



Lucky Coin
Multisport

Race Details



August 04, 2019
8633 Buckboard Dr
Alexandria, VA 22308
9:00 AM

Timeline:

Timeline:

7:30-8:35 Arrive and checkin (packet and chip pickup)

7:30-8:35 Setup transition area (ATHLETES and registered volunteers only please)

8:40-8:50 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

9:03 9-10 year-olds start, 100M swim

9:06 11-12 year-olds start, 150M swim

9:09 13-15 year-olds start, 150M swim

Bike:

Bike:

6-8 year-olds one lap

9-15 year-olds two laps

If you are riding two laps, do not turn into the driveway after the first lap. Continue on the road and complete the second lap. Then enter the transition area to dismount at the "Mount / Dismount" line.

Run:

6-8 and 9-10 year-olds will run one lap for .75 miles

11-12s will run two laps for 1.5 miles

13-15 will run three laps for 2.25 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.

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.

Riverside Gardens Swim Details

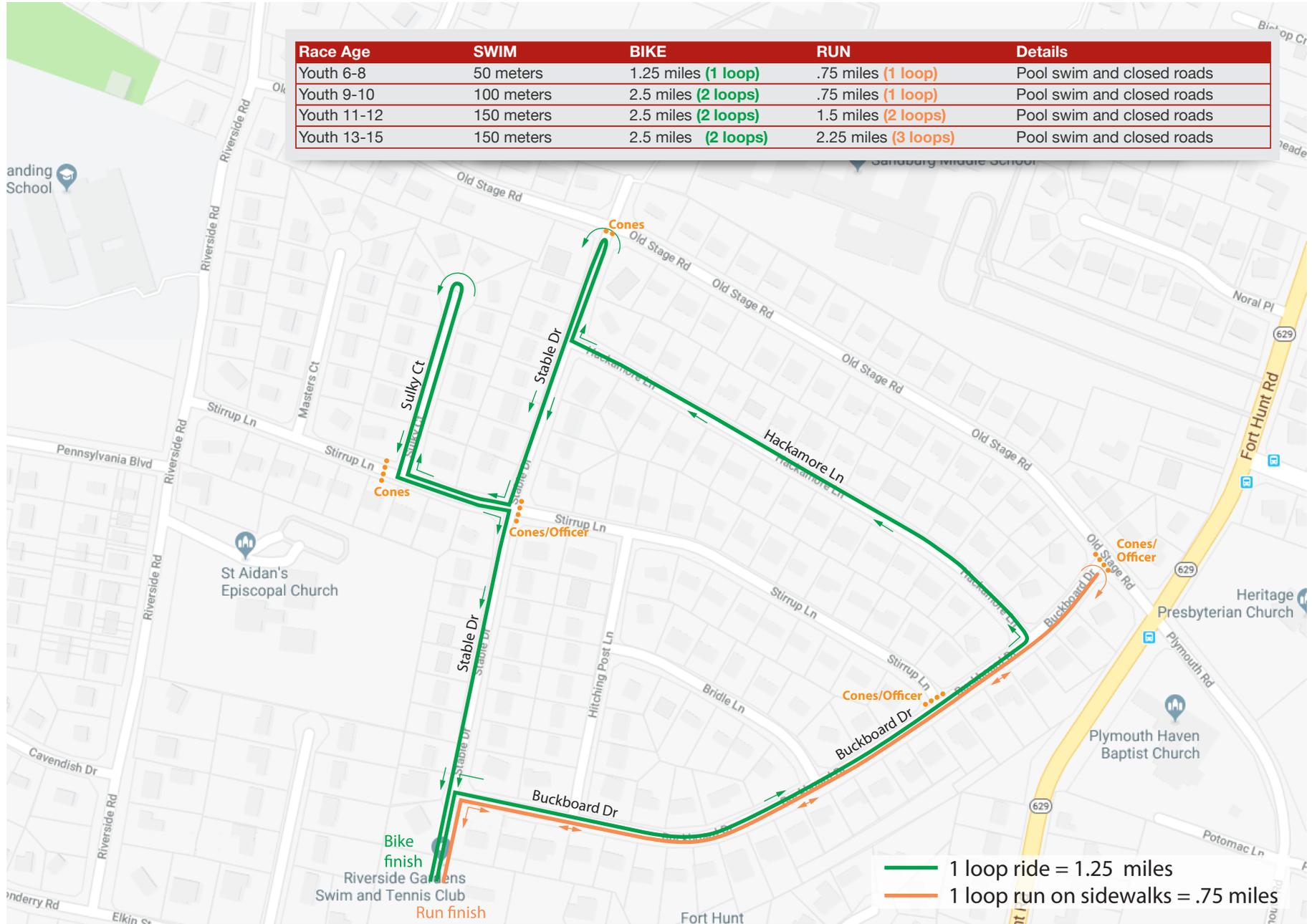


Riverside Gardens Transition Details



Riverside Gardens Course Details

Race Age	SWIM	BIKE	RUN	Details
Youth 6-8	50 meters	1.25 miles (1 loop)	.75 miles (1 loop)	Pool swim and closed roads
Youth 9-10	100 meters	2.5 miles (2 loops)	.75 miles (1 loop)	Pool swim and closed roads
Youth 11-12	150 meters	2.5 miles (2 loops)	1.5 miles (2 loops)	Pool swim and closed roads
Youth 13-15	150 meters	2.5 miles (2 loops)	2.25 miles (3 loops)	Pool swim and closed roads





