

Triathlon Athlete Information

Packet pick up: Thursday, August 4, 2022
Time: 5 PM – 6:30 PM
Race Day: Saturday, August 6, 2022
Time: 8:30 AM start
Location: Broadland Community Center
43008 Waxpool Dr. Ashburn, VA

Welcome athletes and parents to the 7th running of the Loudoun Mini Athletes' Triathlon sponsored by Wegmans! We are extremely excited to have you as part of this event!

This handout will assist you with detailed instructions for race day. Please review this information with your athletes to ensure a smooth race day. Rule number one: have fun! Rule number two: maintain good sportsmanship and rule three: be considerate of other athletes throughout the event: swim, bike, and run. #SplashFlashDash2theFinish!

Let's get ready to have a great race day experience!

Event Line Up

7 AM	Transition Area opens
7:15 AM – 8 AM	Body marking in Transition Area & pick up timing device
8:10 AM	Transition Area closes to parents Athletes line up
8:15 AM	National Anthem
8:25 AM	Athletes line up for swim on pool deck
8:30 AM	Race start
10 AM (approx.)	Awards Ceremony

Please Note: Times listed within the Event Line Up are approximate and subject to change due to unforeseen events or happenings. This is our suggested flow of events, we will do our best to follow this timeline.



General Information

Gear Check List

NOTE: some items listed are optional and a preference to the athlete as well as listed under each appropriate area item may be needed

Swim:

Swim cap
Goggles
Towel
Swimsuit
Ear plugs, nose plugs
Plastic bag for wet items (old grocery bag work well!)

Run:

Running shoes
Socks
Shirt
Water bottle
Hat/Visor
Sun glasses
Sunscreen
T-shirt
Shorts

Bike:

Bike
Helmet
Bib number
T-shirt
Shorts
Socks
Shoes
Bike pump
Sun glasses
Sunscreen
Water bottle

General and Post Race:

Camera
Dry clothes
Favorite snack
Flip flops
Towel
HUGE smile!

Packet Pick Up

Thursday, August 4, 2022
5 PM – 6:30 PM
Broadland Community Center
43008 Waxpool Dr. Ashburn, VA

Packets should be picked up during this time. Parents should be prepared to pick up your child's packet.
The child's parent must show a photo ID to pick up packet(s).

Please be sure to bring your child's bike and helmet to Packet Pick Up for inspection.

If you are not able to pick up your packet at the above time, please submit a written request as soon as possible to kidstri@m-b-logistics.com.

Age Classifications

Athletes are eligible for their age group based on their age as of December 31, 2022. An athlete with a birth date after the event date (August 6, 2022) will be classified as the age the athlete will be turning on their birthday.

This could result in your athlete being placed in the NEXT age bracket. For example, an 8 year old whose birth date falls after August 10, 2022 will be considered a 9 year old and placed in the 9 – 11 year old age group, unless otherwise directed by the parent.

Athletes who choose to participate in their current age group based on their current age (not their age as of December 31, 2022), will NOT be eligible for awards of 1st, 2nd or 3rd place for boys and girls within each age group.

Awards and Award Eligibility

Medals of participation will be given to all race finishers.

Awards/gift certificates will be awarded to the 1st, 2nd and 3rd place male and female in each age group. Athletes are eligible for age group awards when participating in appropriate age group category. **Age classification is based on age as of December 31, 2022.**

Course Maps

Course maps are posted at www.LoudounMiniAthletesTri.com under triathlon info for each age group. Please [review the course maps](#) and take time to walk the course with your athlete if possible. Volunteers will be placed along the course to assist athletes in navigating the course as well as course signage with directional arrows.

Timing Devices

Each athlete will be required to wear an ankle chip strap (just above their ankle) during the triathlon. Athletes will need to pick up their chip on race day in the Transition area before 8 AM. Chips will need to be returned at the end of the race when crosses the finish line. The chip will record athlete's time in each of the areas: swim, T1, bike, T2, run, and overall time. **There is a \$50 fee for lost or not returned timing devices.**

Parking

Please be prepared to drop your athlete off with their bike between 7 AM and 7:30 AM at The Broadlands Community Center (43008 Waxpool Dr. Ashburn VA).

Parking will be available across the street from the Community at Eagle Ridge Middle School. You may then use the tunnel for a short walk back to the Community Center.

If you are a Broadlands resident within walking distance, please consider walking to Community Center as a "warm up" and bike/walk.

