

Welcome to the Waterman's Triathlon Festival,

The Town of Rock Hall and Kinetic Multisports are excited to host you for a fun weekend of multisport adventure. With flat courses, nautical sunsets, and tremendous community support, the racing never disappoints!

Kinetic Multisports is committed to providing a safe, fun triathlon experience that brings communities together and leaves our athletes with good memories and sore muscles! As you get ready for race day, take a moment to review the following pages of our athlete guide and read the emails we send you. These are all key to a safe, fun, and successful race!

The Town of Rock Hall and the surrounding community have been fantastic to work with over the years and we absolutely cannot do these races without them. So, as you race this weekend, be sure to thank the Police, EMT's and volunteers for supporting the sport we love.

We know you have worked hard to stay healthy and physically fit in the months leading up to this event. Oftentimes, just getting to the starting line is a success in and of itself! We appreciate you racing with us and hope you achieve your athletic goals.

Thank you for racing, we look forward to seeing you on the starting line!

***Kinetic Multisports,***  
***#GoKinetic***



## COVID PRECAUTIONS – READ THIS FIRST!

**COVID Screening:** If you are showing symptoms of COVID (fever, aches, loss of taste/smell, etc) or have been in close, recent contact with a COVID positive person, stay home.

**Masks:** Per CDC guidelines, masks are no longer required at our events. We realize there are varying levels of comfort in this regard, and that's OK. Masks will be available at athlete check in and the finish line for those who need/want them.

**Hygiene:** There will be hand sanitizer and hand wash stations throughout the race site, please use them.

We highly recommend reviewing our full COVID Mitigation plan and other resources in our [FAQ's](#). Many of your questions are answered there and if they aren't, they should be.



**Long Distance (Half) & Olympic Distance Triathlons Only****Friday October 1**

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Pre-Race meeting @ Race Site

**Saturday October 2 - Race Day**

**\*\*Arrival Time:** Please arrive at the race site no later than 6:45am\*\*

**6:30am:** Transition area opens

**6:30-7:30am:** Packet pickup, Body Marking, Chip Pick-up

**7:30am: Pre-race meeting (Transition Area)**

**7:45am:** Transition area closes (no exception), athletes proceed to respective swim starts

**8:00am - Long Course (Half):** Time trial start at end of A-Dock adjacent to the Waterman's Restaurant (standard swim exit location)

**8:30am – Olympic Course:** Time trial start at City Bulkhead (the normal spot). Remember, this is a 1/4 mile walk from transition area, plan accordingly.

**Sprint Distance Triathlon****Saturday October 2**

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Pre-Race meeting @ Race Site

**Sunday October 3 - Race Day**

**\*\*Arrival Time:** Please arrive at the race site no later than 7:45am\*\*

**7:30am:** Transition area opens

**7:30-8:30am:** Packet pickup, Body Marking/Chip Pick-up

**8:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)

**9:00am:** Time trial start at City Bulkhead (the normal spot). Remember, this is a 1/4 mile walk from transition area, plan accordingly.

## Top 10 Things to Know About Race Day

1. Rock Hall is a great place to race, the town is excited to be hosting 1000+ athletes!
2. The Long Course and Olympic are both on Saturday, know your course and lap count.
3. Race #'s will be assigned on a rolling basis, first come, first serve.
4. Timing Chips will be issued when you get your Race #. **DO NOT LOSE YOUR TIMING CHIP!**
5. Body marking will be located adjacent to transition, please have your bib # with you.
6. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
7. The swim is a time trial start format. Generally, faster athletes towards the front.
8. This is a fantastic swim course with a massive sandbar just to your left throughout.
9. Post-race food and drinks are provided free of charge to athletes only.
10. Stay safe, have fun, #GoKinetic!



## Parking & Race Site Address

Parking is available in the grassy lot adjacent to the school on Sharp Street. Please follow the parking signs and do not park in the Marina parking lot as these need to be kept clear for slip-holders.



