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# 2025 Waynewood 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 preference. 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 check-in (packet and chip pickup)  
8:00-8:40 Setup transition area  
8:40-8:55 Mandatory athlete briefing  
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 towards the basketball court. Go through the gate to sidewalk to parking lot. Put on clothes (shorts, shirt, socks, and shoes) if desired, and race number. **WALK** bike to mount line on Waynewood Blvd. Ride down Waynewood Blvd. to the right turn on Conover Place. Follow directions from volunteers on the course.



### 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 each lap. Continue on the road and complete the appropriate number of laps. Then enter the transition area after dismounting 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 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.



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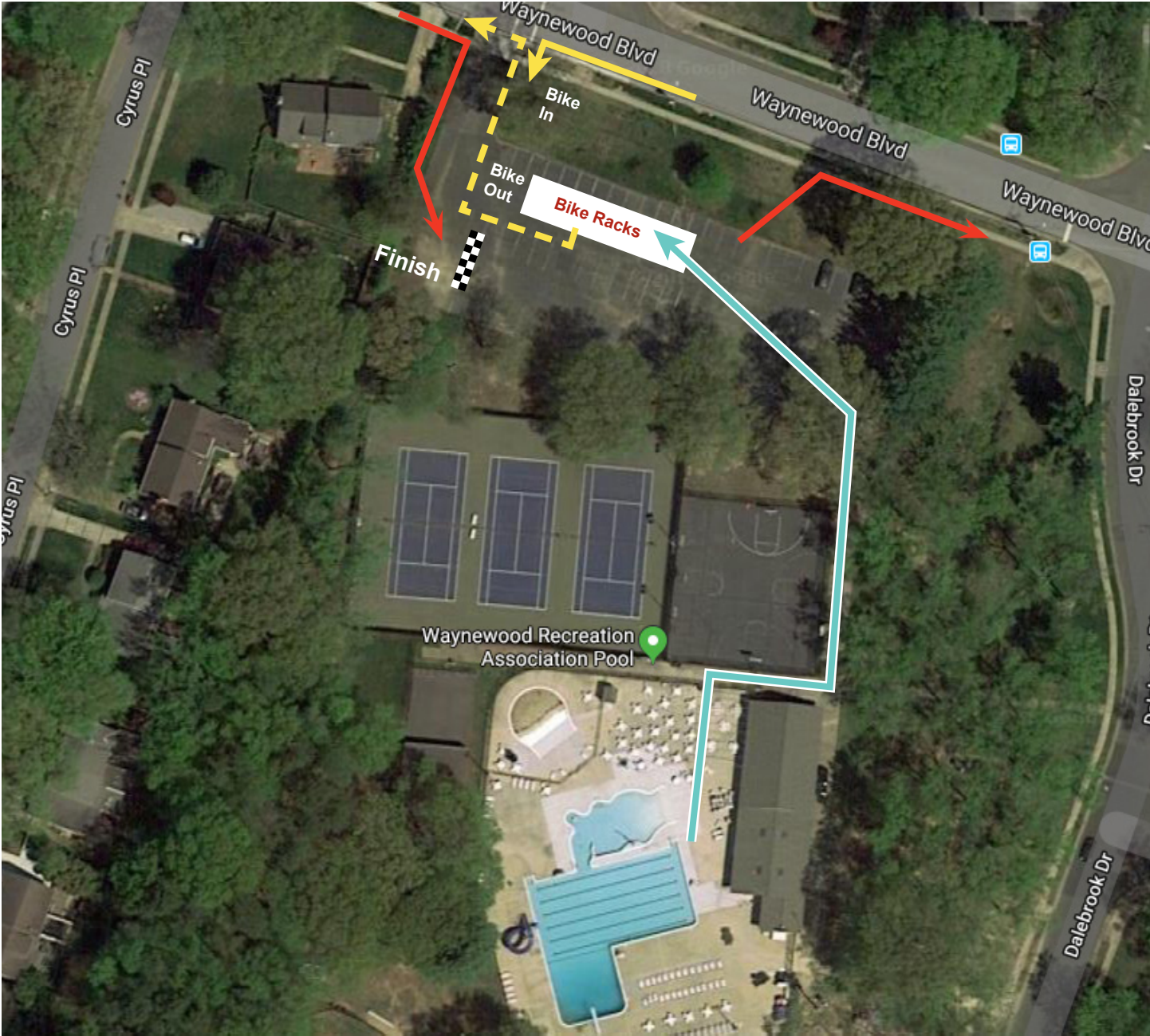
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# Waynewood Transition Area (Swim/Bike)

