



SCHEDULE

MEN UNDER 23 - INDIVIDUAL TIME TRIAL

KM to go	KM	Street	Intersections	First Start	First Start	First Start	Last Start	Last Start	Last Start
			Start Time	12:00	12:00	12:00	13:45	13:45	13:45
			Speed km/h	46	48	50	46	48	50
31.3	0	Ave du Parc	Ramp/Start	12:00	12:00	12:00	13:45	13:45	13:45
31.2	0.1	Ave du Parc	Left Turn Ave des Pins	12:00	12:00	12:00	13:45	13:45	13:45
30.3	1	Ave des Pins	Right Turn rue St-Denis	12:01	12:01	12:01	13:46	13:46	13:46
30.2	1.1	Rue St-Denis	Left Turn rue Cherrier	12:01	12:01	12:01	13:46	13:46	13:46
30.1	1.2	Rue Cherrier	Right Turn rue Berri	12:01	12:01	12:01	13:46	13:46	13:46
29.6	1.7	Rue Berri	Left Turn rue Ontario	12:02	12:02	12:02	13:47	13:47	13:47
29.2	2.1	Rue Ontario	Right Turn rue Atateken	12:02	12:02	12:02	13:47	13:47	13:47
28.2	3.1	Rue Atateken	Left Turn rue St Antoine	12:04	12:03	12:03	13:49	13:48	13:48
28.1	3.2	Rue St Antoine	Right Turn rue Montcalm	12:04	12:04	12:03	13:49	13:49	13:48
28	3.3	Rue Montcalm	Right Turn rue Notre Dame	12:04	12:04	12:03	13:49	13:49	13:48
27.1	4.2	Rue Notre Dame	Left Turn PL Jacques-Cartier - cobblestone !!!	12:05	12:05	12:05	13:50	13:50	13:50
26.9	4.4	PL Jacques-Cartier	Right Turn rue de la Commune - cobblestone!!!	12:05	12:05	12:05	13:50	13:50	13:50
25.9	5.4	Rue de la Commune	Right Turn rue McGill	12:07	12:06	12:06	13:52	13:51	13:51
25.7	5.6	Rue McGill	Left Turn rue Wellington	12:07	12:07	12:06	13:52	13:52	13:51
25.3	6	Rue Wellington	Left Turn aut. Bonaventure	12:07	12:07	12:07	13:52	13:52	13:52
21.9	9.4	Aut. Bonaventure	Left Turn exit ramp	12:12	12:11	12:11	13:57	13:56	13:56
21.7	9.6	Aut. Bonaventure	Right Turn exit ramp	12:12	12:12	12:11	13:57	13:57	13:56
21.5	9.8	Aut. Bonaventure	Straight exit ramp	12:12	12:12	12:11	13:57	13:57	13:56
21.2	10.1	Aut. Bonaventure	Right Turn BL René Lévesque	12:13	12:12	12:12	13:58	13:57	13:57
20.9	10.4	BL René Lévesque	Left Turn rue Estacade du Pont Champlain	12:13	12:13	12:12	13:58	13:58	13:57
20.6	10.7		Intermediate time 1	12:13	12:13	12:12	13:58	13:58	13:57
18.3	13	Estacade du Pont Champlain	Left Turn Voie Maritime	12:16	12:16	12:15	14:01	14:01	14:00
15.2	16.1	Voie Maritime	Right Turn Ch Écluse - 180 degrees	12:21	12:20	12:19	14:06	14:05	14:04
15.2	16.1	Voie Maritime	Left Turn Ch Écluse - 180 degrees	12:21	12:20	12:19	14:06	14:05	14:04
14.4	16.9	Ch Écluse	Left Turn cycle path	12:22	12:21	12:20	14:07	14:06	14:05
14.1	17.2	Piste cyclable	Right Turn ch service CGV	12:22	12:21	12:20	14:07	14:06	14:05
14	17.3	à droite ch service CGV	Left Turn -right turn - chicane	12:22	12:21	12:20	14:07	14:06	14:05
13.7	17.6	Ch service CGV	Left Turn CGV	12:22	12:22	12:21	14:07	14:07	14:06
13.7	17.6	Ch service CGV	Left Turn CGV	12:22	12:22	12:21	14:07	14:07	14:06
13.4	17.9	CGV	Right Turn	12:23	12:22	12:21	14:08	14:07	14:06
13	18.3	CGV	Right Turn - left turn - chicane	12:23	12:22	12:21	14:08	14:07	14:06
12.4	18.9	CGV	Left Turn -right turn - chicane	12:24	12:23	12:22	14:09	14:08	14:07
12.2	19.1		Intermediate time 2	12:24	12:23	12:22	14:09	14:08	14:07
11.7	19.6	CGV	Right Turn exit Av Pierre Dupuy	12:25	12:24	12:23	14:10	14:09	14:08
8.7	22.6	Av Pierre Dupuy	Right Turn Ch des Moulins	12:29	12:28	12:27	14:14	14:13	14:12
8.6	22.7	Ch des Moulins	Left Turn on entry ramp Aut. Bonaventure	12:29	12:28	12:27	14:14	14:13	14:12
8.4	22.9	Aut. Bonaventure	straight ahead	12:29	12:28	12:27	14:14	14:13	14:12
7.5	23.8	Aut. Bonaventure	Right Turn -rue Wellington	12:31	12:29	12:28	14:16	14:14	14:13
7.1	24.2	Rue Wellington	Right Turn -rue McGill	12:31	12:30	12:29	14:16	14:15	14:14
6.9	24.4	Rue McGill	Left Turn rue de la Commune	12:31	12:30	12:29	14:16	14:15	14:14
5.9	25.4	Rue de la Commune	Left Turn PL Jacques-Cartier - cobblestone !!!	12:33	12:31	12:30	14:18	14:16	14:15
5.7	25.6	PL Jacques-Cartier	Intermediate time 3	12:33	12:32	12:30	14:18	14:17	14:15
5.7	25.6	PL Jacques-Cartier	Right Turn Rue Notre Dame	12:33	12:32	12:30	14:18	14:17	14:15
4.3	27	Rue Notre Dame	Turn around Av Papineau	12:35	12:33	12:32	14:20	14:18	14:17
3.8	27.5	Rue Notre Dame	Right Turn rue St Antoine	12:35	12:34	12:33	14:20	14:19	14:18
3.6	27.7	Rue St Antoine	Right Turn rue Atateken	12:36	12:34	12:33	14:21	14:19	14:18
2.5	28.8	Rue Atateken	Left Turn rue Ontario	12:37	12:36	12:34	14:22	14:21	14:19
2.2	29.1	Rue Ontario	Right Turn Rue Berri	12:37	12:36	12:34	14:22	14:21	14:19
1.7	29.6	Rue Berri	Left Turn Rue Cherrier	12:38	12:37	12:35	14:23	14:22	14:20
1.6	29.7	Rue Cherrier	Right Turn rue St-Denis	12:38	12:37	12:35	14:23	14:22	14:20
1.5	29.8	Rue St Denis	Left Turn Ave Des Pins	12:38	12:37	12:35	14:23	14:22	14:20
0.9	30.4	Ave des Pins	LAST KILOMETER	12:39	12:38	12:36	14:24	14:23	14:21
0.5	30.8	Ave des Pins	Right Turn Av du Parc	12:40	12:38	12:36	14:25	14:23	14:21
0.4	30.9	Ave des Pins	Deviation Left	12:40	12:38	12:37	14:25	14:23	14:22
0	31.3	Ave du Parc	Finish Line	12:40	12:39	12:37	14:25	14:24	14:22