



# ARMY WEST POINT TRIATHLON

## 2025 ATHLETE GUIDE

**16 AUGUST – YOUTH RACE**

**17 AUGUST – SPRINT  
TRIATHLON**

## Message from West Point Triathlon

Dear Triathletes,

Welcome to the 35<sup>th</sup> Annual West Point Triathlon. Thank you for your continued support of our team and the United States Military Academy. The race is just around the corner and this guide is to help you prepare for those last-minute items on race day.

The team members, coaches, and race staff look forward to seeing you on race weekend. We truly hope your racing experience is memorable. For those athletes looking to gain points towards Age Group Nationals, the sprint race is once again sanctioned by USA Triathlon. Our youth race will be a just-for-fun event for ages 4-14. Additionally, we have added a "Parent and Me" mini and just-for-fun triathlon for our little 2-3 year old Triathletes. As always, your safety throughout this race is the primary focus for us. Please follow the instructions of all race staff (black shirts) and volunteers (gold shirts) throughout the race day.

Your race timing is provided Second Wind Race Timing and your race day photographs are from Sport-Memories.

Finally, a sincere thanks to you! Your participation and enthusiasm to return to the sport safely made this race possible. Your registration fee directly supports the cadets on the Army West Point Triathlon Team. Without your support, the triathlon team leadership could not provide the training, equipment, or travel for our future Army leaders of character and enable them to race all over the world and work towards future national championships. Continue to train safely and we will see you soon!

Best of luck on race day!

TRAIN, RACE, INSPIRE  
GO ARMY TRI!

Sincerely,  
MAJ Sarah Siekman

[westpointtri@gmail.com](mailto:westpointtri@gmail.com)

[www.westpoint.edu/triathlon](http://www.westpoint.edu/triathlon)

\* West Point and the United States Army do not officially endorse or support these companies or organizations

## Schedule of Events

### Saturday, 16 August 2025

#### Key Events: Youth Races, Sprint Race Packet Pick up

- **11:30 am** Youth packet pick up opens at main transition area
- **12:00 pm** Transition area open for Youth races
- **12:15 pm** Swim warm up open for Youth races
- **12:35 pm** Mandatory race brief for all Youth athletes at the beach & National Anthem
- **12:40 pm** "Parent and Me" Youth Race Age 2-3 begins at the beach
- **1:00 pm\*** Youth Race Age 4-6 race begins at the beach
- **1:15 pm\*** Youth Race Age 13-14 swim TT begins at the beach
- **1:20 pm\*** Youth Race Age 11-12 swim TT begins at the beach
- **1:25 pm\*** Youth Race Age 9-10 swim TT begins at the beach
- **1:30 pm\*** Youth Race Age 7-8 swim TT begins at the beach
- **2:30 pm** Optional sprint triathlon packet pick up opens
- **4:00 pm** Packet pick up closes

\* Youth race waves are subject to change based on previous wave progress. Please remain in the vicinity of the beach for announcements.

### Sunday, 17 August 2025

#### Key Events: Packet Pick up and Sprint Triathlon

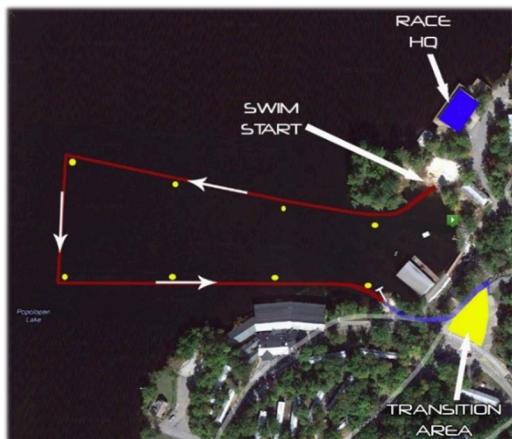
- **6:15 am** Camp Buckner Gates Open
- **6:30 am** Packet pick up opens
- **6:30 am** Transition area opens
- **7:30 am** Swim warm up open
- **8:00 am** Transition area closes
- **8:15 am** Mandatory race brief and National Anthem at Swim Start
- **8:20 am** Athletes line up in corral for Swim Start by projected pace
- **8:30 am+** Swim Time Trial start at the beach  
Up to 3 Athletes start every 5 seconds
- **11:30 am** Awards ceremony begins (*tentative*)
- **11:30 am** Transition area opens
- **2:30 pm** All athletes clear of Camp Buckner

