



June 16, 2019

2300 Brinitzer Way, Alexandria, VA 22308

Timeline:

8:00-8:40	Arrive and checkin (packet and chip pickup)
8:00-8:40	Setup transition area
8:45-8:50	Mandatory athlete briefing
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
9:03	11-12 year-olds start, 150M swim
9:09	13-15 year-olds start, 200M swim

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:

6-8 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 .62 miles

11-12s will run two laps for 1.2 miles

13-15 will run three laps for 1.85 miles.

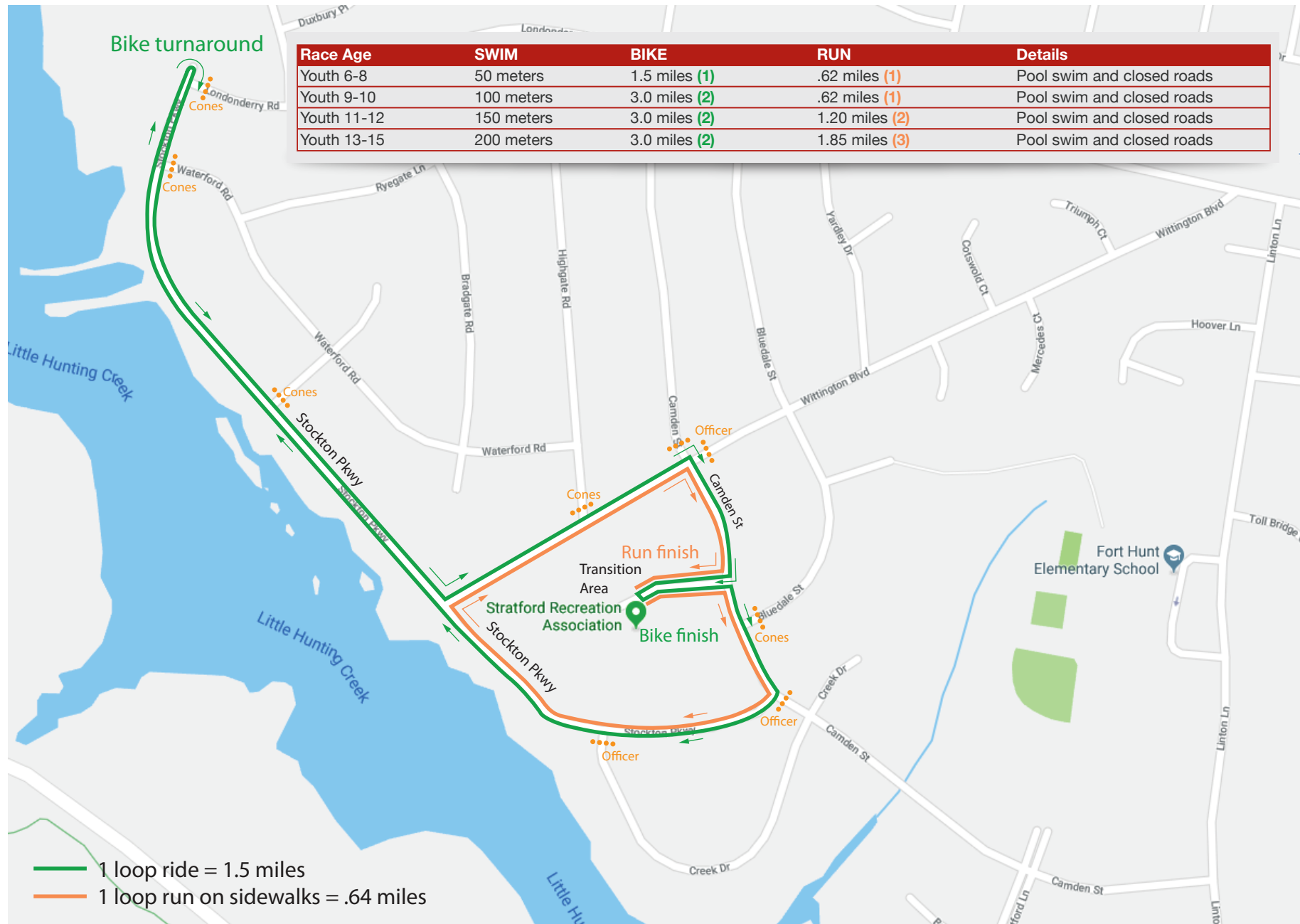
As with the bike, run past the driveway for additional laps. Make sure you run the appropriate number of laps for your age group.

