



STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS

WOMEN'S PHLTRI



2026

ATHLETE GUIDE



POWERING RACE DAY



**STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY**
INJURY LAWYERS



LINCOLN
INVESTMENT



BODYWORK BY JEFF
MANUAL THERAPY | KINESIO TAPING | ASSISTED STRETCHING



**PHILADELPHIA
PARKS & RECREATION**

**DELMO
ELITE EVENTS**



WELCOME



Welcome to the 9th Annual 2026 Stampone O'Brien Dilsheimer Holloway Women's Philadelphia Triathlon, one of the premier women's triathlon events in the country! Whether you're chasing a personal best, completing your very first triathlon, or racing alongside friends, we're thrilled to welcome you to Philadelphia for an unforgettable race weekend.

If you've raced with us before, welcome back! If this is your first DelMo Elite Event, welcome to the family! We are proud to host more than 1,500 incredible women and over 160 kids from over 28 states, all coming together in the City of Sisterly Love to celebrate strength, perseverance, and community. Combined with our Saturday Kids Philadelphia Triathlon, race weekend truly offers something for the entire family.

The Women's Philadelphia Triathlon has grown into one of the largest all-women's triathlons in the United States, offering divisions designed for athletes of every experience level. From your swim in Kelly Pool to the closed bike course along historic MLK Jr. Drive and the scenic run through Fairmount Park and the Horticultural Center, you'll experience one of the most unique and beginner-friendly triathlon courses anywhere.

What You Can Expect:

- World-class, athlete-focused customer service
- Fast and efficient athlete check-in
- Safe and supportive pool swim
- Fully closed bike and run courses
- Incredible participant swag
- A beautiful finisher medal you'll be proud to display
- Thousands of spectators, volunteers, and fellow athletes cheering you on from start to finish

While you're here, take time to experience everything Philadelphia has to offer. Run the famous Art Museum steps like Rocky, enjoy one of the city's legendary cheesesteaks, stroll through historic Independence Hall, or explore the many restaurants, museums, and neighborhoods that make Philadelphia such an incredible destination.

Most importantly, thank you for choosing to spend your race weekend with us. Your commitment to training, your determination, and your willingness to challenge yourself are what make this event so special. Whether you're crossing your first finish line or your fiftieth, we're honored to be part of your journey.

Welcome to the 2026 Women's Philadelphia Triathlon. We can't wait to see you at the starting line!

-DELMO



**STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY**
INJURY LAWYERS

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Cheltenham, PA 19012

Philadelphia
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Cape May County
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ST HAPPENS. WE CAN HELP!

WHY US?

- Over \$1,000,000,000+ recovered for our clients
- 99% win rate
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- Doctor/Lawyer on staff

PRACTICE AREAS

Bicycle Accidents, Pedestrian Strike Downs, Gym / Fitness Center / Health Club Injuries, Wrongful Death, Medical Malpractice, Motor Vehicle Accidents, Premises Liability/ Slip & Falls, Construction Accidents, Product Liability



Stampone O'Brien Dilsheimer Holloway is proud to sponsor the Desatnick Real Estate Escape the Cape Triathlon presented by Delmo Elite Events. As members of the Cape May County community who have represented injured bikers, runners, swimmers, and other athletes, we are thrilled with the opportunity to support you in your competitive pursuits!

Our firm's talented mix of experienced, aggressive trial lawyers and youthful, technologically savvy litigators has produced numerous multi-million dollar settlements for our clients over the last 40 years. Our lawyers understand you and your needs and your desire to win. We don't back down from tough cases, and we don't settle for less than you deserve. #WeTriCases Good luck and congratulations in advance to all of this year's competitors.



Joseph P. Stampone
Managing Shareholder

Learn more at www.stamponelaw.com or contact **Joe Stampone**, one of Super Lawyers Top 100 attorneys in Philadelphia and Top 100 attorneys in Pennsylvania, at jstampone@stamponelaw.com.

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SCHEDULE



SATURDAY JULY 11, 2026

*SUBJECT TO CHANGE

START	END	EVENT	LOCATION
8:00 am	9:45 am	Kids Athlete Check In	West Fairmount Park / Expo
9:00 am		Kids Athlete Meeting	Main Stage
10:00 am		KIDS TRI RACE STARTS	Kelly Pool
11:30 am		Kid's Awards Ceremoy	Main Stage
12:00 pm	5:00 pm	Expo / Athlete Check In / Transition & Bike Check In * OPTIONAL	West Fairmount Park / Expo
1:00 pm	1:30 pm	Workout with WAVES	Main Stage
2:00 pm		Athlete Meeting #1 <i>*Strongly encouraged to attend at least one meeting</i>	Main Stage
4:00 pm		Athlete Meeting #2 <i>*Strongly encouraged to attend at least one meeting</i>	Main Stage

