



The Quantico Tri is a USA Triathlon sanctioned event.

SATURDAY, AUGUST 17

- 12 noon–7 p.m. Packet Pick-up
Bibs, timing strap and towel will be distributed at this time. Timing chip will be presented on event morning.
- 7–8 p.m. Participants meeting
Review instructions, tour transition areas and answer questions.

SUNDAY, AUGUST 18

- 5:30–6:15 a.m. Recommended athlete arrival
- 6 a.m. Pool open for warm ups.
Issuing of timing chip and body marking.
- 6 a.m. Participants meeting
- 6:30 a.m. All bikes must be racked.
Opening ceremonies
- 6:45 a.m. Final instructions
- 6:50 a.m. Athletes lined up at pool in bib number order
- 7 a.m. Quantico Tri start with swimmers entering pool every 10–15 sec.

DIRECTIONS

Quantico Swimming Pool adjacent to Clubs at Quantico on Marine Corps Base Quantico 3017 Russell Road, Quantico, VA

From North: Take I95 South toward Richmond and take Exit 150, proceed toward Marine Corps Base Quantico drive through the gate and be prepared to show ID.

From South:

Take I95 North toward Washington DC and take Exit 148, proceed toward Marine Corps Base Quantico (mainside), drive through the gate and be prepared to show ID.

Parking is available at the Crossroads Inn (3018 Russell Road) and in The Clubs at Quantico lots.

RACE NUMBER & BODY MARKING

The packet received at Packet Pick-up will include three bibs. The smallest number is the helmet number, the middle sized number is a run number, and the long piece is the bike number. Athletes will also receive body marking on race morning.

The helmet number is the small sticker. Peel the sticker off of its protective paper and place it on the front of helmet.

The bike number should be folded over the top tube of the bicycle to be read easily from either side.

The run number is the middle sized paper. Wear this number on the run course. This number **MUST** be on the front of the participant. Safety pins will be provided in the packet.

On race morning after affixing assigned race number to helmet,

bike, and shirt/race belt, athletes will be body marked. The body marking station is located near the entrance to the Transition Area at the race site. Bring the run number to ensure that the volunteer body marking is writing the correct number.

Triathletes will be body marked with their assigned race number on both the upper right and upper left arms, as well as age of athlete on both the right and left calves.

RULES:

1. Bicycle storage will not be provided the night before the event.
2. Glass containers are not allowed in the transition area.
3. Only triathletes and event staff are allowed in the transition area. Please advise family and friends to remain outside of the transition area.
4. Rack bicycles on race morning on the rack that corresponds to assigned bib number.
5. Participants will not be allowed to mount their bikes in the transition area and will be required to dismount at the designated spot outside the transition area.
6. Triathletes must show their race number to remove their bicycle and gear from the transition area after the race.
7. Do not move/touch another triathlete's bike in the transition area.
8. Be sure to wear the correct bib during the corresponding leg of the event.

RACE FLOW

1. Swim: When triathletes finish the swim portion of the event, they will enter the transition area and proceed to their designated bicycle rack. Each triathlete's swim time will end when they cross the timing mat located near the swim exit.
2. Bike: Bicycles may not be ridden in the transition area. It is important to use extreme caution when departing the transition area, it may be very congested! All athletes must put on their helmet and snap the strap before mounting their bicycle. The helmet must remain on and buckled until the triathlete dismounts and racks their bicycle. Not following the helmet rules may result in a disqualification (DQ). Bike times will start when triathletes depart the transition area through the 'Bike Out' chute and end when they re-enter the transition area through the 'Bike In' chute. Once the bike portion is completed, triathletes will return their bicycle to their designated spot in the transition area.
3. Run: Triathletes depart the transition area by exiting through the 'Run Out' chute. Run time begins when triathletes depart the transition area and ends when crossing the finish line.
4. Timing: There are four segments for timing—swimming, biking, running and transitions.

TRANSITION AREA

1. Triathletes may enter the transition area on event morning.
2. Bike racks are numbered and triathletes must place their bicycles and gear in their designated bicycle location.
3. Each bike rack holds six bicycles. As such, each athlete's space is approximately 3 feet wide and 3 feet long. Once a bicycle is in place, the remaining space is approximately the same size as a standard bath towel.
4. Triathletes must be marked with bikes racked at least one half hour before the event.