



**THE TENTH ANNIVERSARY ARLINGTON TRIATHLON  
IN MEMORY OF ANNE VIVIANI**

**PRODUCED BY TRIATHLON FAMILY USA, INC.**

Sunday, June 9th, 2024 - 7:30 am

Washington -Liberty Aquatic Center, 1301 N.Quincy St., Arlington,  
VA

[www.triathlonfamilyusa.com](http://www.triathlonfamilyusa.com)

**ALL YOUTH ATHLETES MUST ATTEND PACKET PICKUP WITH A PARENT OR GUARDIAN ON SATURDAY.** Parents and athletes are responsible for knowing the information in this guide.

**Each family is strongly urged to sign up at least one person to volunteer at this event. For safety reasons, the race will not begin unless we have all necessary volunteer positions filled.**  
**Volunteer at:** <https://signup.com/go/nEngLBp>

**Welcome** to The Arlington Triathlon. Your hosts are the Arlington Triathlon Club, a parent-run, school-based triathlon program organized 20 years ago 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. It is part of the inaugural 2024 USA Triathlon Virginia-Maryland 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 *after* you have finished reading this guide. There are changes every year! 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 their 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 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 is very difficult to arrange. **We ask each family to provide at least one volunteer.** Please go to our website at [www.triathlonfamilyusa.com](http://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.

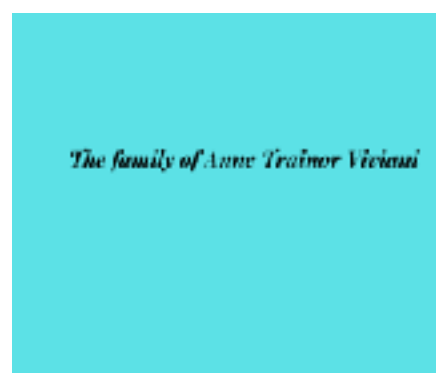
Please thank and patronize our terrific sponsors and partners, without whom these events would be impossible. Each of these organizations contributes to this event. Please visit them and tell them you appreciate their sponsorship of Arlington youth triathlon.





**TREK**

**ARLINGTON**



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

### **PRE-RACE INFO - The Arlington Triathlon**

THE **ATHLETE** MUST BRING HIS/HER USA TRIATHLON ANNUAL MEMBERSHIP CARD OR A PRINT OUT OF A TEMPORARY USAT ANNUAL MEMBERSHIP CARD OR THEY WILL NOT BE ABLE TO PICK UP TRIATHLON REGISTRATION MATERIALS.

A PARENT OR GUARDIAN WITH PHOTO ID MUST ACCOMPANY THE ATHLETE TO PACKET PICKUP.

**PARENTS CANNOT PICK UP PACKETS FOR THEIR CHILDREN.**

YOU MUST HAVE AN ANNUAL USAT MEMBERSHIP CARD. THERE ARE NO EXCEPTIONS. YOU CAN PURCHASE A MEMBERSHIP DURING THE REGISTRATION PROCESS. IF YOU HAVE ANY QUESTIONS, PLEASE BE ASK THEM EARLY.

1) Packet pick-up for the triathlon will take place Saturday, June 8th between 2 PM AND 5 PM at TREK Arlington Ballston at 3924 **Wilson Blvd** in Clarendon. This is **NOT** the Trek store near Whole Foods. Packet pickup will close promptly at 5:00 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 by age group. The cap must be worn during the swim and the band must be worn throughout the race. Do not trade wristbands until you have completed the race.

**There is NO race day packet pickup.**

**USAT membership cards (digital or printed out)** must be shown at registration to pick up packets. **Athletes** (this means kids!) with an accompanying parent or legal guardian must pick up their own packets. All adults must present photo ID.

**There will be a pre-race meeting for athletes at 4:15 pm Saturday at TREK Arlington Ballson.** We will review the course, the race timeline, and rules.. For those who have never participated in a triathlon previously, or anyone wanting additional review, a USA Triathlon Certified Youth & Juniors Coach & Race Director will be available to answer questions.

**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 the 7:00 am call to line up for the bike familiarization.** Restrooms are inside the pool and open at 7:00 a.m Please use the restroom at home before coming to the race

as the building may not be open on time.

Once the police are in place, we will allow a bike course familiarization ride for athletes wearing closed-toed shoes 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 can't pinpoint when police will be in place, so we must be waiting. Upon completion of one lap, we will move directly to line up for race start. The race itself will start as soon as we are ready but no later than 8 am.

**4) Parents may enter the transition area *very briefly* to help carry bikes if necessary before 7:00 am. Once bikes are racked, parents should exit the transition area immediately. (Translation: Do not hang out in transition or expect to be politely asked to leave.)**

Security is a priority. Our strict security protocol requires athletes and spectators not to bring BACKPACKS or BAGS larger than 14 x10 x 8 inches to the Start Line, Transition, Finish Line and post-race area. Please leave your bags in the car.

No parents are allowed in transition after 7 a.m for any reason. Volunteers will be present to help. For safety reasons, we ask parents to refrain from entering the transition area to allow their children to set up their own bikes and gear. Children can place their running shoes, race numbers, etc. in transition and prepare for the start. Volunteers will be there to assist. Parents can speak to their children from outside the transition area. Lineup for the swim will

take place after the bike familiarization at about as 7:30 am.

Athletes should rack bikes only on the rack(s) corresponding to their age group (age as of December 31, 2024). Some age groups will have more than one rack. Do not move any other bikes to position your own. Ask a volunteer for help. Some bikes may not fit on the racks and will have to be parked underneath. Bikes should be alternated on the racks front to back for safety. Arrange your gear in a compact area close to your bike and leave only items necessary for the race in your transition area.

