm Up Area open for Men Heat 1
12:00 - 13:00	Warm Up Area open for Men Heat 2
16:15 - 17:15	Warm Up Area open for Women Final
17:20 - 18:20	Warm Up Area open for Men Final



COMPETITION

RULES

Arena Games Events are run in line with Appendix S of the [World Triathlon Competition Rules](#).

EVENT FORMAT

Heats:

- 2 Heats with 10 athletes per Heat
- 2 Stages (Swim-Bike-Run // Swim-Bike-Run)
- Pursuit start for the second stage based on the time difference after the first stage. The athlete with the fastest time will start first.
- Athletes ranked 1-4 per Heat qualify for the Final
- The next fastest two athletes across both Heats also go into the Final. If there is a tie in the 10th position, a draw must take place among the athletes affected.

Finals:

- 10 athletes
- 3 Stages (Swim-Bike-Run // Run-Bike-Swim // Swim-Bike-Run)
- Pursuit start for the last (3rd) stage based on accumulated time after the first and second stage. The athlete with the fastest time will start first
- The first athlete finishing the run is the overall winner.

Qualification for Finals:

The top 4 from each Heat plus the next fastest two athletes across both Heats qualify for the Final.



COMPETITION

SWIM COURSE

The swim will be a 200m pool swim (4 lengths of the 50m pool). Each athlete will swim in their own lane. After the final length, participants will need to get out of the pool and make their way to the bike station.

BIKE COURSE

The bike course is static on Tacx Neo2T Trainers linked to the virtual world of Zwift. Participants will need to complete 2 laps of the Crit City Downtown Dolphin Course for a total distance of 4km

RUN COURSE

The run course is on self powered curved treadmills linked to the virtual world of Zwift. Participants will need to complete a total distance of 1km on the Crit City Course.

TRANSITIONS

There is a transition box for each athlete by the start/end of each segment. Athletes must place all equipment used for the discipline into the transition box of that segment. All items must be placed in the box, including running shoes.



POST-COMPETITION

DOPING CONTROL

Doping Control will be performed in compliance with the World Triathlon Anti-doping rules and WADA International Standard for Testing.

RESULTS

Results will be uploaded live on Super League and World Triathlon's official websites:
www.triathlon.org/results

RANKINGS

The winner of the Arena Games Triathlon Montreal will earn 250 points. The points awarded for every athlete thereafter will decrease by 7.5% for every position.

The Arena Games Triathlon Rankings will be established at the end of the series. The final score for each athlete will be obtained by adding the points gained at the Arena Games Triathlon Final in London plus the best athlete's score in either the Arena Games Triathlon Montreal or Switzerland..

The specific Ranking Criteria for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/ranking_criteria



POST-COMPETITION

PROTESTS AND APPEALS

Appeal / protest can happen at any moment but they will be discussed at the end of the phase (Heat / Final). The procedures and the timelines to be followed are similar to any other event.

MEDAL CEREMONIES

Medal Ceremonies will take place immediately after each Final.

18:26	Women's Medal Ceremony
19:30	Men's Medal Ceremony

PRIZE MONEY

Rank	1	2	3	4	5	6	7	8	9	10
Prize Money	\$5,000	\$4,200	\$3,400	\$2,600	\$1,800	\$1,400	\$1,100	\$800	\$500	\$300

The prize money for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://triathlon.org/about/downloads/category/prize_money_information

Prize Money is subject to Withholding Tax.

RÉFÉRENCES / REFERENCES



ATTRAIITS / ATTRACTIONS

- 1 PLACE DE LA VASQUE
- 2 BIODÔME
- 3 PLANÉTIARIUM RIO TINTO ALCAN
- 4 CENTRE SPORTIF
- 5 OBSERVATOIRE DE LA TOUR

ARRÊTS CONTEMPLATIFS / SCENIC STOPS



REGARDS SUR LE STADE

Une promenade
archisportive!

THE STADIUM UP CLOSE
Stroll where sports and culture meet!