After entering the parking lot, make your way to the finish line.


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.


Stratford Course Details

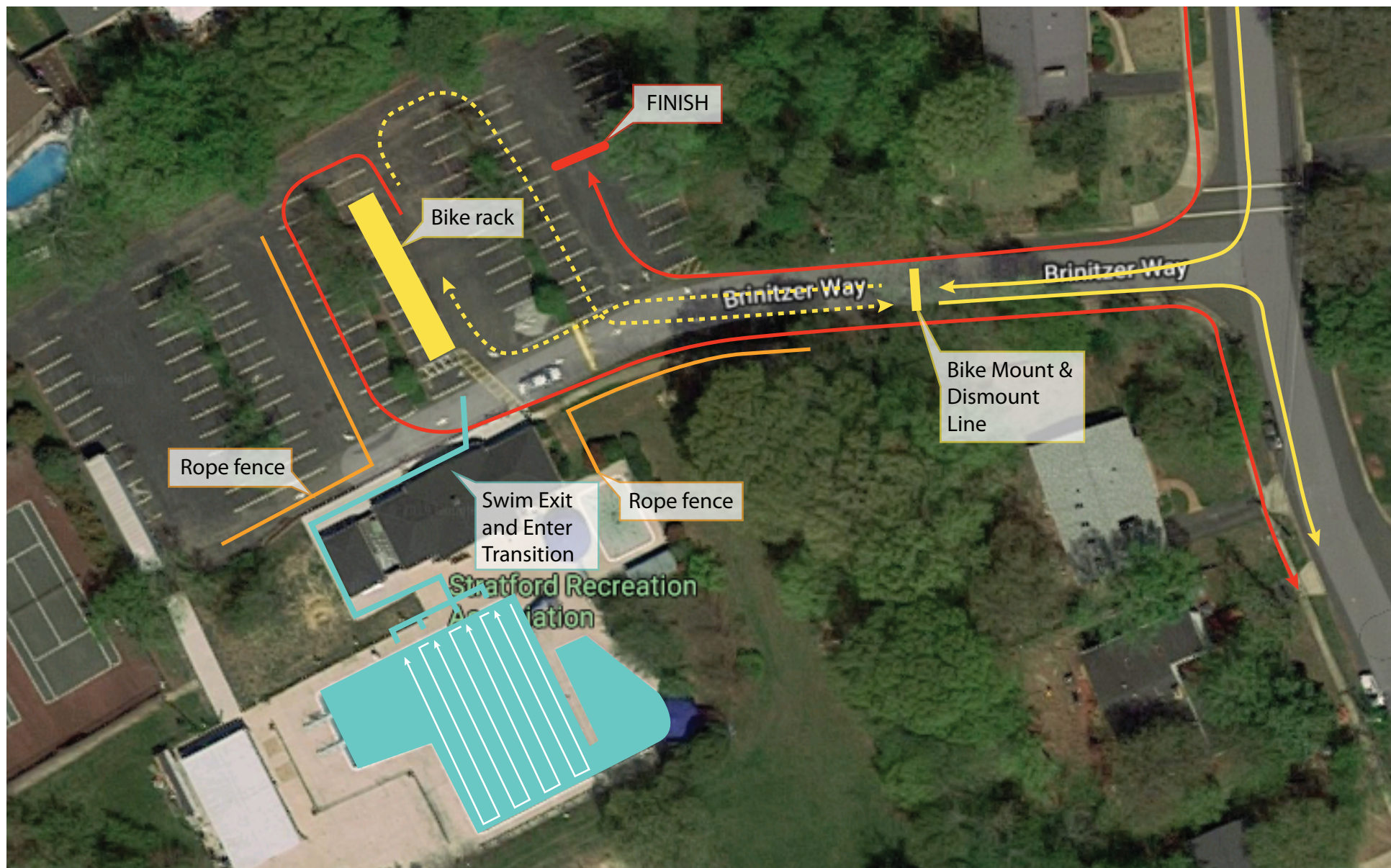


Stratford Transition Area Details

 Swim and swim out

 Bike. Dotted lines are walking the bike

 Run out and finish





Lucky Coin
Multisport

Please park outside the dotted line





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