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Train Race Inspire
Dear Triathletes,

Welcome to the 26th Annual West Point Triathlon. The race is just around the corner and this guide is to help you prepare for those last minute items on race day.

The team members, coaches, and race staff look forward to seeing you on race weekend. We truly hope your racing experience is a memorable one. We have worked hard since the last race to bring you a better race this year. I hope you notice the changes to our race that will help your race experience become a lasting memory. For those athletes looking to gain points towards Age Group Nationals, our race is once again sanctioned by USA Triathlon. Our kid’s race is partnered again with the TOUGHKids series and is also USAT sanctioned.

As always, your safety throughout this race is the most important issue for us. Please follow the instructions of all race staffers throughout the race day. Continue to train safely and we will see you soon!

Your race timing is provided Fast Track Timing and your race day photographs by Sport-Memories.

Thank you to Toga Bikes & Multisport, Road ID, Champion Systems, Finis, PowerBar Nutrition, Team RWB, TRIORIGIN Performance Coaching, and the Garrison Walter Hoving Home for the support of the West Point Triathlon and the West Point Triathlon Team!

Finally, a sincere thanks to YOU! Your participation made this race possible. Your registration fee DIRECTLY supports the cadets on the West Point Triathlon Team. Without your support, the triathlon team leadership could not provide the training, equipment, or travel for our future Army leaders of character and enable them to race all over the world and work toward being national champions.

Best of luck on race day!

Sincerely,
MAJ Will Koch

westpointtri@gmail.com
www.usma.edu/triathlon
Thank you for supporting the West Point triathlon team by completing this year’s race.

The West Point Triathlon Program receives only a small portion of its budget from the West Point Directorate of Cadet Activities.

The great majority of the team's coaching, travel, races, and equipment fees, are raised by hosting the Annual West Point Triathlon at Camp Buckner, and through the generous donations of our supporters.
SATURDAY 15TH AUGUST 2015

*Packet pick-up for the West Point triathlon will open after the TOUGHKids awards ceremony has taken place

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>ACTION</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730</td>
<td>Packet pick up opens</td>
<td>Collect athlete packets - register</td>
<td>Race HQ (Barth Hall)</td>
</tr>
<tr>
<td>0730</td>
<td>Transition Opens</td>
<td>Rack bikes and check out the course</td>
<td>Transition</td>
</tr>
<tr>
<td>0930</td>
<td>Swim Warm up/practice opens</td>
<td>Conduct course familiarization</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0940</td>
<td>Transition Area closes</td>
<td>Athletes and parents out of transition</td>
<td>Transition Area</td>
</tr>
<tr>
<td>0945</td>
<td>Race Brief</td>
<td>Mandatory</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0955</td>
<td>National Anthem</td>
<td>All Wave 1 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>1000</td>
<td>Start of Swim Wave 1</td>
<td>All Wave 2 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>1220</td>
<td>All swimmers finished</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1230</td>
<td>Transition open</td>
<td>On Call - This may be sooner; TBD</td>
<td>Transition Area</td>
</tr>
<tr>
<td>1230</td>
<td>Awards Ceremony</td>
<td>This may be sooner; TBD</td>
<td>Race HQ (Barth Hall)</td>
</tr>
<tr>
<td>1230</td>
<td>Packet Pickup open - WP Tri*</td>
<td>Packet pick up for West Point Tri</td>
<td>Race HQ (Barth Hall)</td>
</tr>
</tbody>
</table>

TOUGHKids Swim Waves
Swim waves are subject to change – Read the schedule posted at race HQ on race day for changes
All athletes and parents please listen to race announcements as wave times are subject to change, Swim waves will be controlled by swim cap color

