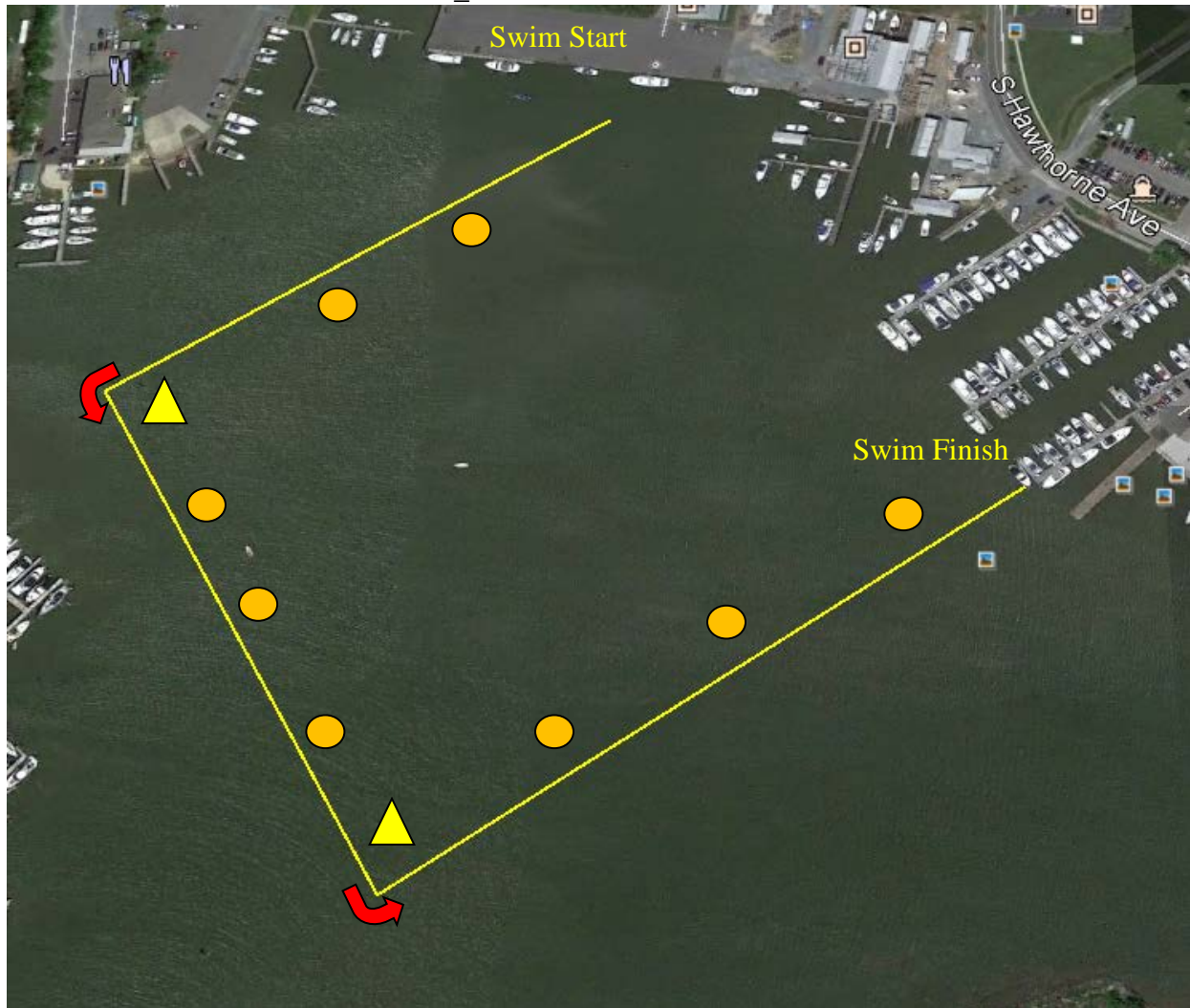


Rock Hall Triathlon Swim Course_750 Meters

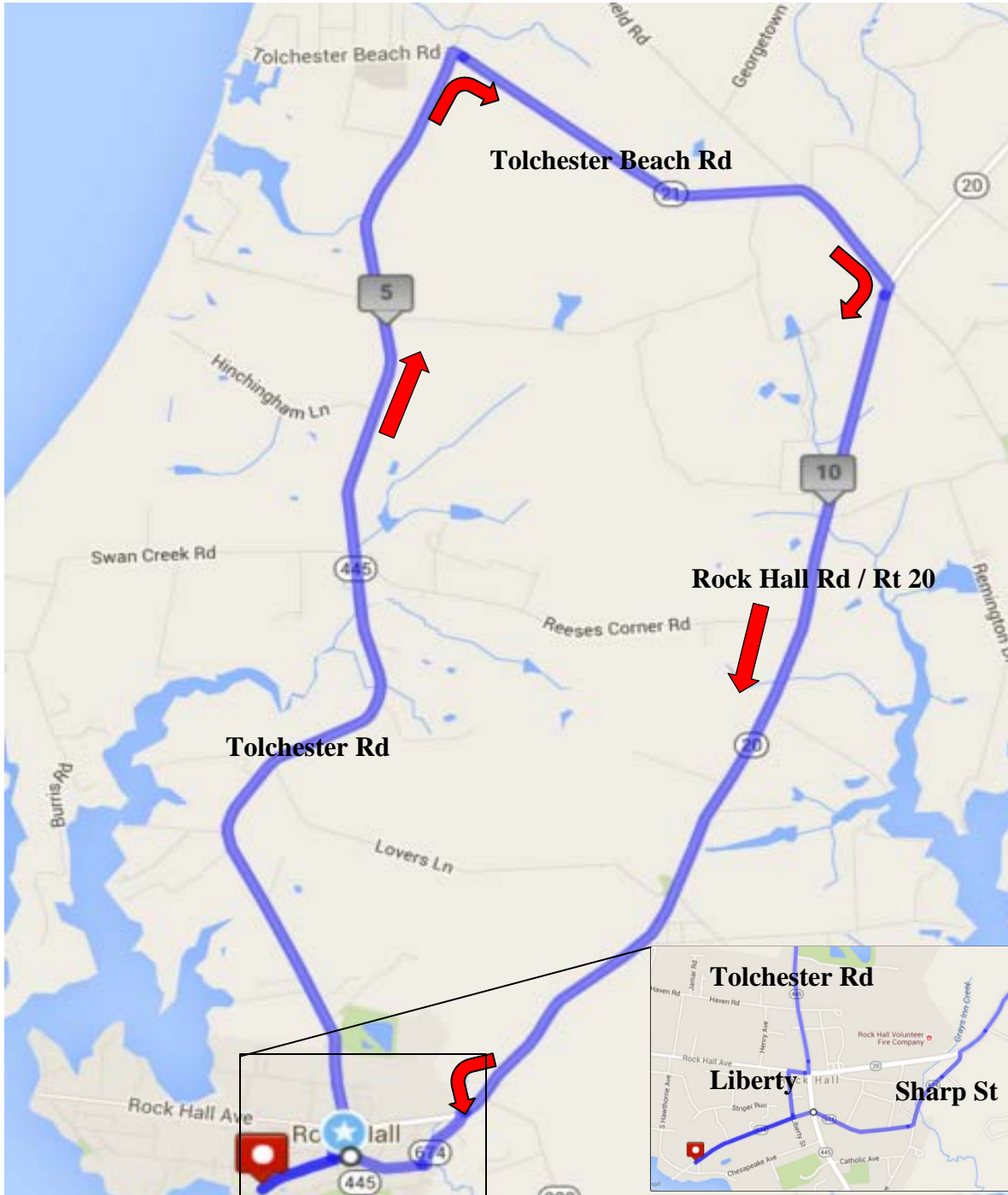


Rock Hall Sprint – 0.45 Miles (750 Meters)

Turn at Yellow triangles. When you approach the swim exit you will 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 8:45AM. Any gear left at swim start will be taken back to packet pick up.

Rock Hall Sprint Bike Course_14.6 Miles

