Welcome,

Welcome to the 2nd Annual Hand & Stone Massage and Facial Spa Women's Philadelphia Triathlon Presented by Inspira Health, named one of the Best New Races in the USA by Triathlete.com and Winner of Best First Timer Race by Triathlon Business International!

If you raced with us last year, WELCOME BACK; if you’re new to the DelMoSports Family, WE WELCOME YOU! We’re honored to host 1,600+ women from over 30 different states to the City of “Sisterly Love!”

Fairmount Park plays host to this fantastic event that begins with a 300 meter swim in historic Kelly Pool. If swimming is not your thing, our duathlon has all you can handle with the first run beginning at the Smith Memorial Arch, the "Gateway to Fairmount Park." Our bike course travels along newly paved roads down to the Schuylkill River along Martin Luther King Jr. Drive, home to Philadelphia’s famous Boathouse Row and the famed “Rocky Steps” of the Philadelphia Art Museum.

Once athletes have completed their bike it’s time for the final run past the Please Touch Museum and through the Fairmount Park Horticultural Center!

What you can expect:
- World Class, Friendly Customer Service
- Fast, Efficient Check In
- Safe Pool Swim, Closed Bike and Run Courses
- Awesome Swag
- Big, Shiny Finisher Medal

While visiting our historic city be sure to take a day or an afternoon to absorb all that make Philadelphia special. Take a run up the Art Museum steps like Rocky, sample the best cheesesteaks on the planet, or visit Independence Hall to see where our country declared its freedom. Philadelphia and DelMoSports are committed to providing you, your family and friends a world class experience.

We thank you for "doing the work," taking time out of your busy schedules and making the Hand & Stone Women’s Philadelphia Triathlon Presented by Inspira Health a great experience for all!

Best of Luck,

Stephen and Jamie Del Monte
Founders
DelMoSports, LLC
Hand & Stone Massage and Facial Spa is proud to sponsor the 2nd Annual Women’s PHL Triathlon.

**restore • relax • refresh**

**INTRODUCTORY ONE-HOUR MASSAGE OR FACIAL**

$59.95*  
A $99.95 VALUE!

**INTRODUCTORY ONE-HOUR HOT STONE MASSAGE**

$79.95*  
A $119.95 VALUE!

Over 50 locations throughout Delaware, Philadelphia, and Southern New Jersey

**Hand & Stone**

MASSAGE AND FACIAL SPA

Open 7 Days | Extended Hours | Walk-ins Welcome | handandstone.com

*Introductory offers valid for first-time visit only and not valid towards gift cards. Sessions include time for consultation and dressing. Rates and services may vary by location. Independently Owned & Operated. ©2019 Hand & Stone Corp. Franchises Available.
### Saturday, July 6, 2019

<table>
<thead>
<tr>
<th>Start End</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 am - 5:00 pm</td>
<td>Health/Wellness Expo</td>
<td>Expo</td>
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<tr>
<td>10:00 am - 5:00 pm</td>
<td>Athlete Check In &amp; Bike Check In</td>
<td>Expo / Transition</td>
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<tr>
<td>10:00 am - 5:00 pm</td>
<td>Kids’ Athlete Check In</td>
<td>Expo</td>
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<tr>
<td>11:30 am</td>
<td>Women For Tri Panel #1</td>
<td>Main Stage @ Expo</td>
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<tr>
<td>12:00 pm - 5:00 pm</td>
<td>Open Swim</td>
<td>Kelly Pool</td>
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<tr>
<td>1:00 pm</td>
<td>Athlete Meeting #1</td>
<td>Main Stage @ Expo</td>
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<td>*Encouraged to attend one meeting</td>
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<td></td>
<td>*Includes Super Newbie Transition Set-Up Instruction</td>
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<tr>
<td>2:30 pm</td>
<td>Women For Tri Panel #2</td>
<td>Main Stage @ Expo</td>
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<tr>
<td>4:00 pm</td>
<td>Athlete Meeting #2</td>
<td>Main Stage @ Expo</td>
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### Sunday, July 7, 2019