## Race Site Address

Rock Hall Landing Marina  
21096 W. Sharp St.  
Rock Hall, MD | [Directions](#)

## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located under the white tent at the race site as noted on the previous page.

### Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **USA Triathlon Membership Card (If not a one-day member)**
- **Questions!**

### Special notes about Packet Pickup:

- Bib #'s will be assigned and timing chips distributed at packet pick up, don't lose either one!
- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay team member**.
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You **MAY** change categories during packet pickup.



## Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the cut off times. Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and Kinetic Multisports holds no responsibility for athlete safety after this point.

### Long Course (Half):

Athletes have 8 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1 hour 15 Minutes | **Bike:** 5 hours | **Run/Finish:** 8 hours

### Olympic:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

### Sprint:

Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

## Transition Area

Triathletes may enter the transition area at 6:30am Saturday and 7:30am Sunday. Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are still racing!

## Aquabike

If you are racing in the Aquabike Category we will have a separate finish line for you near the Transition Area. Look for the **"AQUABIKE FINISH"** tent near the **"BIKE IN"** tent at the transition area.

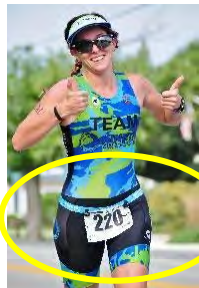


## Race Numbers

**Race Numbers:** Each athlete will receive three (3) race numbers...

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
3. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line, we have safety pins or you can purchase a Kinetic race belt for \$10.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



## Timing Chips

**Timing Chips:** Each athlete will receive their timing chip at athlete check in, we *highly recommend* putting it on immediately.

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$30 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Timing Mats: If you want splits, you need to cross the timing mats when you race!
4. If you drop out of the race, please bring your timing chip to the finish line and inform our volunteers of your decision.



## Body Marking

Body marking is located adjacent to the transition area. Volunteers will write your race # on top of your hand, both shoulders and the front of both legs. Your age or race category will go on your right calf. Be sure to show your race # or chip to the volunteer to make sure you get the correct #!

## Aid Stations

### Long Course (Half):

- **Bike:** There will be **3** Aid Stations on the Bike course with sport top water and Gatorade bottles.
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade, water and variety of salty snacks.

### Olympic:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

### Sprint:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

***Please help us keep Rock Hall and the surrounding community clean by using the trash cans available on course and not discarding trash between aid stations.***

## Post-Race Food

All racers will have access to a post-race food tent with a variety of wraps, fruit, snacks and drinks. Please remember that post-race food & drinks are for athletes only.



## Race Results & Awards

We plan on having an in-person awards ceremony each day around the following times:

Olympic – 12:15pm Saturday / Long Course – 2:30pm Saturday / Sprint – 11:45am Sunday

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13393#resultSetId-218213;perpage:10>



You can also take a picture of the QR code above to be taken directly to the results page. A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.



## USAT Penalties

USAT penalties will also be posted inside the results tent by USAT officials as soon as they are available on race day. They will be posted on the results page of the website under the category results as well. Race officials focus on safety, education and enforcing the competitive rules.

**Questions or concerns about USAT penalties** can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

**Questions about results** can be directed towards the race timer or race director usually located near the finish line.

## USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#).

USA Triathlon Most Commonly Violated Rules - [HERE](#)

**[USA Triathlon Competitive Rules \(Complete List\)](#)**



## USAT Aging Up Policy

Participants will compete in whichever age group they would be in as of December 31st. of the year of the race. In other words everyone's age group for the season will be determined by their age on the last day of the year of the race.





