2023 STRATFORD
Athlete Guide

STRATFORD 2023 Lucky Coin Multisport LLC

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Athlete Guide

Important Notes for Spectators:
If you are not a registered volunteer or a member of the staff, you are not permitted in the transition area. This is a USA Triathlon sanctioned event. USAT provides the insurance and this is their rule. 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 rope fence around the transition area.

Timeline:
7:45-8:40 Arrive and checkin (packet and chip pickup)
8:00-8:40 Setup transition area
8:45-8:50 Mandatory athlete brieng
9:00 First Swimmer enters the water

Approximate start times:
9:00 6-10 year-olds, 50M swim
9:10 11-15 year-olds, 150M swim

Swim:
The swim will be a time trial start (one swimmer at a time) with approximately 15 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 (shorts, shirt, socks, and shoes) if desired, and race number. **WALK** bike to mount line. Get on bike. Ride out of parking lot and turn right onto Camden.

Bike:
6-10 year-olds one lap
11-15 year-olds three laps
If you are riding multiple laps, do not turn into the driveway after the each lap. Continue on the road and complete the appropriate number of laps. Then enter the transition area to dismount at the “Mount / Dismount” line.

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.

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 participants 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 liklihood they will receive a series award. Awards will be given to the top three finishers in each category at the end of the season.

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Wegmans

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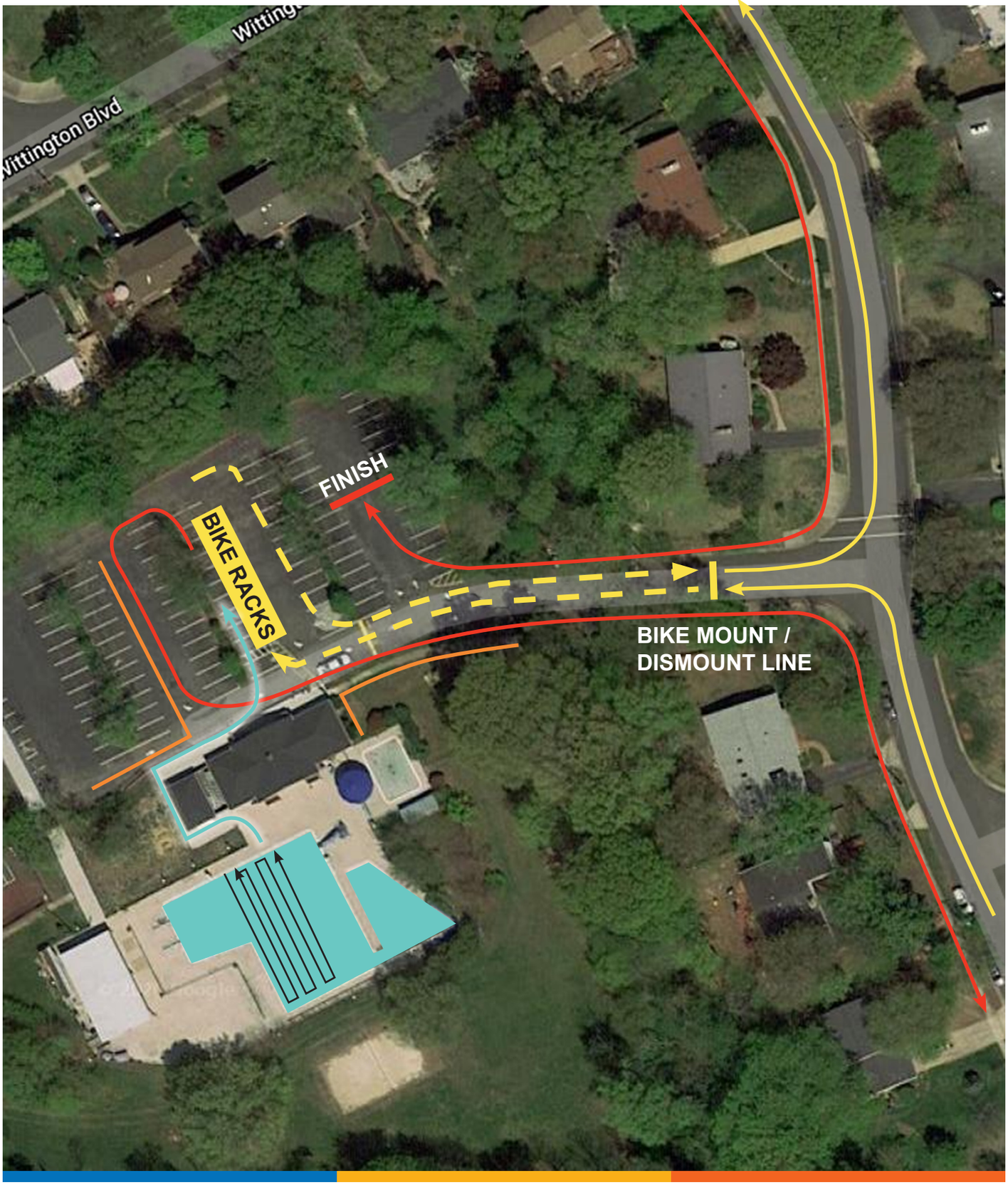
Stratford Transition Area (Swim/Bike/Run)

