



Welcome to the Rock Hall Triathlon Festival!

We are excited to host you for another great weekend of racing in Rock Hall, MD. With nautical scenery and great courses, Rock Hall delivers a great race experience.

As you get ready for race day, please 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. We know you have worked hard to stay healthy and fit leading into this event and we want to make sure you have a great race. We appreciate you racing with us and hope you achieve your athletic goals!

Finally, be sure to thank the Police, EMT's and volunteers that gave up their weekend to support this event. We appreciate their support and cannot do it without them!

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

Kinetic Multisports,
#GoKinetic



ROCK HALL LANDING



Schedule of Events – Olympic Distance

1. Friday afternoon Olympic packet Pick Up

5-7pm: Packet Pickup @ Race Site (In the Big White Tent)

6pm: Pre-Race meeting @ Race Site

2. Saturday -Olympic Distance Race Day

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

6am: Transition area opens

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

7:40am: Swimmers walk to swim start (¼ mile walk from transition)

7:45am: Transition area closes (no exceptions)/Pre-race brief (swim start)

8am: Race Start Olympic – Time Trial Start

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



Schedule of Events – Sprint Distance

1. Saturday Afternoon Sprint Packet Pick Up

4-5pm: Youth & Junior Triathlon Clinic @ Race Site

5-7pm: Packet Pickup @ Race Site (In the Big White Tent)

6pm: Pre-Race meeting @ Race Site

2. Sunday Sprint Race Day

****Arrival Time:** Please arrive at the race site no later than 8am**

7am: Transition area opens

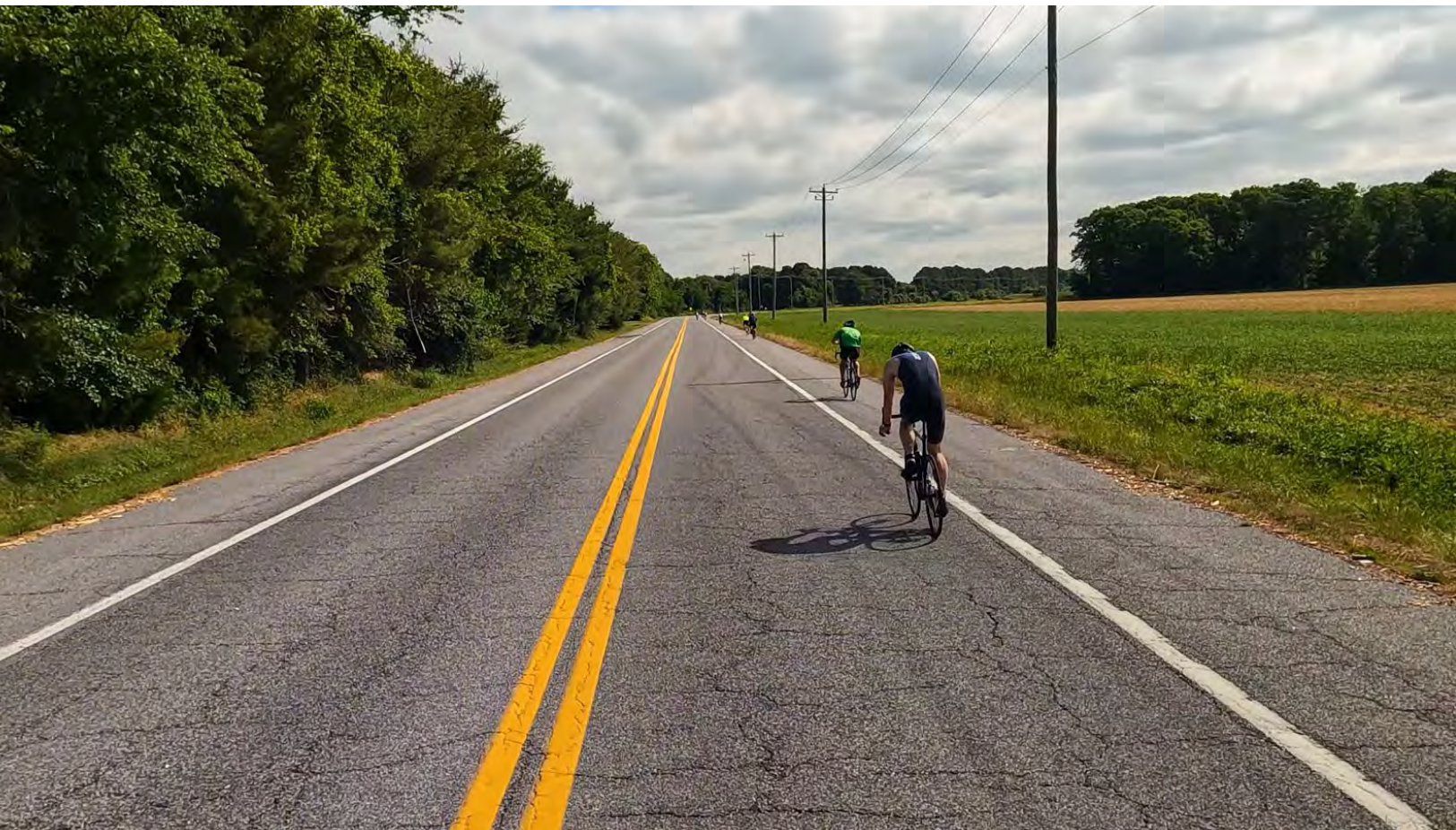
7-8:30am: Packet pickup, Body Marking/Chip Pick-up