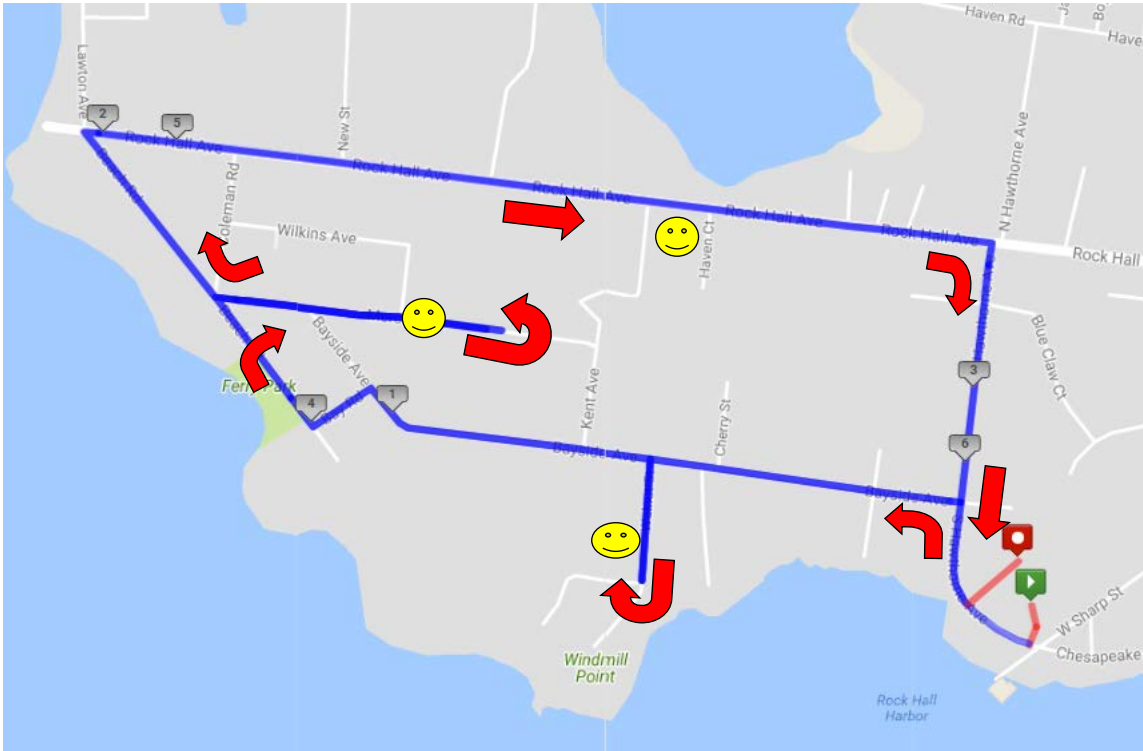




Rock Hall Sprint Bike Course Cue Sheet

- 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 – Right on Tolchester Beach Rd / Rt. 21
- Mile 8.9 – Right on Rock Hall Rd / Rt. 20
- Mile 13.5 – Left on Sharp St.
- Mile 14.2 – Cross S. Main St
- Mile 14.6 – Arrive back at Transition Area

Rock Hall Triathlon Run Course_3.1 Miles



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!

