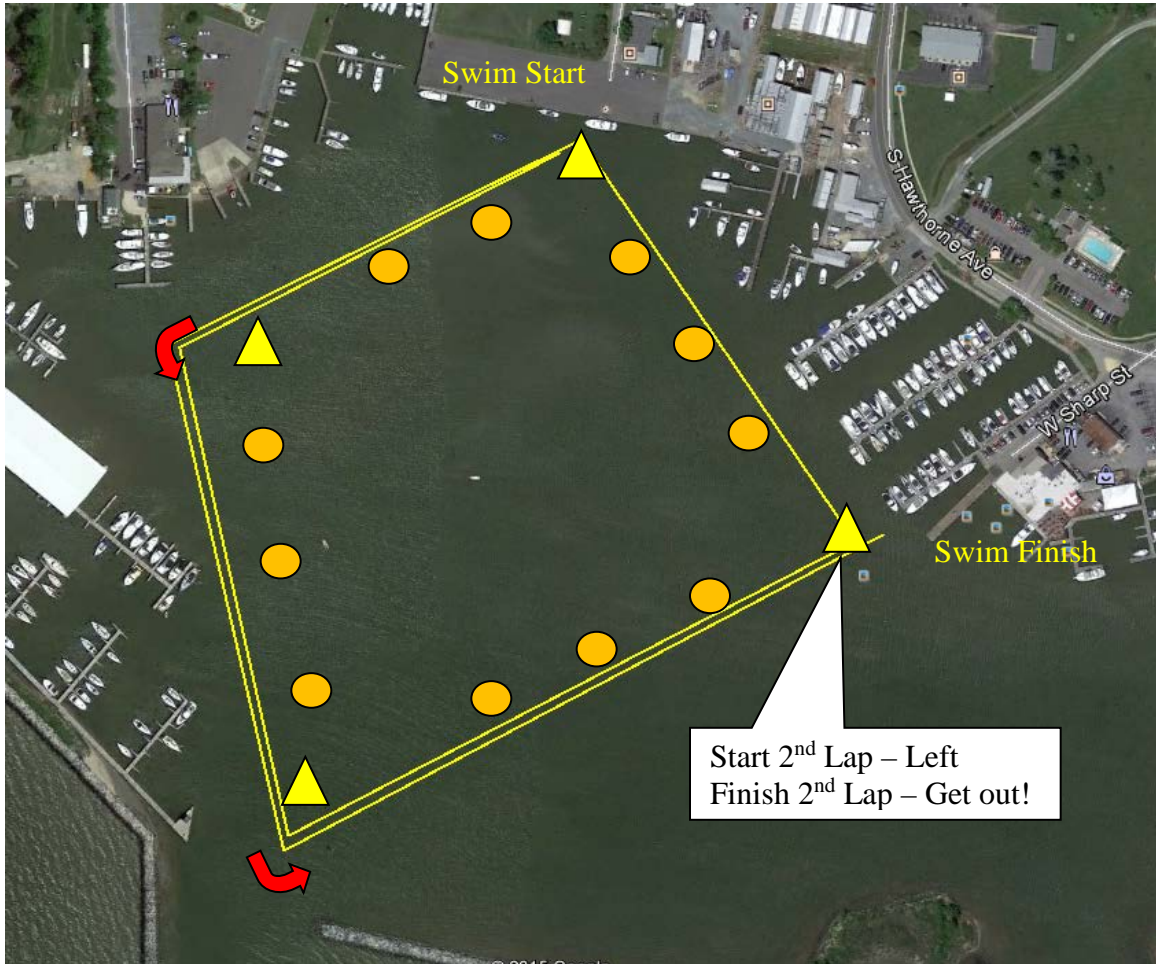


Rock Hall Triathlon Swim Course_1500 Meters

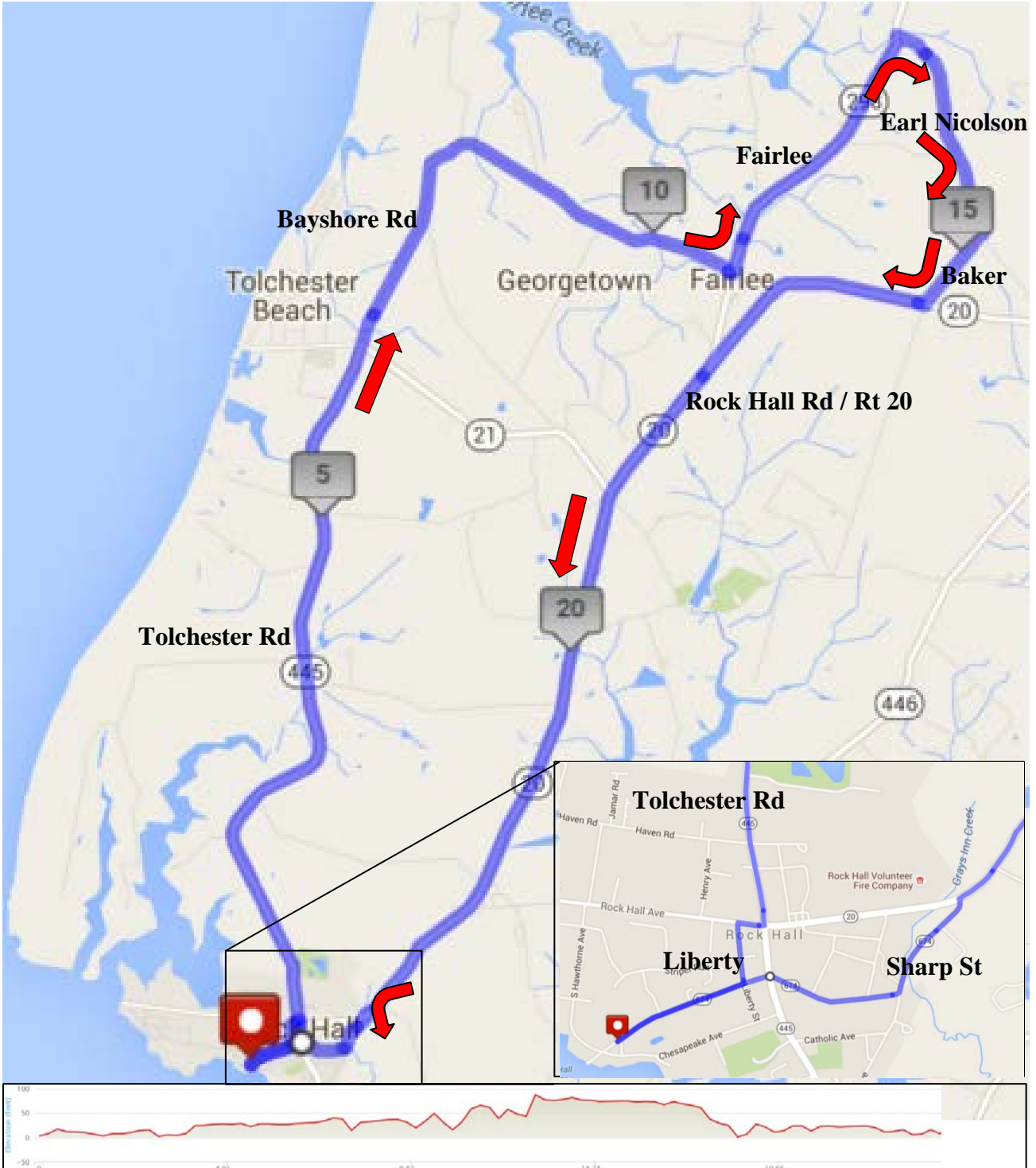


Rock Hall International – 0.9 Miles (1500 Meters)

Turn at all Yellow triangles. When you approach the swim exit the first time, start your 2nd lap. When you approach it the second time, climb out and run down the dock to transition!

General Notes: Swim start is a 5 minute walk from transition. There is one pre-race meeting at 7:45AM. Any gear left at swim start will be taken back to packet pick up.