**ABRAMS LANDAU, Ltd.**  
 INJURY LAW FIRM

#### PRACTICE AREAS

THE ATTORNEYS OF ABRAMS LANDAU LTD., CONCENTRATE ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ADDITIONALLY, WE ADVOCATE FOR THOSE INJURED IN CAR ACCIDENTS, AT AIRPORTS AND OTHER PUBLIC PREMISES, AND WHILE PARTICIPATING IN AMATEUR SPORTS AND FITNESS ACTIVITIES



**PERSONAL INJURY**



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**PREMISES LIABILITY**



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#### ABOUT US

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**PHONE:** (703) 796-9555

**EMAIL:** FRONTDESK@LANDAULAWSHOP.COM

**ADDRESS:** 797 CENTER STREET, HERNDON, VA 20170

**FOLLOW US:**





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**SHOP NOW**

## Swim

- The swim course map is posted on the Kinetic Multisports website.
- Long Course distance athletes start and finish at the end of A-Dock by the Waterman's Restaurant for 2 complete laps of the harbor (1.2 Miles).
- Olympic distance athletes start at the City Dock and finish at the end of A-Dock by the Waterman's Restaurant for 1.75 laps of the harbor (1500 meters).
- Sprint distance athletes start at the City Dock and finish at the end of A-Dock by the Waterman's Restaurant for 0.75 laps of the harbor (750 meters).
- Be sure to follow the signs to the City Dock and do not walk through the Marine Railyard.
- There is a large sandbar in the middle of the swim course, feel free to stand and rest.
- The official water temp will be taken race morning and announced one hour prior to start
- The swim is a time trial start, one athlete at a time every 2-3 seconds, be sure to call your BIB number to the timer at the start of the swim.
- Lifeguards will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course. There are no lane lines and you cannot see nor touch the bottom.
- ***Water safety does not make up for a lack of training in open water swimming.***
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip to the finish line.



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- BUY TRIATHLON GEAR



#### OUR PHILOSOPHY

WE ARE DEDICATED TO THE TRIATHLON WORLD. YES, IT'S A SPORT, BUT THAT SPORT HAS SPAWNED A COMMUNITY OF PEOPLE WHO WORK CLOSELY TOGETHER TO FURTHER SOMETHING AS SIMPLE AS THE HEALTH AND WELL BEING OF ITS MEMBERS NEW AND OLD. IT'S A WORLD WHERE COMPETITORS ARE THE BEST OF FRIENDS - ON THE COURSE AND IN BUSINESS. AND WE'RE PROUD AND HUMBLLED TO BE A PART OF IT.



**COMPANY INFO**  
 1000 NORTH HAMILTON ST STE C5  
 CHANDLER, AZ 85225  
 CALL US: 360-297-1818  
[HTTPS://WWW.WETSUITRENTAL.COM/](https://www.wetsuitrental.com/)

## Bike

- The bike course map is posted on the Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- The Long Course Bike is a **2 loop course**, the Olympic and Sprint are both 1 loop courses. Know the course and what lap you are on. We provide the maps and mark the course but cannot ride the bike for you!
- On Saturday the Long Course and Olympic Distance bike course diverge at mile 13.0
  - You'll hear and see "Long Course Straight – Olympic Right"
- Though there will be police presence on the course for your safety, the course is still OPEN to traffic please BE ALERT and BE CAREFUL!
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.

## Rules & Etiquette

- You **MUST** wait to mount your bike until **AFTER** you cross the mounting line outside of transition. Likewise, you **MUST** dismount your bike **BEFORE** crossing the line at the end of the bike.
- No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- Hard shell helmets must be worn and must be fastened before mounting you take your bike off the bike rack. Failure to fasten your helmet results in an automatic DQ.
- Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule.
- Crossing the yellow line is an automatic DQ



## Run

- The run course map is posted on the Kinetic Multisports website.
- The Long Course and Olympic Maps are both multi-loop and slightly different from each other. Please pay attention to course markings, know your race and the lap you are on.
- Aid stations are located about every mile, please use the trash cans provided.

## Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed.
- You MUST have your run bib number on your FRONT as you approach the finish line.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...

**CONGRATULATIONS YOU DID IT!**





**#GOKINETIC**