<table>
<thead>
<tr>
<th>WAVE</th>
<th>AG - CAT</th>
<th>TIME START</th>
<th>Cap</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Girls age group 4-6</td>
<td>1000 hrs</td>
<td>PINK</td>
</tr>
<tr>
<td>2</td>
<td>Boys age group 4-6</td>
<td>Once the previous wave bike has finished</td>
<td>YELLOW</td>
</tr>
<tr>
<td>3</td>
<td>Boys age group 7-10 last name A to J</td>
<td>Once the previous wave bike has finished</td>
<td>RED</td>
</tr>
<tr>
<td>4</td>
<td>Boys age group 7-10 last name K to O</td>
<td>Once the previous wave bike has finished</td>
<td>PURPLE</td>
</tr>
<tr>
<td>5</td>
<td>Boys age group 7-10 last name P to Z</td>
<td>Once the previous wave bike has finished</td>
<td>ORANGE</td>
</tr>
<tr>
<td>6</td>
<td>Girls age group 7-10 last name A to E</td>
<td>Once the previous wave bike has finished</td>
<td>GREEN</td>
</tr>
<tr>
<td>7</td>
<td>Girls age group 7-10 last name F to P</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Girls age group 7-10 last name Q to Z</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Boys age group 11-14 A to M</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Boys age group 11-14 M to Z</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Girls age group 11-14 A-M</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Girls age group 11-14 M-Z</td>
<td>Once the previous wave bike has finished</td>
<td></td>
</tr>
</tbody>
</table>

Please look at the waves carefully. Some waves have been split with athletes with last names beginning with the same letter, so take note of the first and last name in the wave and all waves then fit alphabetically within those waves
Some cap colors are duplicated so please take note of wave numbers
RACE SCHEDULE
WEST POINT SPRINT TRIATHLON

SUNDAY 16TH AUGUST 2015

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>ACTION</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0500</td>
<td>Packet Pick Up open</td>
<td>Pick up race packet</td>
<td>RACE HQ (Barth Hall)</td>
</tr>
<tr>
<td>0500</td>
<td>Transition Area Open</td>
<td>Body Marking and timing chip</td>
<td>Transition Entry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>placement</td>
<td></td>
</tr>
<tr>
<td>0730</td>
<td>Swim Warm up open</td>
<td></td>
<td>Swim Start Area only</td>
</tr>
<tr>
<td>0800</td>
<td>Transition closes</td>
<td>ALL athletes clear of transition area</td>
<td>Transition Area</td>
</tr>
<tr>
<td>0815</td>
<td>Mandatory Race Brief</td>
<td>ALL athletes must attend</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0825</td>
<td>National Anthem</td>
<td>All Wave 1 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0830</td>
<td>Start of Swim Wave 1</td>
<td>All Wave 2 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0835</td>
<td>Start of Swim Wave 2</td>
<td>All Wave 3 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0840</td>
<td>Start of Swim Wave 3</td>
<td>All Wave 4 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0845</td>
<td>Start of Swim Wave 4</td>
<td>All Wave 5 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0850</td>
<td>Start of Swim Wave 5</td>
<td>All Wave 6 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0855</td>
<td>Start of Swim Wave 6</td>
<td>All Wave 7 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0900</td>
<td>Start of Swim Wave 7</td>
<td>All Wave 8 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0905</td>
<td>Start of Swim Wave 8</td>
<td>All Wave 9 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0910</td>
<td>Start of Swim Wave 9</td>
<td>All Wave 10 athletes in waiting Pen</td>
<td>Swim Start</td>
</tr>
<tr>
<td>0915</td>
<td>Start of Swim Wave 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1000</td>
<td>All swimmers finished</td>
<td></td>
<td>Swim Exit</td>
</tr>
<tr>
<td>1130</td>
<td>Transition open</td>
<td>For bike collection TBD</td>
<td>Transition Area</td>
</tr>
<tr>
<td>1230</td>
<td>Awards Ceremony</td>
<td>All athletes to check results</td>
<td>Barth Hall</td>
</tr>
<tr>
<td>1400</td>
<td>Race breakdown begins</td>
<td>Ensure bikes are collected</td>
<td>Camp Buckner</td>
</tr>
<tr>
<td>1500</td>
<td>All athletes clear</td>
<td>Please be clear of Camp Buckner</td>
<td>Camp Buckner</td>
</tr>
</tbody>
</table>

*Swim waves for the Adult race will be posted on race morning.*
1. Helmets
No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing. Helmets must be worn at all times while on your bike. This means before, during and after the event.
Penalty: Disqualification

