



9:00 AM July 7, 2019
1027 Dalebrook Dr
Alexandria, VA 22308

Timeline:

7:30-8:35	Arrive and checkin (packet and chip pickup)
7:30-8:35	Setup transition area
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, 200M swim

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, 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.



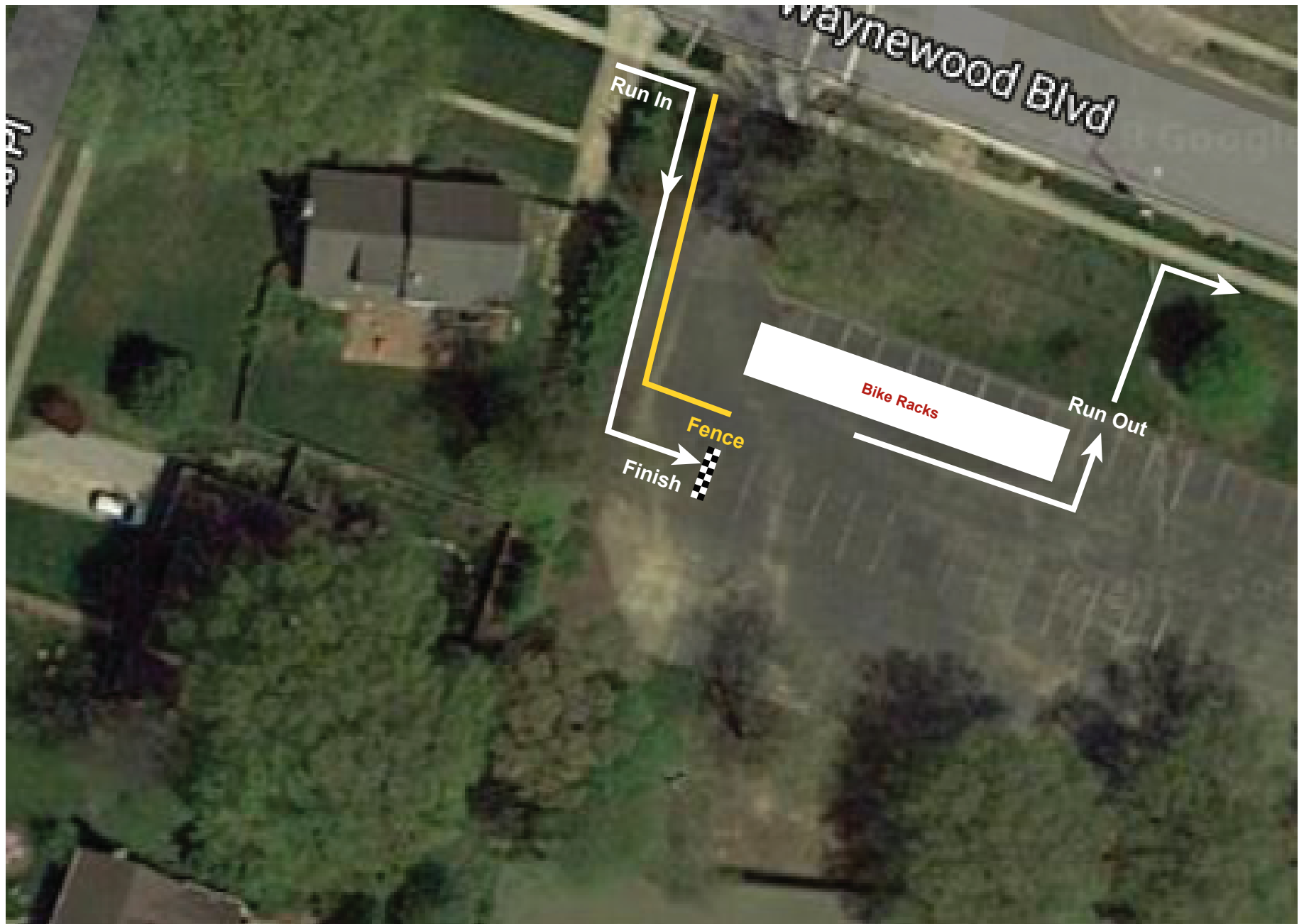
Waynewood Course Details - Overview



Waynewood Course Details - Transition-Swim/Bike



Waynewood Course Details - Transition-Run





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Waynewood Road Closures - July 7, 2019

On Sunday, July 7th, the roads shown here in RED will be closed to traffic for a youth triathlon from 8:45AM to 10:00AM.

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 4th to increase the likelihood we will be able to accommodate your needs.

Contact information:

email: scott@luckycoinmultisport.com
Phone: 703.927.4467



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