Parking **will not be** permitted at Broadlands Community Center.

Restrooms

The Broadlands Community Center will be open and available for restrooms for athletes.

Transition Information sponsored by Wegmans

There are two transitions in a triathlon: swim > bike (Transition 1 or T1) and bike > run (Transition 2 or T2).

For this triathlon, T1 & T2 are within the same transition area located in the parking lot of Broadlands Community Center (pool)

The transition area will be fenced off and have numbered spaces for each athlete to set up their equipment (bike, helmet, shoes, towel, etc.) giving a space to transition/get ready for the next step within the event.

PARENTS WILL BE PERMITTED IN THE TRANSITION AREA FROM 7 AM – 8 AM. Prior to race time - parents must be with their athlete. Athletes will have a bib number indicating their age group what space they will utilize within the transition area.

The transition area will open at 7 AM. Parents will asked to leave the transition area by 8 AM. Want to be near your athlete during transition? Sign up to volunteer for this area!

To enter this area, athletes must have an inspected bike helmet and bike (handle bar ends capped/covered). Bikes can be inspected at packet pick up. Or first thing event day morning.

- Be sure to have your race number clearly visible on your athlete's body.
- Find the transition space area with athlete's number on the ground, this will be your athletes transition area space. Using your kickstand to park your bike.
- Right next to the athlete's bike lay out the following items:
 - o sneakers/bike shoes
 - o socks (if using)
 - o bike helmet
 - o sunglasses (if using)
 - o a shirt and shorts (if using) to put on over your bathing suit
 - o running race number/bib
 - o a plastic bag for wet items
 - o towel (we recommend two towels, one to lay out as a place marking, and one to dry off with)

The transition area will **close to parents at 8 AM** – You will be asked to please exit the transition area at this time. Announcement will be made to assist with keeping on schedule. **Volunteers are needed to assist in transition and this is great way to be close to your athlete! Sign up to volunteer for transition at www.LoudounMiniAthletesTri.com**

Upon completion of their swim, the athlete will enter the transition area, find their bike, put on their helmet/clothes and put anything they are not taking with them (goggles, towel, etc.) into a plastic bag – tie the bag.

The athlete must WALK/JOG their bike completely out of the transition area and mount their bike at the entrance/exit of the transition area. Do NOT mount bike until you are clear of the transition area **helmets must be fastened before exiting the transition area.**

Volunteers will be in the transition area to help before and during the race with shoe-tying, getting the bikes ready, and any other issues the athletes may need assistance with.

At no time during the race are any parents or spectators allowed into the transition area. This is primarily for safety reasons and keeping the transition area as clear as possible for the youth athletes.

Water will be available inside the transition area for athletes.

Transition 2 – bike > run

Transition 2 is the same transition area at Transition 1 the parking lot of the Broadlands Community Center.

Volunteers will be right before the entry of the transition area, reminding all athletes to dismount their bikes – athletes MAY NOT ride their bike into the transition area and helmets must remain strapped until off the bike.

Once in the transition area, look for your number on the ground, park your bike by either using your kickstand or lying it flat – **you may NOT just leave it on the ground in any location, your bike must be parked in your transition space.**

Athlete should leave their helmet with their bike, collect any items needed for the run and jog out of the transition area towards the foot path marked run out. A water stop will be available immediately outside of the transition area.

Volunteers will be in the transition area to help with bike racking and any other issues the athletes may need assistance with. At no time during the race are will any parents or spectators be allowed into the transition area, unless they have signed up to be a transition area volunteer.

Swimmer Information

Only swimmers will be allowed on the pool deck area closest to the pool. There will be a small, designated area available for parents to stand outside of the pool deck to cheer on their athlete. Keep in mind parents should only be within this area when their athlete is participating. **Once your athlete has complete their swim, please move out so another parent can spectate their athlete.**

Swimmers should only bring cap/goggles with them to the pool area. We encourage athletes to leave other items (shoes, towel, and clothes) at their transition area space. Be sure to mark all items clearly with swimmer's name and bib number.

Please Note: The event is not responsible for lost items.

Swimmers will line up in bib order by age group. 6-8 age group will line up just outside the pool entrance and the 9-1, 12-14, and 15 - 16 age groups will line up in the transition area. Volunteers will guide athletes to where they need to go before their start. Announcements will be made to assist with keeping athletes on schedule and line up locations.

