



**STAFFORD, VA | SUNDAY, SEPTEMBER 16<sup>TH</sup>**





## GREETINGS ATHLETES

Revolution3 Stafford Triathlon is right around the corner. We are looking forward to an exciting race on Sunday September 16<sup>th</sup> at the Jeff Rouse Swim and Sport Center. Below you will find important information regarding race weekend. Please read this entire athlete guide so you will be prepared for your race.

If you have any questions please do not hesitate to e-mail us at [Info@rev3tri.com](mailto:Info@rev3tri.com)

Thank you for your support and we look forward to seeing you soon!

## SCHEDULE

### SPRINT SCHEDULE SUNDAY SEPTEMBER 16, 2018

EVENT	LOCATION	TIME
Adult & Kids Packet Pick Up	Inside Jeff Rouse Swim & Sport Center	6:45AM – 8:00AM
Optional Swim Warm Up	Pool Deck	7:30AM – 7:45AM
Adult Swim Start	Pool Deck	8:00AM
Kids Optional Swim Warm Up	Pool Deck	8:30AM
Kids 11+ Swim Start	On Pool Deck	8:45AM
Kids 10 & Under Swim Start	On Pool Deck	Approx 9:00AM
Sprint & Kids Award Ceremony	Rev3 Finish Line	9:30AM
Sprint Series Awards	Rev3 Finish Line	10:00AM

## PACKET PICK-UP

Packet pick up will take place RACE MORNING ONLY inside the Jeff Rouse Swim and Sport Center.

Jeff Rouse Swim & Sport Center:  
1600 Mine Rd  
Stafford, VA 22554

You will have the opportunity to pick up your packet on race morning at the following times:

Race:	Date:	Location:	Time:
Adult & Kids Race	Sunday 9/16	Jeff Rouse Swim & Sport Center	6:45AM – 8:00AM



# STAFFORD SPRINT

SEPTEMBER 16, 2018 STAFFORD, VA

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID is required to pick up your packet. If you have an athlete under the age of 16 a Parent or Guardian photo ID will be required to pick up your packet.

## PACKET PICK UP PROCESS:

### **Step 1: GET YOUR BIB NUMBER**

At packet pick up each volunteer will have a list of bib numbers. You will be able to look up your bib numbers by your last name. Or if you registered before 9/9/18 you will not be on this list: [FIND YOUR BIB NUMBER HERE.](#)

### **Step 2: PICK UP YOUR RACE PACKET WITH YOUR ID AND USAT CARD**

In order to obtain your race packet, you will need to show government issued photo identification (THIS INCLUDES RACE MORNING PICK UP). If your athlete is under 18 and does not have a photo ID a parent or guardian photo ID will be required to pick up their packet.

All Relays MUST check in as a team. To ensure that all team members complete the appropriate waivers, partial or incomplete teams will not be permitted to check-in for absent members of the relay team.





In the race packet, athletes will receive:

- Race Number Stickers
- Race Number Bib
- Silicone Swim Cap

## RACE NUMBER STICKERS

Due to this race changing to a SWIM/ RUN you can use your helmet sticker (the rectangle sticker in the middle of the long sticker) as your transition spot. Please bring your bike stickers to swim start and with the help of our transition coordinator we will create a place to leave your shoes and running gear.

## SWIM CAP

All athletes will be issued a colored swim cap that corresponds to their age group. It is not mandatory to wear the race issues swim cap.

## BIB

The athlete bib must be worn and visible during the run leg of the race. Be sure your bib faces forward when you enter the finish chute. This will aid timers should you lose your timing chip or in case of electronic malfunction due to weather.



## PARKING

On race morning, athletes will be able to park anywhere at the Jeff Rouse Swim & Sport Center. Due to the run taking place on sidewalks you will not be prohibited leaving the race once you are done.

## SWIM

The swim will be a counter clockwise snake swim. Athletes will enter the pool feet first and will swim down in one lane, duck under the laneline and swim back in a different lane. Flip turns will not be permitted and if a staff member witness an athlete doing a flip turn it will result in a :30 second penalty.