+ Time Trial corral diagram will be provided at packet pick-up

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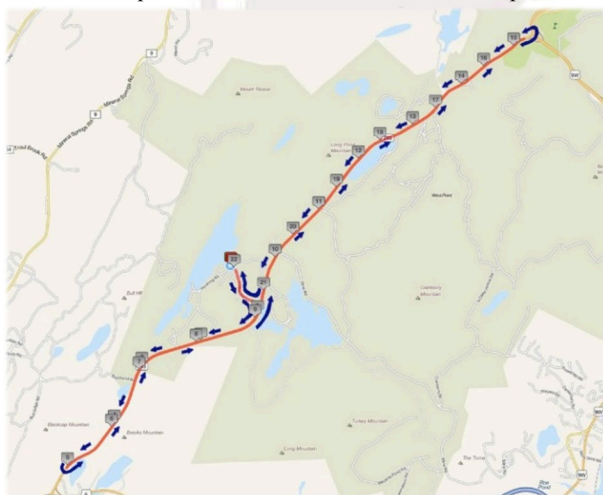
## Sprint Swim Course – 750 m

An open water swim in the calm and beautiful Popolopen Lake. The swim follows a counter-clockwise direction, swimming around the peninsula and keeping the yellow bouys to the left at all times.



## Sprint Race Bike Course – 22 km

The bike course heads out of Camp Buckner via Patton Road. Turn right onto route 293 and turn around at the 5 km point. Continue to the turn around point at the northeast portion of route 293 and return to Camp Buckner.



## Sprint Race Run Course – 5 km

The run course tracks a rolling course within the grounds of Camp Buckner. There is one main water/aid stations situated so it can be used on the way out, and then on the return from the turn-around for maximum hydration.



## Transition Area (T1 / T2)

The transition area is located in the large parking lot in Camp Buckner

### Points to note:

- The swim finish chute to transition crosses the run course on the sprint triathlon, so if you are in one of the last waves, be fully aware of runners potentially approaching from your right.
- Relay Teams - Swim to bike change over occurs in the pen provided, as you exit the swim and enter the pen, you are to change over your timing chip to the next athlete.
- Running back through transition – be aware of swimmers exiting the swim.
- Please do not bring any balloons, buckets, or chairs into the transition area. Also, please do not draw any chalk lines or apply foot powder or any other method of marking. These items will be removed.
- Sprint race athletes must present your race bib to collect all your belongings from transition. At no stage will the transition be open for bike collection until the head Official provides authorization. This is for safety reasons, and no exceptions will be made.

## Race Information

### Packet Pick Up

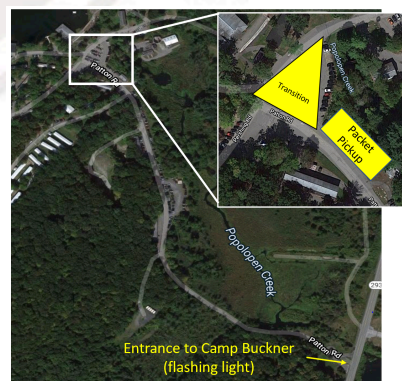
The youth race packet pick up will be held on Saturday Aug 16<sup>th</sup> at 1130hrs to 1230hrs in vicinity of the main transition area. See map below and on last page.

Sprint triathlon athletes may check in and pick up their packet at the Sprint Transition Area on Saturday Aug 16<sup>th</sup> 1430hrs to 1600hrs (packet pick-up dependent on completion of youth race) or Sunday Aug 17<sup>th</sup> from 0630hrs to 0800hrs.

Athletes must show USAT card or pay USAT one-day fee (if not done during registration) and sign waivers.