**5) Once the familiarization begins, stay aware of the time and return all bikes to the transition area by 7:30 am when transition closes. Athletes remaining out on the course past that time risk not being able to race.**

**6) At 7:30 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. 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 by going to [www.triathlonfamilyusa.com](http://www.triathlonfamilyusa.com) and clicking on RACE REGISTRATION and 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. Refreshments this year will be provided by Troy's Italian Kitchen, the presenting sponsor of our race. 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 the bike course familiarization on Sunday morning.

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 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.

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 15<sup>th</sup> St and turn left. Cyclists will proceed on 15<sup>th</sup> 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 the way they came on the course until they return to the transition area. Cyclists should stay to the right at all times except when passing others. Cyclists should loudly communicate “passing on the left” when passing another cyclist.

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 wristbands 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. Do NOT un-buckle or remove your helmet until the bike is safely racked to avoid disqualification.

RUN - Athletes wearing numbers on the front, 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 laps.

#### MORE RACE DETAILS

1) The first swimmer will begin the race as soon as practical after 7:30 am. but by 8 a.m. 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 may run down the sidewalk ramp (not the steps) 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, tape and signs. Arlington County Police Department will control traffic at every intersection with assistance from volunteers. A race official will be on a bicycle on the course monitoring the athletes.

6) A sign will display the number of times each age groups must circle the 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, 2023. 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. Failure to complete the correct number of laps will result in disqualification.

7) When you finish your bike laps, proceed to the BIKE IN sign at transition and get off your bike before the dismount line. Walk/run your bike to the same place on the same rack where you placed it earlier. Do not move or otherwise displace any other athlete's bike or equipment. 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) You will run the following number of laps on the track based on your age group color: Ages 7-8 will run one lap, Ages 9-10 will run two laps, Ages 11-12 will run three laps, and ages 13 & up will run four laps. Runners should stay to the left of middle on the track while completing 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 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. The Arlington Triathlon Club custom is to remain near the finish until everyone has finished. Please join us cheering for new and old friends. We will give out some awards and maybe some prizes after everyone has finished.

If you want to explore triathlon further, please visit our website at [TriathlonFamilyUSA.com](http://TriathlonFamilyUSA.com). We welcome feedback and ideas on how to improve our race. We welcome donations from anyone who wants to help sustain youth triathlon in Arlington.

Please: Write to us at [triathlonfamilyusa@gmail.com](mailto:triathlonfamilyusa@gmail.com). Like the Arlington Triathlon Club Facebook page. Thanks for racing!

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

World Triathlon Continental Technical Official



## USA Triathlon Supplemental Youth Rules

### 27. SY: Supplemental Youth Rules 27.1 SY: Rules Purpose

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

### 27.2 SY: 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.

Offense.	Time Penalty
1st Offense	1:00 minute
2nd Offense	2:00 minutes
3rd Offense	Disqualification

Table 15.

### 27.3 SY: Membership and Eligibility

- a. All Youth participants shall compete based upon their age on December 31 of the year of the event.

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.

b. 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, pays the required membership fee, and complies with all the requirements determined by USA Triathlon to be applicable to Youth Membership.

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.

#### 27.4 SY: Swimming Rules

- a. Proper swimwear must be worn. DQ
- b. No flotation devices of any kind may be used during the swim. DQ
- c. No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
- d. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gaiters or any other inanimate object. T
- e. Goggles or face masks may be worn but are not required.
- f. If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
- g. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. Penalties are warn and amend, time penalty, or disqualification at the official's discretion.

## 27.5 SY: Transition Rules

- a. The transition area is open to participants and their parents only Providing that race management allows the parents to enter transition. When transition closes for the 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 the official's discretion
- b. 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
- c. Bicycles must be racked 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
- d. Participants may not interfere with other participants' gear. T or DQ at official's discretion
- e. After completing the cycling portion, participants must return bicycles to an upright position in the same assigned location before beginning the run portion. T
- f. 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

## 27.6 SY: Bicycle Equipment Rules

- a. The bicycle must be road-worthy and in safe operating condition. DQ
- b. The bicycle shall have two wheels. Training wheels are allowed. DQ
- c. 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

- d. The bicycle may be on-road, off-road or youth style. No recumbent style bicycles are allowed. DQ
- e. Only standard drop, straight, or curved handlebars are allowed. All handlebars ends shall be solidly plugged. DQ
- f. No disc wheels or wheel covers are allowed. DQ
- g. Race officials reserve the right to disallow any bicycle deemed unsafe. Any unusual bicycle must be approved by race officials prior to the competition.

#### 27.7 SY: Cycling Conduct

- a. 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
- b. Cyclists shall wear shoes at all times while on the bike. DQ
- c. Cyclists shall ride in a safe manner, which includes:
  - I. Riding on the right side of the lane. T
  - II. Riding no closer than two bike lengths distance behind a leading cyclist. T
  - III. Passing on the left of the slower cyclist. T
  - IV. Riding in a straight line without swerving, veering, or blocking the forward progress of other cyclists. DQ
- d. Race officials may remove and disqualify any cyclist who appears to ride or behave in an unsafe manner.

#### 27.8 SY: Running Conduct

- a. Participants shall run or walk the entire course. DQ
- b. Participants shall wear shoes at all times while on the run course. T



## 27.9 SY: General Race Rules

- a. 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
- b. Participants must complete the prescribed course in its entirety. DQ
- c. No personal audio devices or headsets may be used or carried during any portion of the event. T
- d. No unauthorized assistance of any kind is allowed. Unless otherwise permitted by race management and parents or other non-participants may not accompany athletes unless otherwise approved by race management with a participant nor may they provide participants any food, fluid, or equipment aid during the competition.
- e. 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