SUNDAY JULY 12, 2026

*SUBJECT TO CHANGE

START	END	EVENT	LOCATION
5:00 am	6:45 am	Athlete Check In /Transition & Bike Check In	West Fairmount Park / Expo
7:00 am		SUPER SPRINT RACE STARTS	Kelly Pool
7:30 am		TRIATHLON & AQUABIKE RACE STARTS	Kelly Pool
7:30 am		DUATHLON RACE STARTS	Landsdowne/Black Rd
7:45 am	12:00 pm	Race Expo	West Fairmount Park
11:30am		Awards Ceremony	Main Stage

GET THE @ELMO ELITE EVENTS APP NOW!

- INTERACTIVE COURSE MAPS
- REAL TIME ATHLETE TRACKING
- OFFICIAL RESULTS
- NOTIFICATIONS
- RACE INFORMATION

BASICALLY EVERYTHING
YOU NEED RIGHT AT
YOUR FINGERTIPS!



SCAN ME





PRE RACE INFO



ATHLETE CHECK IN:

- Saturday, July 11th at 12PM-5PM or
Sunday, July 12th at 5AM-6:45AM.

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

TRI/AQUA/DU /SUPER SPRINT- PLEASE HAVE AVAILABLE:

- Valid PHOTO ID.

****NO ID, NO RACE, NO EXCEPTIONS.**

- QR code from email

BIB NUMBER:

- We will be using "Dynamic Bib Assignment" for this event. This means that you will not receive a bib number ahead of time. Once you check in, you will receive the next available bib number. IF you would like to rack your bike next to your friends, be sure to go to Athlete Check In TOGETHER (same lane/same bin)!

PACKET ITEMS INCLUDE:

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

ADDITIONAL ITEMS TO PICK UP:

- 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:

- Some people may have selected Athena during registration for awards instead of Age Group.
- You will need to weigh in at the Solutions Desk during check in. (Athena athletes =165lb +)
- Failure to do so will put you in the Age Group category for Awards.

TRANSITION:

- You may rack your bike on Saturday, July 11th between 12PM-5PM or race morning, July 12th between 5AM-6:45AM (security provided).
 - You **MUST** have your bike stickers on before entering Transition.
 - You must present your wristband to enter and exit transition. A DelMo Staff member will be checking.
- **PLEASE MAKE A PLAN! ARRIVE EARLY!**

BIKE RACKING IN TRANSITION:

- Rack assignments are by bib number. There will be stickers with your bib number on them. If you do not rack your bike in the proper place, it may be moved.
- 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**.

BODY MARKING:

- Body mark yourself (or with a friend) with a thick sharpie and write your bib number down both arms.
- You are not permitted into Transition Race Morning without being marked!

PRE-RACE ATHLETE MEETING(S):

Stephen Del Monte, Race Director, will review important race information at 2PM and 4PM Saturday, July 11th at the Main Stage in Expo. This is a good time to ask as many questions as necessary!

LINCOLN
INVESTMENT

A trusted partner.
In your corner. On your course.



Pictured: Kathy Leckey,
Lincoln Investment CEO



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NUMBER PLACEMENT



BIKE STICKER:

goes on the frame of your bike; must be on before racking bike in transition.



HELMET STICKER:
goes on the front of your helmet.



RACE BIB:

goes on the front of your body with safety pins or a race belt.



BODY MARKING:

goes on both arms between shoulder & elbow with a sharpie marker.



THE

COURSE(S)



SWIM

1. Where will I be swimming?

- This event's swim course takes place at 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 will begin with a time trial start by self-seeded waves. If you're unsure of your swim time, simply look for the swim ability signs near the swim start and line up in the group that best matches your comfort and experience level. Athletes will enter the water one at a time, every 5 seconds.
- **NEW THIS YEAR: MANDATORY WRISTBANDS FOR SWIM WAVES (SEE NEXT SLIDE)**

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. What else do I need to know?

- You MUST wear the swim cap provided to you. If the swim cap we provide to you does not fit (due to different hair types), please see solutions during Athlete Check In.

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.

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 on course?

- Yes, there will be SAG available on the course to provide support, HOWEVER, you are expected to be self-sufficient and have your own supplies. SAG support provided by Candence Cycling.



5. Will there be Bike Tech Services?

- Unlimited Biking is our Official Bike Mechanic. Look for Unlimited Biking outside transition for bike wrenching services. Replacing tubes will be an additional charge from Unlimited Biking.

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! We will have photographers from FinisherPix capturing your big moment!

RUN

1. Where will the first part of the Duathlon start?

- The first part will start at the BIKE IN / BIKE OUT of Transition on Lansdowne/Black Rd.