2. Chin Straps
Before you are allowed to touch the bike, your helmet must be on and chinstrap fastened. Chinstraps must be buckled at all times when touching your bicycle. DO NOT unbuckle your chinstrap unless you are off your bicycle and it is racked.
Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance
No assistance other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness.
Penalty: Variable time penalty

4. Transition Area
All equipment must be placed in the properly designated and individually assigned bike corral. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. No participant shall bring ANY glass containers into the transition area (DQ!)
Penalty: Variable time penalty

5. Drafting
* Drafting- keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must complete the pass within 15 seconds.
* Position- keeps to the right hand side of the lane of travel unless passing.
* Blocking- riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass
* Overtaken- once passed, you must immediately exit the draft zone from the rear, before attempting to pass again
Penalty: Variable time penalty

6. Courses
All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside of the course is a safety issue. Cyclists shall not cross a solid yellow centerline for ANY reason. Cyclist must obey all applicable traffic laws at all times.
Penalty: Referee’s discretion

7. Unsportsmanlike-Conduct
Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.
Penalty: Disqualification

8. Headphones
Headphones, headsets, Walkmans, iPhones/iPods etc. are not to be worn at any time during the race.
Penalty: Variable time penalty

9. Race Numbers
All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete who is not competing.
Penalty: Variable time penalty for missing or altered number. Disqualification and one year suspension from membership in USAT, for transferring a number without race director permission.
USA TRIATHLON RULES

10. Wetsuits
Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however, that participants who wear a wetsuit within such a temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

12. Protests: This event is a USAT sanctioned event, so all USAT rules apply.

These rules will be reviewed at the Athlete Race brief on Sunday, August 16th at 0815 hours at the swim start. Please direct any rules questions and/or protests to the USAT officials on site.

Protests of penalties must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race.

13. USAT Official Location
USAT Official headquarters will be located in a tent near the finish line. However the race official will be all around the race course during the race. Please remain patient should the official not be at the Finish line tent. Your intention to protest will be noted and a time taken. See USAT web site for additional info at http://www.usatriathlon.org/.

14. USAT Membership
If you are a USAT annual member, you must bring your current USAT membership card to participate in the event. You MUST show your USAT membership card at packet pickup or you will have to purchase the one-day membership. If you are not a current USAT member, you will be required to purchase a one-day membership for $12 at packet pickup if you did not do so as part of online registration. This includes ALL Relay team members who must all be present at packet pickup.

For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at www.usatriathlon.org.

15. Age Group Category rules
Per USA Triathlon Rules, we will be utilizing the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete’s age on December 31 of the year of the event. For Example: If you are 34 on the day of the race, but turn 35 before December 31, 2015, you will be placed in the 35-39 year old age group. If you are 34 on race day and turn 35 after December 31, 2015, you will be placed in the 30-34 year old age group. For a complete list of rules, please refer to the current USA Triathlon Competitive Rules by visiting the USAT website http://www.usatriathlon.com
ATHLETE CHECK-IN PROCEDURE

Athletes must check in and pick up their packet at the Registration HQ on Saturday Aug 15\textsuperscript{th} 1230hrs to 1600hrs (registration on Saturday is highly encouraged) or Sunday Aug 16\textsuperscript{th} from 0500hrs

1. Race Brief: Athletes are to attend the Athlete Race Briefing held at 0815 at the Swim start.

2. Athletes must confirm their athlete number on the athlete list, before proceeding to packet pick-up. The list will be in alphabetical order and will be posted near the entrance to Registration HQ.

3. Athletes must show USAT card or pay USAT one-day fee (if not done during registration) and sign waivers.

4. Athletes must show ID when they pick up their race packet. ONLY THE ATHLETE WHO IS RACING CAN PICK UP THEIR PACKET. Athletes must pick up their own Registration Packet, which will contain self-adhesive bike frame number, helmet number sticker, number bib (to be worn on the bike (rear) and the run (front) a number belt is recommended. The race bib number is NOT to be worn during the swim.

