



PRODUCED BY TRIATHLON FAMILY USA, INC.

Sunday, June 11th, 2015 - 7:30 am

Washington -Lee High School, 3100 N. Quincy St.,
Arlington, VA.

For information: triathlonfamilyusa@gmail.com

www.triathlonfamilyusa.com

Welcome to The Arlington Triathlon. Your hosts are the Arlington Triathlon Club, a 12-year old school-based triathlon program for children ages 7-15. The races are produced by Triathlon Family USA, Inc., which provides triathlon coaching programs and events. The race is sanctioned by USA Triathlon, the sport's national governing body.

The Arlington Triathlon is part of the USA Triathlon Mid-Atlantic Region Youth Triathlon Series. This guide is meant to answer most of your questions. It is redundant on purpose. Please let us know if you have other questions. Please help us make this a great race and fun for all our children. The most important thing to us is your child's safety. Next, we want everyone to have fun and enjoy his or her experience here. We appreciate healthy competition and recognize fine performances but we applaud all of our finishers and recognize every triathlete as a winner.

Please thank the many volunteers who are making this Arlington County event possible. These include many of the police officers protecting our children on the roads today. We are fortunate to be able to provide a completely closed course, which those of you familiar with triathlon know is very difficult to arrange. We ask each family to provide at least one volunteer. Please go to our website at www.triathlonfamilyusa.com and click on race registration and then volunteer signup. You also can volunteer on site. We need your help to continue this fun, safe event.

Please thank and patronize our terrific sponsors and partners, without whom these events would be impossible. Each of these organizations has a strong commitment to support youth activities and

contributed meaningfully to this event. Please visit them and tell them you appreciate their sponsorship of youth triathlon in Arlington County.



Aquatics Management Office

SPECIAL THANKS TO THE LONG BRANCH ELEMENTARY SCHOOL PTA, ARLINGTON COUNTY POLICE DEPARTMENT, AND ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION.

NEW THIS YEAR: CHIP TIMING!

PRE-RACE INFO - The Arlington Triathlon

YOU MUST BRING YOUR USA TRIATHLON ANNUAL MEMBERSHIP CARD OR A PRINT OUT OF A

TEMPORARY USAT ANNUAL MEMBERSHIP CARD OR YOU WILL NOT BE ABLE TO PICK UP TRIATHLON REGISTRATION MATERIALS. YOU MUST HAVE AN ANNUAL MEMBERSHIP. USAT NO LONGER OFFERS ONE-DAY MEMBERSHIPS FOR YOUTH MEMBERS. YOUTH MEMBERSHIP FEES WERE REDUCED THIS YEAR TO \$10. THERE ARE NO EXCEPTIONS. YOU CAN PURCHASE A MEMBERSHIP DURING THE REGISTRATION PROCESS. IF YOU HAVE ANY QUESTIONS, PLEASE BE SURE TO ASK THEM EARLY.

1) Packet pick-up for the triathlon will take place Saturday, June 10th between 3 PM AND 7 PM at **O'Sullivan's Irish Pub at 3201 Wilson Blvd in Clarendon**. Packet pickup will close promptly at 7:00 PM, so plan to arrive early. Athletes will receive a swim cap, a colored wristband, and a t-shirt. The swim cap and wristband are color-coordinated. The cap must be worn during the swim and the band must be worn throughout the race. The wristband color corresponds with each athlete's age group. Do not trade wristbands until you have completed the race.

USAT membership cards (or temporary cards) must be shown at registration to pick up packets. Athletes with an accompanying parents or legal guardian must pick up their own packets. All parents must present a photo ID. These rules are set by USA Triathlon to comply with insurance requirements.

There will be a pre-race meeting for interested athletes at 5:00 pm Saturday. We will review the course, the race timeline, and rules. The meeting will take place at O'Sullivan's. For those who have never participated in a triathlon previously, or anyone wanting additional review, a USA Triathlon Certified Youth & Juniors Coach will be available to answer any questions.

