

## Rock Hall International Triathlon Swim course



### **Saturday Intl Swim course – 1500 meters (2 laps)**

- In-water start from the seawall bulkhead
- Counter-clockwise flow
- Keep yellow triangle turn buoys on your left shoulder
- Orange cylinder buoys are for sighting...you can swim on either side of them
- After second lap, you must swim thru the “gate” formed by the two orange sight buoys. Make right turn towards Wiggly Man, who will be on the end of the dock.
- There are submerged steps attached to the dock, along with volunteers to assist you as you exit the water

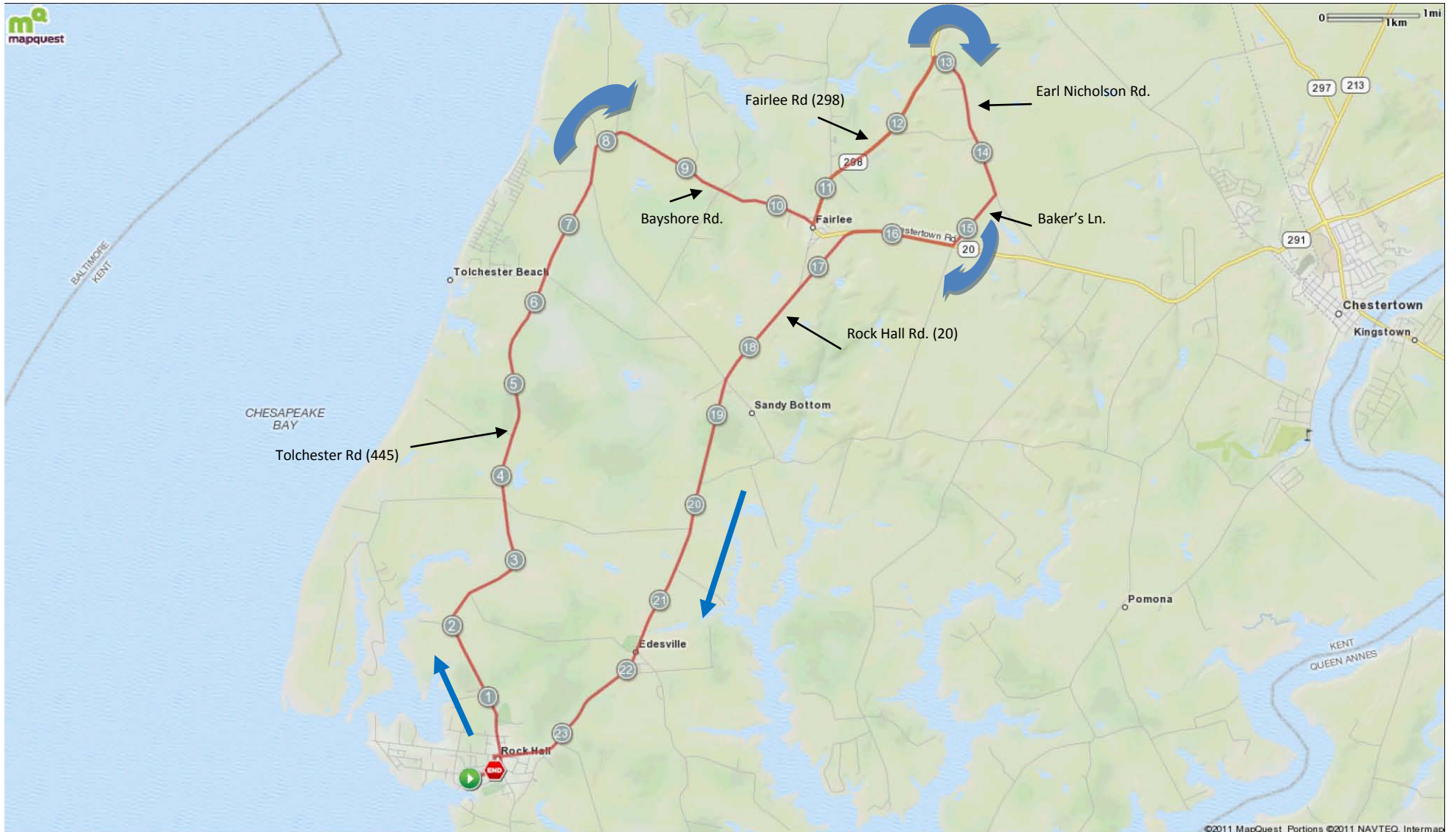
*\*If you need assistance - Roll on your back and wave your hand in the air – we will come to you.*

