



The transition area (TA) is located near the Officer Candidates School (OCS) parade deck. (2189A Elrod Road, Quantico, VA)

FRIDAY, AUGUST 25

7:30 a.m. – 7 p.m.

Packet Pick-up at MCM (3399 Russell Rd, Quantico, VA 22134)

Bib packet, body tattoos, timing chip, timing strap, swim cap and T-shirt will be distributed at this time.

SATURDAY, AUGUST 26

5:00 – 5:45 a.m.

Recommended athlete arrival – allow 20 minutes from parking to transition area (TA)

6:15-6:30 a.m.

Optional swim warm-up

6:30 a.m.

All bikes must be racked and TA cleared of athletes

6:40 a.m.

Safety brief (swim start location)

7 a.m.

Silver wave start

7:05 a.m.

Yellow Wave

7:10 a.m.

Blue Wave

7:15 a.m.

Green Wave

7:20 a.m.

Orange Wave

7:25 a.m.

White Wave

9:00 a.m.

Quantico 12K award ceremony

9:20 a.m.

Quantico Tri award ceremony

IMPORTANT

Timing chip must be returned upon crossing finish line. Devices not returned are subject to \$30 replacement fee.

DIRECTIONS TO THE OCS PARADE DECK:

2189A Elrod Road, Quantico, VA

- From I95, take exit 148 (Marine Corps Base Quantico).
- From the south, merge right after exiting and proceed toward Mainside.
- From the north, turn left at the first traffic light after exiting.
- When approaching the gate, please have photo ID ready.
- Remain straight on Russell Rd for approximately two miles.
- At the traffic circle (Dunlap Circle), take the first exit onto Dunlap Rd, which becomes Thomas St.
- Turn Right at the stop sign onto Range Rd, and immediately veer left to cross over the bridge onto Bauer Rd.
- Continue on Bauer Rd for approximately one mile, passing the air facility on the left.
- Veer right onto Fleming St and use caution crossing the train tracks.
- The Parade Deck (large paved surface) will be on the left. All parking for the Quantico Tri will be on the Parade Deck.
- Additional parking available at Bobo Chow Hall, directly past the Parade Deck.

RULES:

1. Bike storage is NOT available the night before the event.
2. Glass containers are NOT allowed in the transition area.
3. Only participants and transition workers are allowed in the transition area. Please advise family and friends to remain outside of the transition area.
4. Rack bikes on event morning on the rack that corresponds to assigned bib number.
5. Athletes are NOT allowed to mount their bikes in the transition area and will be required to dismount at the designated spot outside the transition area. Helmets must be worn and attached prior to mounting bike and left attached until re-entering the TA.
6. Athletes must show bib number to remove bicycle and gear from the transition area.
7. Headphones are not be allowed on any portion of the course.
8. Athletes may not change waves for any reason. Any athlete caught doing so without authorization of MCM solutions team will be disqualified.

TRANSITION AREA:

Athletes may enter the transition area beginning at 5:00 a.m. on event morning. Bike racks are numbered and athletes must stage bicycles and gear in designated bicycle location. The transition area must be cleared by 6:30 a.m.

Each bike rack can hold six bikes. As such, each athlete’s space is approximately 3 feet wide by 3 feet long. Once bike is in place, the remaining space is approximately the same size as a standard bath towel.

ATTIRE AND AWARD ELIGIBILITY:

1. Swim Cap - Athletes will be required to wear the swim cap issued at Packet Pick-up in order to enter the water. ***Please note that athletes must remain in designated wave. Athletes will not be able to participate in a later wave or earlier wave.*
2. Wetsuit - The water temperature will be tested leading up to the event and event morning. If the water is above 78 degrees, athletes will be permitted to wear a wetsuit but will NOT be eligible for awards. At 84 degrees, wetsuits are not permitted per USAT rules. A projected water temperature will be sent with e-cards however final decisions are based on race day water temperature.
3. Pool shoes/water socks – The swim area is rocky and may contain additional debris. Athletes are encouraged to wear pool shoes or water socks while participating in the event. ***Please note athletes will not be able to wear swim fins to participate in the triathlon.*

EVENT PROGRESSION:

**Please note designated swim wave time found in e-card. Athletes should allow up to 20 minutes from the parking lot to the transition area.*

1. Swim – Waves will be organized by expected swim time. When athletes finish the swim portion of the event, they will enter the transition area and proceed to their designated bicycle rack. Each athlete's swim time will end when they cross the timing mat located near the transition area entrance.
2. Bike - ***Roads are not closed to vehicle traffic. Cyclists will be sharing the roadways, proceeding with the traffic pattern.* Bikes 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 bike. The helmet must remain on and buckled until the athlete dismounts and racks their bike. Not following the helmet rules may result in a disqualification (DQ). Bike times will start when athletes 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, athletes will return their bike to their designated spot in the transition area.

Conte's Bike Shop (www.contebikes.com) from Falls Church, VA will provide bicycle maintenance during Packet Pick-up and on event day.

3. Run - Athletes depart the transition area by exiting through the 'Run Out' chute. The athletes run time will begin when they depart the transition area at 'Run Out' and end when they cross the finish line.
4. Total time will include each leg as well as time spent in transition.

RACE NUMBER PACKETS:

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

The bike number is the largest piece of paper and is located in the back of the packet. The number is upside down at one end and right side up at the other. When folded over the top tube of the bike, the bib number can be read easily from either side. There are two adhesive strips on the back side of the bike number. Peel the protective paper off the adhesive strips and then place the number on the top tube of the bike.

The run number is the middle sized paper in the packet. Wear this number on the run course. This number MUST be on the front of the participant. Not wearing the bib number on the front may result in a time penalty.

BODY TATTOOS:

Every athlete will receive three body marking tattoos during Packet Pick-up: two bib number tattoos and one age tattoo. Athletes must place a bib number tattoo on the upper right and upper left arm, and the age number must be placed on the left calf before entering the transition area event morning. Marking tattoos must be clearly visible to event staff and volunteers during the Quantico Tri.

