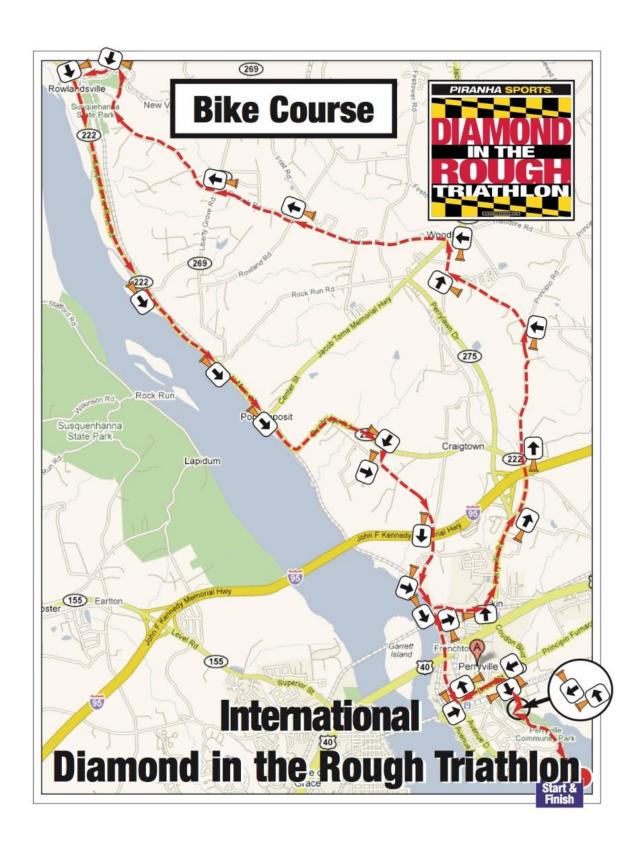
Diamond in the Rough Swim Course_1500/750 Meters In Water Start Sprint turns on yellow barrels Oly turns on yellow triangles





Diamond in the Rough Run Course_3.1/6.2 miles 1st St Sprint – 1 Loop Olympic – Start 2nd Lap – Turnaround Finish 2nd Lap – Straight to Finish Perry Point VA Medical (1) Center - VA Maryland... Perryville Community Park Center Mostly Flat Run Course Water/Gatorade available at the start, mile 1 and mile 2. Course has little to no shade.