Athletes must show ID when they pick up their race packet. Athletes must pick up their own registration packet which will contain a self-adhesive bike frame number and race number bib (to be worn on the run only). A number belt is recommended. The race bib number is NOT to be worn during the swim. The packet will also contain an athlete's wristband which is required for access into the transition area race morning. Bikes will not be positioned in transition area until race morning, 17 August, beginning at 06:30 AM.

Event tee shirts will be distributed with the Registration Packet when you check in. Timing chips will be picked up at the transition area on race morning. **Body marking will be available on site.**

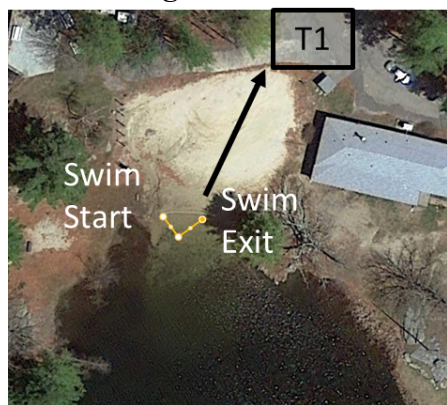




## Youth Courses

Youth race maps are posted on the [www.trisignup.com](http://www.trisignup.com) registration pages.  
The Toddler race will be a shorter rendition of the Age 4-6 Race.

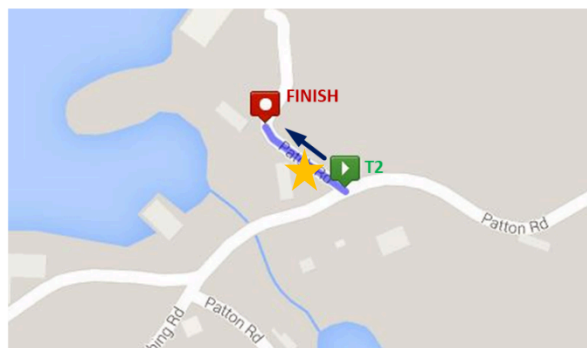
### Age 4-6 Race



10yd Splash and Dash in Shallows of Beach  
Toddler Race will be a 6-8 yd water run paralleling the shore.



~0.25 miles out and back bike on mostly flat terrain.  
Toddler Race will turn around ~ $\frac{3}{4}$  down the youth race course IVO the star..



50yd Run to Finish line outside Barth Hall  
Toddler Race will start at the star.

### Ages 4-6 Distances Summary

Swim - 10 yards (shallow water swim/run)  
Bike - 0.25 mile (training wheels and strider bikes allowed)  
Run - 50 yards - one parent allowed to assist  
Toddler Race approximately  $\frac{1}{2}$ - $\frac{3}{4}$  of the youth race distance.

### Age 7-14 Race



100yd Swim from beach to exit ramp. Athletes will proceed down the hill to T1 in the main Buckner parking lot.

1 mile out and back bike with the turn around at the main gate of Camp Buckner. Mostly flat terrain with small rolling hills.



0.75 mile out and back run to the LZ Owl gate with a slight uphill finish outside Barth Hall

### Ages 7-14 Distance Summary:

Swim - 100 yards  
Bike - 1 mile  
Run - 0.75 mile



## Directions

The address for your GPS or Google maps is **1549 Patch Road, Cornwall, NY 12518**. This will bring you to Barth Hall, but be prepared to park in one of the nearby Lots instead.

### From the East/South (New York, Peekskill & Rockland County)

- Take RT 9, 9D, 9W or the Palisades to Bear Mountain Bridge.
- Continue north on 9W north through Fort Montgomery and Highland Falls exits. Exit on the RT 293 exit toward Central Valley.
- Bear left on to RT 293. Go approximately 4 miles just before Camp Buckner until you reach the main gate. Turn right and follow guidance from volunteers to appropriate parking areas.

### From West or I-87.

- Take Exit 16 off I-87 and follow signs for RT 6 East.
- Take RT 6 East for approximately 6 miles until you reach the RT 293/RT6 fork.
- Bear left onto RT 293 and continue for approximately three miles.
- Take a left at the Camp Buckner main gate. Follow guidance from volunteers to appropriate parking areas.