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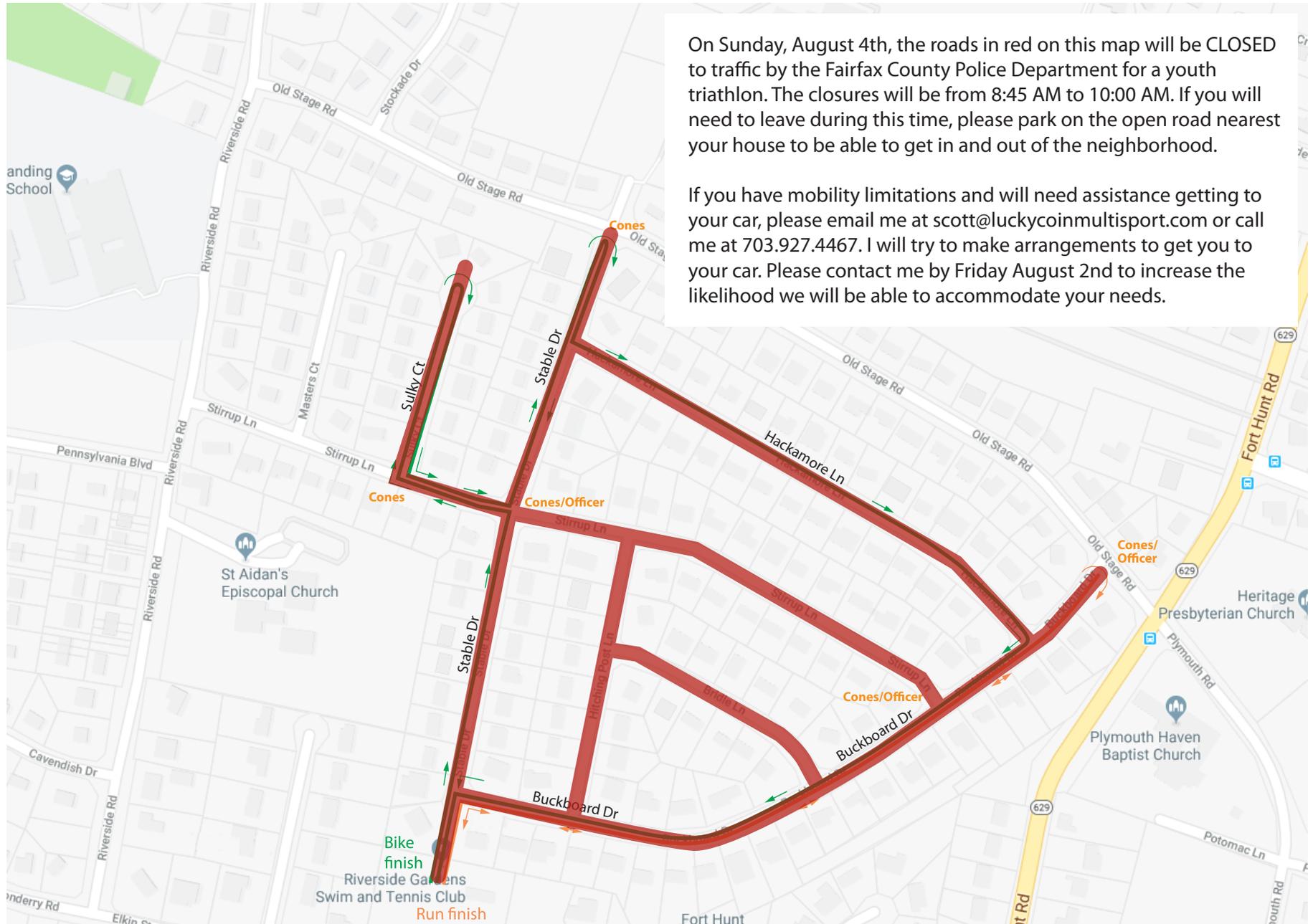
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Road Closures August 4th 8:45 AM to 10:00 AM



On Sunday, August 4th, the roads in red on this map will be CLOSED to traffic by the Fairfax County Police Department for a youth triathlon. The closures will be from 8:45 AM to 10:00 AM. If you will need to leave during this time, please park on the open road nearest your house to be able to get in and out of the neighborhood.

If you have mobility limitations and will need assistance getting to your car, please email me at scott@luckycoinmultisport.com or call me at 703.927.4467. I will try to make arrangements to get you to your car. Please contact me by Friday August 2nd to increase the likelihood we will be able to accommodate your needs.