



Welcome to the Jamestown Triathlon Festival!

We are excited to host you for another great day of racing in historic Williamsburg, VA! As you get ready for race day, please take a moment to review the following pages of our athlete guide and read the emails we send you. These are all keys to a safe, fun, and successful race. We know you have worked hard to stay healthy and fit leading into this event and we want to make sure you have a great race. We appreciate you racing with us and hope you achieve your athletic goals!

As you race this weekend, be sure to thank the Police, EMT's and volunteers that gave up their weekend to make this event happen. We appreciate their support and cannot do it without them!

Thank you for racing and we look forward to seeing you on the starting line!

***Kinetic Multisports,***  
***#GoKinetic***



## Schedule of Events

### 1. Saturday

**5-7pm:** Packet Pick-Up @ Race Site

**6pm:** Pre-Race meeting @ Race Site

### 2. Sunday Race Day.

**\*\*Arrival Time:** Please arrive at the race site no later than 6:00am\*\*

**5:30am:** Transition area opens

**5:30-6:30am:** Packet pickup, Body Marking, Chip Pick-up

**6:40am:** Transition area closes - Athletes walk to swim start

**6:45am:** Pre-Race Meeting / National Anthem at Swim Start

**7:00am:** Olympic Race Start

**7:30am:** Sprint Race Start

## Race Site Address

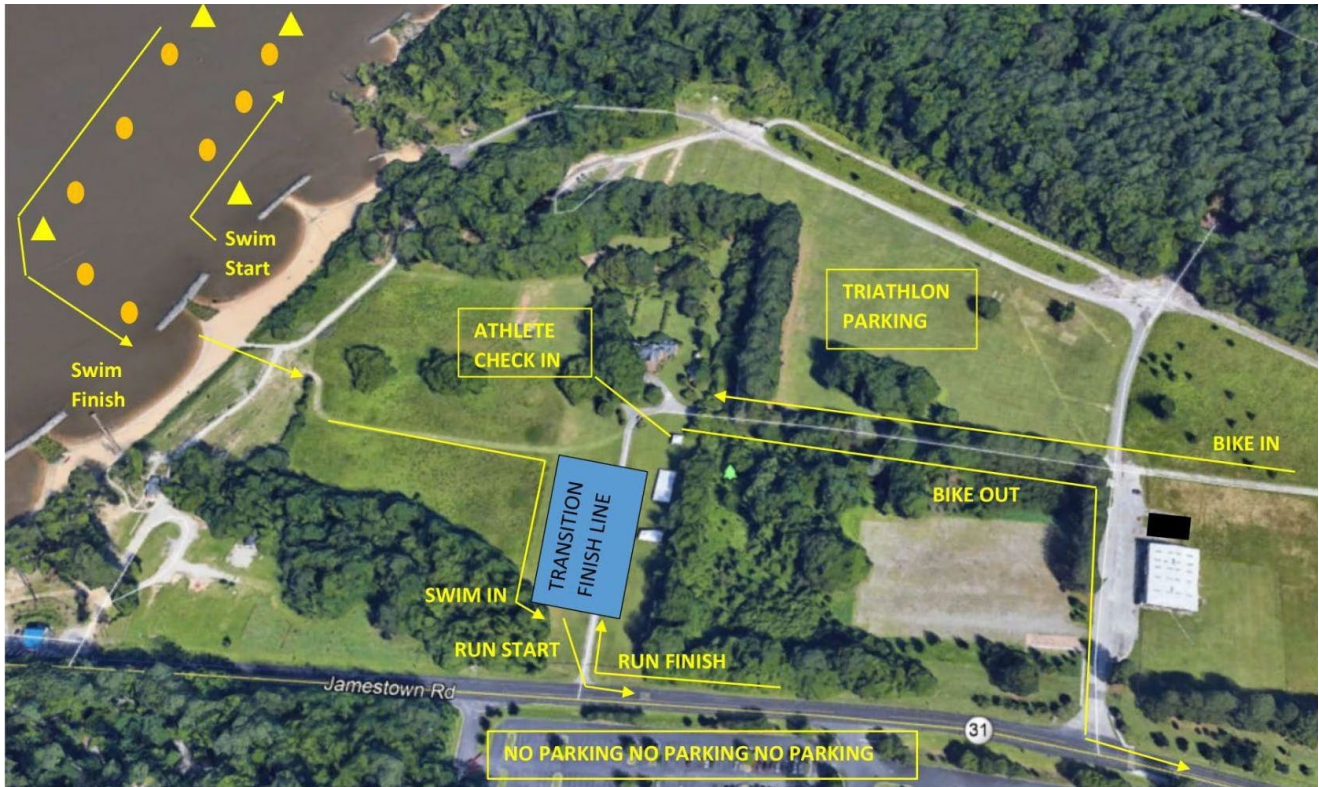
Jamestown Beach Event Park  
2205 Jamestown Road  
Williamsburg, VA || [Directions](#)







