



2026 SCHEDULE OF EVENTS

DATE	TIME*	EVENT	LOCATION
Tuesday, July 21	4:30 – 7:30 PM	Meet-in-Greet Social	Neighbourhood Brewing, 187 Westminster Ave W, Penticton
Wednesday, July 22	9am-12pm	Athlete Check-In, Equipment Pick-Up, Souvenir Sales	Penticton Lakeside Resort, 21 Lakeshore Dr.
Thursday, July 23	8 – 11 AM	Pre-Event Briefing and Breakfast [MANDATORY for each participant & team captain; recommended for all support team members]	Penticton Lakeside Resort, 21 Lakeshore Dr.
FRIDAY, July 24 (DAY 1)	6:30-7:00am	STAGE I: CHECK-IN	Manitou Beach Park, Naramata
	7:00-7:25 AM	Photos/Race Introduction (all athletes on beach)	Manitou Beach Park, Naramata
	7:15 – 7:25 AM	Swim Escorts Launch	Manitou Beach Park, Naramata
	7:30 AM (SHARP)	STAGE I: SWIM START	Manitou Beach Park, Naramata
	9 – 9:45 AM	Transition Check-in [MANDATORY for all team captains]	Okanagan Lake Park
	1:30PM	Swim Cut-off (6.0-hrs)	
	7:30 PM (5:41 PM Sunset)	STAGE I CUT-OFF (12-hrs)	Kenyon Park, Okanagan Falls

*Local time (PDT)



2026 SCHEDULE OF EVENTS (Cont.)

DATE	TIME*	EVENT	LOCATION
SATURDAY, July 25 (DAY 2)	6:15 – 6:45 AM	STAGE II: CHECK-IN & INSTRUCTIONS [MANDATORY for all team captains]	Skaha Lake Parking, Lakeside Dr.
	6:45 – 6:55 AM	Support Teams Depart	Skaha Lake Parking, Lakeside Dr.
	7:00 AM (SHARP)	STAGE II: BIKE START	Skaha Lake Parking, Lakeside Dr.
	7:00 PM	STAGE II CUT-OFF (12-hrs)	Princeton Arena, Princeton
SUNDAY, July 26 (DAY 3)	6:30 AM	STAGE III: CHECK-IN AT Run Start [MANDATORY for all team captains]	Old Princeton-Summerland Hwy.
	7:00 AM (SHARP)	STAGE III: RUN START	Old Princeton-Summerland Hwy.
	7:00 PM	STAGE III CUT-OFF (12-hrs)	Memorial Park, Summerland
Monday, July 27	4 – 5:30 PM	Happy Hour, Souvenir Sales & Lost & Found	Penticton Lakeside Resort, 21 Lakeshore Dr.
	5:30 – 7:30 PM	Dinner	
	7:30 – 9:00 PM	Award Presentation, Speeches & Slide Show	

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