



## GREETINGS ATHLETES

The Westfields Triathlon Powered by Revolution3 is only a couple weeks away! We are looking forward to an exciting race on April 28th at the Cub Run RECenter. 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

### SATURDAY APRIL 27, 2019

EVENT	LOCATION	TIME
Packet Pick Up	Cub Run Rec Center	1:30pm-4pm

### SUNDAY APRIL 28, 2019

EVENT	LOCATION	TIME
Sprint Packet Pick Up	Cub Run Parking Lot	5:30 AM - 6:40 AM
Mandatory Bike Check	Transition	5:30 AM - 6:40 AM
Transition Closes for Sprint	Transition	6:50 AM
Sprint Swim Start	Cub Run Pool	7:00 AM
Splash & Dash Packet Pick Up	Cub Run Parking Lot	8:00 AM -9:00 AM
Splash & Dash Swim Start	Cub Run Pool	9:30 AM
Optional Sprint Award Pick Up	Stage in Cub Run Parking Lot	9:30 AM – 10:20 AM
Sprint Award Ceremonies	Cub Run Parking Lot	10:30 AM
Splash & Dash Award Ceremonies	Cub Run Parking Lot	10:45 AM



## PACKET PICK-UP

Packet pick up will take place in the Cub Run RECenter on Saturday from 1:30pm - 4:00pm. Race morning packet pick up will take place in the same spot. Packet pick up hours are below:

### CUB RUN REC CENTER

4630 Stonecroft Blvd, Chantilly, VA 20151

You will have two opportunities to pick up your race packet for the Sprint or Splash and Dash they are:

EVENT	DATE	LOCATION	TIME
Packet Pick Up Sprint & Splash and Dash	Saturday 4/27	Cub Run RECenter Upper Parking Lot	1:30pm – 4:00pm
Packet Pick Up Sprint	Sunday 4/28	Cub Run RECenter Parking Lot	5:30am – 6:40am
Packet Pick Up Splash & Dash	Sunday 4/28	Cub Run RECenter Parking Lot	8:00am – 9:00am

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID, and a valid USAT annual or one-day license are required to pick up your packet. **You will need proof of ID to pick up your packet.**

**NO ID = NO PACKET = NO RACE**

## PARKING

Parking for race participants and guests is located at Westfield High School (4700 Stonecroft Blvd, Chantilly VA 20151). The Cub Run RECenter parking lot will be closed. There will be NO PARKING at Cub Run Rec Center on race day.

### IMPORTANT

On race morning **you must park by 6:15 AM**. Access to the parking lot will be closed due to course setup and police barricades. If your guests arrives late, they will need to access the lot by taking Westfields Blvd West to Braddock Rd North to Old Lee Rd and left at light onto Stonecroft Blvd at the high school.