Swimmers will be 'body marked' with their bib number via, a volunteer use of a Sharpie to write each swimmers' bib number on their arm and leg – capturing the full Tri experience!! Body marking will take place within the transition area from 7 AM – 8 AM. **Athletes must have their bib with them in order to be body marked.**

Timing chips will be used to record athletes' times. Swimmers need to listen to directions at the pool on where and when to step on the timing pads to ensure an accurate time is recorded.

Swimmers will be grouped by age 6-8 year olds, 9-11 year olds, 12-14 year olds and 15 - 16 year olds). Within each age grouping, swimmers will enter the pool from fastest to slowest, based on their estimated swim times provided at registration.

Swim Age Group Information:

6 – 8 year old group -- 50 meter swim

- Each swimmer will stay in their own lane, swimming 1 lap of the pool (down and back)

9 – 11 year old group -- 100 meter swim

- Each swimmer will stay in their own lane, swimming 2 laps of the pool (down and back)
- Volunteers will be on-hand to assist with counting laps. It is the swimmer's responsibility to know their lap count.

12 – 14 year old group -- 150 meter swim

- Each swimmer will stay in their own lane, swimming 3 laps of the pool (down and back)
- Volunteers will be on-hand to assist with counting laps. It is the swimmer's responsibility to know their lap count.

15 – 16 year old group -- 200 meter swim

- Each swimmer will stay in their own lane, swimming 4 laps of the pool (down and back)
- Volunteers will be on-hand to assist with counting laps. It is the swimmer's responsibility to know their lap count.

Cycling Information

1. Helmets must be properly worn and the chin strap fastened prior to leaving the transition area for the bike element. Helmet must remain on and fastened at ALL times while on the bike.
2. Handle bar ends must be capped/covered for safety. Any handle bars with lost caps or covers, will be covered with duct tape. Please be sure to bring bike and helmet to Packet Pick up for inspection.
3. Athletes may not get on their bike until they have left the first Transition area – volunteers will remind athletes of this and assist with mounting and dismounting locations.
4. No weaving is allowed as there will be other riders coming up behind you. Stay to the right unless passing. When passing a rider in front of you, call out to them “PASSING”, so they are aware. Move back to the right once you are clear of them. Watch out for other bikers.
5. You must follow the directions from the police and course marshals. They are there to keep you safe. You must stay inside of the cones/to the right of the cones placed on the road.
6. You must dismount your bike before you re-enter the transition area. Volunteers will be there to assist.
7. You will need to check the course maps to see your age group course. Familiarize yourself with the course and know the number of loops you will need to complete the course.
8. Police and volunteers will be along the entire bike and run courses.

Bike Age Group Information:

Please review the course maps on the website for each age group run route.

www.LoudounMiniAthletesTri.com

6-8 yr olds – 1 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:45 AM in the transition area.
- It is the athlete's responsibility to know their bike route and complete correctly.

9-11 yr olds – 1.68 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:45 AM in the transition area.
- It is the athlete's responsibility to know their bike route and complete correctly.

12-14 yr olds – 3.36 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:45 AM in the transition area.
- It is the athlete's responsibility to know their bike route and complete correctly.

15-16 yr olds – 3.36 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:45 AM in the transition area.
- It is the athlete's responsibility to know their bike route and complete correctly.

Runner Information

Each age group will begin the run course at the transition area and finish on the grassy area across the street from the community center. All running routes will start on the foot path next to the pool at the transition area.

Please review the course maps on the website for each age group run route.

www.LoudounMiniAthletesTri.com

Run Age Group Information:

6-8 yr olds – .86 mile distance

- Start on foot path at the area marked run out, finish on the field space across the street from the community center at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.
- It is the athlete's responsibility to know their run route and complete correctly.

9-11 yr olds – 1.40 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.
- It is the athlete's responsibility to know their run route and complete correctly.

12-14 yr olds – 1.59 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.
- It is the athlete's responsibility to know their bike route and complete correctly.

15-16 yr olds – 1.60 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.
- It is the athlete's responsibility to know their bike route and complete correctly.

Bike Pick Up

Parents may enter the transition area to remove bikes beginning at 10:15 AM. From 10:15 AM – 10:30 AM bikes can be walked out of the transition area. AFTER 10:30 AM cars may enter the parking lot to retrieve bikes and other belongings.

This time is approximate and subject to the progress of the event and where athletes are within the event. The event staff will announce when cars can enter the parking lot for bike retrieval. Please be sure to remove all items from the transition area, as all left over items will be in available in lost in found for one week after the event, then donated to charity.