



PARTICIPANT INFO

Please read this closely as well as review the information on the [race website](#)

RACE LOCATION & PARKING

The race is located at Harper's Mill Pool (8600 Pullman Ln, Chesterfield, VA 23832). All participants should park on Pullman Ln across Harper's Mill Pkwy or at Winterpock Elementary School next door.

RACE COURSES & RELAY EXPLANATION

Each participant in the individual race will complete a 100 yd swim followed by a 1 mile run. Participants will also have the option to race an adult-child relay whereas parents can race with multiple children. The adult will complete a 50 yd swim and 1/2 mile run before tagging one or multiple children who will complete the same course. After tagging their child(ren), parents will go to the finish chute and run across the finish line with their first child to arrive and then meet the rest at the finish line. Your fastest parent-child combo will be scored. [Individual Race Course](#) Relay Course: [Adults](#) | [Kids](#)

RACE DAY SCHEDULE

- 7-8:00 am - Participants check in at LRF Tent & Set-Up
- 8:00 am - Pre-Race Instructions
- 8:15 am - Adult & Youth Individual Race Starts
- 9 am (approximate - arrive early) - Relay Race Starts
- 10:00 am - Awards Start

AWARDS

Awards will be given to the top 3 males & females in the following age groups: 6 & Under, 7-8, 9-10, 11-12, 13-15, & 16-18, & Adult 19+. We will also recognize the top 3 overall teams in the relay competition. To prevent the podium being swept by one family, only your fastest parent-child combo will be scored.

BODY MARKING

Bib numbers will be assigned race morning, and you will be body marked at this time.

TRANSITION

Athletes will place their shoes on the transition area mat. After the swim, run to your shoes, slip them on, and you are off on the run!

QUESTIONS?

Email race@livered.org