Pre-race Dinner: Please join plan the Arlington Triathlon Club for an early dinner at O'Sullivan's Saturday. A percentage of sales between 3 and 7 pm will help support our school-based youth programs.

- 2) BE SURE YOU HAVE THE CORRECT COLORED WRIST BAND & CAP.** Check this before you leave packet pickup. Athletes also will receive a race number bib, which must be worn on the front during the run portion of the race.
- 3) The transition area** will be open by 6:30 am for race preparation, **TIMING CHIP DISTRIBUTION**, and body marking. Timing chips should be worn on one ankle and fastened securely. You **MUST** return the chip at the end of the race or a fee will be incurred to pay for its replacement. Body

marking is when volunteers write your number and age on your arms and legs in markers. Parents should be sure to arrive in time to park so athletes can arrive in transition, get body marked, get their timing chips and arrange their gear prior to 7:00 am when they will be called to line up for the start of the race familiarization.

Once the police are in place, we will allow a course familiarization ride for the athletes for 15 minutes. If you are not in line when the course opens, you will not be permitted to ride the course before the race (no exceptions). We cannot pinpoint when the police will be in place, so we must be ready and waiting before then. We will announce at 6:55 a.m. to line up for the course familiarization. Upon completion of the lap, we will move directly to line up for race start. Depending on the police, this can move the race start closer to 8 am.

- 4) **Parents may enter the transition area very briefly to help with setup before 7:15 am.** Once bikes are racked, parents should retire from the transition area immediately. Athletes should rack their bikes only on the rack(s) corresponding to their age group (age as of December 31, 2017). Some age

groups will have more than one rack. Do not move any other bikes to position your own. Ask a volunteer if you need assistance. Some bikes may not fit on the racks and will have to be parked beneath them. Bikes should be alternated on the racks front to back for safety. Arrange your gear in a compact area close to your bike.

- 5) **The bike course will be open as close as possible to 7:00 am (when the Police Department is in place) for 15 minutes, which will enable those athletes who are ready a chance to ride the course. Please be aware of the time and return all bikes to the transition area by 7:15 am when transition closes. Athletes remaining out on the course past that time risk not being able to race.**
- 6) **At 7:20 am, the transition area will close. Athletes only may enter transition after that time while they are racing. They may not re-enter after they finish until all other athletes have completed the race and the course is closed. No bikes may be removed from the transition area until the entire race is finished. We encourage parents to refrain from entering the transition area and allow the children to set up their bikes**

and gear. Children can place their running shoes, race numbers, etc. in transition and prepare for the start. Parents can speak to their children from outside the transition area. Line up for the swim also will take place at 7:20. Any last minute announcements will be made at this time.

- 7) **Viewing**-The best place to see the race is on the course as a volunteer. We gratefully ask each athlete's family to identify one or more volunteers to help keep the race safe and fun. Volunteers can sign up for the job of their choosing by going to www.triathlonfamilyusa.com and clicking on RACE REGISTRATION and then VOLUNTEER SIGN UP. Race day volunteers will be assigned to open positions.
- 8) Spectators may watch the swim portion of the race from the upstairs seating area. No parents are permitted on the pool deck during the race. Once athletes begin the run, parents can watch from outside and make their way to the track to watch the finish. Once athletes finish, they proceed up the stairs for post-race water, food, etc. Parents and guests are invited to join them but are advised to bring their own food and water for themselves and any siblings. We

regret we are unable to provide post-race refreshments for guests or family members. Race results will be announced here. Complete results will be posted on our website when they become available.

THE COURSE

NOTE: We have made every effort to provide clear instructions and course markings. It is each athlete's personal responsibility to learn the course and follow directions. Athletes are encouraged to be present at the pre-race meeting on Saturday and on Sunday morning in time for the bike course familiarization.