5. Also in the athletes packet is an athlete’s wristband, this is required for access into the transition area and for post event food.

6. The Timing chip is to be picked up on race morning before entry into the Transition Area. The timing chips will be issued at the Transition area.

7. Race numbers:

   - the self-adhesive bicycle frame number MUST be attached to your bike with the race number clearly visible from both sides of the bike. The bike frame number must be affixed to your bike frame BEFORE you enter transition area.

   - the small peel-and-stick helmet number MUST be worn on the front of your bike helmet. This is for race officials and race photographers. The helmet sticker also must be affixed to your helmet BEFORE you enter the transition area. Enter transition with helmet on!

   - the run bib number which MUST be displayed during the entire run segment on the front of your body, not the side or back! Pin your run number to your shirt, shorts, swimsuit with the safety pins available at Athlete Check-In, or affix it to your race belt (highly recommended).

8. Swim caps, Velcro timing chip straps and safety pins will be distributed separately from the Registration Packet when you check in. Participant tee shirts will be distributed at a separate location at the Race HQ. A volunteer will direct you to that location after you pick up your Registration Packet, prior to exiting the Race HQ/Packet Pick-up area.

9. All relay team members must be present at the same time to pick up their Registration Packet.
Timing Chip Procedure
You will need to use the timing chip provided to you on race morning before entering into transition. This can be picked up near the transition entrance. Body marking will be happening concurrently as you enter transition. As you enter transition you are to have:

1. Your race bracelet loosely fitted on the wrist.
2. Your bike stickers applied.
3. Your helmet stickers applied and wear your helmet into transition.
4. Your body marked with your race number and age.
5. Your timing chip affixed to your lower left leg, with the Velcro strap provided. Please ensure the strap is fitted around the left ankle on the outside of the leg to ensure it doesn't become an obstruction while pedaling.

Once transition is closed, you cannot pass any timing mats while wearing your chip.

Please note that you must wear your timing chip at all times during the race in order to receive an official race time. You may use your own chip strap.

Race Results
Preliminary results will be posted on race day via the timing company, almost immediately upon finishing your race.

Final results will be posted before the Awards ceremony takes place and also will appear online on the West Point Triathlon race website.

The timing company for the day will be provided by Fast Track Timing LLC
http://www.fasttracktiming.com/
The Finis Swim Course – 800m
An 800m open water swim in the calm and beautiful Popolopen Lake. Swimmers will be waiting in the swim pens, 5 minutes before their Swim time start, to be counted and then corralled into the swim start area. The swim follows a counter clockwise direction, swimming around the peninsula and keeping yellow buoys to the left at all times. Canoeists will be in the water to ensure you stay on track and for safety purposes. You may use a kayak to stop and rest if you having difficulty, but forward motion by use of a kayak is forbidden unless for safety purposes.

The fastest male and female swimmers of the day will win Finis goodie bag!!!
TOGA Bike Course – 22K
The Toga bike course is 22K in length and heads out of Camp Buckner via Patton Rd, then a right turn onto 293 before the bike turn around at the 5K point. Continue North east back towards Camp Buckner but continue past Camp Buckner until you reach the second turnaround point, just past the 15K point at the bottom of the long downhill section. Return back to the entrance of Camp Buckner and take a right turn and return to transition.

The fastest male and female bike splits of the day receive Polar heart rate monitors!
TRIORIGIN Performance Run Course – 5K
The run course tracks a rolling course within the grounds of Camp Buckner. There are 2 main water/aid stations situated so they can be used on the way out, and then on the return from the turn-around where the aid station is located, for maximum hydration.