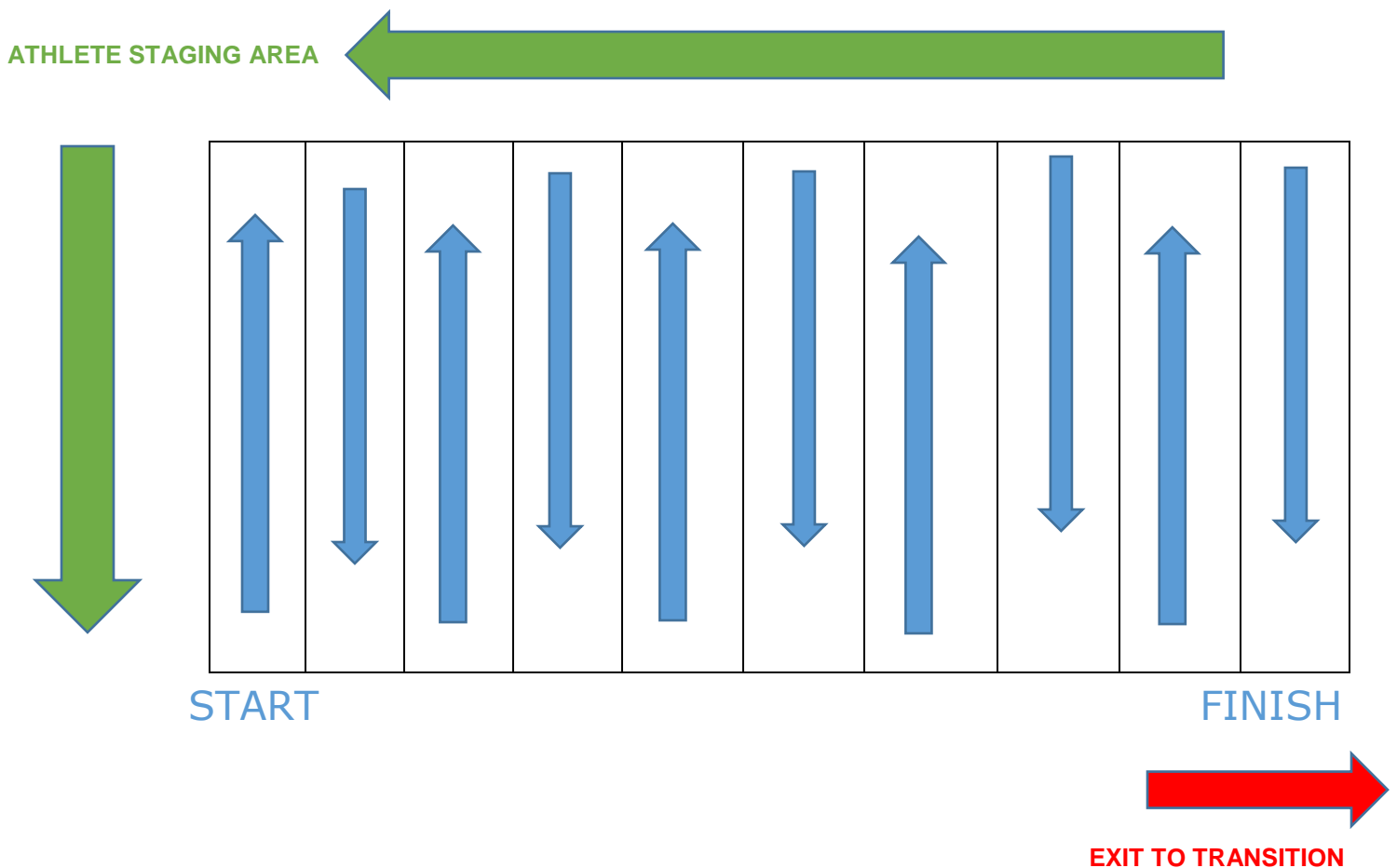


## SWIM START

The swim will be self-seed. Pace signs will be provided to help you determine the best place for you to start your swim. You will be swimming down in one lane, then ducking under the lane to swim back in another lane. NO FLIP TURNS are allowed during the swim. There will be a **:30 second penalty if a staff member** witness an athlete doing a flip turn during the swim.

**Self-Seed Example:** Mary knows she can swim down and back in the pool in 1 minute, therefore Mary will find the 2 minute per 100 pace sign and line up behind that.

WESTFIELDS SWIM COURSE DIAGRAM:





## RACE COURSE

### COURSE MAPS

<http://rev3tri.com/westfields/course-maps/>

When exiting the swim stay to the left on the way into transition. During all portions of the bike, athletes should stay to the right to allow passing and to avoid collisions. When exiting transition after finishing the bike, stay to the left until you are on the run course (path behind Cub Run RECenter). When on the run course athletes should stay to the right.