<table>
<thead>
<tr>
<th>Start End</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>5:00 am - 6:30 am</td>
<td>Athlete Check In &amp; Bike Check In</td>
<td>Expo</td>
</tr>
<tr>
<td>5:15 am - 6:30 am</td>
<td>Transition Open</td>
<td>Transition</td>
</tr>
<tr>
<td>7:00 am</td>
<td>RACE STARTS</td>
<td>Kelly Pool / Smith Memorial Arch</td>
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<td></td>
<td>*Triathlon/Aquabike/Duathlon</td>
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<tr>
<td>7:30 am - 10:15 am</td>
<td>Kids’ Athlete Check In</td>
<td>Expo</td>
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<tr>
<td>7:30 am - 11:30 am</td>
<td>Health &amp; Wellness Expo</td>
<td>Expo</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Awards Ceremony</td>
<td>Main Stage @ Expo</td>
</tr>
<tr>
<td>10:30 am</td>
<td>KIDS’ RACE STARTS</td>
<td>Kelly Pool</td>
</tr>
</tbody>
</table>

Event Address: 4231 Lansdowne Drive, Philadelphia, PA 19131
Innovative, informative and fun health programs and events designed for women

_Spirit of Women_ is part of a national network of hospitals committed to women’s health education, outreach, and wellness. Spirit of Women at Inspira Health is the hospital’s way of reaching out to the women of our community — to provide health information in a fun and innovative way, and to ultimately improve the health of our community.

_Inspira Spirit of Women_ provides “health-u-tainment” programs consisting of a number of health-related events throughout the year — each focused on the needs of the women that we serve. This innovative program enables us to keep in touch with you — to provide you with important health information and breakthroughs in health care.

Join us!

Membership is FREE! Members receive notice of upcoming events, and free quarterly e-newsletters with health tips just for women.

Please register to join. Visit InspiraSpiritofWomen.org or call 1-800-INSPIRA (1-800-467-7472).
ATHLETE CHECK IN:

IMPORTANT: YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. NO EXCEPTIONS.

PLEASE HAVE AVAILABLE:

• Valid PHOTO ID. NO ID, NO RACE, NO EXCEPTIONS.
• QR code from your confirmation email or tell us your last name.
• USAT CARD (USAT members only). One day license holders will not have a USAT card.
  • If you forget your card, you may download the USAT Card App, and show your card from the app.

PACKET ITEMS INCLUDE:

• Race Bib
• MYLAPS ProChip
  • MUST WEAR ON YOUR LEFT ANKLE.
  • MUST BE RETURNED AT FINISH LINE. FAILURE TO DO SO WILL RESULT IN A $50 CHARGE.
• Sticker Sheet (Helmet & Bike Frame)
• Wristband for access in and out of transition
• Bike Check Out Ticket
  • In the event that you cannot get your bike, please write your number on this ticket and give it to a friend or family member to check out your bike.

ADDITIONAL ITEMS TO PICK UP:

• Teal Silicone Swim Cap
• Competitor Shirt
  • Shirt exchange will be available on Sunday starting at 7:30 AM at the Info Tent at the Expo. Be prepared to bring the shirt you are exchanging.

ATHENA ATHLETES:

• You will need to weigh in at the Solutions Desk during check in. 165lb +
• Failure to do so will put you in Age Group category for Awards.

TRANSITION:

• You may rack your bike on Saturday, July 6th between 10 AM-5 PM or race morning, July 7th between 5:15 AM-6:30 AM.
• You must present your wristband to enter and exit transition. A DelMo Staff member will be checking.
• PLEASE MAKE A PLAN! ARRIVE EARLY! EXPECT DELAYS!

BIKE RACKING IN TRANSITION:

• Rack assignments are by race number. There will be stickers with first name and race number. Feel free to take these stickers with you upon completion of the race. If you do not rack your bike in the proper place, it may be moved for you by a USAT official. Bikes must be racked by the SEAT, not by the handlebars.
• Once your bike is racked, it stays in transition.
• Bar end plugs are a MUST.
• Tri Club Racking: There are 7 tri clubs who had 15+ members registered to race 45 days before event day, so they will rack their bikes together, bib numbers 1-164. Club members who did not designate their club in registration by 6.4.19 may not change their rack assignments. NO EXCEPTIONS.
  • Does not include Relay Teams.

BODY MARKING:

• There are three ways to get body marking done:
  • Have a volunteer do it for you at transition.
  • Have it done at athlete check in outside of the tent.
  • Do it yourself (or with a friend).

PRE-RACE ATHLETE MEETING(S):

• Stephen Del Monte, Race Director, will review important race information at 1 PM and 4 PM Saturday July 6th at the Main Stage in Expo. This is a golden opportunity to ask as many questions as necessary. It is encouraged that you attend one of these meetings, which will include a USAT Rules briefing.
NUMBER PLACEMENTS

Race ID/Bike ID Wristband
Place wristband on either wrist

Race Number Placement
On bicep of each arm.