The fastest male and female run splits of the day will receive Polar heart rate monitors!
Transition Area

The transition area is located in the large parking lot in Camp Buckner

Points to note:
- The swim finish chute to transition crosses the run course, so if you are in one of the last waves, be fully aware of runners approaching from your right.
- Relay Teams - Swim to bike change over occurs in the pen provided, as you exit the swim and enter the pen, you are to change over your timing chip to the next athlete.
- Bike out and mount line area is a precarious area. Give yourself enough room to maneuver as the mount line is on a slight incline.
- Bike dismount is on an decline so SLOW down as you come close to transition and enter the same gate as used for T1.
- Run out is the same gate as the bike out. Keep to the right hand side when running out
- Running back through transition – be aware of swimmers exiting the swim.
Body marking
Body marking entails writing your race number and age on your arms and legs. It will take place on race morning at the Transition Area entrance, beginning at 0500 hours. You will NOT be permitted into the transition area without your body marked and you will NOT be permitted to race without your body marked. Do not apply body lotion or sunscreen until AFTER you have been body marked, or the number will rub off. Be sure that the volunteer who marks you also writes your age on your right calf.

Leg Markings:
‘RT’ – for relay Teams
‘S’ - Sabre
‘C’ - Clydesdale
‘A’ - Athena
‘M’ - Military
‘CDT’ – Cadet

Ensure when you speak to the body markers you tell them exactly what wave you are competing in. For instance, if you are a Cadet you will race as a cadet and not in the Military wave. This is to promote healthy competition on the racecourse.

Wetsuits
Each participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, participants may wear a wetsuit at their own discretion, provided however those participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. No participants shall wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. A USAT official will take the final water temperature on race morning, and the temperature will be announced. This race is generally a wetsuit legal race.

Race Numbers
Bike: Bike frame and helmet numbers will be included in your race packet. The double-sided number sticker must be attached to your bike and the number must be visible from both sides before you will be allowed to bring your bike into the transition area. There will also be a smaller self-adhesive number in your packet. This number should be placed on the front of your bike helmet.

Run: Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number MUST be visible when you start the run. Do not cut, fold, or alter your race number in any way. It is advised to wear a number belt during the race. Please do not swim with your race number on.

Swim Caps
Your official swim cap will be provided to you at packet pickup. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it. You must start in your designated swim wave. NO EXCEPTIONS.
Transition Area conduct and Relay Team Access
For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition Area. You must walk or run your bike while in the Transition Area. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants.

Please watch out for other athletes as you move through the Transition Area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the Transition Area. All relay team members will have access to the Transition Area. Relay teams must pass the timing chip to their teammates in the team changeover pen in the Transition Area entrance or exit.

Swim to Bike Relay Procedures
The swimmer is to exit the water and make their way to the “swim to bike” pen located at the entrance to transition. Ensure the team locates this area before the race to avoid confusion. Once the swimmer arrives to the pen, the swimmer passes the timing chip over to the cyclist. The cyclist can then enter transition and go through the transition process to mount the bike. The cyclist can have bike helmet on in the relay pen, but must not wear bike shoes. The swimmer at that stage can enter transition but MUST be mindful of other athletes and obey instructions from officials and marshals. Then exit ASAP!

Bike to Run Relay Procedures
On the return to transition, the cyclist is to dismount as every other athlete and obey the same rules for keeping the helmet and chin strap on and fastened until the bike is firmly racked. At this point the cyclist makes their way toward the run exit, to the “Bike to Run” change over pen. Once in the pen, the cyclist gives the timing chip to the athlete completing the run. The runner can then exit onto the run course. The cyclist may re-enter transition to collect running shoes or footwear but must not remove their bike from transition until the race has finished and authorization is given from the chief Transition Official (in white West Point Triathlon polo). Whenever relay team athletes have finished their portion of the race, they MUST be mindful of other athletes. Exit the transition area as soon as possible for safety reasons. If you are seen to be an obstruction or hanging around you will be asked to leave the transition area.

If you are in a 2-man relay team, and completing 2 portions one after the other, you are to go through the transition process the same as all other athletes.
Transition Area Security
All athletes will be issued a wristband during packet pickup. You are not to remove this until after you have collected all of your belongings from transition. If you finish in one of the early waves, be prepared to wait until the transition is safe to collect your bike and equipment. At no stage will the transition be open for bike collection until the head Official provides authorization. This is for safety reasons, and no exceptions will be made.