Swim Out    Walk bike    Bike Out/In    Run Out/In

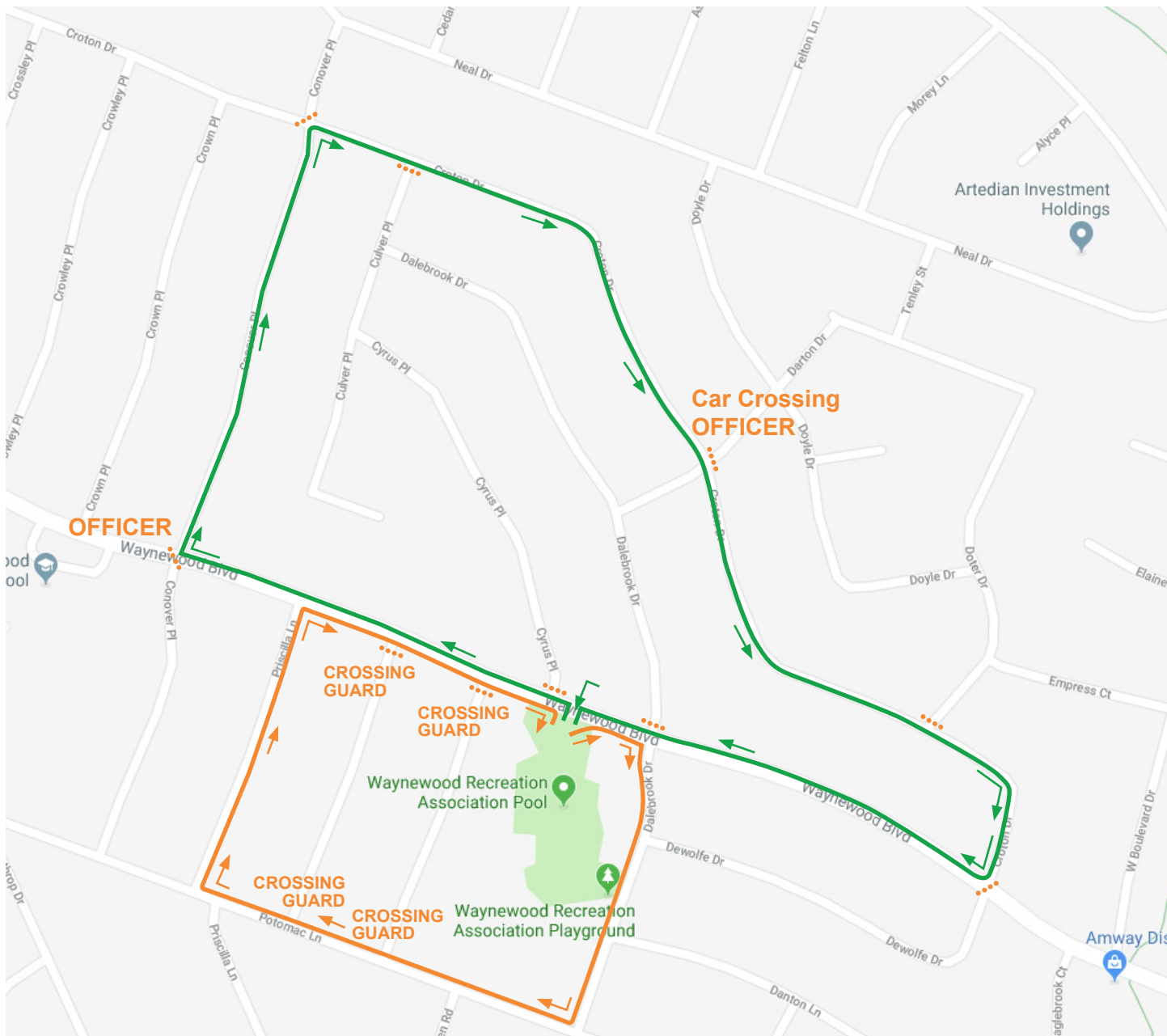




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# Waynewood Course Map & Distances

Age Group	Swim (meters / lengths)	Bike (miles / loops)	Run (miles / loops)
6-8	50 / Two	1.40 / One	.75 / One
9-10	50 / Two	1.40 / One	.75 / One
11-12	150 / Six	4.20 / Three	1.5 / Two
13-15	150 / Six	4.20 / Three	1.5 / Two



- 1 loop ride = 1.4 miles
- 1 loop run on sidewalks = .75 miles
- Cones



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## Road closures (RED line) on Sunday, July 6th from 8:45AM to 10:15AM

Please park on the open road nearest your house to allow you to leave during the race. If you live on Culver, Dalebrook, Cyrus or part of Darton, you will be able to drive out of the closed area by exiting at the intersection of Darton and Croton to Doyle Dr.

The run portion of the race will be on the sidewalks on the roads shown in orange. These roads will be open to traffic but if you live on Cyrus Pl. or Cushman Pl. south of Waynewood Blvd., you will need to drive out via Potomac Ln where there will be a crossing guard directing cars when it is safe to continue.

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 Thursday, July 6th to increase the likelihood we will be able to accommodate your needs.

Contact information:

email: [scott@luckycoinmultisport.com](mailto:scott@luckycoinmultisport.com)

Phone: 703.927.4467

