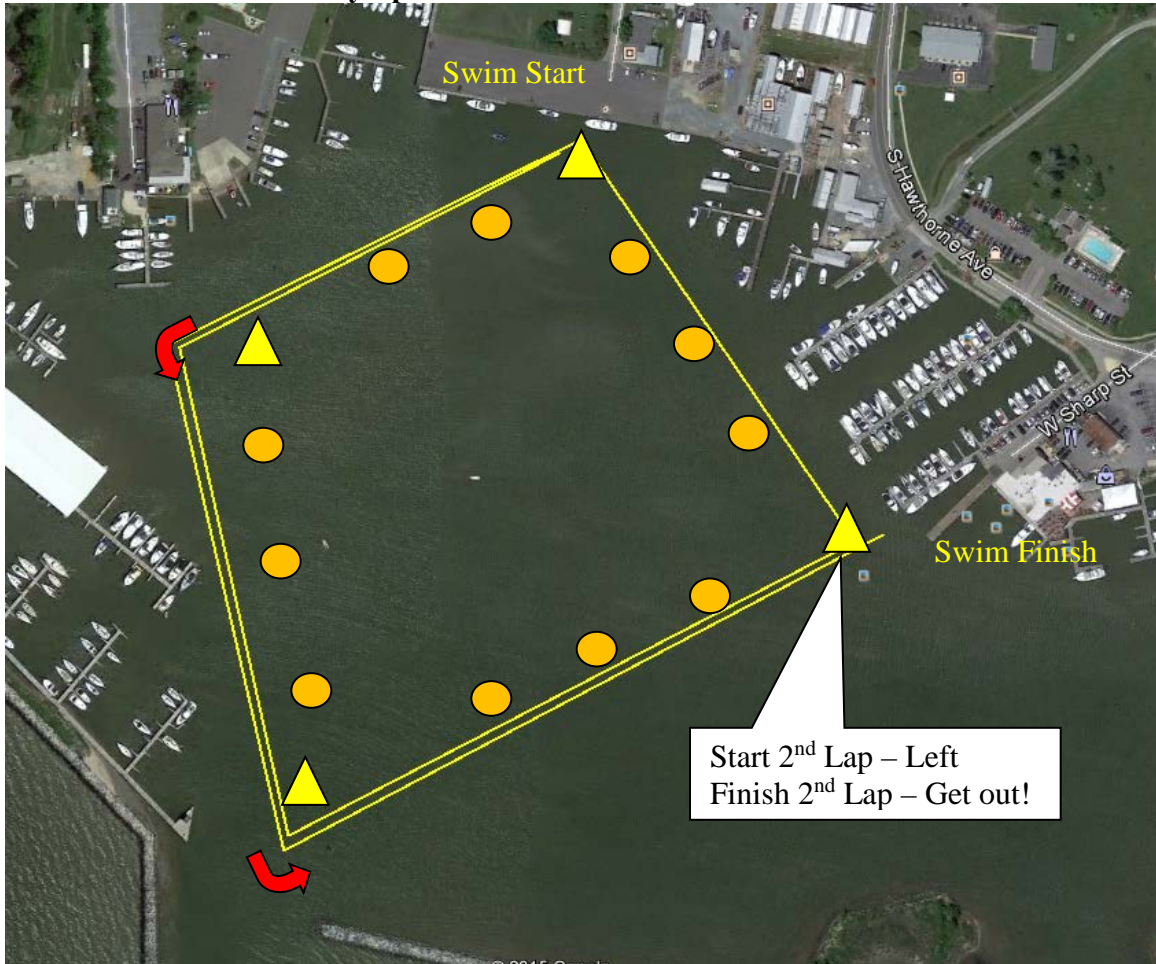


Watermans Triathlon Olympic Swim Course_1500 Meters

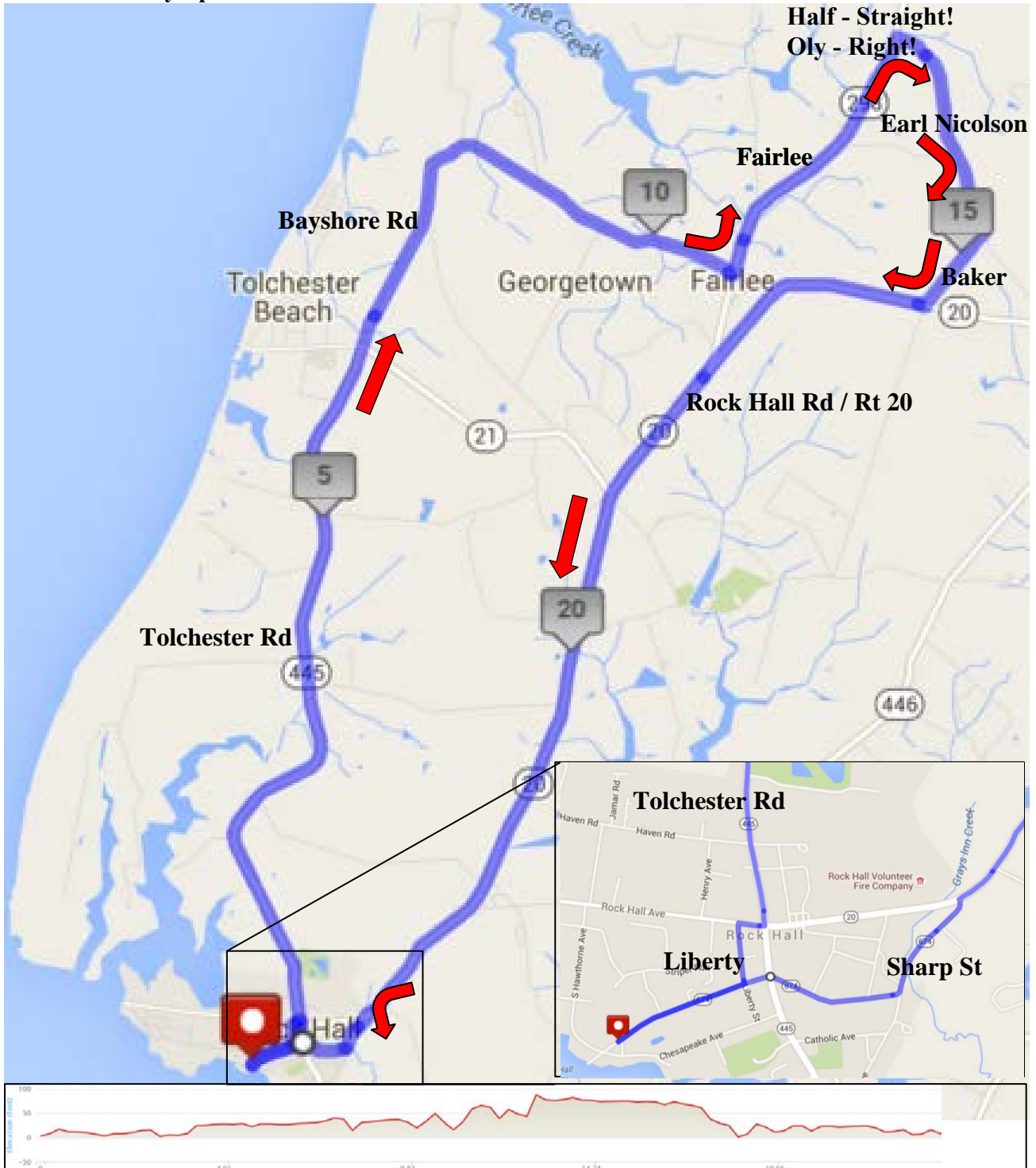


Olympic – 0.9 Miles (1500 Meters)

Turn at all Yellow triangles. 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. Any gear left at swim start will be taken back to packet pick up.

Watermans Olympic Bike Course_24 Miles

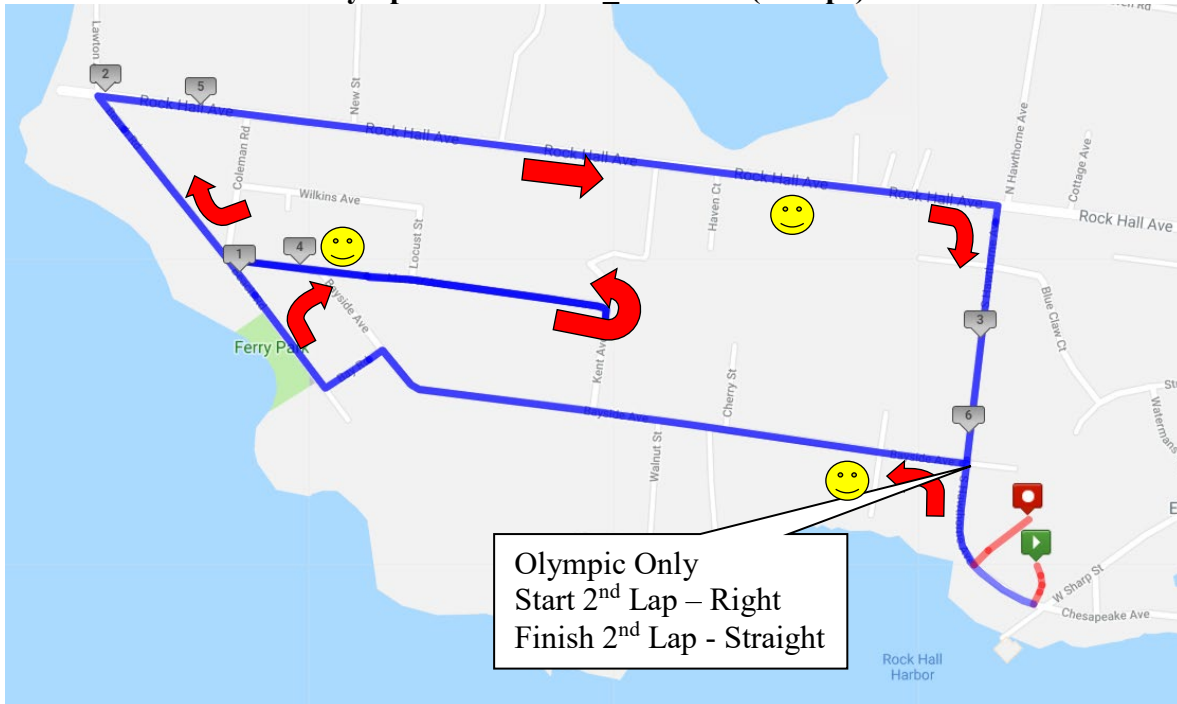




Watermans Triathlon Olympic Bike Course Cue Sheet

- 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 (Long Course goes straight)
- 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

Watermans Triathlon Olympic Run Course_ 6.2 Miles (2 loops)



The Watermans 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!

Rock Hall, MD Parking



Rock Hall Site Layout