2. Where will the Triathlon, Super Sprint run 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 11:00AM.

4. Where am I wearing my Race Bib?

- You MUST wear your Race Bib on the front of your body during the run ONLY.

5. Will there be Aid Stations along the run course?

- Yes, we have one aid station along the run course for athletes to hydrate. Port-O-Johns will be available. Refer to the water droplet on the map.
 - **Triathlon:** Athletes will have (2) opportunities during the 5K Run portion at the same Fill Station.
 - **Duathlon:** Athletes will have (2) opportunity during the 1 Mile Run, and (2) opportunities during the 5K Run at the same Fill Station.
 - **Super Sprint:** Athletes will have the opportunity to fill inside transition.

SWIM WAVES

- AT CHECK IN, SWIMMERS WILL CHOOSE THEIR WAVE BASED ON ABILITY BY USING THE DESCRIPTIONS BELOW AND RECEIVE THE WRISTBAND THAT MATCHES.
- AT SWIM START, YOU WILL LINE UP BY COLORED WAVE INDICATED BY SIGNS IN POOL AREA.

WAVE 1: ADVANCED

UNDER
7:00
1:20-2:30

- I AM A CONFIDENT, EXPERIENCED SWIMMER
- I KNOW MY PACE/TIME
- I SWIM WITHOUT STOPPING
- IN OTHER TRIS, I AM AT THE FRONT OR MIDDLE
- I DO FLIP TURNS
- I CAN SWIM UNDER THE LANE LINE

WAVE 2: ADVANCED INTERMEDIATE

7:00-9:00
2:30-3:00

- I AM PRETTY CONFIDENT IN MY SWIMMING
- I HAVE AN IDEA OF MY PACE/TIME
- I SWIM WITHOUT STOPPING
- IN OTHER TRIS, I AM AT THE MIDDLE OR BACK
- I MIGHT DO FLIP TURNS
- I AM OK GOING UNDER THE LANE LINE

WAVE 3: INTERMEDIATE

9:00-11:00
3:00-3:40

- I FEEL DECENT ABOUT MY SWIMMING
- I USUALLY HANG TOWARD THE BACK OF SWIMS
- I DONT DO FLIP TURNS
- I MIGHT STOP AT THE WALL TO REST
- I HAVE LITTLE OR NO EXPERIENCE IN TRIATHLONS
- I AM OK GOING UNDER THE LANE LINE BUT MAY PAUSE

WAVE 4: BEGINNER

11:00-14:00
3:40-4:30

- I AM LESS SURE OF MY SWIMMING
- I MIGHT STOP TO REST ON LANE LINE OR WALL
- THIS MAY BE MY FIRST TRI
- I MIGHT SWIM WITH A FELLOW ATHLETE FOR COMFORT
- I WILL PAUSE BEFORE GOING UNDER THE LANE LINE

WAVE 5: NEW SWIMMER

13:31 +
4:30+

- I AM NOT CONFIDENT OF MY SWIMMING
- I WILL LIKELY STOP TO REST ON LANE LINE OR WALL
- THIS IS MY FIRST TRIATHLON
- I WILL STOP BEFORE GOING UNDER THE LANE LINE
- I MAY REQUIRE LIFEGUARD SAFETY



PROFESSIONAL BIKE FITTING

ON SITE



**OVER 20 YEARS
OF BIKE FITTING**



**10 YEARS
OF RETÜL EXPERIENCE**

TRIATHLON FITTING



\$150

Dial in your position for peak performance and comfort on race day.

**CAN BE DONE ON
YOUR EXISTING BIKE**

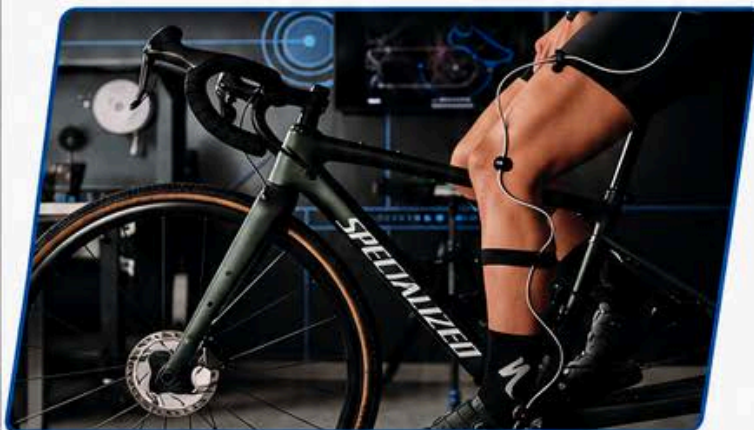
RETÜL MOTION CAPTURE FITTING



\$300

Advanced motion capture technology for the most precise fit possible.