1) Athletes will swim the requisite number of laps in the pool in a snake swim format and exit the pool door to the sidewalk running perpendicular to the building. They will turn left and follow the path to the transition area in the swimming pool parking lot.

2) Athletes will put on and fasten their helmets and shoes before removing their bikes and proceeding to the BIKE OUT sign at Quincy St. They will mount their bikes passed the MOUNT line marked on the ground. A volunteer will indicate the place. Each athlete's wristband is color-coded by age group to the number of laps they are required to run. A sign

with the number of laps required will be posted on the track to remind each athlete how many laps to run. Cyclists will proceed south (to the right) on Quincy St. to the turn around before the barriers at Washington Blvd.

Cyclists will proceed north on Quincy St. to 15th St and turn left. Cyclists will proceed on 15th St to Stafford St and turn left. Cyclists will proceed south on Stafford St to the turnaround before the barriers at Washington Blvd. Cyclists will proceed back on the course until they return to the transition area.

3) Each age group will ride 1-2-3 or 4 laps of the course staying to the right on the road. Each athlete's wristband is color-coded to the number of laps they are required to ride. A sign with the number of laps required will be posted on the course to remind each athlete how many laps to ride. The color codes will match the wrist bands so athletes can easily determine how many loops of the course they are required to complete before re-entering the transition area at the BIKE IN sign. Cyclists who are continuing on to additional laps should stay left as they pass by the transition area. Cyclists who are returning to transition should stay right as they approach transition and dismount at the dismount line on the road.

4) Athletes then should proceed to rack their bikes at the same place they had been previously. Helmets may not be un-buckled or removed until the bike is safely racked.

RUN - Athletes wearing numbers on the front, then should proceed to the RUN OUT sign and exit the transition area heading west on General's Way. When they reach the Stafford St. sidewalk, they will turn left and run down the sidewalk to the turnaround at the cone before Washington Blvd. Next they will run back north on the sidewalk to the stadium entrance. They will turn right to run counter-clockwise around the track. Each age group will run 1-2-3 or 4 laps of the track staying to the left of the middle of the track. On each athlete's final lap, the athlete will finish to the right. Each athlete's wristband is color-coded to the number of laps they are required to run. A sign with the number of laps required will be posted on the track to remind each athlete how many laps to run. Ages 6-8 will complete one lap, Ages 9-10 will complete two laps, Ages 11-12 will complete three laps, and ages 13 & up will complete four laps. Each athlete must count his/her own laps.

RACE DETAILS

1) The first swimmer will begin the race at approximately 7:30 am. Subsequent swimmers will begin about 10 seconds apart. Each athlete will sit on the edge of the pool and enter the water when directed. The starter will say “go” when the swimmer may begin the race. No diving is permitted. There will be a short gap between each age group.

2) Flip turns are not permitted in this race. Flip turns will cause disqualification. Swimmers must touch each wall, duck under the lane line, and then push off the wall in the next lane. You may push off with hands or feet. Volunteers will be watching to be sure you touch the wall.

3) When you exit the water, proceed quickly without running on the pool deck to the exit. You then can run down the sidewalk to the transition area.

4) Helmets are required to be worn with chinstrap fastened at all times on the bike, including before and after the race. After the swim, the athletes should put on their helmets and fasten them before touching their bicycles. When ready, the athlete should walk or run the bicycle to the BIKE OUT sign. Proceed passed the bike mount line before getting onto your bike. Watch for other cyclists already on the

course as you mount your bike. Stay to the right and always be aware of others.

5) The bike course is marked with chalk and signs. Arlington County Police Department will control traffic at every inter-section with assistance from volunteers in between.

6) A sign will display the number of times each age groups must circle the loop course. Each age group will be identified by a color that matches the color of each athlete's wristband. Triathlon age is determined based on your age as of December 31, 2017. Ages 6-8 will complete one lap, Ages 9-10 will complete two laps, Ages 11-12 will complete three laps, and ages 13 & up will complete four laps. Each athlete must count his own laps.