### From North (Cornwall/Newburgh)

- Take 9W South over Storm King Mt. until you reach the RT218/293 Exit.
- Take RT293.
- Go approximately 4 miles just before Camp Buckner until you reach the main gate. Turn right and follow guidance from volunteers to appropriate parking areas.

Upon reaching the parking areas you will be directed as close as possible to the transition area without interfering with the course. Please do not attempt to park on Patton Road. Marshalls will turn you away. If you have special requirements or need specific help, then please contact the Race Director at [westpointtri@gmail.com](mailto:westpointtri@gmail.com) prior to race morning to arrange a safe passage for you.

You will not be allowed to depart until all racers have cleared the bike course. We will attempt to open the roads open as soon as possible for you. In the meantime, enjoy the awards ceremony and relax by the lake.

## Parking

Be prepared to walk a moderate distance (3/4 to 1 mile), as the inner most parking lots will fill first. We will fill parking lot 1 first. You cannot drive down any roads that are closed off or areas that are fenced off. Camp Buckner is currently undergoing renovations so many areas are closed for safety. Please park where the marshals tell you and do not attempt to park elsewhere. This is an active military installation with restrictions to the general public. We recommend arriving at the race early to give yourself enough time to get to registration, collect your packet and prepare for your race. It is strongly recommended to pick up your packet on Saturday afternoon from 2:30 pm to 4:00 pm, after the youth race has finished. Please see the [last page](#) for parking area map and locations.

## Timing and Race Results

Preliminary results will be posted on race day via the timing company, almost immediately upon finishing your race. Final results will be posted before the awards ceremony and also will appear online on Second Wind Race Timing's\* website [Second Wind Timing](#)

\* West Point and the United States Army does not officially endorse or support Fast Track Timing LLC

## Awards

All athletes will receive a finisher's medal immediately after crossing the Finish Line. The awards ceremonies will begin around 11:30 am at the beach. An announcement will be made 15 minutes prior to the award ceremony beginning. **All awardees must be present to receive their awards.**

### The top 3 finishers in the following categories will receive awards:

- All age groups (as per USAT divisions)
- Athena
- Clydesdale
- Military male and female
- Cadet/Collegiate male and female
- There will be no age group awards for the youth race.

The first place relay teams (Male, Female, Co-ed) will also receive awards.

## Aid Stations

Water and hydration products will be available at all aid stations and the finish line. Please make sure to bring your own drink with you on the bike course since there will be no aid stations on the bike course! Aid stations will be located:

- At the start of the run as you exit transition. This will service athletes going both directions
- At the Y intersection on the run course (1<sup>st</sup> km and just before completing the 3<sup>rd</sup> km)

## Lost and Found

Throughout the weekend, a lost and found will be established at the transition area. If you are missing gear after returning home, please email [westpointtri@gmail.com](mailto:westpointtri@gmail.com) to check our lost and found so we can arrange to return your missing item.

## Spectator Information

Spectators will be able to see the athletes start the swim from the beach (spectators will not be allowed on the beach), the bridge which looks over the bay, the peninsula (see swim map), exit for the swim, the start the bike, the start the run, and the finish line chute. **Families and spectators must stay off the course and may not enter the transition area or the finish line chute. This is critical for the safety of our participants and the security of their equipment.** Family members may accompany their children into the transition area prior to the youth race and when transition area opens following all youth races. Please be respectful of all participants. The only exception is the youth ages 4-6 race. Family members are highly encouraged to accompany and escort their child during the age 4-6 race. See FAQs below for more information.

## Race Photography

Sports Memories\* will be onsite to photograph the race. Visit the website one week after the race to view and purchase your race photos. <http://www.sport-memories.com/>

\* West Point and the United States Army does not officially endorse or support Sport Memories Photography

## Bike Support

There will be bike support located near the transition area for last minute tune-ups and mechanical problems.

\* West Point and the United States Army does not officially endorse or support said support companies.

## Rules

### USAT Event Rules

Please review USAT rules at: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

### Race Numbers

The self-adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. The bike frame number must be affixed to your bike frame before you enter transition area.

The run bib number which must be displayed during the entire run segment on the front of your body, not the side or back! Please pin your run number to your shirt, shorts, swimsuit with the safety pins available at Athlete Check-In, or affix it to your race belt (highly recommended).