Bib Placement
Please have a bib centered on front of body with race belt or pinned to race shirt.
DOWNLOAD THE DELMOSPORTS APP

POWERED BY CAPE MAY COUNTY TOURISM

NOTIFICATIONS  LIVE TRACKING  CUSTOM SELFIES  AND MORE!

SEARCH FOR “DELMOSPORTS ELITE EVENTS” IN YOUR APP STORE.
**DUATHLON (run, bike, run)**

1. **What will be in my race packet?**
   You will have a MYLAPS ProChip, sticker system, bike check out ticket, race bib and a wristband.

2. **How does my race start?**
   You will start at 7 AM at the Smith Memorial Arch on Avenue of the Republic.

3. **How are the awards for Duathlon?**
   Awards will go ONE deep for each USAT Age Group for females.
   - Does include Athena athletes and Relay Teams.

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**AQUABIKE (swim, bike, DONE)**

1. **What will be in my race packet?**
   You will have a MYLAPS ProChip, swim cap, sticker system, bike check out ticket, race bib and a wristband.

2. **Why do I have a race bib even though I am not running?**
   You will put on the race bib for a couple of different reasons: finisher medal and food coupon!

3. **How does Aquabike finish?**
   Your time will officially end when you enter transition at the “Aquabike Finish” arch. You will receive your finisher medal inside transition.

4. **How are the awards for Aquabike?**
   Awards will go ONE deep for each USAT Age Group for females.
   - Does include Relay Teams.
   - Does not apply to Athena athletes.

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**RELAY TEAMS**

1. **How many people per relay team?**
   Triathlon Relay: 2-3 members, Duathlon Relay: 2-3 members, Aquabike Relay: 2 members.

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**RELAY TEAMS CON’T**

2. **Do all team members need to show up to athlete check in?**
   Yes. We encourage that all team members arrive together for athlete check in to ensure that all the materials are accounted for.
   BUT if team members are arriving at different times, each team member is required to check in with their ID. The packet will not be handed over until ALL members of the team have been checked in and have gone through the registration process. If you are doing the bike leg, you will be able to get your wristband, sticker system and bike check out ticket at check in, in order to rack your bike.

3. **As a relay member, what materials do I receive?**
   In your packet: the race bib is for the runner; the swim cap and athlete food coupon is for the swimmer (if applicable); the sticker sheet, bike check out ticket and athlete food coupon is for the biker (if applicable). All members will have to be body marked.
   Everyone will receive a participant shirt at athlete check in. At the finish line, we encourage all relay team members to finish together. You may meet your team’s runner at the start of the finish line chute and run in together. If not, the runner will make sure to pick up finisher medals for each team member.

4. **How do I know when my leg of the race starts?**
   The athlete that will be completing the next leg of the race will wait in transition for the previous team member. Once that team member arrives, they will tag and hand over their chip to the next team member. This will continue for each transition.

5. **How do I get food without a bib?**
   You will turn in your food coupon to any vendor of your choice in exchange for a meal!

6. **Does each relay member receive a timing chip?**
   No. The team will receive one chip. The timing chip acts as a “baton” and team members must hand off the timing strap/chip to move forward to the next discipline. Relay athletes must keep ankle strap and chip on their LEFT ankle at all times until making the transfer between teammates.
SWIM

1. Where will I be swimming?
This event’s swim course will take place in a pool! The Kelly Pool in West Fairmount Park. The depth of each end is 3.5 ft with the deepest point of the pool being 7 ft.

2. How will the swim start go?
The swim start will be a time trial start by waves. Waves will be self seeded by ability. Athletes will enter the water 2 at a time at one end of the pool and swim six (6) lengths of the pool in a serpentine fashion [swim up lane 1/2, down lane 3, up lane 4... and finish in lane 7/8].

3. When does the clock start?
Once you step over the mat, YOUR race has begun.

4. What if I feel like I need to take a break?
If at any point an athlete feels the need to rest, they can simply grab the lane line located on either side. There is NO penalty to do so... this is all about finishing!

5. Who is watching me swim?
We will have certified lifeguards along the pool.

6. What are the swim times?
Under 4:30 minutes, 4:31 - 5:00 minutes, 5:01 - 5:30 minutes, 5:31 - 6:00 minutes, 6:01 - 6:30 minutes, 6:31 - 7:00 minutes, 7:01 - 7:30 minutes, 7:31 - 8:00 minutes, 8:01 - 8:30 minutes, 8:31 - 9:00 minutes, 9:01 - 9:30 minutes, 9:31 - 10:00 minutes, 10:01 minutes +.