7) When you have completed your bike laps, proceed to the BIKE IN sign at the transition area and get off your bike at the dismount line as directed. Walk/run your bike back to the same place on the same bike rack where you placed it earlier. Helmets must not be unfastened or removed until you have placed your bike safely back onto the rack.

8) Wear your race number in front and proceed to the RUN OUT and run west on General's Way to Stafford St. Turn left, proceed to the turn

around and back to enter the track as described above.

9) Remembering that triathlon age is determined based on your age as of 12/31/17, you will run the following number of laps on the track. Ages 6-8 will complete one lap, Ages 9-10 will complete two laps, Ages 11-12 will complete three laps, and ages 13 & up will complete four laps. Runners should stay to the left of middle on the track while completing their laps. Don't forget to count them correctly! When you are ready to finish, stay right on the track to the finish line, which will be clearly marked with cones and signs.

THE FINISH!

When you finish the race, head up the stairs for water and a snack. Your family may join you there but cannot share your food. The Arlington Triathlon Club custom is to remain near the finish line until every finisher has completed the race. Please join us cheering for new and old friends. We will give out some awards and door prizes after everyone has finished.

If you like triathlon and want to explore the sport

further, please visit our website at
TriathlonFamilyUSA.com to learn more about our
programs. Registration is now open for other USA
Triathlon Mid-Atlantic Youth Triathlon Series races.
Go to www.usat-ma.org for more information.

We welcome your feedback about your experience
and how we could improve it. Please write us at
triathlonfamilyusa@gmail.com. Also, please like us
and the Arlington Triathlon Club on
Facebook/follow us on Twitter. Thanks for racing!

Yours in sport,

Melissa Merson

Coach & Founder Arlington Triathlon Club

Race Director Triathlon Family USA, Inc.

USAT Certified Race Director Youth & Juniors
Event Specialization USAT Certified Triathlon Coach
Youth & Juniors Specialization USAT Certified Race
Official



USA Triathlon Supplemental Youth Rules

The rules set forth in this document are constructed to supplement the USA Triathlon Competitive Rules and shall apply to all competition sanctioned as “Youth Events.” For any issue not specifically addressed in these Youth Rules, the relevant USAT Competitive Rules shall apply.

Penalties. The type of penalty for violating a specific rule is listed at the end of the rule as either “T” for Time or “DQ” for Disqualification. Time penalties shall be administered per the table and are added to the participant’s final time.

<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
1:00 minutes	2:00 minutes	Disqualification

Membership and Eligibility

1. All Youth participants shall compete based upon their age on December 31 of the year of the event.
2. The minimum age for Youth competition is six years and the maximum is 15 years of age on December 31 of the year of the event.
3. Youth participants must be Youth members of USA Triathlon. Youth Membership in USA Triathlon is available to all persons, age 17 and under, in good standing with USA Triathlon who, along with their parents or guardians, submits a completed application, pay the required membership fee, and comply with all the requirements determined by USA Triathlon to be applicable to Youth Membership.
4. Race officials reserve the right to require proof of age from each participant in the form of a birth certificate or other official proof of age document. Failure to produce a proof of age document may result in disqualification from the event.

Swimming Rules

1. Proper swimwear must be worn. DQ
2. No flotation devices of any kind may be used during the swim. DQ
3. No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
4. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. T
5. Goggles or face masks may be worn but are not required.
6. If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
7. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. T or DQ at official’s discretion