Bike and Equipment Reclaiming
On collecting your bike and equipment, you will not be allowed to leave until the bike, race number and wristband have been checked and confirmed to match. If in the unlikely event you lose all of these methods of identification. You will have to wait until the last person has collected all possessions before you can collect your equipment, unless the head official (white West Point Triathlon Polo) proves your identity. This is to protect you and others from loss or theft.

Non-Racers in Transition Area
There are to be NO SPECTATORS, FAMILY OR SIGNIFICANT OTHERS in Transition Area at any time during the event. Race participants only. This is for the safety of ALL athletes and their equipment. Please do not bring any balloons, buckets or chairs into the transition area. Also, please do not draw any chalk lines or apply foot powder or any other method of marking. These items will be removed.

Bike and Helmet Inspection
It is the responsibility of each individual athlete to make sure her bike is in safe and proper working order. Bike shop mechanics from TOGA Bikes will be on site during packet pickup and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar-end plugs. If you do not have them, you will not be allowed to race. There will be no mandatory bike or helmet inspection.

All participants must wear a helmet, which meets or exceeds the safety standards of the CPSC (Consumer Product Safety Commission) during the bike segment. You MUST have your helmet securely fastened on your head before you touch your bike. A relatively new USAT rule requires you to wear your helmet at ALL times when on your bike at an event, including before or after the race. If you are spotted riding your bicycle without your helmet within the race area, you will be disqualified.

Spectator Information
Spectators will be able to see the athletes start the swim from the beach (spectators will not be allowed on the beach), the bridge which looks over the bay, the peninsula (see swim map), exit the swim, start the bike, enter the transition after the bike, start the run, all of the run (depending upon how far you’re willing to walk) and see the finish. Crosswalks will be set up to allow spectators to see athletes during the race. Families and spectators must stay off the course, and may not enter the Transition Area or the Finish Line chute. Please be respectful of all participants.
RACE INFORMATION & AWARDS

Aid Stations
Water and Powerbar nutrition products will be available at all aid stations and the finish line. Please make sure to bring your own drink with you on the bike course since there will be NO AID STATIONS ON THE BIKE COURSE!
Run Aid Stations: There will be 2 aid stations on the run.

Aid stations will be located:

1) At the start of the run as you exit transition. This will service athletes going both ways
2) Just before the first turn around loop at Camp Natural-bridge. This will service athletes going out around the loop and those returning after completing the short loop.
3) On returning through transition, the Run exit aid station will service athletes here again

Finish Line: Water, Powerbar nutrition and post race food will be distributed at the finish line.
For post race food, your wristband must be on your wrist.

Awards Ceremony – Will be on call but as soon as race results are complete
All athletes will receive a Finisher’s medal immediately after crossing the Finish Line. The awards ceremony will take place around 1230 hours. This will take place inside Barth Hall, where plenty of seating and areas to eat your food will be available in the shade.

During the awards ceremony, it would be greatly appreciated if you be as quiet as possible during announcements and let those award winners relish their moment.

Awards of 1\textsuperscript{st} place will receive a custom sewn transition ACU transition backpack; 2\textsuperscript{nd} place will receive a ROAD-ID Gift Card; 3\textsuperscript{rd} place will receive a West Point Triathlon water bottle.
All age group categories
M19 and below
F19 and below
And then every 5-year age group as per USAT and ITU normal Age Group divisions. If the age group category has less than 3 athletes then they may be merged with the age group below. As it stands at the time of publishing, every age group will have awards, with over 60 awards up for grabs! Only saber wave athletes wave can win the Cadet Saber.

Other awards include top 3 in the following – Military, Cadet, Athena, Clydesdale.

The Relay award will be given to the top Male, Female, and Co-ed team.
The Saber wave winners (both Male and Female) will receive the coveted Cadet Saber.

If a participant signs up for the Saber wave or separate category, they are not eligible for Age Group Awards. If you place 1\textsuperscript{st} in a team then you can't place in your Age Group.
Race Photography
Sports Memories will be onsite to photograph the race (http://www.sport-memories.com/). Visit the site one week after the race to view and purchase your race photos.

