



MVP Race Details



August 25, 2019
8042 Fairfax Rd
Alexandria, VA 22308
9:00 AM

Timeline:

- 7:30-8:20 Arrive and checkin (packet and chip pickup)
- 7:30-8:35 Setup transition area (ATHLETES and registered volunteers only please)
- 8:35-8:50 Mandatory athlete briefing including transition walk-through
- 9:00 First swimmer enters the water

Approximate start times:

- 9:00 6-8 year-olds start, 50M swim
- 9:06 9-10 year-olds start, 100M swim
- 9:10 11-12 year-olds start, 150M swim
- 9:10 13-15 year-olds start, 150M swim

Bike:

- 6-8 year-olds one lap
- 9-10 year-olds two laps
- 11-12 year-olds three laps
- 13-15 year-olds four laps

If you are riding two or more laps, do not turn right onto Lafayette after the first, second or third laps. Turn left on Lafayette until the appropriate number of laps are completed. After completing the appropriate number of laps, turn right on Lafayette and return to transition.

Run:

- 6-8 and 9-10 year-olds will run one lap for 1 mile
- 11-12s will run two laps for 2 miles
- 13-15 will run three laps for 3 miles.

As with the bike, turn around just before driveway (cone) to start additional laps. Make sure you run the appropriate number of laps for your age group. Then return to the parking lot and run through the arch to finish.

Awards:

This year, athletes will earn points based on their completion and where they place within their category. Awards will be given to the top three finishers in each category at the end of the season.

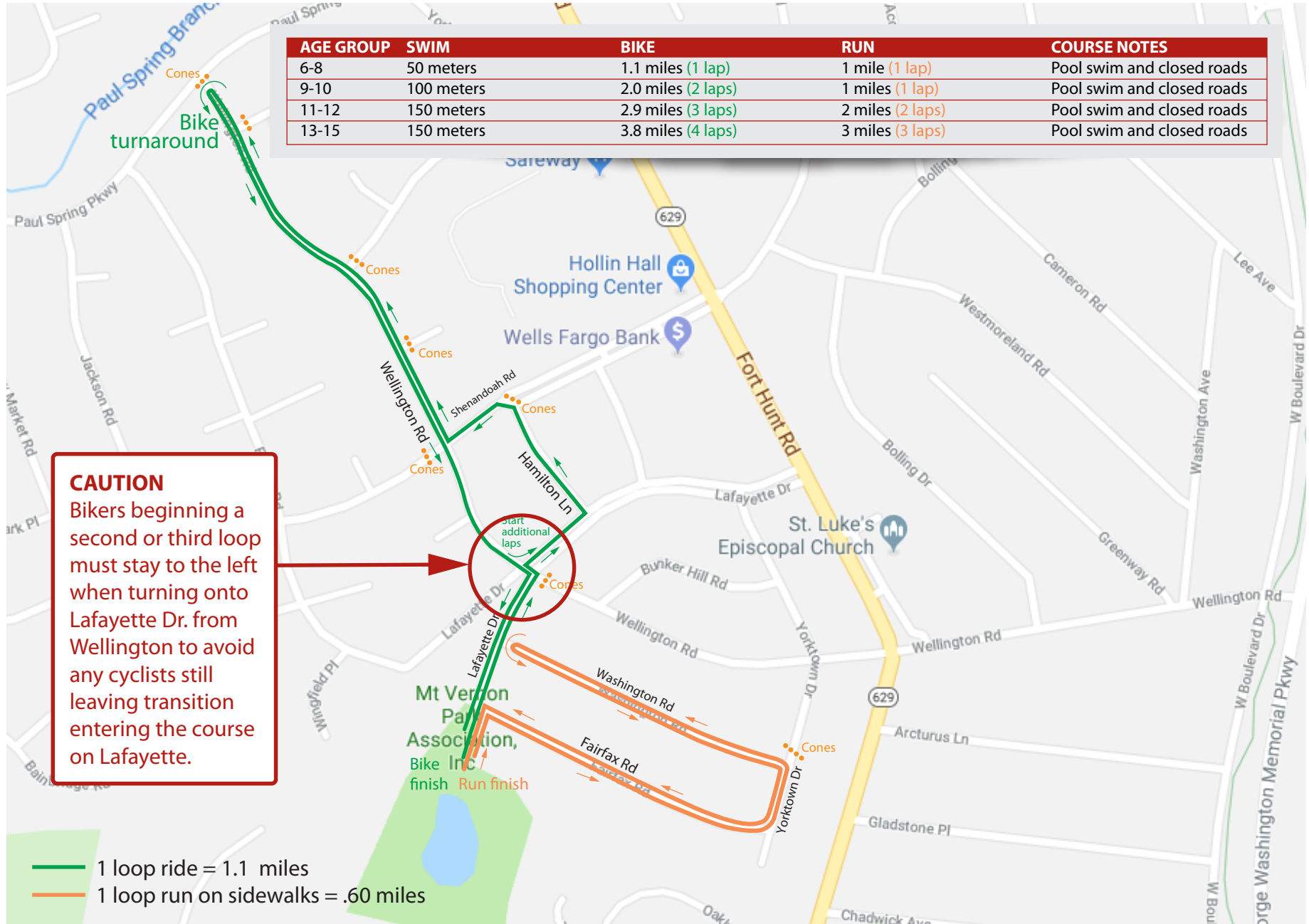
MVP Course Details - Swim & Transition





MVP Course Details

AGE GROUP	SWIM	BIKE	RUN	COURSE NOTES
6-8	50 meters	1.1 miles (1 lap)	1 mile (1 lap)	Pool swim and closed roads
9-10	100 meters	2.0 miles (2 laps)	1 miles (1 lap)	Pool swim and closed roads
11-12	150 meters	2.9 miles (3 laps)	2 miles (2 laps)	Pool swim and closed roads
13-15	150 meters	3.8 miles (4 laps)	3 miles (3 laps)	Pool swim and closed roads



CAUTION
Bikers beginning a second or third loop must stay to the left when turning onto Lafayette Dr. from Wellington to avoid any cyclists still leaving transition entering the course on Lafayette.

— 1 loop ride = 1.1 miles
— 1 loop run on sidewalks = .60 miles



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