



2023 Mount Vernon Park Athlete Guide



Important Notes for Spectators:

This is a race and some competitors will be biking and running very fast. Because of this, extra care is required when moving around to watch the different parts of the race. **PLEASE** look both ways at least twice before crossing any part of the course and stay on the spectator side of the caution tape fence around the transition area.

Please review the course map with your athlete prior to race morning. **It is important you familiarize your athlete(s) with the current course.** If you are able to go out and ride the course with your athlete, it is an excellent way to familiarize them with the course.

Timeline:

7:45-8:30 Arrive and check-in/packet pickup

7:45-8:40 Setup transition area

8:45 Athlete briefing

8:55 Enter fenced pool deck area to line up at marked spots on the pool deck

(Estimated) 9:00 First Swimmer enters the water



Swim:

The swim will be a time trial start (one swimmer at a time) with 10-20 seconds separation between the athletes. The order of start will be based on the swim time provided during registration.

Transition 1:

Exit the pool and go around the building and out into parking lot to bike rack. Put on clothes, only shoes are required, shorts and shirts are optional. Walk or run bike to mount line. Get on bike. Ride straight out of parking lot on Lafayette toward the first right turn on Wellington (different from past years).



Bike:

6-10 year-olds, one lap

11-15 year-olds, three laps

Please make sure your athlete knows how many laps they are doing. Their age is the age they are on December 31st, NOT the age they are on race day. After the first lap, the 6-10 year-olds will turn

right on Lafayette and return to the transition area. The 11-15 year-olds will cross Lafayette on Wellington and start the subsequent laps. They will turn right on Lafayette after completing the third lap only.

Transition 2:

After returning from your ride, dismount the bike at the dismount line. Riding your bike into or around transition is never permitted and may result in disqualification. This rule is for everyone's safety. After racking your bike and changing any clothes you wish to change, exit transition towards the run out chute to begin the run. Make sure your bib number is on and visible.



Run:

6-10 year-olds will run one loop

11-15 year-olds will run two loops

As with the bike, run past the driveway for additional laps. Make sure you run the appropriate number of laps for your age group. After entering the parking lot, make your way to the finish line.

Finisher Medals:

All athletes that complete the appropriate number of lengths in the pool and distances on the bike and run will receive a custom finisher medal. There is no time limit to complete each leg of the race, however all athletes must finish the race 80 minutes from when they started the swim, not when the first swimmer started the swim.

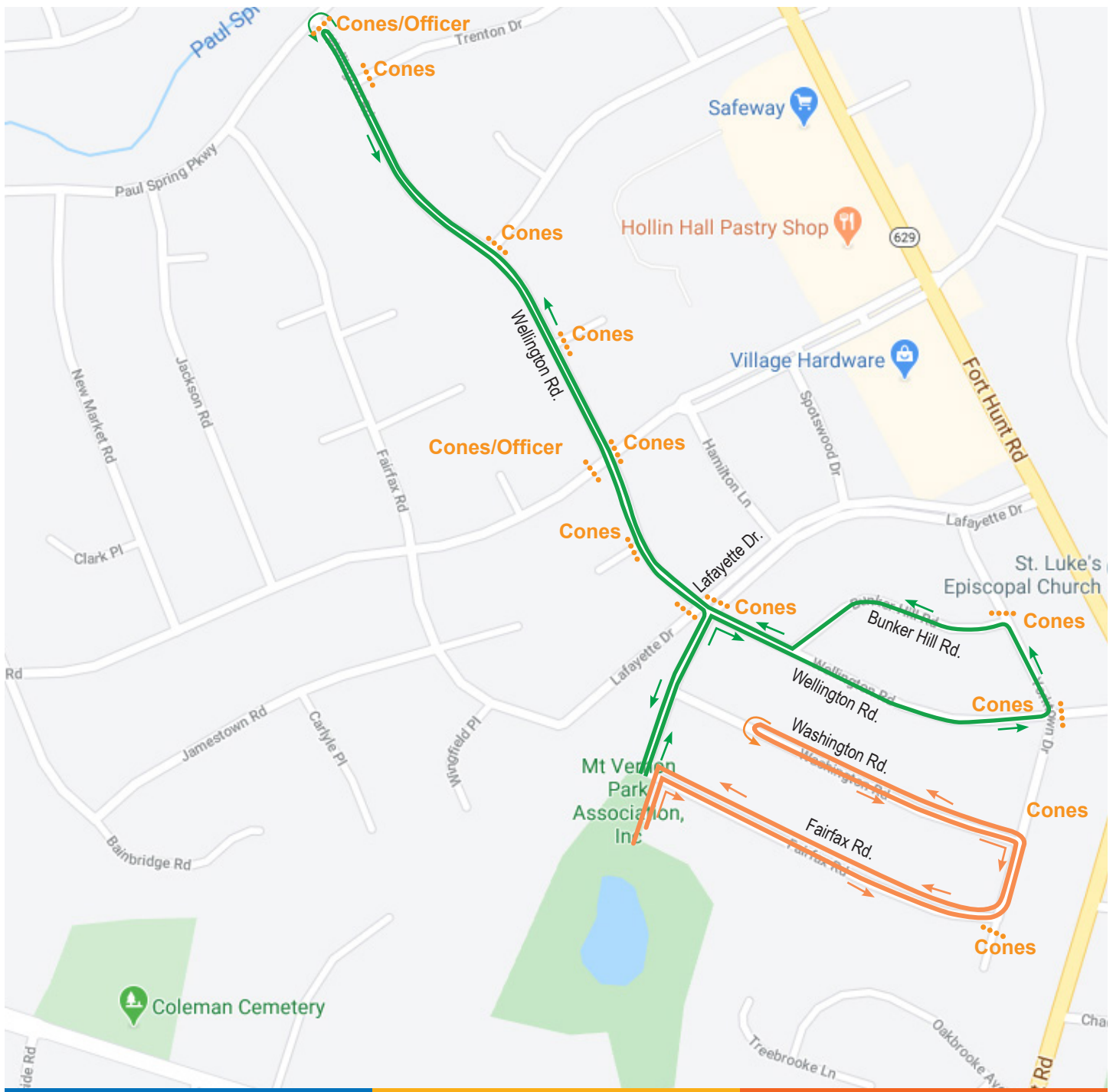
Series Awards:

Athletes will earn points based on their completion and where they place within their category. Each participant's three best finishes will be used to determine their placement in their category for the series. Athletes are not required to do three or more races, however it does increase the likelihood they will receive a series award. Awards will be given to the top three finishers in each category at the end of the season.