Swim Out | Walk bike | Bike Out/In | Run Out/In | Rope Fence



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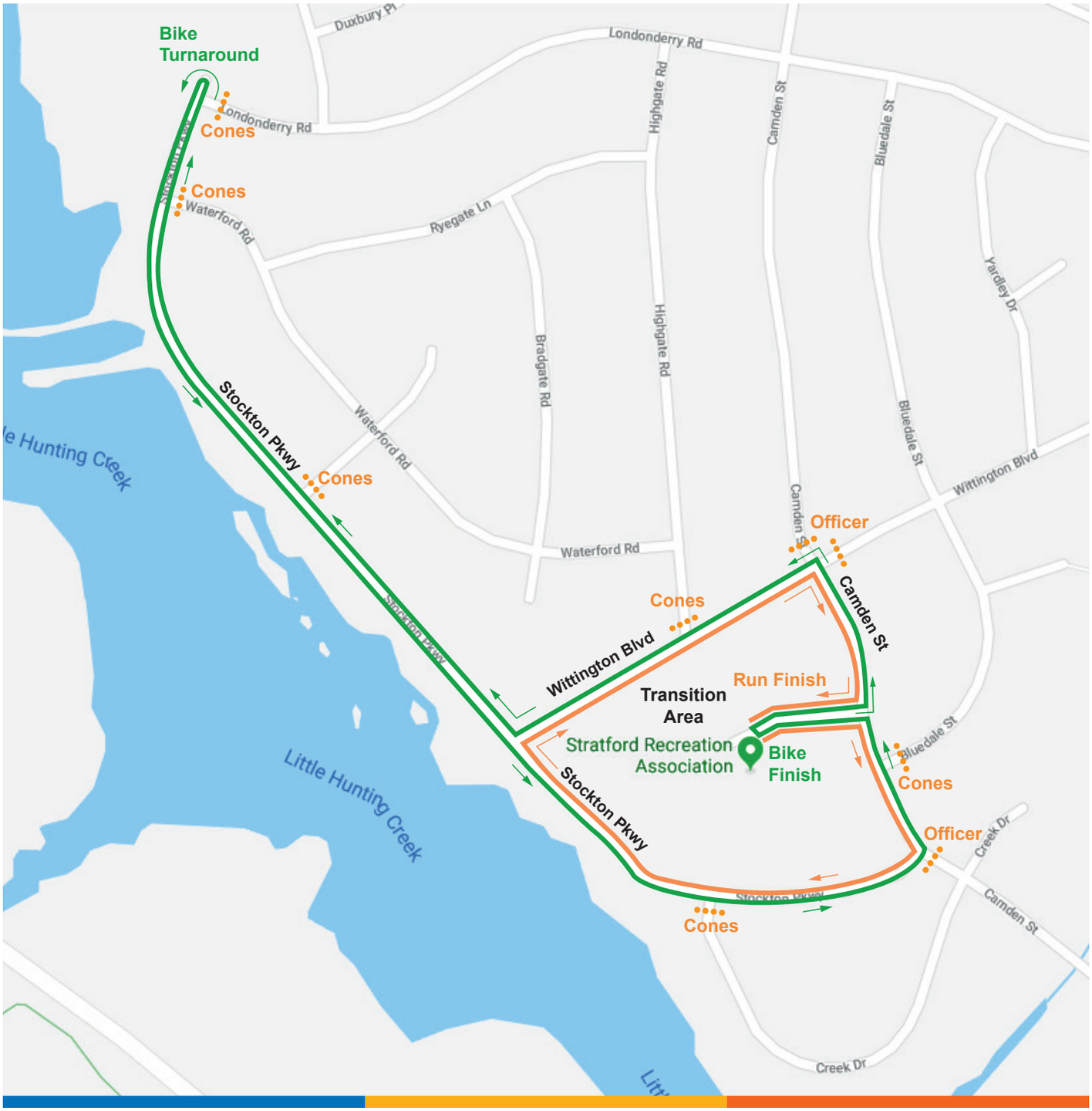
Stratford Course Map & Distances

