

# THE CANADIAN ATHLETE'S ROAD TO 2020

PICK YOUR RACE AND  
SUBMIT YOUR \$20  
EOI TO TRIATHLON  
CANADA 3 WEEKS  
BEFORE YOUR RACE

02

03

TRAIN REALLY,  
REALLY HARD!

04

GO TO A QUALIFYING  
RACE AND COMPETE

05

WAIT TO HEAR FROM  
TRIATHLON CANADA  
VIA EMAIL IF YOU'VE  
BEEN AWARDED A SPOT

01

JOIN YOUR  
PROVINCIAL SPORT  
ORGANIZATION  
(PSO)

08

JOIN US IN AUGUST OF  
2020 IN EDMONTON  
FOR DO NORTH 2020!

07

IF YOU DO NOT  
QUALIFY, BEGIN  
PROCESS AGAIN  
AT #2

06

CLAIM YOUR SPOT  
FROM TRIATHLON  
CANADA WHEN  
THE EMAIL ARRIVES