EVENT SCHEDULE

FRIDAY, JULY 15, 2022

11am-7:30pm Packet Pick Up - NO BIKE CHECK IN Alamitos Beach (Long Beach) - Race Registration Tent & Expo Area
12:30-3:30pm USA Triathlon Foundation/Ready, Set, Gold! Youth Activation Zwift Headquarters * 111 W Ocean Blvd, Suite 1800, Long Beach, CA 90802*
5pm AC and Paratriathlon Virtual Race Briefing Available Online
4:45pm-6pm Open Water Swim - Check-In/Packet Pickup Alamitos Beach (Long Beach) - Race Registration Tent & Expo Area
6:30pm 150M Open Water swim - All Age Groups Alamitos Beach (Long Beach) - Swim Start
6:45pm 750M Open Water Swim - All Age Groups Alamitos Beach (Long Beach) - Swim Start
7:15pm Awards Ceremony Alamitos Beach (Long Beach) - Finish Line

SATURDAY, JULY 16, 2022

4:30am Parking Access Open Convention Center Parking Lot - Enter Off Ocean Blvd
4:45-6:15am Bike Check-In *Mandatory Marina Green Parking Lot - Transition Area
4:45-6:40am Transition Open - Age-Group Sprint Marina Green Parking Lot - Transition Area
4:45-6:15am Race Day Packet Pick Up Alamitos Beach (Long Beach) - Expo Area
5am Roads Close
6:15am Swim Warm Up open for preceding wave adjacent to swim start Alamitos Beach (Long Beach) - Swim Start
6:45am Relay Wave/Olympian Wave Alamitos Beach (Long Beach) - Swim Start
6:47am Wave 1: Males 15-34 Alamitos Beach (Long Beach) - Swim Start
6:55am Wave 2: Males 35-44 Alamitos Beach (Long Beach) - Swim Start
7:03am Wave 3: Females 55+ Alamitos Beach (Long Beach) - Swim Start
7:11am Wave 4: Males 45-54 Alamitos Beach (Long Beach) - Swim Start
7:18am Wave 5: Males 55-64 Alamitos Beach (Long Beach) - Swim Start
7:27am Wave 6: Males 65+ Alamitos Beach (Long Beach) - Swim Start
7:35am Wave 7: Females 15-29 Alamitos Beach (Long Beach) - Swim Start
7:43am Wave 8: Females 30-40 Alamitos Beach (Long Beach) - Swim Start
8:15-8:45am Swim Familiarization Americas Cup and Paratriathlon Nationals Alamitos Beach (Long Beach) - Swim Start
9:15am Bike Cut Off Marina Green Parking Lot - Transition Area
9:20-9:50am Americas Cup/Paranationals Bike Familiarization Bike Course (1 Lap Escorted)
10:15am Roads Re-open
10:15am Awards Ceremony Alamitos Beach (Long Beach) - Finish Line
11am All Bikes Out of Transition Marina Green Parking Lot - Transition Area

SUNDAY, JULY 17, 2022

4:55am Elite Men TA-All Elite Athlete Lounge Open Alamitos Beach - Circle
5am Roads Closed Triathlon Course
5:25-5:55am Elite Men Swim Warm Up Alamitos Beach - Swim Start
5:55am National Anthem Alamitos Beach - Swim Start
5:59-6:09am Elite Men Introductions Alamitos Beach - Swim Start
6:10am Elite Men Race Start Alamitos Beach
6:25am Elite Women Transition Open Marina Green Parking Lot - Transition Area
6:55-7:15am Elite Women Swim Warm Up Alamitos Beach - Swim Start
7:15-7:25am Elite Women Introductions Alamitos Beach (Long Beach) - Swim Start
7:25am Elite Women Race Start Alamitos Beach (Long Beach) - Swim Start
7:40am Paratriathlon Transition Opens Alamitos Beach (Long Beach) - Swim Start
8:10-8:30am Paratriathlon Swim Warm Up Alamitos Beach (Long Beach) - Swim Start
8:30-8:40am Paratriathlon Introductions Alamitos Beach (Long Beach) - Swim Start
8:40am Paratriathlon Nationals Start (PTVII Men) Alamitos Beach (Long Beach) - Swim Start
8:42-4:46am Paratriathlon Nationals Start (PTVII/2/3 Men) Alamitos Beach (Long Beach) - Swim Start
8:45am Paratriathlon Nationals Start (PTVII Women) Alamitos Beach (Long Beach) - Swim Start
8:48-19am Paratriathlon Nationals Start (PTVII/2/3 Women) Alamitos Beach (Long Beach) - Swim Start
8:52am Paratriathlon Nationals Start (PTS2/3/4/5 Men) Alamitos Beach (Long Beach) - Swim Start
8:53am Paratriathlon Nationals Start (PTS2/3/4/5 Women) Alamitos Beach (Long Beach) - Swim Start
8:55am Paratriathlon Nationals Start (PTWC1 Men) Alamitos Beach (Long Beach) - Swim Start
8:57:59am Paratriathlon Nationals Start (PTWC2 Men) Alamitos Beach (Long Beach) - Swim Start
9am Paratriathlon Nationals Start (PTWC Women) Alamitos Beach (Long Beach) - Swim Start
9:03-32am Paratriathlon Nationals Start (PTWC2 Women) Alamitos Beach (Long Beach) - Swim Start
9:15am PC Open and Challenged Teams Alamitos Beach (Long Beach) - Swim Start
10:40am Roads Re-Open Race Cut Off 10:40am Shoreline Dr and Ocean Blvd
10:45am Awards Ceremony All Races Alamitos Beach (Long Beach) - Finish Line
11:00am All Bikes Out of Transition Marina Green Parking Lot - Transition Area