Age Group	Swim (meters / lengths)	Bike (miles / loops)	Run (miles / loops)
6-8	50 / Two	1.45 / One	.55 / One
9-10	50 / Two	1.45 / One	.55 / One
11-12	150 / Six	4.35 / Three	1.10 / Two
13-15	150 / Six	4.35 / Three	1.10 / Two



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Road closures on Sunday, June 18 from 8:55AM to 9:45 AM

The portions of Camden St., Wittington Blvd., and Stockton Pkwy. marked on this map will be closed by the Fairfax County Police on race morning from 8:45 AM to 10:15 AM for a youth triathlon. If you will need to leave during this time, please park outside the area shown by the dotted line on the map for access to your cars and the open roads.

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 Wednesday prior to the event to give us time to make arrangements to accomodate your needs.

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Course Volunteer Positions & Responsibilities

Check-in
Natalie Paul

Body Marking
Lucy McLallen

Athlete Transition Help
X
X
X
X
X

Water Table
X

Timing:
X
X
X
X
X
X

Assignments on following page

Definitions:
Traffic Control: DO NOT LET CARS ON THE COURSE
Direct: Direct participants to/through the transition area, bike and run course

1. Bike turnaround - direct the turnaround and prevent cars from entering the course from Londonderry and residences **

2. Prevent cars from entering course from Waterford and residences (corner of Stockton Parkway and Waterford)

3. Prevent cars from entering the course from residences (on curve of Stockton Parkway)

4. Prevent cars from entering the course from Turbridge and residences (corner of Stockton Parkway and Turbridge)

5. Direct returning bikes to slow and make turn onto Wittington.

6. Prevent cars from entering the course from residences

7. Prevent cars from entering from Highgate and residences (corner of Wittington and Highgate)

8. Prevent cars from entering the course from Camden or Wittington and residences (corner of Camden and Wittington) **

9. Direct bikers out and in (pool driveway entrance)

10. Direct runners out

11. Direct bikers to transition or out for second lap and runners in for finish or out for second or third lap (two volunteers if possible)

12. Direct bikes and runners to turn onto Stockton Parkway

13. Prevent cars from entering course from Camden and residences (corner of Stockton and Camden) **

14. Prevent cars from entering the course from Creek and residences (corner of Stockton and Creek)

15. Water table for bike and run

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