## Parking & Race Site Layout



Please be sure to park in designated parking areas only. This allows us to get athletes and emergency vehicles in/out of the race site as necessary. Do not park in the Jamestown Settlement lots, thank you.



## Packet Pick Up / Athlete Check In

### Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- Questions!

### Special notes about Packet Pickup:

- Bib #'s will be assigned, and timing chips distributed at packet pick up, don't lose either one!
- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay team member as well!**
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You **MAY** change categories during packet pickup.





## Top 10 Things to Know About Race Day

1. Be prepared for hot, humid conditions on race day. Race responsibly.
2. We have some great post-race food and beverage options. These are free for athletes only.
3. The Olympic distance bike course was NEW for 2023, please double check the course maps.
4. The Olympic is a 1-loop swim, 1-loop bike and 1-loop run; know your course.
5. The Sprint is a 1-loop swim, 1-loop bike and 1-loop run; know your course.
6. Race #'s and timing chips will be assigned on a rolling, first come, first serve basis.
7. Timing Chips are expensive and time consuming to replace, don't lose it.
8. Body marking will be located adjacent to transition, please have your bib # with you.
9. Bike-racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
10. Stay safe, have fun, #GoKinetic!





## Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the published cut off times. Participants who do not meet these cut offs will be asked to turn in their timing chip and will not be allowed to continue.

### Olympic Triathlon/Aquabike:

Athletes have 4 hours to complete the entire event. *Cumulative* cut-offs are:

**Swim:** 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

### Sprint Triathlon/Aquabike:

Athletes have 2.5 hours to complete the entire event. *Cumulative* cut-offs are:

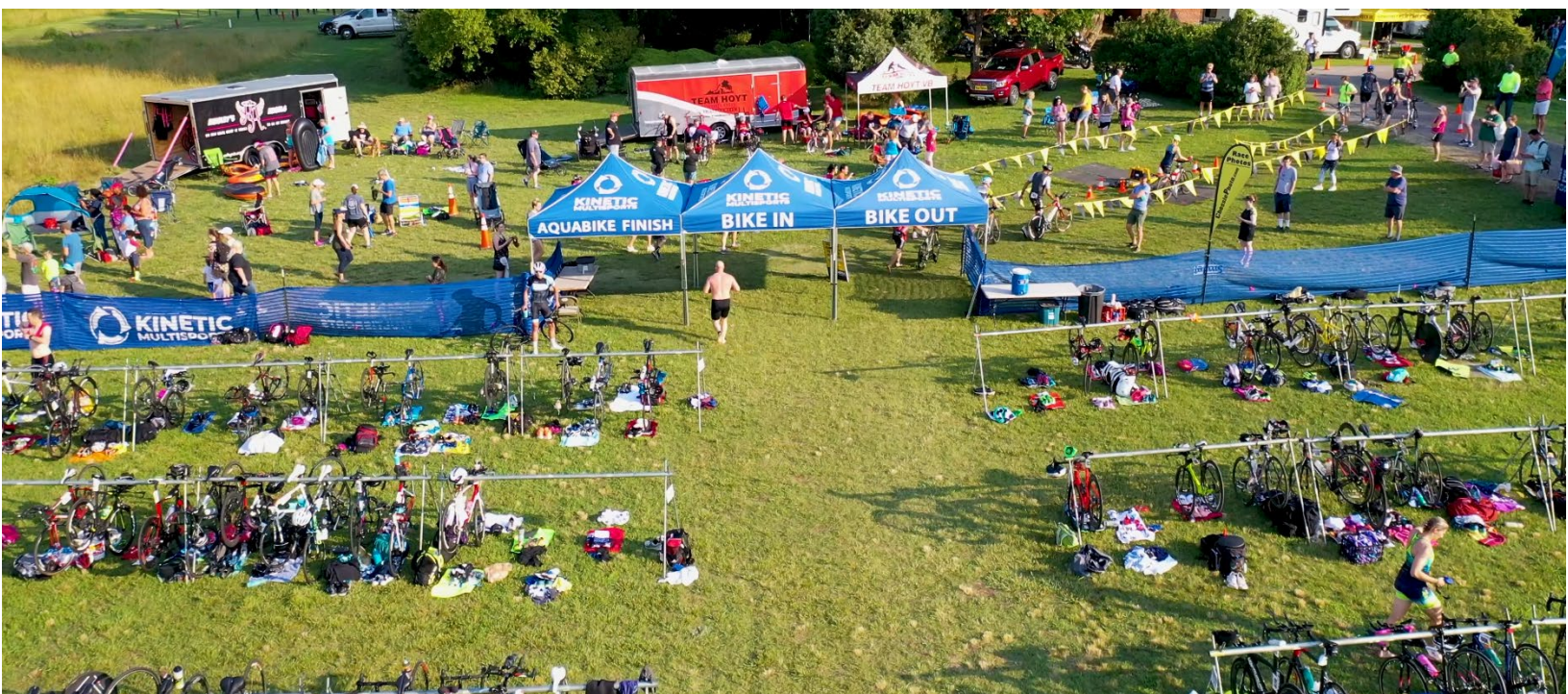
**Swim:** 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