## RUN

After exiting the pool athletes will turn right and follow the sidewalk until you hit your turn around. The Adult course will be marked with YELLOW duct tape and the Kids course will be marked with GREEN duct tape.

Adult Race 400 Meter Swim and a 2.5 Mile Run.

11+ Athletes- 200 Meter Swim/ 1 Mile Run

10 & Under Athletes- 100 Meter Swim/ 1 Mile Run



## BODY MARKING

Every athlete needs to be body marked to identify yourself while on the swim. Body marking will take place on race morning from 6:45AM – 7:45AM at Packet Pick Up.

You will be marked with your bib number on both upper arms and your USAT age on your right calf.

## TIMING CHIP

In each athlete packet you will find a black ankle bracelet with an orange circle on it, that bracelet is your timing chip. This timing chip will need to be fastened on your left ankle from the start of the swim until you cross the finish line. This timing chip is what we use to track and time your race. If you lose or misplace your chip you will need to get a replacement from the transition coordinator on site.

We will have a bucket at the finish line where you can return your timing chip. There will be a \$110 fee for all missing, lost, or unreturned timing chips.

**NO CHIP = NO TIME = NO RESULTS**

## AID STATION

There will be a water station approximately half way through the sprint and kids run course. You should be prepared to carry your own water and food as you see fit on the bike and run portions of the race. There will be additional food and drink at the finish line.

### **What will be served at the Run Aid Stations?**

- Water
- Gatorade Endurance (cups, Lemon Lime)



## AWARD CEREMONY

### Where:

All Award Ceremonies will take place outside the finish line at 9:30AM for the Adult and Kids Races. If you need to leave before the award ceremony you may stop by the retail tent and pick up your award from 9:15AM – 9:30AM. Due to it being a time trial start no awards will be handed out prior to 9:15AM or until 90% of athletes have finished the Sprint.

### What:

Rev3 awards the following categories:

- Top 3 Males and Females Overall
- Top 3 Males and Females in each 5-Yr age group:
  - 19 and U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
- Top 3 Aquabike Males and Females Overall
- Top 3 Military/First Responders Overall
- Top 3 Clydesdales & Athena
- Top 3 Relays Overall
- Kids Rev- Top 3 Females and Males in Kids Rev 7-10 and 11-15
- Kids Rev- Top three females and males 7-8, 9-10, 11-12, 13+

Athletes who place in their age-group but cannot attend the award ceremony should please coordinate with a friend to pick up the award or e-mail [info@rev3tri.com](mailto:info@rev3tri.com) to have your award mailed to you for the cost of shipping.

## RESTROOMS

Porta Johns will be available near transition area in the parking lot and you may also use the facilities inside the pool.



## SAFETY RULES

This is a USAT Sanctioned race which means you must follow all USAT rules. You can find all USAT rules here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

This means your helmet must be on and strapped the entire time you are on the bike and NO HEADPHONES on the bike or run portion of the race.

## WEATHER CONTINGENCY PLAN

Our events take place rain or shine, there is no rain-date. Should there be lightning during the swim, the swim start will be delayed until conditions are safe. If delays continue to build, the swim leg may be reduced or cancelled. In which case we will use a time trial start for the bike leg. In the event of a severe natural disaster (hurricane, tornado, etc.), Rev3 will be in regular communication with all registered athletes. Unfortunately we cannot offer refunds for inclement weather.

## VOLUNTEERS

We rely heavily on our Volunteers to have a successful event. If you have any friends or family that wants to get close to the race day action have them sign up to Volunteer while you race!

### **VOLUNTEER SIGN UP:**

[https://vmodcui.active.com/responsive/eventGroups/1176501/jobs?\\_ga=2.123921539.802767681.1536601071-1523603898.1536086224](https://vmodcui.active.com/responsive/eventGroups/1176501/jobs?_ga=2.123921539.802767681.1536601071-1523603898.1536086224)

Volunteers help with a variety of tasks including check-in, aid stations, course marshaling, food distribution, etc. Times vary from 5am – 11am. Volunteers receive free food, a cool volunteer shirt, and our sincere appreciation. Plus, volunteering is fun!

We look forward to an exciting race weekend. Remember to be safe, follow the rules, and most importantly have fun!