8:40am: Swimmers walk to swim start (¼ walk from transition)

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

9am: Race Start Sprint Distance – Time Trial Start

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



Parking & Race Site Access



All parking is a short walk from the race site. Again, there is no parking at the marina/transition/packet pick-up location. You will need to park and then walk a short distance with your gear, plan accordingly and count this as part of your warm-up! To keep course traffic down, we urge spectators to carpool with their athlete(s).

Race Parking

- 1 - Grass field between West Sharp and Chesapeake Ave (no overnight camping)
- 2 - Elementary School on West Sharp
- 3 - Rock Hall Civic Center on Civic Center Road

Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- 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 as well!**
- **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.



Top 10 Things to Know About Race Day

1. Rock Hall is remote, give yourself extra travel time.
2. The Olympic distance race on Saturday features a 1.75 loop point to point swim, a 1-loop bike and 2-loop run; know your course and lap count.
3. The Sprint is a 3/4-loop point to point swim, a 1-loop bike and 1-loop run.
4. There is no substitute for pre-driving or pre-riding this, or any race course.
5. Race #'s and timing chips will be assigned on a rolling basis, first come, first serve.
6. Timing Chips are expensive and time consuming to replace, don't lose it!
7. Body marking will be located adjacent to transition, please have your bib # with you.
8. Bike-racking in transition is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
9. Post-race food and drink are free for athletes only
10. Stay safe, have fun, #GoKinetic!



USA Triathlon Maryland State Championships



MARYLAND

STATE CHAMPIONSHIPS

AGE GROUP • HIGH SCHOOL • CLUB

2024

We are honored to host the 2024 USA Triathlon Maryland State Championships and the MD Senior Games at the Rock Hall Triathlon Festival!

Qualifying for the Age Group National Championships. State championships will qualify the top 35% or top five (5) finishers in an age group (whichever is greater). You may only qualify for Olympic-distance Nationals by placing in the Olympic distance State Championship race or Sprint Nationals by placing in the sprint distance State Championship race. Click [HERE](#) to view the full 2024 qualification details.

High School State Championships Exemption: All high school athletes who finish any of the State High School Championships will automatically qualify for Sprint-distance (pending they are at least age 15 as of December 31, 2024)

Maryland Senior Gamestate Championships

We are honored to host the 2024 Maryland Senior Games State Championship. Click [HERE](#) to learn more about qualification and awards.



Course Cut-Off Times

Athletes competing in this triathlon must finish the swim-bike-run segments within the cumulative cut off times published below. Participants arriving in transition after these times will need to turn in their timing chip and will not be allowed to start the following segment.

Olympic Triathlon/Aquabike:

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 Triathlon/Aquabike:

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 during posted packet pick up times. All bikes must be racked and transition preparation completed 15-minutes before the start of the first swimmer. There is no overnight racking and please, athletes only in transition.

Bike racking is first come, first serve with each 10' section of bike rack holding 6 bikes (3 per side). Please be courteous of the space and belongings of other racers before, during, and after the race.

Not that once your race is over, many others are still racing and we want everyone to have the best race experience possible. Please be considerate of others still racing when gathering your gear and exiting the race site/transition area.