## Transition Area

Triathletes may enter the transition area during posted packet pick up times. All bikes must be racked and transition preparation completed 15-minutes before the start of the first swimmer. There is no overnight racking and please, athletes only in transition.

Bike racking is first come, first serve with each 10' section of bike rack holding 6 bikes (3 per side). Please be courteous of the space and belongings of other racers before, during, and after the race.

***Please note that once your race is over, many others are still racing. Please be considerate of others still racing as you collect your belongings and make your way home.***



## Race Numbers

**Race Numbers:** Each athlete will receive three (3) race numbers...

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
3. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line, we have safety pins or you can purchase a Kinetic race belt for \$10.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



## Timing Chips

**Timing Chips:** Each athlete will receive their timing chip at athlete check in, *we highly recommend putting it on immediately.*

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$50 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Split points are noted by yellow cones and located throughout the event, be sure to cross them so can get splits!
4. If you need to stop racing, please stop by the finish line to return your chip and let our team know.



## Body Marking

Be sure to get a body marked race morning. We recommend racking your bike first, then circling back with your bib # to the body marking area just outside of transition. You'll get #'s on both shoulders, both quads and left hand along with your USAT Age or Category on your calf. **(Bring your BIB # to get body marked!)**



## Aid Stations

### Olympic Triathlon/Aquabike

- **Bike:** No aid stations on the Olympic Bike Course
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

### Sprint Triathlon/Aquabike

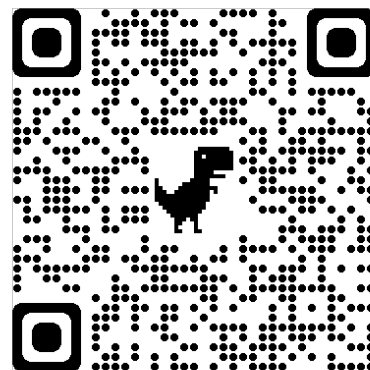
- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

## Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13356#resultSetId-257127;perpage:10>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement. Remember, results are preliminary and can shift as we approach the awards ceremony.



Questions about results can be directed to the timing team located near the finish line.





## USAT Rules & Penalties

Please take a moment to review USA Triathlon Most Commonly Violated Rules - [HERE](#)

### Updated Rules

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing
- No headphones during the bike/run and phones must be secured and not in use while racing
- 10-meter drafting zone on bike for Sprint/Olympic distance
- USAT penalties, if any, will be given to athletes **ON COURSE** with a Blue or Yellow card requiring a stop at the Penalty Tent located at Run Out.



**Questions or concerns about USAT penalties** can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

## USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon and helps enforce the competitive rules of the sport. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#). [USA Triathlon Competitive Rules \(Complete List\)](#)

**USAT Aging Up Policy:** Participants will compete in whichever age group they would be in as of December 31st of this year.





### *Wetsuit Rules*

Kinetic Multisports abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- 78° F or below: Wetsuits ARE Allowed
- 78.1° F to 83.9° F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards. Results for athletes that wear wetsuits in this temperature range will be listed separately from standard Overall Results
- **84° F and above: wetsuits are NOT permitted—this is for your own safety.**

### *Water Temperature*

The preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 48 hours before race start. The “Official” water temperature reading to determine wetsuit eligibility will be taken by the USAT official race morning and announced 90 minutes prior to race start.