6. What else do I need to know?
You MUST wear the teal silicone swim cap provided to you.

BIKE

1. Where is the bike course?
All athletes ride (1) loop along the CLOSED road of Martin Luther King Jr Drive in West Fairmount Park. Be sure to review the Course Maps on page 14.

2. Is there a cutoff time for the bike course?
There is no official cutoff time for the bike course.

3. Are there any Aid Stations on the bike course?
There are no bike aid stations. You are responsible for providing your own nutrition/hydration on the bike.

4. Will there be a SAG Vehicle on course?
Yes, there will be a vehicle on the course to provide support and gear sponsored by Keswick Cycle.

5. Will there be Bike Tech Services?
Keswick Cycling is our Official Bike Mechanic. Look for Keswick outside transition for bike wrenching services.

6. What else do I need to know?
• The ENTIRE course is closed to traffic, HOWEVER, always KEEP YOUR HEAD UP AT ALL TIMES.
• There will be ample signage and cones out on the course. HOWEVER, IT IS UP TO YOU TO KNOW THE COURSE.
• You MUST apply the sticker system to your helmet and bike frame.
• Smile big for the camera! FlashFrame will be capturing your big moment for free courtesy of Red Bull!

RUN

1. Where will the first part of the Duathlon start?
The first part will start at the Smith Memorial Arch on Avenue of the Republic.

2. Where will the Triathlon and second part of the Duathlon run portion be?
This scenic run course will take place in West Fairmount Park.

3. Is there a cutoff time for the run?
All athletes must be off the run course before 12:00 PM.

4. Will there be Aid Stations along the run course?
There will be (1) Aid Station along the run course for athletes to hydrate with BASE and water. Port-O-Johns will be available. Refer to the water droplet on the map.
• **Duathlon:** Athletes will have (1) opportunity during the 2 Mile Run, and (2) opportunities during the 5K Run at the same Aid Station.
• **Triathlon:** Athletes will have (2) opportunities during the 5K Run at the same Aid Station.

5. What else do I need to know?
• You MUST wear your Race Bib on the front of your body.
• Smile big for the camera! FlashFrame will be capturing your big moment for free courtesy of Red Bull!
TYR

SPECIAL OPS 3.0
ALL NEW OPEN WATER GOGGLE

ANTI-FOG COATING
Integrated anti-fog treatment for lasting lens clarity

WIDE PERIPHERAL RANGE
Wide peripheral range for optimal sighting

DURAFIT SILICONE GASKETS
Durable and hypoallergenic cushioning designed to provide a comfortable close to the eye fit

SPEED ADJUSTMENT
Simple and secure release button allows for quick and easy strap adjustment

TYR.com
UNLEASH THE GREYHOUND IN YOU!

salming.com
**SWIM**
- Enter Pool at one end
- Swim six (6) lengths of the pool in a serpentine fashion [swim up lane 1/2 down lane 3, up lane 4... and finish in lane 7/8]

**BIKE**
- Mount bike on Lansdowne Dr., just outside of transition
- Follow through Circle and Turn LEFT to continue on Lansdowne Dr.
- Turn LEFT to access MLK Dr.
- Turn RIGHT onto MLK Dr.
- Follow to Turnaround, located just before Spring Garden St. Bridge on MLK Dr.
- Follow MLK Dr. to Falls Bridge Gate
- Turnaround prior to gate at Falls Bridge
- Follow MLK Dr. to Lansdowne Dr. traffic light
- Turn RIGHT
- Turn RIGHT to continue on Lansdowne Dr. (up the hill)
- Turn RIGHT at top of hill to follow Lansdowne Dr. to Dismount Line
- Dismount, enter T2

**RUN**
- Exit Transition: Run Out
- Turn LEFT to run through north side of Smith Memorial Arch
- Turn RIGHT onto Avenue of the Republic
- Follow A.O.T.R. to Belmont Ave. and Turn RIGHT
- Turn RIGHT onto Horticultural Dr.
- Follow to HD around the back of the Horticultural Center
- Turn RIGHT up the path with the Gazebo toward the Reflection Pool (NOT FOR DU RUN)
- AID STATION
- Turn RIGHT to run around the pool (NOT FOR DU RUN)
- Follow around the Centennial Arboretum (NOT FOR DU RUN)
- Turn RIGHT to run back down the path past the Gazebo (NOT FOR DU RUN)
- AID STATION
- Turn RIGHT onto Horticultural Drive, follow past the Japanese House (turns into Lansdowne Dr.)
- Follow Lansdowne Dr. past the Kelly Pool
- DU ONLY: Follow Lansdowne Dr. into “Swim Finish” Chute with swimmers into T1
- Turn LEFT onto Jogging Path
- Follow Jogging Path to Sweetbriar Lane
- U Turn onto Sweetbriar Lane to the Finish
Official Retail Partner of DelMoSports