**If you do not finish the swim, for any reason, it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.**

# Rock Hall International Triathlon Bike Route – Sat June 2, 2012

Starts In Rock Hall, Maryland

**24.10** miles



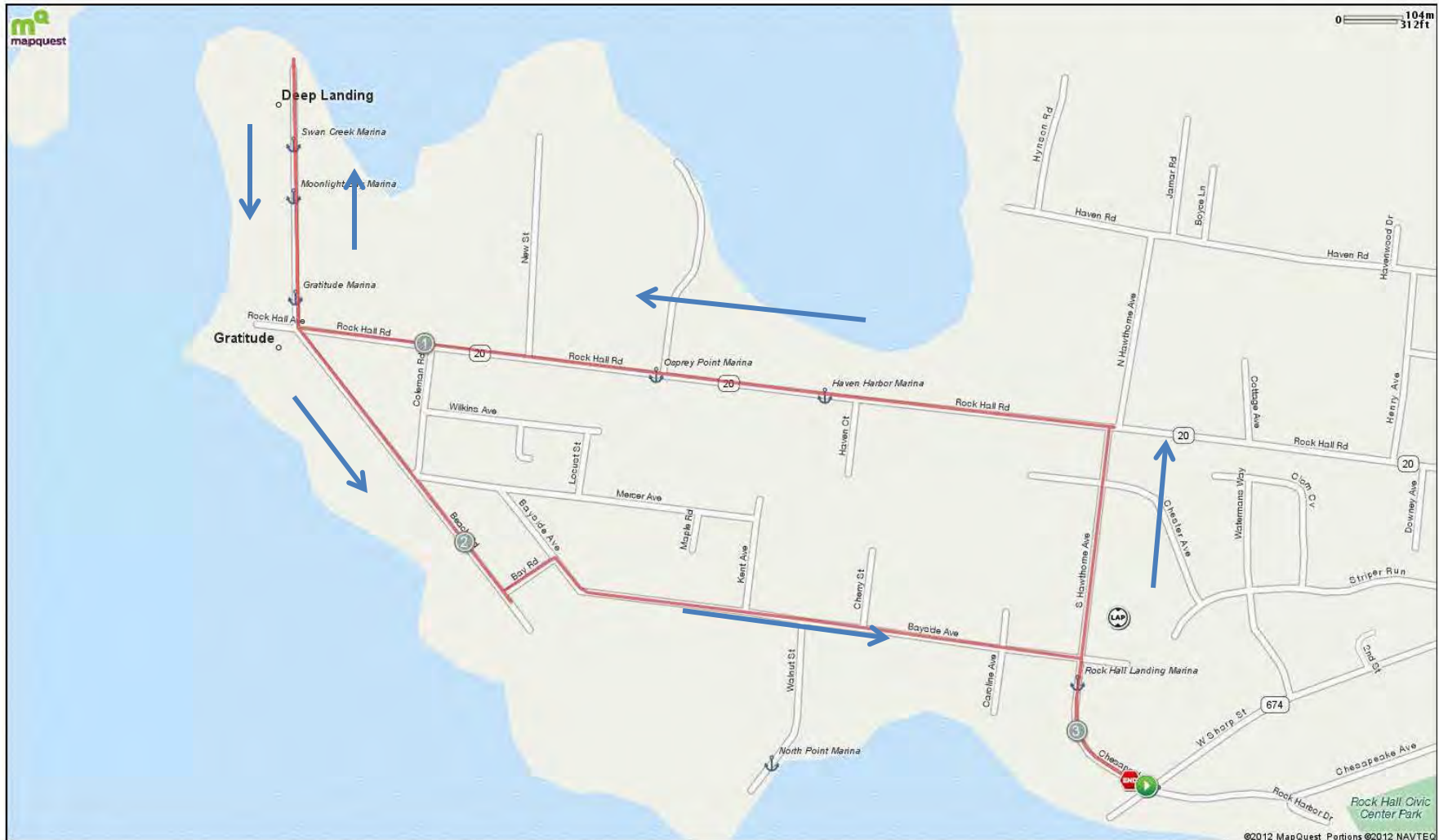
# ROCK HALL TRIATHLON RUN COURSE

## Rock Hall Sprint (1 Lap) / Int Run Course (2 Laps)

Starts In Rock Hall, Maryland

**3.10** miles

Elevation  
16ft Max -3ft Min +30ft Ascent -30ft Descent < 3% Max Climb



Description