Rock Hall International Bike Course_24 Miles



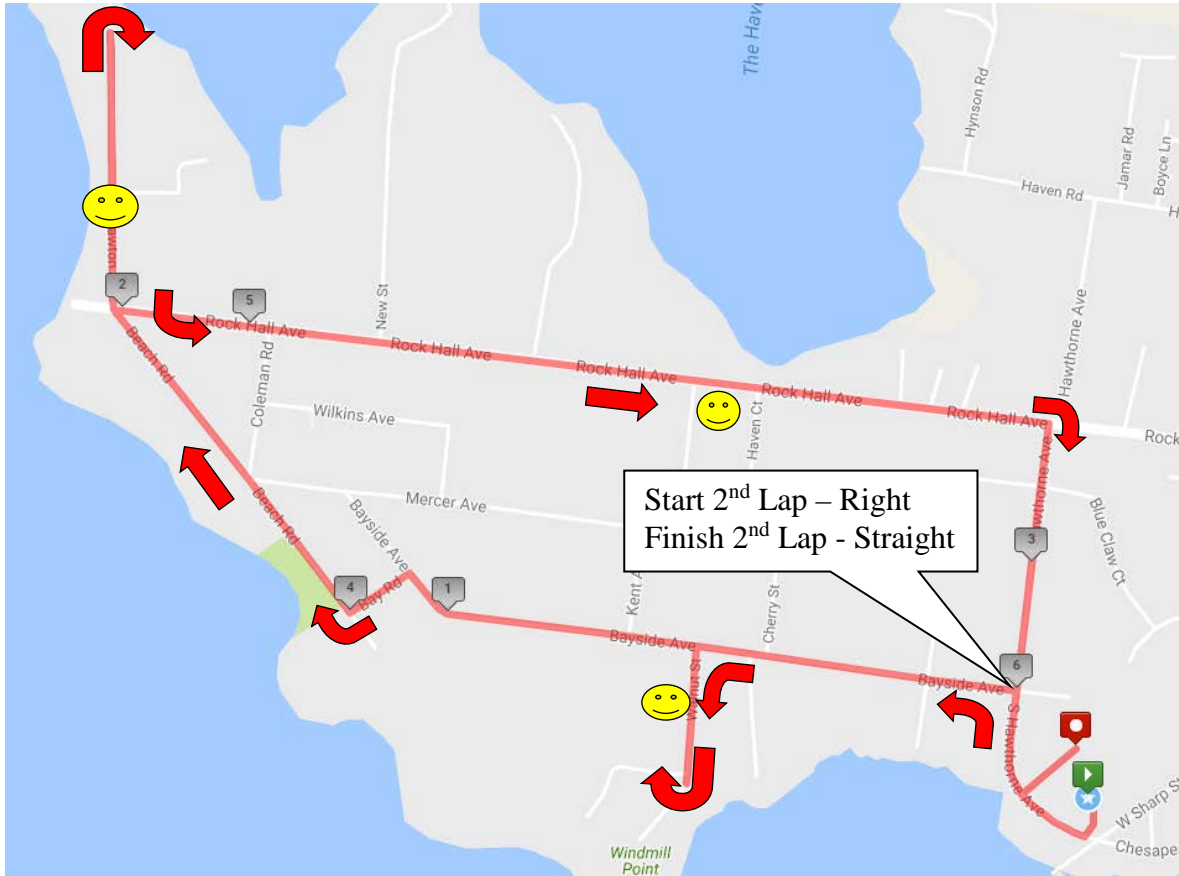


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Rock Hall International Bike Course Cue Sheet

- Mile 0 – Left on Sharp Street out of transition
- Mile 0.4 – Left on Liberty Street
- Mile 0.5 – Right on Rock Hall Rd
- Mile 0.6 – Left on N. Main/445/Tolchester Rd
- Mile 6.5 – Continue straight onto Bayshore Rd
- Mile 10.7 – Left on 298/Fairlee Rd
- Mile 13.0 – Right on Earl Nicholson
- Mile 14.8 – Right on Baker
- Mile 15.5 – Right on Rock Hall Rd / Rt. 20
- Mile 23.4 – Left on Sharp St.
- Mile 24.0 – Cross S. Main St
- Mile 24.4 – Arrive back at Transition Area

Rock Hall Triathlon Run Course_6.2 Miles



The Rock Hall International Run Course consists of 2 loops of a 3.1 mile route. It is completely flat and has little to no shade. Water, Gatorade and ice will be available approximately every mile on the route. There are beautiful views of the Chesapeake Bay, sailboats, and nautically themed yards throughout!