BOULEVARD PIE-IX

RUE VIAU



THÉODORE

LECLAIRE

SICARD

A-RD

BENNETT

AVENUE PIERRE-DE COUBERTIN

LETOURNEUX

DE LA SALLE

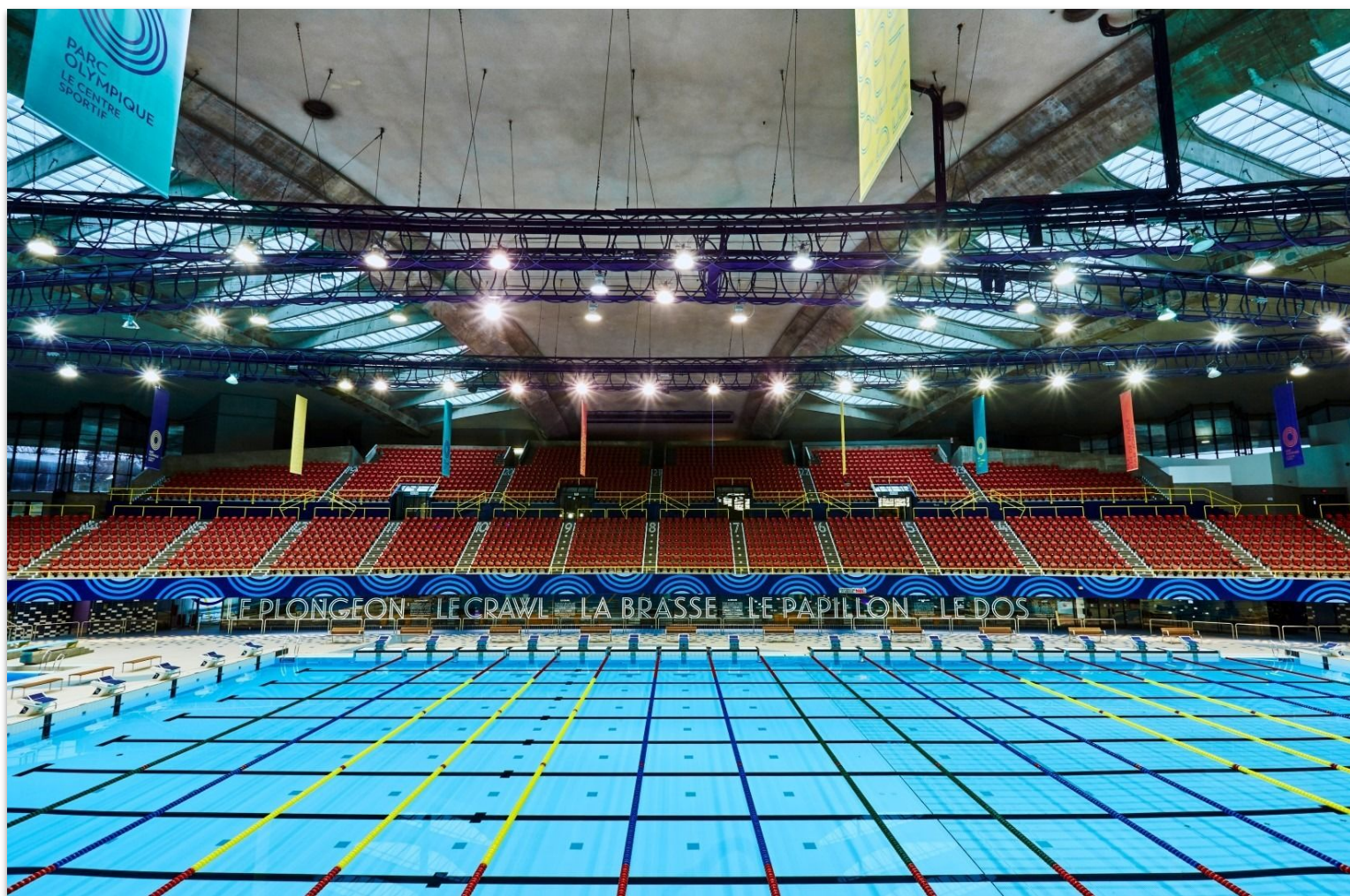
DESJARDINS

RUE SHERBROOKE EST

CENTRE-VILLE →



LE CENTRE SPORTIF





HOW TO GET THERE

BY CAR

Underground parking P5 located at 3200 rue Viau. See [here](#) for pricing.

BY BIKE

Bike access via the cycle paths of Rachel Street, Maisonneuve Park and Bennett Street. Bike racks are available a few meters from the entrance. A Bixi station is located on rue Pierre-de-Coubertin.

BY FOOT

10-15 minutes walk from the hotel.

Five minutes walk from Viau metro station, on the green line, and from the 34, 125 and 136 bus stop.

REDUCED MOBILITY ACCESSIBILITY

The Sports Center is accessible to people with reduced mobility. The sanitary facilities are also suitable for people in wheelchairs.



ARENA GAMES TRIATHLON



POWERED BY



ZWIFT

superleaguetriathlon.com/triathlon-race/arenagames