Your One-Stop Shop For All Things Triathlon

DelMo Athletes receive 15% OFF store-wide by using offer code: DELMO15 at checkout!

www.trieverythingstore.com
POST RACE INFORMATION

FINISH LINE:

• Expect an energetic welcome from our volunteers as you enter the Finish Chute.
• You will receive your AWESOME Finisher Medal.
• Be sure to return your MYLAPS ProChip!
• Staff will not allow you to re-enter the Finish Chute once you exit.

ATHLETE FOOD:

• Each Athlete is allowed (1) meal at the Food Truck Village.
• Remember, you MUST turn in your Athlete Food tear stub from your Bib or relay members - turn in your Food Coupon (provided in your race packet).
• Your patience appreciated as we expedite all finishers!
• You are welcome to eat under the Hospitality tent.

MOBILE APP:

• Download the DelMoSports Elite Events App from the Apple Store or Google Play.
  o Powered by Cape May County Tourism
  o FREE!!
• The app offers live athlete tracking, important event notifications, take selfies with custom filters, find athlete photos, access exclusive sponsor promotions, keep up to date with the event schedule, and SO MUCH MORE!

RACE PHOTOS:
To ensure you get some great FREE photos:

• FlashFrame will have photographers positioned throughout the course on event weekend. Smile BIG and make sure they can see your bib!
• Within a few days following the race, FlashFrame will email you the link to view, download and share your AWESOME and FREE photos.
• https://delmosports.flashframe.io/
• You can also find these photos on the DelMoSports App powered by Cape May County Tourism!
• Get social and share your amazing accomplishment! Make sure to use our hashtags #WomensPHLTRI #WPT #DelMoSports #HandAndStone #InspirHealth #RedBull
• Thanks to Red Bull, these photos are FREE and they’re YOURS!
ATHLETIC BREWING CO.
NON-ALCOHOLIC BREWS

ESTB CRAFT 2017
NON-ALCOHOLIC

BEER FOR THE MODERN ADULT FREE AT THE FINISH LINE

GREAT TASTE LOW CALORIE | UPSIDE DAWN (50 cal) | CERVEZA ATLETICA (65 cal) | RUN WILD (70 cal)

BREWED IN STRATFORD, CT WITH ORGANIC VIENNA MALT | BREW WITHOUT COMPROMISE

ATHLETICBREWING.COM | @ATHLETICBREWING | INFO@ATHLETICBREWING.COM
DROPPING OUT:

• If you drop out of the race YOU MUST notify a DelMoSports Crew Member.
  • A Crew Member can be found at all times at the Information Tent located on the lawn.
  • Please Note: If you do not start the race, or you drop out, you MUST return your chip.

MOBILE APP:

• Download the DelMoSports Mobile App Powered by Cape May County Tourism from the Apple Store or Google Play Store.
  • This FREE app offers live athlete tracking, important event notifications, take selfies with custom filters, find athlete photos, access exclusive sponsor promotions, keep up to date with the event schedule, and SO MUCH MORE!

TIMING:

DelMoPRO will handle all timing for the event.

• Athletes must use the MYLAPS ProChip provided. You MUST return the chip at the Finish Line. There will be a $50.00 USD charge for anyone that does not return their timing chip.

• Results Kiosks will be provided at the Expo.

• Remember, the clock time at the finish reflects the race start time of the first swim wave.

• Full results and splits will be posted on our website and app.
1. **Helmets**: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. **Penalty**: Disqualification

2. **Chin Straps**: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. **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 and duathlons 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. The wheel of the bicycle must be down on the side of the assigned space. 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. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. **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 pass within 15 seconds. Position—keep 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. **Course**: 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 the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. **Penalty**: Referee’s discretion

7. **Unsportsmanlike-Like 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, iPods, mp3 players, or personal audio devices, etc. are not to be carried or 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 that 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.