**CAN BE DONE ON
YOUR EXISTING BIKE**



FUTURE BIKE? WE'VE GOT YOU.

We also have a "fit bike" to help you get fit for your future bike, ensuring the right size and measurements before you buy.



**ALL APPOINTMENTS
IN OUR MANAYUNK LOCATION**

Experience world-class bike fitting in the heart of Manayunk.



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Appointments fill up fast—
book online and ride better tomorrow.

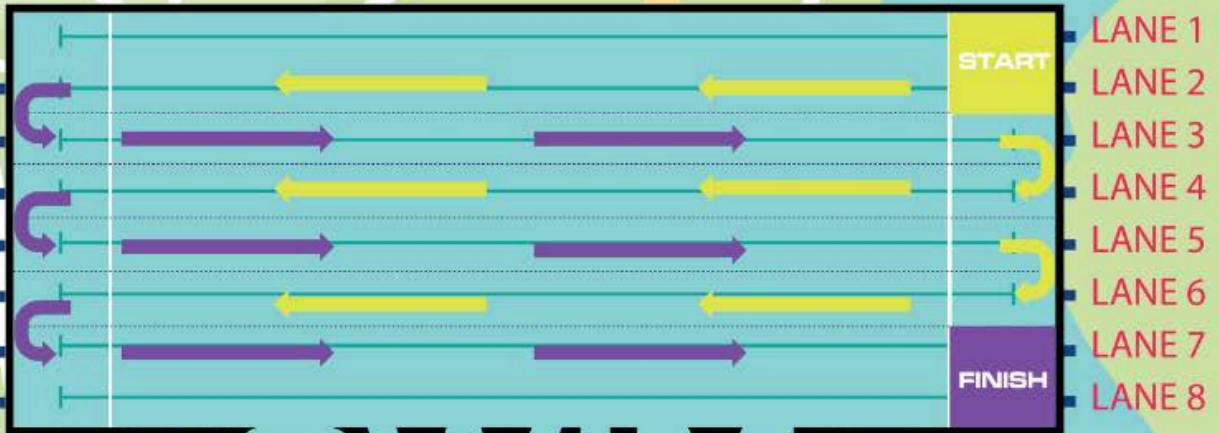
**SCAN TO BOOK
YOUR APPOINTMENT**



RIDE BETTER. | PERFORM BETTER. | FEEL BETTER.



SUPER SPRINT will start at the top of LANE 8 & swim one length to finish



SWIM



SWIM COURSE

WOMEN'S PHILTRON



TURN
AROUND #2



SUPER
SPRINT
TURN
AROUND #2

FINISH
START

START
FINISH

TURN
AROUND #1

BIKE COURSE





STAMPONE O'BRIEN
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WOMEN'S PHILTRIA



5K

DU



RUN COURSES



Aesthetics And Wellness

OFFICIAL RECOVERY PARTNER

Stampone O'Brien Dilsheimer Holloway
Women's Philadelphia Triathlon • July 12, 2026



You finished. Now recover like a pro.

Step off the course and into our recovery tent. Our physician-supervised IV infusion delivers fluids, vitamins, and amino acids directly into your bloodstream — so you feel like yourself again, fast.

— OUR PROPRIETARY RACE RECOVERY PROTOCOL —

The S&J Athlete Recovery Drip

A physician-formulated IV infusion designed specifically for endurance athletes — precisely blended to accelerate recovery, restore energy, and help you feel your best after race day.



IV Fluid + Electrolytes

100% bioavailable hydration — replaces what you sweated out, immediately



B-Vitamin Complex

Replenishes cellular energy pathways depleted during intense endurance effort



Vitamin C

High-dose antioxidant support to counter the immune dip that follows hard racing



Amino Acids

Essential building blocks delivered IV to begin muscle repair the moment your race ends



ABSORPTION

100%

IV vs. oral —
no GI barrier



TREATMENT TIME

~45 min

Relax while
you recover



**MD AND NP
LED TEAM**

Physician supervised
care on site



21+

**YRS CLINICAL
EXPERIENCE**



FIND US RACE DAY

On-site Recovery Tent

Walk-ins welcome • No appointment needed



AESTHETICS
AND WELLNESS



VISIT OUR WEBSITE

<https://www.sjaestheticsandwellness.co>



EMAIL US

SJKaesthetic@gmail.com



DU/AQUA/ RELAY FAQs



DUATHALON (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 7:30 AM at Landsdowne/Black Road.

3. How are the awards for Duathlon?

- Awards will go ONE deep for each USAT Age Group for Athletes.
- Athena athletes and Relay Teams are included.

