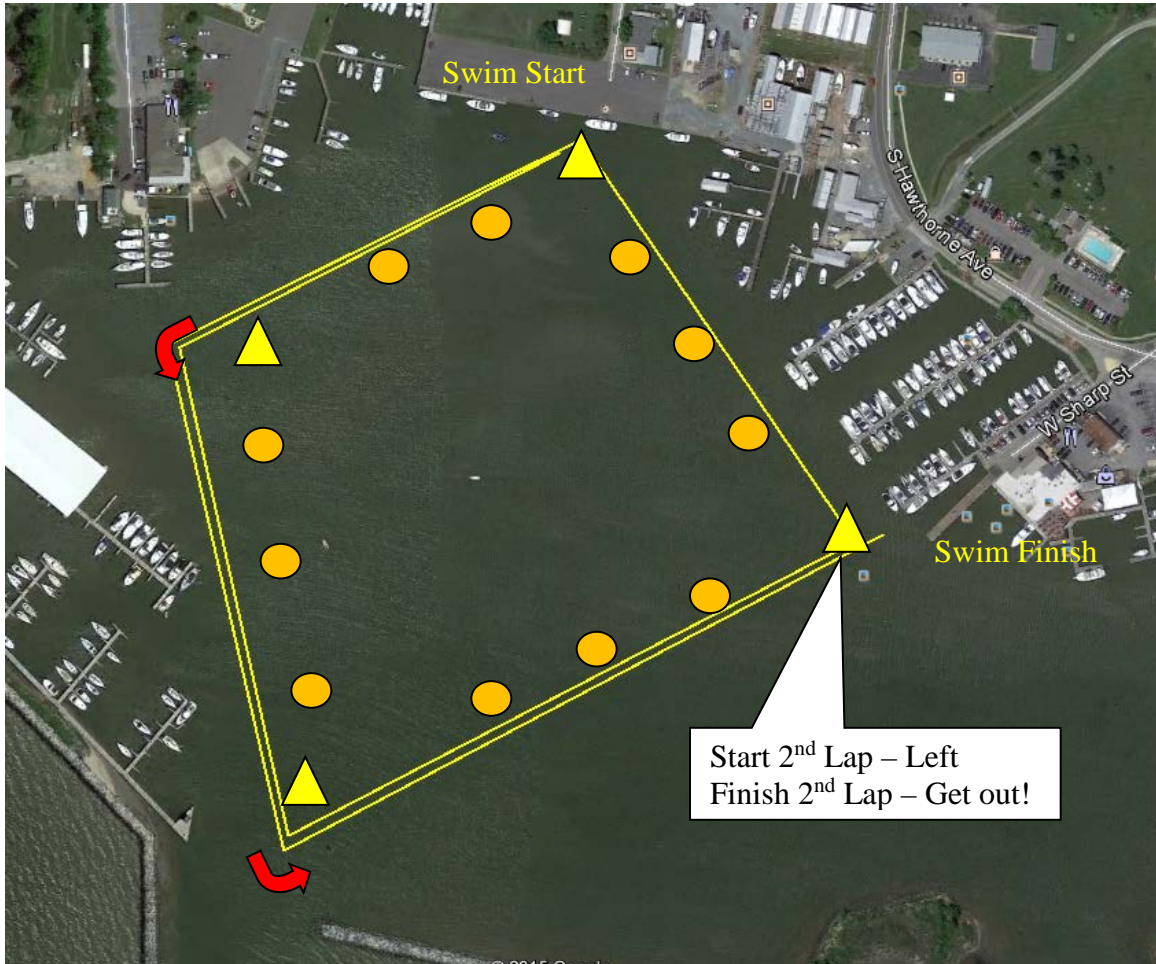


**Rock Hall Triathlon Swim Course\_1500 Meters**

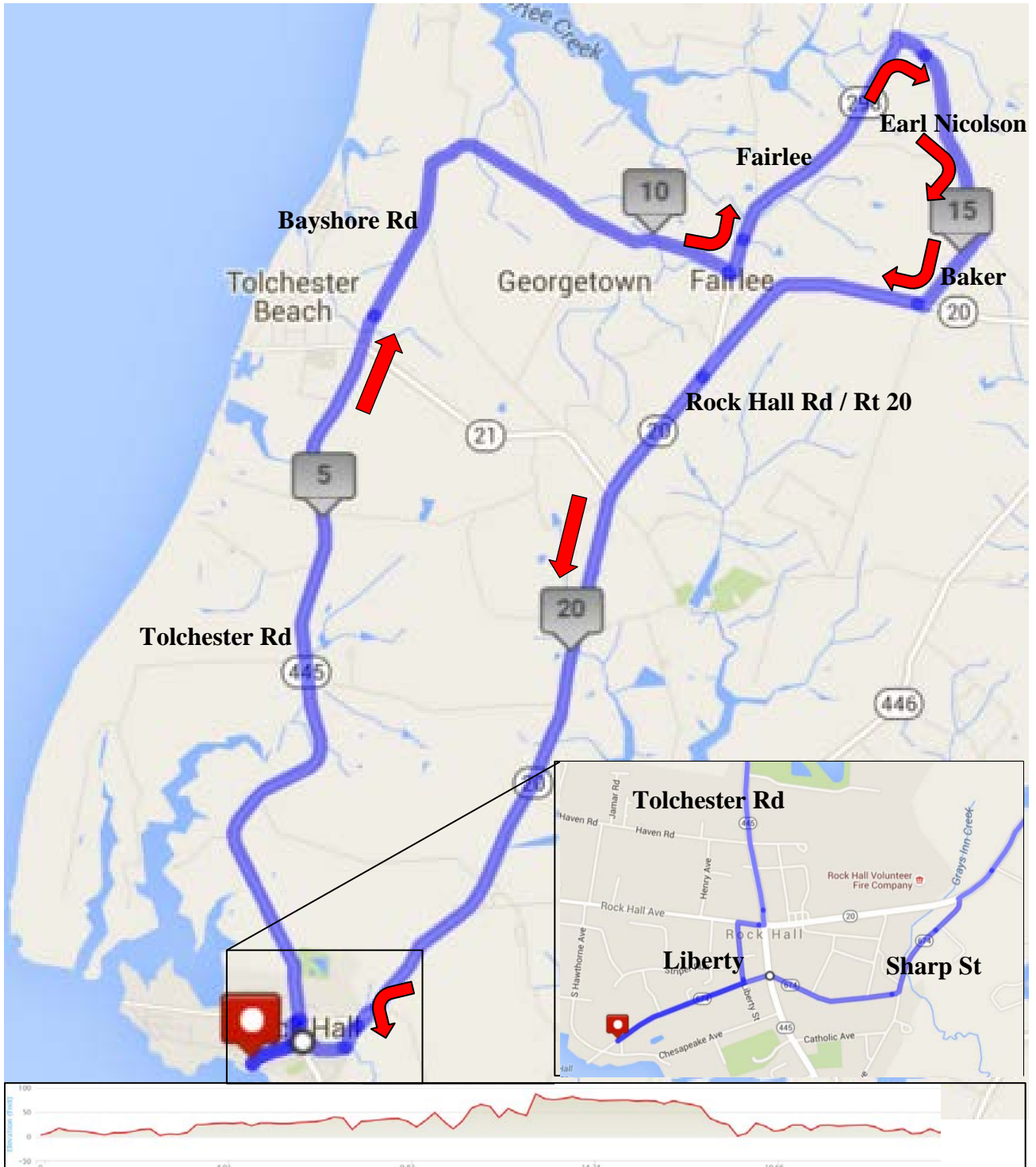


**Rock Hall International – 0.9 Miles (1500 Meters)**

Turn at all Yellow triangles. When you approach the swim exit the first time, start your 2<sup>nd</sup> 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**

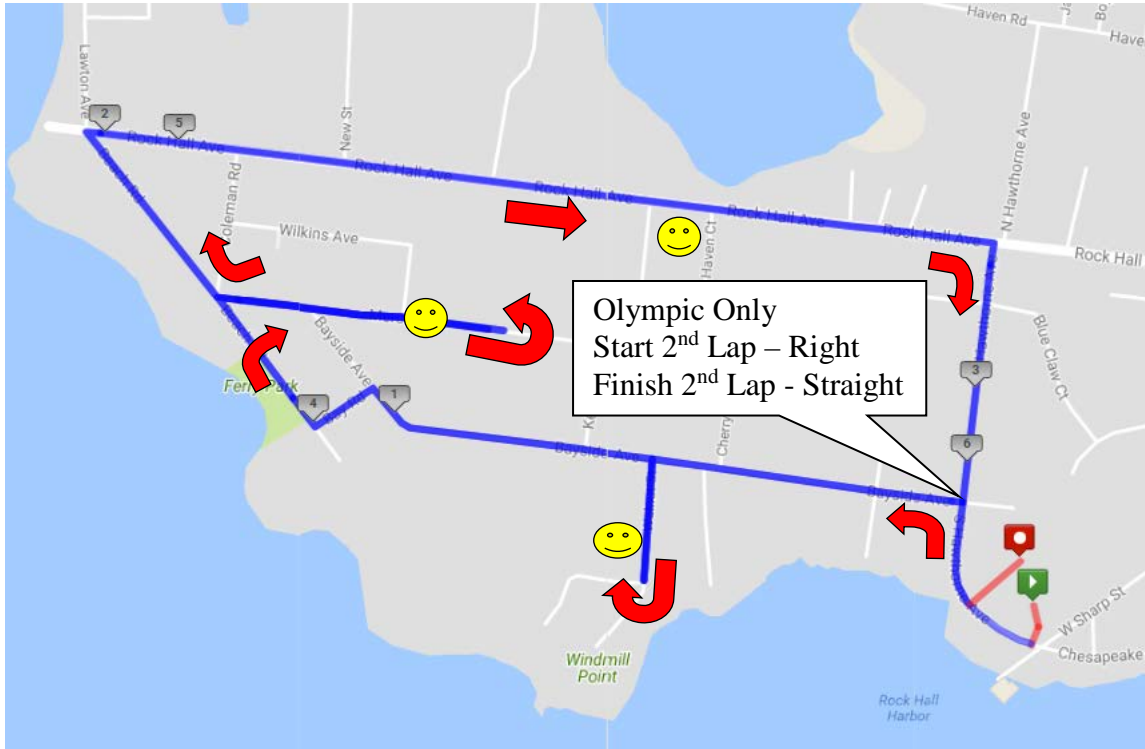




### **Rock Hall International Bike Course Cue Sheet**

- 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



The Rock Hall Triathlon Run Course is a 3.1 mile loop that winds through the nautical neighborhoods of Rock Hall. Completely flat with little shade, there are wonderful breezes throughout with ice water and Gatorade available every mile. There are beautiful views of the Chesapeake Bay, sailboats, and nautically themed yards throughout!