

Watermans Triathlon Swim Course_1500 Meters

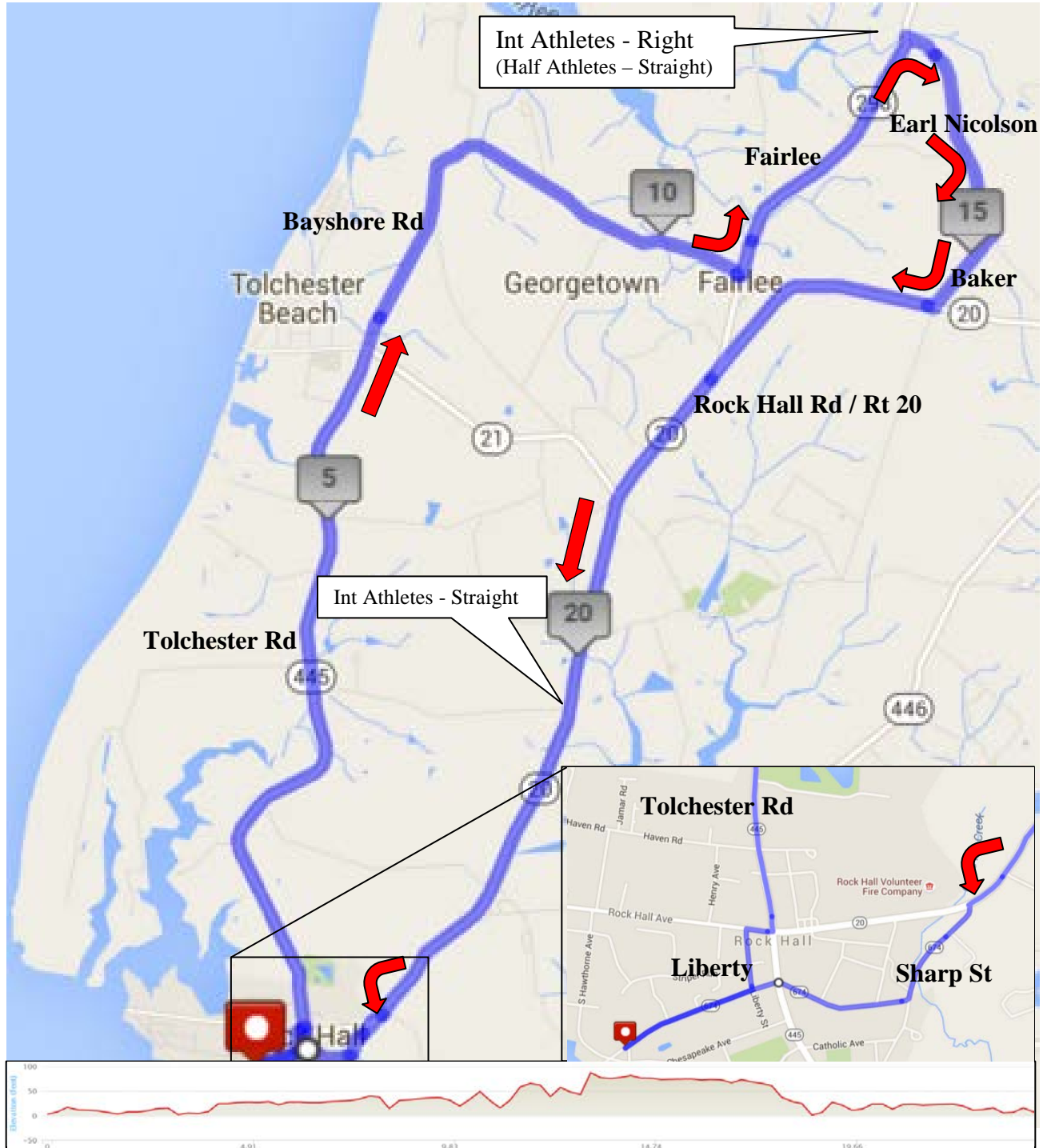


Watermans International – 0.9 Miles (1500 Meters)

Turn at all Yellow triangles corner buoys. 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 with the Long Course athletes at Watermans. Any gear left at swim start will be taken to the finish line.

Waterman's International Bike Course_24 Miles





Waterman's 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

Waterman's International Run Course 6.2 Miles



The Waterman's International Run Course consists of two loops of a 3.1 mile course. It is completely flat and has little to no shade. Water, Gatorade and ice will be available approximately every mile on the route. The Waterman's Half Run uses much of the same route, but adds a loop farther east on Rock Hall Ave and is 3 loops of a 4.5 mile route. There are beautiful views of the Chesapeake Bay, sailboats, and nautically themed yards throughout, enjoy yourself!