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 "Bike In" signs. 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 Athletes.
 - **DOES include Relay Teams**
 - **DOES NOT apply to Athena athletes**

RELAY TEAMS

1. How many people per relay team?

- Triathlon Relay: 2-3 members/Duathlon Relay: 2-3 members/ Aquabike Relay: 2 members.

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 is for the swimmer (if applicable); the sticker sheet and bike check out ticket is for the biker. 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 AT THEIR BIKE. Once that team member arrives, they will hand over their chip to the next team member. This will continue for each transition.

5. 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.

POST RACE INFO



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) entry into the Athlete Food Tent. Remember, you MUST turn in your Athlete Food tear stub from your Bib or relay members - turn in your Athlete Food tear stub from your extra Bibs.

****Your patience is appreciated as we expedite all finishers!**

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.
- There will be NO Results Kiosks provided at the Expo.
- Remember the clock time at the finish reflects the race start time of the first triathlon wave.
- Full results and splits will be posted on our website and the app.

AWARDS:

- Awards will go 3 deep per age group for Tri
- Awards will go 1 deep per age group for DU, Super Sprint & Aqua.



MOBILE APP:

- Download the DelMo Elite Events App from the Apple Store or Google Play.
- The app offers live athlete tracking, important event notifications, find athlete photos, and keep up to date with the event schedule, and SO MUCH MORE!



ATHLETE PHOTOS:

- We've partnered with FinisherPix to offer incredible photos. To ensure you get some great photos:
 - We will have photographers positioned throughout the course on event weekend. Smile BIG and make sure they can see your bib!
 - After the event, you will be able to view, purchase, download and share your AWESOME photos and videos.
 - If you are still interested, go to: RunSignup.com > [Event](#) > [Manage Event](#) > [Add On's](#)
- Get social and share your amazing accomplishments! Make sure to use our hastags [#WomensPHLTri](#) [#WPT](#) [#DelMoSports](#) [#StamponeLaw](#)



DROPPING OUT:

- If you drop out of the race **YOU MUST** notify a DelMo 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.**



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BODYWORK BY JEFF IS EXCITED TO RETURN AND OFFER ONSITE SERVICES WHICH INCLUDE:



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PERFORMANCE ENHANCEMENT AND RECOVERY



KINESIO TAPING APPLICATIONS



BODYWORK BY JEFF WILL BE AVAILABLE FOR SERVICES DURING ALL OF EXPO HOURS AND REMAIN ONSITE ON RACE DAY FOR YOUR RECOVERY NEEDS. MAKE SURE TO STOP BY THEIR BOOTH FOR TREATMENT, INFO, AND MORE.

PRICING AS FOLLOWS:



10 MINS
\$20



15 MINS
\$30



20 MINS
\$40

* KINESIO TAPING: \$25 PER APPLICATION
(accepting cash, credit, Venmo, Apple Pay)



FOR MORE INFO PRIOR TO EVENT VISIT:
WWW.BODYWORKBYJEFF.COM



COMMON RULE VIOLATIONS



1. Helmets and Chinstraps: Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

2. Unauthorized Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

3. Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

4. Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

5. Headphones and Communication devices:

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two- way radio communication. Using any communication device in this manner during the competition may result in disqualification.

6. Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

7. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

8. Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.





LINCOLN INVESTMENT DELMO CUP



DelMo Elite Events is proud to announce an updated format for the **Lincoln Investment DelMoCup Club Competition** beginning in 2026. These changes are designed to elevate the team experience and ensure fair, exciting competition among clubs across our triathlon events. In addition- the competition will be able to be followed real-time in the DelMo Elite Events live tracking app with live team results!

Lincoln Investment DelMoCup Club Registration – Important Instructions

When registering, be sure to select your club affiliation. To confirm or update your registration, follow these steps:

1. Log in to RunSignUp.com.
2. Navigate to your “Profile” page.
3. Under Upcoming Events, locate your race and click “Manage Registration.”
4. Use the left-hand menu to modify your club/team affiliation by modifying your registration question answers

Please Note: If your club is not listed on your registration by race day, you will not be included in team scoring. Athletes may only represent one club per event.

Competition Divisions

There will be two competition divisions in the Lincoln Investment DelMoCup:

- Sprint Triathlon Club Division
- Olympic Triathlon Club Division

All DelMo Elite Events triathlon events will feature both divisions except the Women’s Philadelphia Triathlon, which will include only a Sprint Triathlon Club Division.

Each division will crown its own Lincoln Investment DelMoCup Club Champion based on team performance.

Scoring Criteria

Team scoring will be based on the combined finish times of the top five athletes from each club in a given division. Scoring rules include:

- Only finishers in the Sprint or Olympic Triathlon distances will be counted.
- Aquabike, duathlon, and other non-triathlon formats are not included in the DelMoCup scoring.
- A club must have a minimum of five finishers in a given distance to be eligible for scoring.