Transition Rules

1. The transition area is open to participants only. The event organizers, at their discretion, may allow one parent to accompany the participant but when transition closes for competition to begin, only participants and race officials may enter transition. Finishers may not retrieve gear until all participants have finished the cycling portion and have begun the run. T or DQ at official's discretion
2. Competition apparel (shoes, socks, shirts) must be placed next to the bicycle at the rack and may not be taken to the pool or swim start area. T
3. Bicycles must be placed in the rack according to the directions given by race officials. Bicycles may be racked in the assigned area, by the handlebars, the seat or by using the kickstand. Bikes placed on kickstands must be in the designated area, in line with other bikes, and may not extend out into the lane of travel. T
4. Participants may not interfere with other participants' gear. T or DQ at official's discretion
5. After completing the cycling portion, participants must return bicycles to an upright position in the same assigned location before beginning the run portion. T
6. No riding bicycles in transition. Participants must walk or run with their bicycles and may not mount until out of transition and in the designated mount zone. T

Bicycle Equipment Rules

1. The bicycle must be road worthy and in safe operating condition. DQ
2. The bicycle shall have two wheels. No training wheels are allowed. DQ
3. There must be at least one working brake on each of the two wheels unless the bicycle was manufactured with only one brake, in which case, the working brake shall be on the rear wheel. DQ
4. The bicycle may be on-road, off-road or youth style. No recumbent style bicycles are allowed. DQ
5. Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition. All handlebars ends shall be solidly plugged. DQ
6. No disc wheels or wheel covers are allowed. DQ
7. Race officials reserve the right to disallow any bicycle deemed unsafe. Any unusual bicycle must be approved by race officials prior to competition.

Cycling Conduct

1. Cyclists must wear a helmet approved by the US Consumer Product Safety Commission for road cyclists age 5 and older. No time trial, "chrono," or "aero" helmets with a tail may be used. DQ
2. The helmet must be securely fastened prior to mounting the bicycle and at all times while riding the bicycle. The helmet may not be unfastened and removed until the participant has completely dismounted. DQ
3. Cyclists shall wear shoes at all times while on the bike. DQ
4. Cyclists shall ride in a safe manner, which includes:
 1. Riding on the right side of the lane; T
 2. Riding no closer than two bike lengths distance behind a leading cyclist; T
 3. Passing on the left of the slower cyclist; T

4. Riding in a straight line without swerving, veering, or blocking the forward progress of other cyclists. DQ
5. Race officials may remove and disqualify any cyclist who appears to ride or behave in an unsafe manner.

Running Conduct

1. Participants shall run or walk the entire course. DQ
2. Participants shall wear shoes at all times while on the run course. T

General Race Rules

1. Unsportsmanlike conduct on the part of participants or their parents and supporters will not be allowed. Participants must treat others with courtesy and respect. No rude, abusive, or discourteous language or behavior will be tolerated. T or DQ at official's discretion
2. Participants must complete the prescribed course in its entirety. DQ
3. No personal audio devices or headsets may be used or carried during any portion of the event. T
4. No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid, or equipment aid during competition. T
5. Race numbers must be displayed at all times. Swimmers must be clearly body-marked, cyclists must display their bike numbers, and runners must wear their bib numbers. T

Logo Use & Trademarks

The "USA Triathlon" logo is a trademark owned by USA Triathlon and is protected by federal trademark law. USA Triathlon may develop additional logos or designs for special events such as national teams or championship races. Use of any of these logos is strictly prohibited without the prior consent of USA Triathlon. Certain clubs and organizations may be authorized to use the principal USA Triathlon logo on stationary, newsletters, and other materials in order to delineate such organization's affiliation with USA Triathlon. USA Triathlon will vigorously enforce its legal rights with respect to any unauthorized use of trademarks or service which USA Triathlon now owns or later develops.

Disclaimer

USA Triathlon makes no express or implied warranty, guarantee, or representation regarding the degree of safety, which may or may not result from compliance with the Competitive Rules or sanctioning criteria. Examinations of race courses and inspections of equipment are undertaken solely to monitor compliance with the Federation's rules and guidelines and do not guarantee or ensure safety from personal injury or property damage. Safe participation in any event and the safety of race equipment is the sole responsibility of each and every participant.