**ABRAMS LANDAU, Ltd.**  
INJURY LAW FIRM

**PRACTICE AREAS**

HELPING PEOPLE WITH INJURY CASES, INCLUDING WORKER'S COMPENSATION FOR ON-THE-JOB INJURIES, CAR CRASHES, DOG ATTACKS, OR ACCIDENTS WHILE TRAINING FOR SPORTS OR FITNESS. WE WORK HARD TO PREVENT BRAIN INJURIES IN SCHOOL CHILDREN BY OUR EDUCATIONAL AND SAFETY PROGRAM ("LIDS ON KIDS") AND DISTRIBUTING FREE BICYCLE HELMETS EACH YEAR.



**ABOUT US**

MINUTES FROM WASHINGTON DULLES INTERNATIONAL AIRPORT, LOCATED BY 20 MILE MARKER OF THE WTOP TRAIL IN A HANDICAP ACCESSIBLE 100+ YEARS OLD HOUSE. ABRAMS LANDAU HAS HELPED ATHLETES AND THEIR FAMILY FROM ALL OVER THE US, AND AROUND THE WORLD.



**PERSONAL INJURY**



**WORKERS COMPENSATION**



**AIRPORT INJURY**



**PREMISES LIABILITY**



**SPORTS CASES**

PHONE: (703) 796-9555

EMAIL: FRONTDESK@LANDAULAWSHOP.COM

ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:     



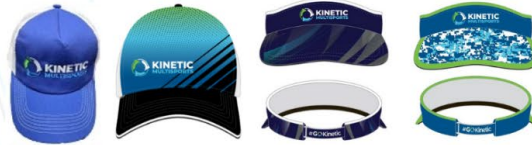


**KINETIC MULTISPORTS SHOP**

**Race Belt**



**Hats and Visor**



**Clothing**



**SHOP NOW**

## Swim

- The swim course map is posted on the Kinetic Multisports website.
- Both the Olympic & Sprint races feature a 1-loop swim course.
- The swim features a time trial start, 2 athletes every 2-3 seconds, pick a buddy and go!
- Swim Start & Swim Finish are on the beach.
- Depending on the tide, there may be a current during the swim.
- Athletes may stage shoes/flip-flops at swim finish to wear for the run back to TA
- The official water temp will be taken race morning and communicated 90 minutes prior to race start. A preliminary reading will go out via email/ social Friday morning.
- Lifeguards and rescue craft will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance.
- You may briefly rest by holding onto safety kayaks; kayakers cannot provide forward assist.
- **Water safety does not make up for a lack of training in open water swimming.**
- If you do not finish the swim, please notify our staff at the swim exit.





## Bike

- NOTE: The Jamestown Olympic Bike Course is NEW for 2023-24, please double check the bike course maps posted on the Kinetic Multisports website.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre-driving or pre-riding the course.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- Though there will be police presence on the course for your safety, the course is still open to traffic please BE ALERT and BE CAREFUL!

### *Rules & Etiquette*

- You MUST wait to mount your bike until AFTER you cross the mounting line outside of transition. Likewise, you MUST dismount your bike BEFORE crossing the line at the end of the bike.
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- As a general rule; ride in the right 1/3 of the lane adjacent to the shoulder and pass in the middle 1/3 of the lane. Riding in this manner allows faster cyclists and traffic to pass on the left. Riding unobstructed in the middle or left third of the lane may result in a position violation.
- Crossing the yellow line is an automatic DQ.





## Run

- The run course map is posted on Kinetic Multisports website.
- The Olympic race is a large loop with a short out and back at about mile 2.
- The Sprint features a 1-loop, 5k-out and back course.
- The Olympic run course has a fair amount of shade and is 80/20 pavement/trail.
- The Sprint run course has a fair amount of shade and is 100% paved.
- Please do not run outside the coned shoulder on the main road.
- Aid stations will be located approximately every mile on the run with ice water and Gatorade Endurance.

### *Rules & Etiquette*

- No headphones, earphones or any radio-type devices will be allowed.
- You **MUST** have your run bib number on your **FRONT** as you approach the finish line.
- Please be sure to return your timing chip at the finish line

**CONGRATULATIONS YOU DID IT!**







**#GOKINETIC**