The top five scoring members must include:

- 2 males
- 2 females
- 1 additional athlete of any gender

If a club does not meet these composition requirements, it will be marked as incomplete and will not be eligible for scoring in that distance.

Awards & Recognition

- Two DelMo Cups will be awarded at each event—one each for the top Sprint Triathlon Club and Olympic Triathlon Club.
- If a club wins both divisions at the same event, they will be awarded both trophies.
- Winners receive not only the Lincoln Investment DelMo Cup Club Trophy but also bragging rights until the next DelMo Elite Event!

Join the Competition. Represent Your Club. Take Home the Cup!





KIDS PHILADELPHIA TRIATHLON



Athlete Check In:

- Will be on Saturday, July 11th from 8AM-9:45AM.
- Registration includes: Race Bib, Swim Cap & Race Towel

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

USA Triathlon Sanctioned Event:

- USAT Membership is required. You will be required to provide a valid youth membership number or purchase a membership.

AGES/DISTANCES:

- -AGE 6 & UNDER (AQUABIKE 10M SWIM, .25MI BIKE, DONE)
- -AGE 7-8 (25M SWIM, 1MI BIKE, .75MI RUN)
- -AGE 9 -10 (50M SWIM, 1MI BIKE, .75MI RUN)
- -AGE 11-12 (100M SWIM, 2MI BIKE, 1MI RUN)
- -AGE 13-14 (150M SWIM, 2MI BIKE, 1MI RUN)

The Official Charity Partner of WPT is the Superhero Project INC, a Philadelphia based 501c3 charity that supports families in the neonatal intensive care unit of the hospital, has been focused on improving the experience for all families. Through tailored care package programs and increased financial support, The Superhero Project continues to bridge the gap between home and hospital. Founded by Kelly Gallagher in 2015, the organization has funded hundreds of thousands of dollars in bedside cameras and programs that continuously put families first.





The mission of
The Superhero Project
is to support families in
the neonatal intensive
care unit of the hospital.

BECAUSE THOSE BORN SMALL, ARE DESTINED TO DO BIG THINGS!



Founder Kelly Gallagher and her experience in the NICU with her twins, Connor & Curran, changed her life.

Since 2015, she has committed funding and resources so that every family who walks in the NICU feels supported. With The Superhero Project, no one fights their battles alone.



We are always in need of volunteers & donations for our many programs. Please visit our website and social media outlets for more information.



#SUPERHEROPROJECTINC #NICUGRAD
WWW.SUPERHEROPROJECTINC.ORG





SATURDAY JULY 11TH 2026



Please Touch Museum

KID'S EXIT

100m START Ages 11 & 12

SWIM EXIT FINISH ARCH

SWIM STAGING

10m START 6 & UNDER

25m START Ages 7 & 8

John B Kelly Pool (50m length)