## COURSE DESCRIPTION

### SWIM

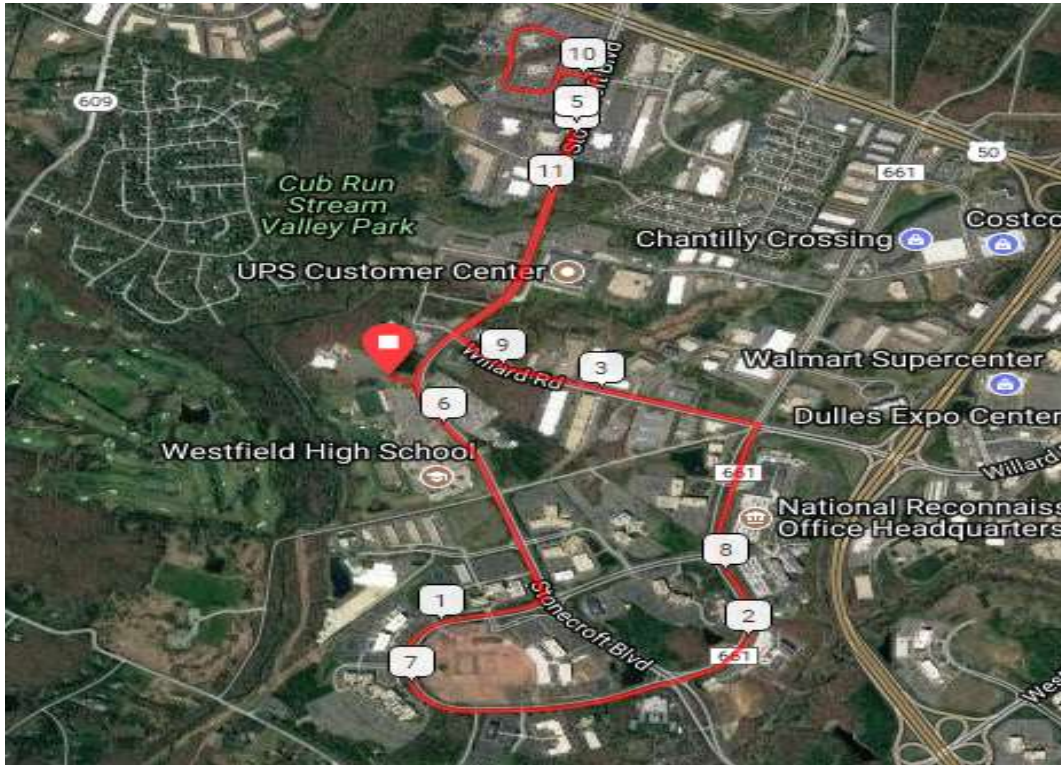
The swim is 250 meters. The swim start will be at one end of the pool. Swimmers will enter the pool one-by-one at 5 second intervals. Swimmers will swim one length, touch the pool wall, go under the lane line into the next lane, and then swim another length in the other direction. Swimmers will continue to 'snake' their way back and forth across the pool and exit the pool on the opposite side of the pool. Swimmers will then proceed to the transition area to begin the bike leg. Swimmers should stay to the right while swimming to allow passing on the left. Swimmers are allowed to hold onto the wall as well as the swim lane dividers if needed to rest. You may bring shoes to the pool to use to walk from the pool area back to the transition area. Flip turns are NOT allowed during the swim.

### BIKE

The bike course is mostly flat on closed off lanes inside the Westfields business park and surrounding roads making this a safe course. The course is 2 loops and totals 12 miles. Remember do NOT turn back into the Cub Run Rec Center until you have finished your second loop of the course.



## BIKE COURSE:



## RUN

The run is 3.1 miles. The majority of the run will be on paved paths behind Westfield High School and the Cub Run Rec Center. There are a few short areas that are unpaved. The run is a loop, so there will be runners in both directions. Always stay to the right on the path. There are two turn-around points (one on Stonecroft Blvd and the other behind Westfield High School near Old Lee Rd). The finish line is in the Cub Run Parking lot.



## RUN COURSE



## TRANSITION AREA

The transition area is located in the CubRun REC Center parking lot.