Dropping Out
If you drop out of the race for any reason, it is imperative that you notify a Race Official or Race Staff (white West Point Triathlon Polo or grey event t-shirt) immediately and return your timing chip to them or the timing tent located next to the finish line. If injured, you or your support MUST inform an official. This is imperative!!

Unsportsmanlike Conduct
Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in an immediate disqualification. MP3 Players, headphones, headsets, IPods, and personal audio devices may not be carried, worn, or used at any time during the race. This is for safety reasons so that in the event of an emergency you'll be able to hear instructions.

Valuables
Please make sure any valuables left in your car are not out in the open. Better yet, leave them at home. The area is a very safe area, but please don’t leave anything to chance. It is advisable to bring cash. There is an ATM facility at Camp Buckner. Cash will be needed for USAT day license fees for those who do not have USAT membership or who did not get their day license during online registration.

Personal Belongings
Please make sure that anything you take with you out on the course remain in your possession. No garbage, clothing, etc. shall be thrown on the course. Penalties will be issued for littering at any point!

Volunteers
Please remember to thank the Volunteers! The race wouldn’t be possible without their assistance. For more information about volunteering for this event, email us at westpointtri@gmail.com!

Facilities
There will be snacks and drinks available for athletes post race. It is advised to bring folding chairs and any comfort items for race day, to enable supporters to be comfortable in hot or inclement weather. There is plenty of room for spectators to erect tents and bring coolers, etc. This is a family oriented event so we welcome the friendly family environment. Although please be careful where you set up base. If in doubt ask an official in a white, West Point Triathlon Polo.

Bike support
There will be bike support located near the transition area from Toga bikes, for last minute tune-ups and mechanical problems. There will also be a sag wagon on the bike course with basic tools and recovery facility if you require it.
Drafting
Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you pass the person in front of you (“enter the zone”), you must complete the pass within 15 seconds.

Position
You must remain to the right hand side of the bike lane of travel unless you are passing the cyclist in front of you.

Blocking
You may not ride on the left side of the lane if you are not passing anyone. This interferes with other cyclists who are attempting to pass.

Overtaken
If someone passes you, you must immediately exit the draft zone from the rear (i.e. slow down so there are at least three bike lengths in front of you) before attempting to pass again.

Can I leave Early?
The parking lots are situated outside the run course but the bike course will be active with racers. If you need to depart before the race finishes, you are to speak directly with the Race Director. **However you will not be allowed to leave while the bike course is active**, for the safety of yourselves and the racers on the course. RT 293 (bike course) may be closed to traffic on race day by State Police.

Are there Bathroom facilities on site?
Yes – There will be ample portable potties close to transition area.

Is there a central Medical Location?
Yes – The Medical Tent will be situated close to Race HQ and the finish line. There will be medical staff placed at key points on the racecourse and centrally controlled at the Medical Tent.

If you have an accident on the racecourse, ensure you or a friend inform a race official (white West Point Triathlon Polo) before departing the race site. So we can account for you and ensure you are taken care of.

Will there be disabled parking?
Contact the Race Director before race day to organize a reserved parking spot in Lot 1 or as close to transition as possible.

Volunteer parking - There will be parking on Patton Road (entry to Camp Buckner) for volunteers only.
TOUGHKids Race Distances

4-6 Division
Swim – 20 meters (swim/run)
Bike – 1 mile (training wheels okay)
Run – 100 meters - one parent allowed to assist

7-10 Division
Swim -100 meters
Bike – 2 miles
Run – ½ Mile

11-14 Division
Swim 200meters
Bike – 4 miles
Run – 1 mile

Parents can help children in transition, but please be mindful of other athletes and listen to the directions of the race officials

West Point TOUGHKids race provides Qualifier Points for the TOUGHKids final

TOUGHKids Swim Waves
Swim waves are subject to change – Read the schedule posted at race HQ on race day for changes
All athletes and parents: Please listen to race announcements as wave times are subject to change.
Swim waves will be controlled by swim cap color
Please look at the waves carefully. Some waves have been split with athletes with surnames beginning with the same letter, so take note of the first and last name in the wave and all waves then fit alphabetically within those waves.