SPECTATOR AREA

50m START Ages 9 & 10

WATER STATION

SWIM CORRAL

150m START Ages 13 & 14

POOL SWIM

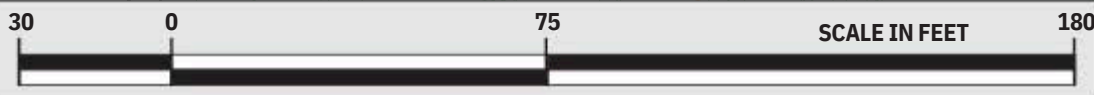
KID'S ENTRANCE

10 TOILETS

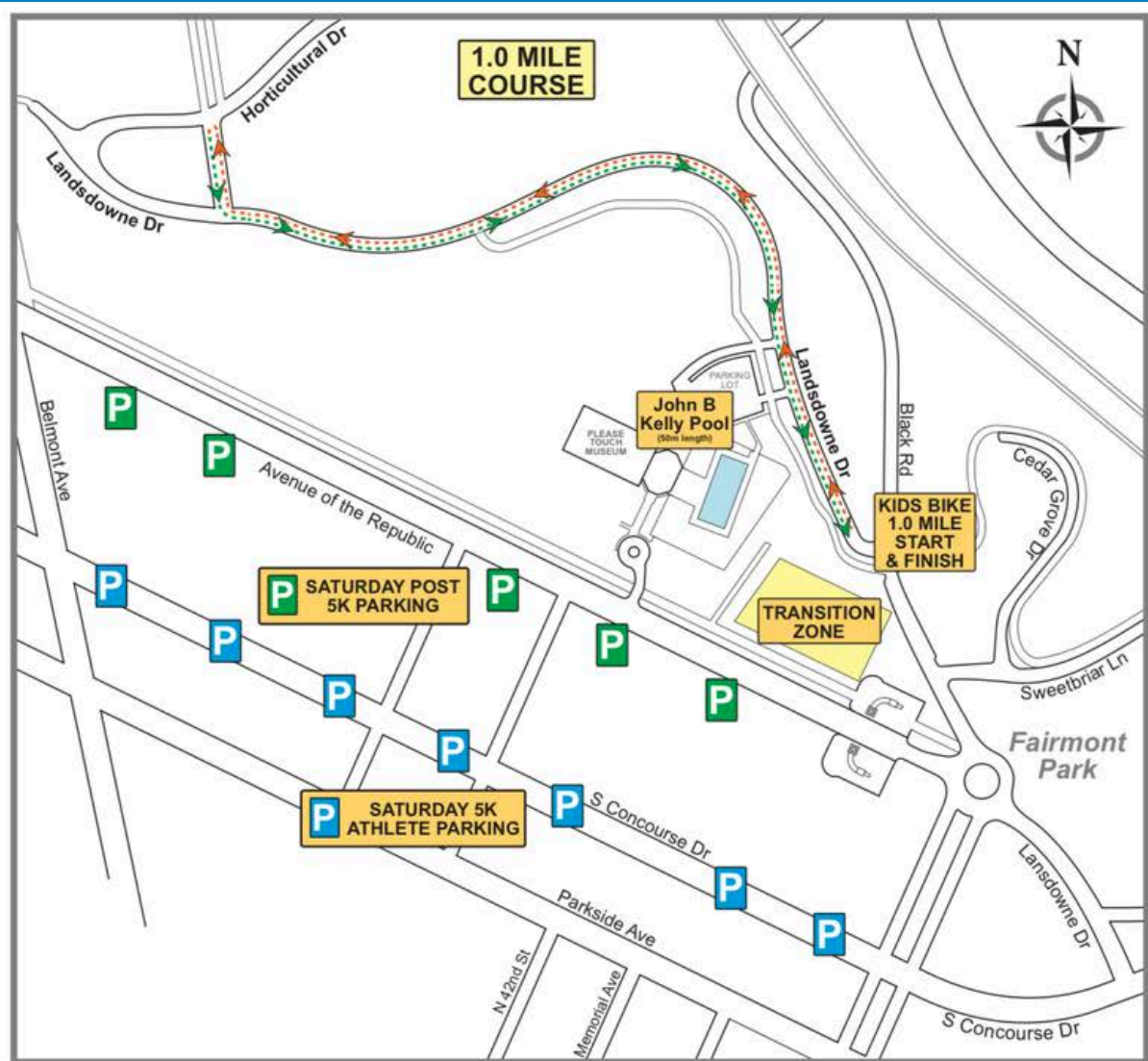


Legend

- SWIM COURSE
- SECURITY POSITION
- 4' EVENT FENCE
- TOILETS



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DELMOSPORTS
 351 Ranger Rd, Unit1
 Cape may NJ 08204
 Tel # (609) 849 - 8908