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 wears a wetsuit within such 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. **Penalty**: Variable time penalty

**Variable Time Penalties for Sprint and Intermediate Distances**

1st Offense: 2:00 Minutes

2nd Offense: 4:00 Minutes

3rd Offense: Disqualification

*For a complete list of rules, please visit: https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules*
Participants will be ranked within their gender and age group category in the Sprint Triathlon, Duathlon and Aquabike. Overall race winners that might be recognized by the event will be included in their specific age groups for club scoring purposes. Club scoring may not directly correspond with the specific event awards. For example, if you win 1st place female overall in the Sprint, you will not win an age group award on the podium, but your age group place and points WILL be included in club scoring.

Points (11-2) will be awarded in descending order from 1st to 10th place according to the individual's overall finish in their respective gender, age group and weight category.

- 1st Place – 11
- 2nd Place – 10
- 3rd Place – 9
- 4th Place – 8
- 5th Place – 7
- 6th Place – 6
- 7th Place – 5
- 8th Place – 4
- 9th Place – 3
- 10th Place – 2

Any participant who starts the swim but does not place in the top 10 in their age, gender, weight and distance category will be awarded 1 point for their club.

Any club member volunteering event weekend will be awarded 1 point per 4 hour shift for their club. You MUST be registered via Active Volunteer to receive credit 48 hours prior to Race Day.

The team with the most points wins the coveted DelMo Cup Club Trophy for that event and bragging rights until the next DelMoSports race!

*If you did not select your club when you registered, you may provide your club name at the Solutions Desk during check in until 5 PM on Saturday, July 6. There will be no race day edits of club designations. NO EXCEPTIONS.
Look out!

The kids have arrived for the Co-Ed Kids' Splash & Dash
Presented by the USA Triathlon Foundation

*NEW IN 2019!*  

**Splash & Dash**
50 Meter Swim, 'Almost' 1 Mile Run  
Sunday, July 7 @ 10:30 AM
Start @ Kelly Pool / Finish @ Finish Line
See map on next page
Price: $30
Ages: 3-15

*USA Triathlon Sanctioned Event*
USAT Membership is required. You will be required to provide a valid youth membership number or purchase a membership.

**Registration Includes:**
- Bib
- Hat
- Medal

**Note:** Child must be able to swim without a floating device. Lifeguards WILL be on duty.

Athlete Check In will take place at the Expo on Saturday 7/6/19 from 10:00 AM-5:00 PM and Sunday 7/7/19 from 7:30 AM-10:15 AM.
Congratulations! You’re the big winner! You were dragged out of your bed at 4 AM to... watch! Kudos!!! There are a few really good spots to watch the event.

SWIM:
Come get a front row view of the swim at the Kelly Pool in Fairmount Park!

BIKE:
It’s a closed course. Walk down Black Road to MLK Drive to watch bikes ride back and forth! Note: Black Road is steep so be careful!

RUN:
The best place to view the run is hanging around transition/expo. You will see the athletes approximately (3) times. Please be respectful of the runner’s path.

VOLUNTEER:
Give back – support – we couldn’t do it without you!

www.delmosports.com/volunteer

TRACKING & TIMING:
Download the DelMoSports Elite Events App Powered by Cape May County Tourism from the Apple Store or Google Play so you can track your athlete LIVE! Search by participant’s last name or bib number.

RESTROOMS:
Port-O-Johns are available in the Expo.

SPECTATOR FOOD/DRINK:
Check out the Food Trucks at the Expo which will be near the Finish Line.

PARKING:
Street parking. See map on next page.
 Kelly Pool: 4231 Lansdowne Drive, Philadelphia, PA 19131

Please Touch Museum: 4231 Avenue of the Republic, Philadelphia, PA 19131

Traveling from East 76:
- Right off Montgomery Exit
- Left on Belmont Ave
- Left on Avenue of the Republic OR South Concourse Drive

Traveling from West 76:
- Left off Montgomery Exit
- Left on Belmont Ave
- Left on Avenue of the Republic OR South Concourse Drive

ALL VEHICLE TRAFFIC FOR THE EVENT SHOULD ENTER VIA BELMONT AVE.
2019 EVENTS

PRESENTED BY

inspira HEALTH

MARCH 30

MUDHEN BREWING CO. HALF MARATHON
APRIL 26-28

JUNE 2

ESCAPE TRIATHLON

JULY 7

TRI AC

AUG 10

TRI THE WILDEES

AUG 24

IRONMAN 70.3 ATLANTIC CITY

SEPT 15

CREST BEST RUN@FEST

OCT 12-13

DELMOSPORTS.COM
JULY 12, 2020

Registration opening on 7.7.19 for a limited time!

Check out our website for more details.