### Wetsuits

Each participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, participants may wear a wetsuit at their own discretion but those participants who wear a wetsuit within this temperature range will not be eligible for prizes or awards. Wet suits are prohibited in water temperatures equal to or greater than 84 degrees Fahrenheit. A USAT official will take the final water temperature on race morning and the temperature will be announced. This race is generally a wetsuit legal race.

## Swim Caps

You must wear the swim cap provided to you at packet pickup during the swim portion of the race. This cap is for your safety and must be worn during the entire swim. You will not be allowed in the swim staging area without the cap. Cap colors for assistance with seeding will be posted at packet pick-up.

## Relay Team Procedures

All relay team members will have access to the Transition Area. Relay teams must pass the timing chip to their teammates in the team changeover pen in the Transition Area entrance or exit.

### Swim to Bike Relay Procedures

The swimmer is to exit the water and make their way to the “swim to bike” pen located at the entrance to transition. Ensure the team locates this area before the race to avoid confusion. Once the swimmer arrives to the pen, the swimmer passes the timing chip over to the cyclist. The cyclist can then enter transition and go through the transition process to mount the bike. The cyclist can have bike helmet on in the relay pen, but may not wear bike shoes. The swimmer at that stage can enter transition but **MUST** be mindful of other athletes and obey instructions from officials and marshals. Then exit ASAP!

### Bike to Run Relay Procedures

On the return to transition, the cyclist is to dismount at the dismount line and keep the helmet and chin strap on and fastened until the bike is firmly racked. At this point the cyclist makes their way toward the run exit, to the “Bike to Run” change over pen. Once in the pen, the cyclist gives the timing chip to the athlete completing the run leg. The runner can then exit onto the run course. The cyclist may re-enter transition to collect running shoes or footwear but must not remove their bike from transition until the race has finished and authorization is given from the chief Transition Official (wearing black West Point Triathlon race shirt). Whenever relay team athletes have finished their portion of the race, they **MUST** be mindful of other athletes. Exit the transition area as soon as possible for safety reasons. If you are seen to be an obstruction or hanging around, you will be asked to leave the transition area.

If you are in a 2-person relay team, and completing 2 portions one after the other, you are to go through the transition process the same as all other athletes.

## FAQs

### Can I leave early?

Most parking lots are situated along the run course and bike course which will be active with racers until approximately 1030. If you need to depart before the race finishes, please speak directly with the Race Director. However, the transition area will not open at least until all athletes have cleared the bike course. No exceptions.

### Are there bathroom facilities on site?

Yes – There will be porta potties close to the Barth Hall finish line and transition area.

### Is there a central medical location?

Yes – The medical tent will be situated next to transition. There will be medical staff placed at key points on the race course and centrally controlled at the medical tent.

If you have an accident on the race course, ensure you or a friend inform a race official (black West Point Triathlon shirt) before departing the race site to ensure you have the appropriate care on site.

**Will there be handicapped parking?**

Contact the Race Director before race day to organize a reserved parking spot as close to transition as possible. If you have a handicap pass, you will be directed to the parking spots adjacent to the transition area.

Contact: [westpointtri@gmail.com](mailto:westpointtri@gmail.com)

**Will there be body marking?** No, all athletes are required to conduct their own body marking prior to the start of the race. Athletes will place their race number on each shoulder and their age on their left calf.

Markers will be available outside the transition area.

**What is a time trial swim start?** A time trial swim start will be used in order to allow maximum social distancing during the race in accordance with USA Triathlon Safe Return to Sport guidance. A maximum of three athletes will start every 5 seconds from the beach start point. Athletes will be allowed to self-seed based on their projected 100 meter swim pace. Corrals will be marked along the beach and in the vicinity of Barth Hall to allow all athletes to line up and socially distance before the swim.

**Volunteer parking -** There will be parking on Patton Road for volunteers only. Please enter through [Parking entrance 2](#).





# PARKING OVERVIEW

## Youth Race Day Parking 16 AUG 2025



## Sprint Race Day Parking 17 AUG 2025