.25 & 1 MILE BIKE COURSE

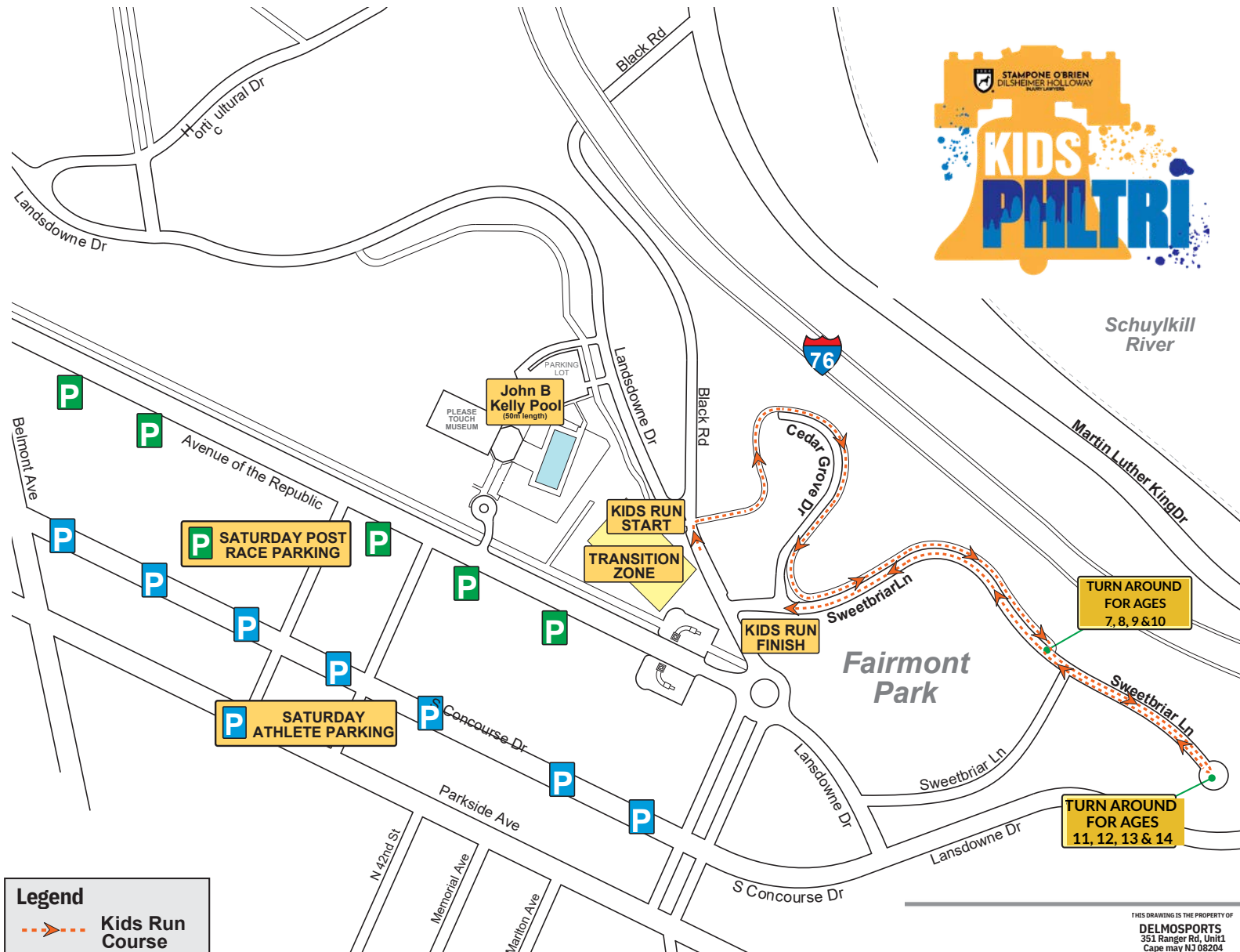
COURSE



Legend

- Outbound Bike Course
- Return Bike Course
- Mile Marker

2 MILE BIKE COURSE



Legend
- - - Kids Run Course

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351 Ranger Rd, Unit 11
Cape May NJ 08204
Tel: (609) 846-8998

RUN COURSE

* AGES/DISTANCES:

- AGE 6 & UNDER (AQUABIKE 10M SWIM, .25MI BIKE, DONE)
- AGE 7-8 (25M SWIM, 1MI BIKE, .75MI RUN)
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SPECTATOR GUIDE



Congratulations! You're the big winner! You were dragged out of your bed at 5 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!

RUN:

- The best place to view the run is hanging around transition/expo. You will see the athletes approximately (4) times.
- *****Please be respectful of the runner's path.***

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!***

PARKING:

- Street parking. See map on next page.

TRACKING & TIMING:

- Download the DelMo Elite Events App 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.

FOOD:

- Innovative Catering will be selling concessions at the Expo.

VOLUNTEER:

- Give back – support – we couldn't do it without you!
- Sign up on site or visit www.delmosports.com/volunteer



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

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



PARKING MAP



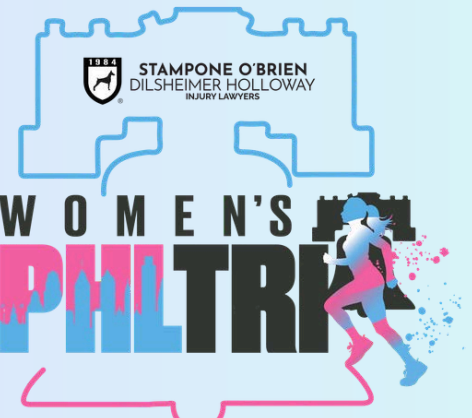
SAVE THE DATE



SATURDAY

JULY 10TH

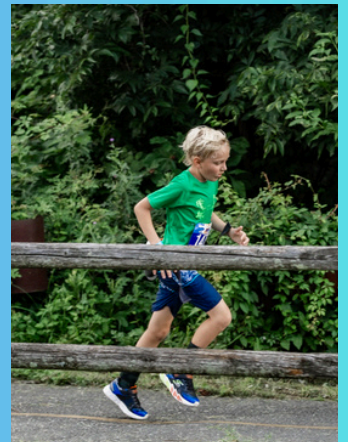
2027



SUNDAY

JULY 11TH

2027



UP NEXT

CRDA



STAMPONE O'BRIEN
DILSHEIMER HOLLOWAY
INJURY LAWYERS



ATLANTIC CITY TRIATHLON

SUNDAY

AUGUST 9TH

2026

