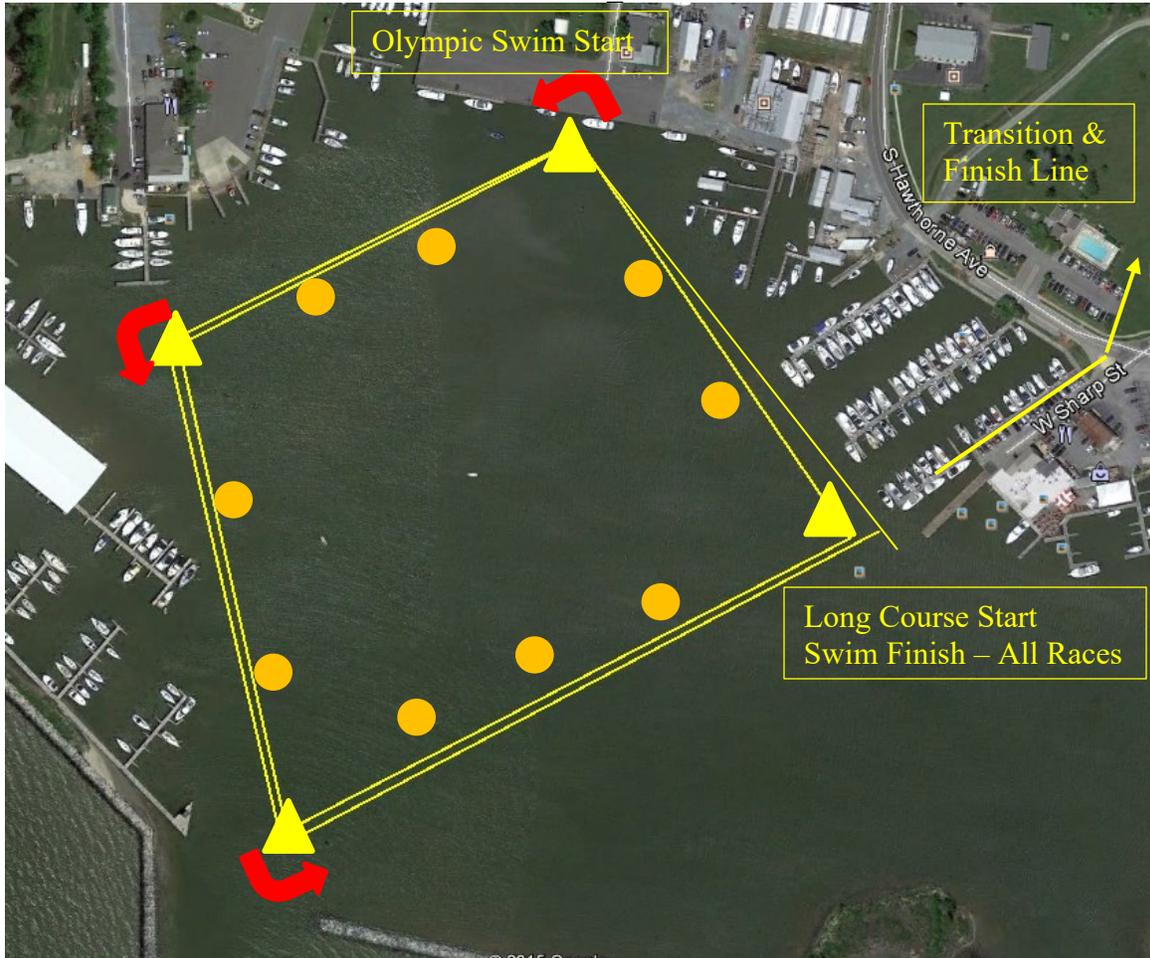


Watermans Triathlon Festival Swim Course 1.2 Miles / 1500 Meters



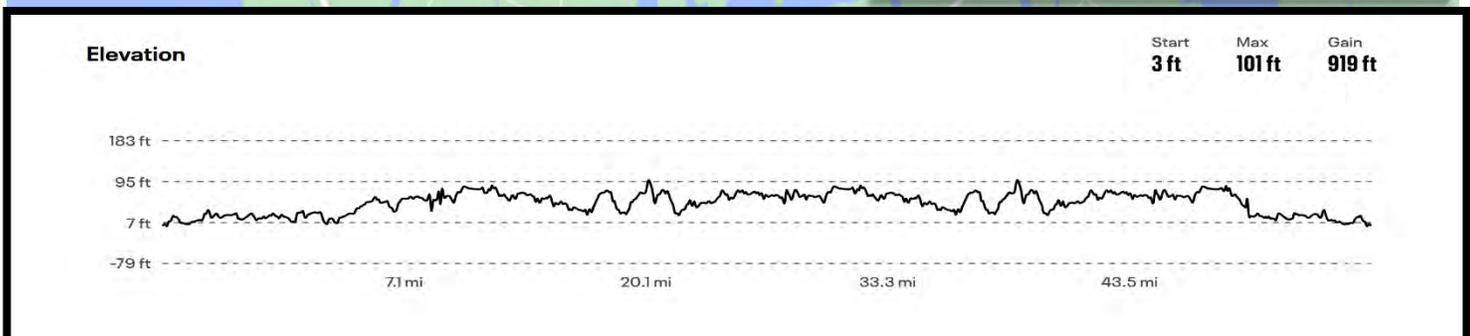
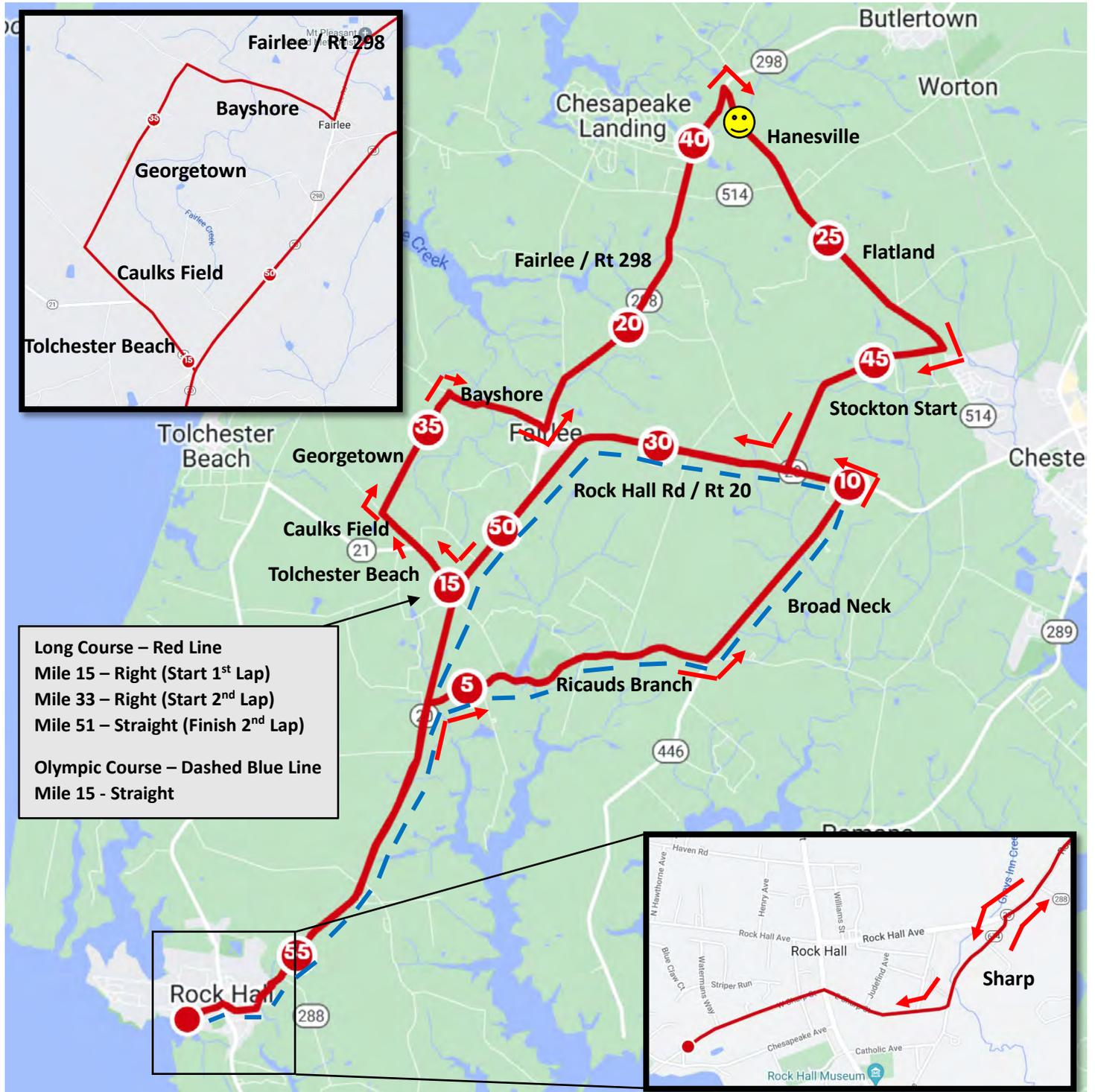
Watermans Half – 1.2 Miles

This two loop swim course starts adjacent to the Waterman’s Restaurant, at swim exit. Athletes will do two (2) entire loops of the course. Yellow triangles will serve as your turn buoys, there are orange round buoys to get you to the turns. When you approach the swim exit the first time, start your 2nd lap. When you approach it the second time, you’ll finish your second lap, climb out and run down the dock to transition!

Watermans Olympic – 1500 Meters

Athletes will start at the City Dock and will swim 1.75 laps of the harbor, finishing at the end of A-Dock by the Waterman’s Restaurant.

Waterman's Triathlon Long Course & Olympic Bike Course_56/21 Miles



Watermans Triathlon Festival Run: Long Course & Olympic_13.1 Miles (3 Loops) – Olympic 6.2 Miles (2 Loops)



Long Course
 Start 2nd & 3rd Loops – Right
 Finish 3rd Loop – Straight
Olympic
 Start 2nd Loop – Right
 Finish 2nd Loop - Straight

Long Course athletes do this section 1x, at the start of the run only.

The **Waterman's Long Course** Run is a three (3) loop, 13.1 mile course. It starts with a short 1/3 mile out and back section that is done 1x, then a 4.2 mile loop that is done 3x. It is completely flat and has little to no shade. Water, Gatorade, ice, salty snacks and a portajon will be located about every mile.

The **Waterman's Olympic** Run is a two (2) loop, 6.2 mile course that uses a lot of the same route but turns right on S. Hawthorne to create a shorter loop. There are beautiful views of the Chesapeake Bay, sailboats, and nautically themed yards throughout!

--- = Olympic



Rock Hall Site Layout