<table>
<thead>
<tr>
<th>WAVE</th>
<th>AG - CAT</th>
<th>TIME START</th>
<th>Cap</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Girls age group 4-6</td>
<td>1000 hours</td>
<td>TBD</td>
</tr>
<tr>
<td>2</td>
<td>Boys age group 4-6</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>3</td>
<td>Boys age group 7-10 last name A to J</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>4</td>
<td>Boys age group 7-10 last name K to O</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>5</td>
<td>Boys age group 7-10 last name P to Z</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>6</td>
<td>Girls age group 7-10 last name A to E</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>7</td>
<td>Girls age group 7-10 last name F to Q</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>8</td>
<td>Girls age group 7-10 last name Q to Z</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
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<tr>
<td>9</td>
<td>Boys age group 11-14 last name A to M</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
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<tr>
<td>10</td>
<td>Boys age group 11-14 last name M to Z</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
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<tr>
<td>11</td>
<td>Girls age group 11-14 last name A-M</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
</tr>
<tr>
<td>12</td>
<td>Girls age group 11-14 last name M-Z</td>
<td>Once the previous wave bike has finished</td>
<td>TBD</td>
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</tbody>
</table>

Some cap colors are duplicated so please take note of wave numbers
PARKING AND DIRECTIONS

Directions

From the East/South (New York, Peekskill & Rockland County)
- Take RT 9, 9D, 9W or the Palisades to Bear Mountain Bridge.
- Continue north on 9W north through Fort Montgomery and Highland Falls exits. Exit on the RT 293 exit toward Central Valley.
- Bear left on to RT 293. Go approximately 4 miles just before Camp Buckner until you reach the Lot 1 sign on the right. Turn right into Lot 1 and follow guidance from parking directors/volunteers.
- Once this Lot becomes full you will be directed to Lot 2-3 at the Area K turn.

From West or I-87.
- Take Exit 16 off I-87 and follow signs for RT 6 East.
- Take RT 6 East for approximately 6 miles until you reach the RT 293/RT6 fork.
- Bear left onto RT 293 and continue for approximately three miles.
- Take a left at the “Camp Natural Bridge” (Lot 4) or “Area K” (Lots 2 and 3) sign and follow guidance from parking directors/volunteers.

From North (Cornwall/Newburgh)
- Take 9W South over Storm King Mt. until you reach the RT218/293 Exit.
- Take RT293.
- Go approximately 4 miles just before Camp Buckner until you reach the “Lot 1” sign on the right.
- Turn right into Lot 1 and follow guidance from parking directors/volunteers.
- Once this Lot becomes full you will be directed to Lot 2-3 at the Area K turn.

On reaching the parking areas you will be directed as close as possible to Race HQ, without interfering with the racecourse. Please do not approach down Patton Road and attempt to park. Marshalls will turn you away. If you have special requirements or need specific help, then please contact the Race director prior westpointtri@gmail.com to arrange a safe passage for you.

There are to be no vehicles driving on the run course at any time. Be prepared to walk a moderate distance (3/4 to 1 mile) if you arrive slightly later as the inner most parking lots will fill first.

The roads may be closed and locked down by Police during the race. You will not be allowed to depart until the last rider has finished the bike portion of the race. The Race director will give this clarification, in the Transition area and Race HQ. We will attempt to open the roads open as soon as possible for you. In the meantime, enjoy the awards ceremony and relax by the lake.

The address for your GPS or Google maps is Camp Buckner, Patton Rd, West Point, NY 12518
This will bring you to the transition area, but be prepared to park in one of the nearby Lots instead.
Parking
If you approach from the North East, then fill Lot 1 first, followed by Lots 2 - 3

If you approach from the South West, then fill Lot 2 – 3 and then Lot 4 if needed

As you can see, you cannot drive down any roads with a red line across, please go where the marshals tell you and do not attempt to park elsewhere. This is an active military installation and has restrictions to the general public. Get here early to give yourself enough time to get to registration, collect your packet and prepare for your race. We advise that you pick-up your packet on Saturday afternoon from 1230 to 1530, after the TOUGHkids race has finished.