# BODY MARKING

Body marking will take place on race morning from 5:40am – 6:40am outside of transition. Please see the Volunteers in transition to get body marked. You will get your bib number marked on both of your arms, your USAT age on your calf. If you are doing the Aquabike or a Relay you will get an AB or an R on your calf instead of your age. Please bring your bib number when you get Body Marked.



## TIMING CHIP

Your timing chip will be included in your race packet. Your timing chip will look like a black bracelet with an orange circle- this must be fastened around to your ankle. You must wear it during the swim, bike, and run portion of the race. We will have a bucket at the finish line where we will be collecting your chip once you have completed the race.

If you pick up a packet and decide not to race you must return your timing chip.

If you do not return your chip you will be charged \$110 for a missing chip fine.

**NO CHIP = NO TIME**

## AID STATION

There will be an aid station approximately half way through the 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.

Water and Gatorade will be provided at the aid station.

## AWARDS

We will be awarding the top 3 males and females overall and in each age category at the Westfields Triathlon. We will also be awarding the top 3 overall and top 3 in each age division for the Splash & Dash.

We will offer an optional award pick up from 9:30 AM – 10:20AM for Sprint athletes who would like to pick up their award but do not want to stay until the award ceremony. The award pick up will take place on stage at the top of the parking lot.

### **SPRINT AWARD CATEGORIES**

19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, Athena, Clydesdale, Military

### **SPLASH & DASH AWARD CATEGORIES**

7-8, 9-10, 11-12, 13+



## RESTROOMS

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

## SPLASH & DASH

The Splash & Dash is for athletes 15 and under who want to participate in a swim + run. The Splash & Dash will begin at 9:30am.

### SPLASH & DASH COURSE DISTANCES:

AGE	SWIM	RUN
8-9	100 Yards	0.75 Miles
10-11	100 Yards	0.75 Miles
12-13	200 Yards	1.5 Miles
14-15	200 Yards	1.5 Miles