MVP Course Map & Distances

Age Group	Swim (meters / lengths)	Bike (miles / loops)	Run (miles / loops)
6-8	50 / Two	1.50 / One	.85 / One
9-10	50 / Two	1.50 / One	.85 / One
11-12	150 / Six	4.25 / Three	1.70 / Two
13-15	150 / Six	4.25 / Three	1.70 / Two





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Road closures on Sunday, August 27th from 9:00AM to 10:30AM

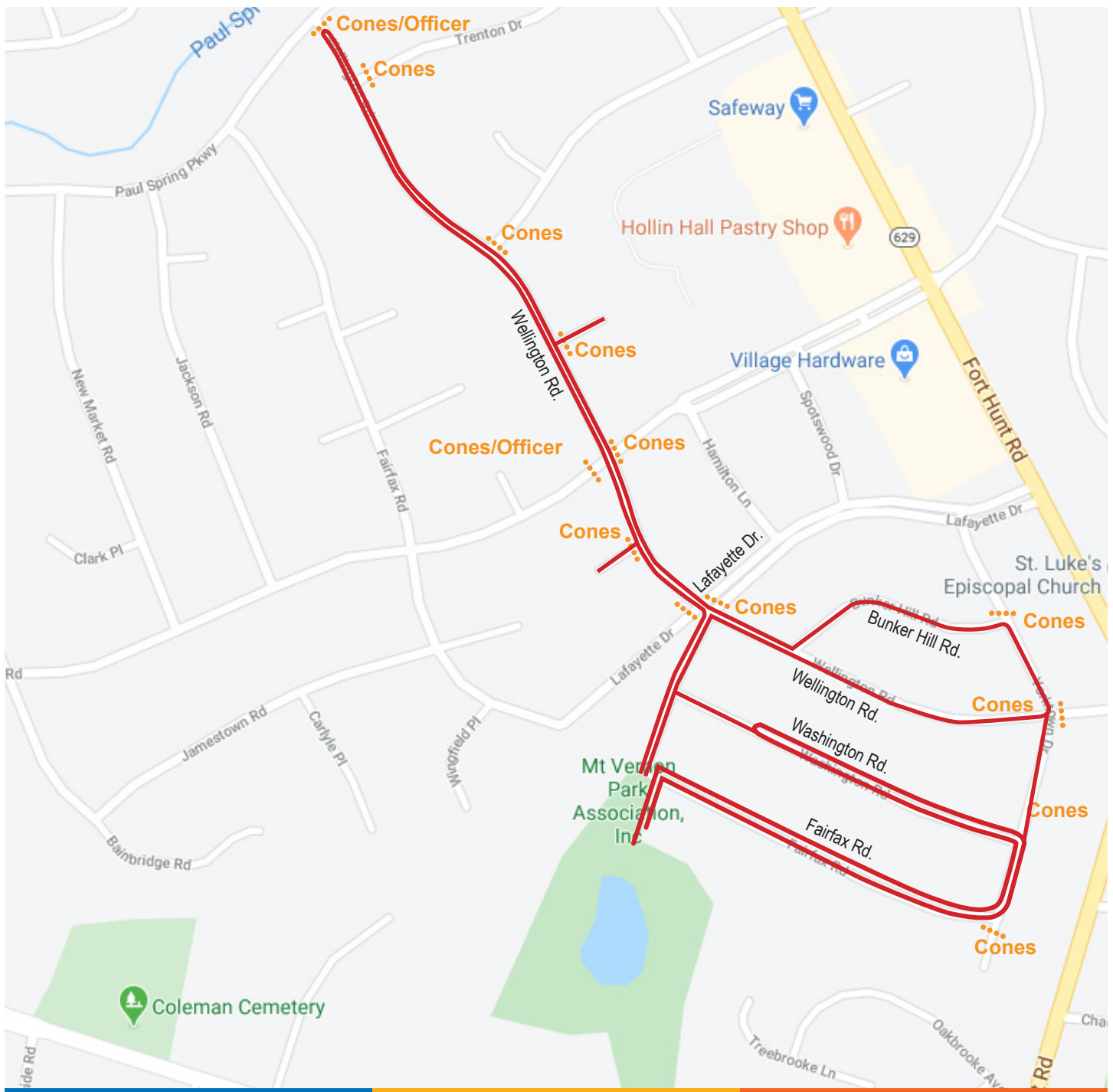
The roads shown here in RED will be closed to traffic for a youth triathlon. Please park on the open road nearest your house to allow you to leave during the race. Washington and Fairfax are the only roads we expect to be closed until 10:15, all others should reopen at approximately 9:45.

If you have mobility limitations and will need assistance getting to your car, please contact using the information

below. We will try to make arrangements to get you to your car. Please contact us by Friday before the race to increase the likelihood we will be able to accommodate your needs.

Thank you.

email: scott@luckycoinmultisport.com
Phone: 703.927.4467





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