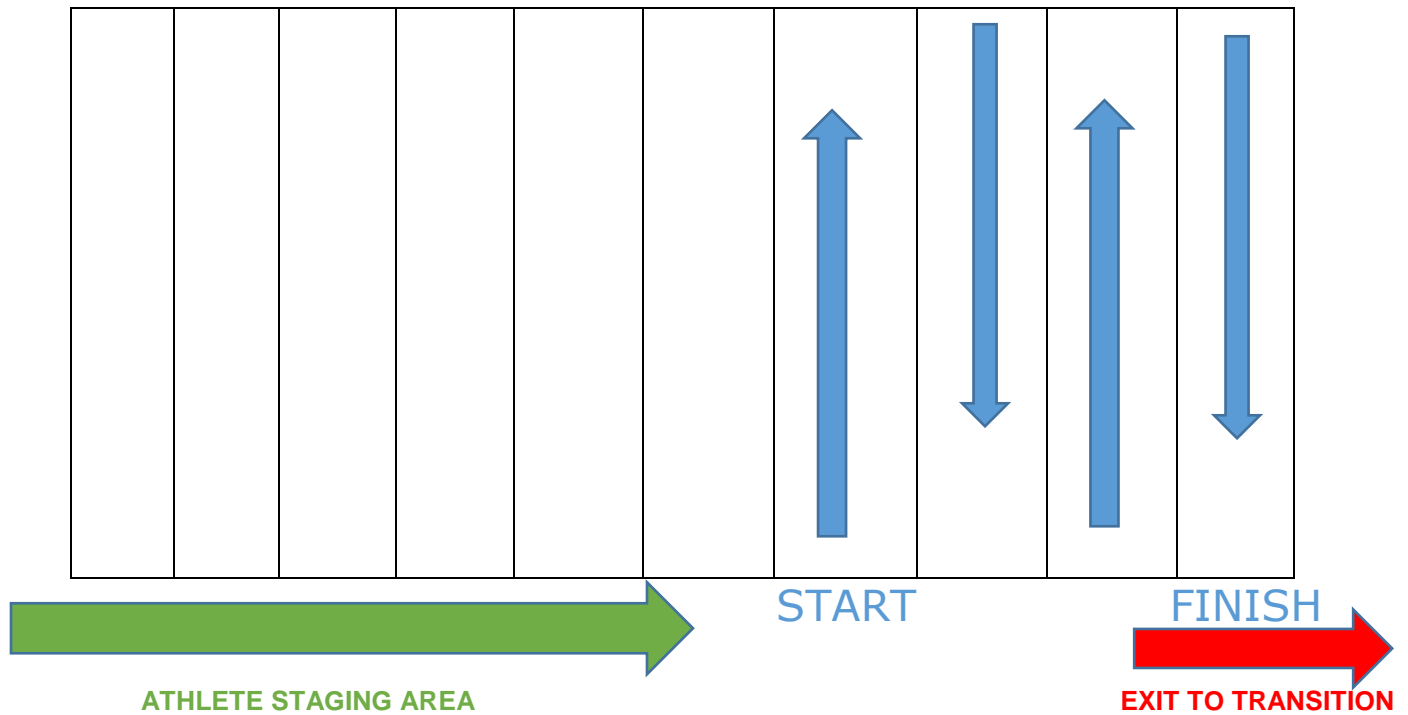
## SWIM COURSE

The swim will be self-seed, athletes will line themselves up by their swim pace. Swimmers will enter the pool one at a time at 5 second intervals. Swimmers will swim one length, touch the pool wall, go under the lane line into the next lane, touch the pool wall again, and then swim another length in the other direction. Swimmers will continue to 'snake' their way back and forth across the pool and exit the pool on the opposite side of the pool. Swimmers are allowed to hold onto the wall as well as the swim lane dividers if needed to rest. Flip turns are NOT allowed during the swim.





## WESTFIELDS SWIM COURSE DIAGRAM:



## RUN COURSE

The run will be on paved paths behind Westfield High School and the Cub Run Rec Center. The run is an out and back, so there will be runners in both directions. Always stay to the right on the path when running.

## BODY MARKING

Body marking will take place on race morning from 8am-9am on the packet pick up stage. Please bring your bib number when you get Body Marked. Please see the Volunteers in transition to get body marked. You will get your bib number marked on both of your arms, your USAT age on your calf. Please bring your bib number when you get Body Marked.



# WESTFIELDS

April 28, 2019 • CHANTILLY, VIRGINIA

## SPLASH & DASH TRANSITION

Athletes will leave their run gear in the transition area for the Splash & Dash. The transition area will be outside the pool on the sidewalk to the left. There will be a space labeled with a bib number to designate your space.

## SPLASH & DASH TIMING CHIPS

Your timing chip will be included in your race packet. The timing chip should be fastened to your left ankle. You must wear it during the swim, bike, and run portion of the race. We will have a bucket at the finish line where we will be collecting your chip once you have completed the race.

If you pick up a packet and decide not to race you must return your timing chip.

If you do not return your chip you will be charged \$110 for a missing chip fine.

**NO CHIP = NO TIME**

## SPLASH & DASH AID STATION

There will be an aid station approximately half way through the run course. There will be additional food and drink at the finish line.

Water and Gatorade will be available for Splash & Dash athletes at the aid station.

## SPLASH & DASH AWARDS

We will be awarding the top 3 males and females overall and in each age category at the Westfields Triathlon.

**SPLASH & DASH AWARD CATEGORIES**

7-8, 9-10, 11-12, 13+



## 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>

## CANCELLATION

If the race or any portion of the race must be cancelled due to weather, unsafe conditions, or any other reason, there will be no refund of registration fees. Race packets will be distributed at packet pick up. No substitutions or registration transfers are allowed. False entry under another person's name is an automatic lifetime ban from the Westfields Sprint Triathlon Powered by Rev3 and will be reported to USAT for appropriate USAT action.

## 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](#)

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!