Race Numbers

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

1. Helmet # - The smallest # sticker goes on the front of your cycling helmet.
2. Bike # - The largest sticker has your race # on it twice. Peel off the back and fold it over your bike's top tube or seat post. Be sure to leave it on there for your next group ride...
3. Run # - The Tyvek bib # with a small in each corner is your run #. Worn facing forward on the run course only. Safety pins are available for free, Kinetic race belts are \$10 in the store.

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. Timing chips are expensive and difficult to replace.
2. There is a \$50 replacement fee if you lose or otherwise fail to return your chip.
3. We recommend the left ankle, non-chainring side.
4. Split points are noted by yellow cones and located throughout the event, be sure to cross them so can get splits!
5. If you DNF, please return your chip to the finish line.



Body Marking

Be sure to get a body marked race morning. We recommend racking your bike first, then circling back with your bib # to the body marking area just outside of transition. You'll get #'s on both shoulders, both quads and left hand along with your USAT Age or Category on your calf. **(Bring your BIB # to get body marked!)**

Aid Stations

Olympic Triathlon/Aquabike

- **Bike:** No aid stations on the Olympic Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade Endurance.

Sprint Triathlon/Aquabike

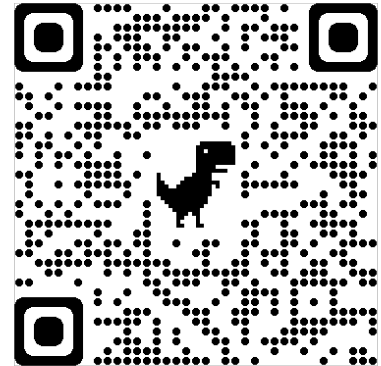
- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade Endurance.

Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13266#resultSetId-256008;perpage:10>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement. All online and text results are preliminary and can shift as we approach the awards ceremony.



Questions about results can be directed to the timing team located near the finish line.

USAT Rules & Penalties

Please take a moment to review USA Triathlon Most Commonly Violated Rules - [HERE](#)

Updated Rules for 2024

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing
- No headphones during the bike/run and phones must be secured and not in use while racing
- 10-meter drafting zone on bike for Sprint/Olympic distance
- USAT penalties, if any, will be given to athletes ON COURSE with a Blue or Yellow card requiring a stop at the Penalty Tent located at Run Out.



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.

USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon and helps enforce the competitive rules of the sport. 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 Competitive Rules \(Complete List\)](#)

USAT Aging Up Policy: Participants will compete in whichever age group they would be in as of December 31st of this year.



Wetsuit Rules

Kinetic Multisports abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- 78° F or below: Wetsuits ARE Allowed
- 78.1° F to 83.9° F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards. Results for athletes that wear wetsuits in this temperature range will be listed separately from standard Overall Results
- **84° F and above: wetsuits are NOT permitted—this is for your own safety.**

Water Temperature

The preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 48 hours before race start. The “Official” water temperature reading to determine wetsuit eligibility will be taken by the USAT official race morning and announced 90 minutes prior to race start.





ABRAMS LANDAU, Ltd.
INJURY LAW FIRM

PRACTICE AREAS

HELPING PEOPLE WITH INJURY CASES, INCLUDING WORKER'S COMPENSATION FOR ON-THE-JOB INJURIES, CAR CRASHES, DOG ATTACKS, OR ACCIDENTS WHILE TRAINING FOR SPORTS OR FITNESS. WE WORK HARD TO PREVENT BRAIN INJURIES IN SCHOOL CHILDREN BY OUR EDUCATIONAL AND SAFETY PROGRAM ("LIDS ON KIDS") AND DISTRIBUTING FREE BICYCLE HELMETS EACH YEAR.



PERSONAL INJURY



WORKERS COMPENSATION



AIRPORT INJURY



PREMISES LIABILITY



SPORTS CASES

ABOUT US

MINUTES FROM WASHINGTON DULLES INTERNATIONAL AIRPORT, LOCATED BY 20 MILE MARKER OF THE WTOP TRAIL IN A HANDICAP ACCESSIBLE 100+ YEARS OLD HOUSE. ABRAMS LANDAU HAS HELPED ATHLETES AND THEIR FAMILY FROM ALL OVER THE US, AND AROUND THE WORLD.

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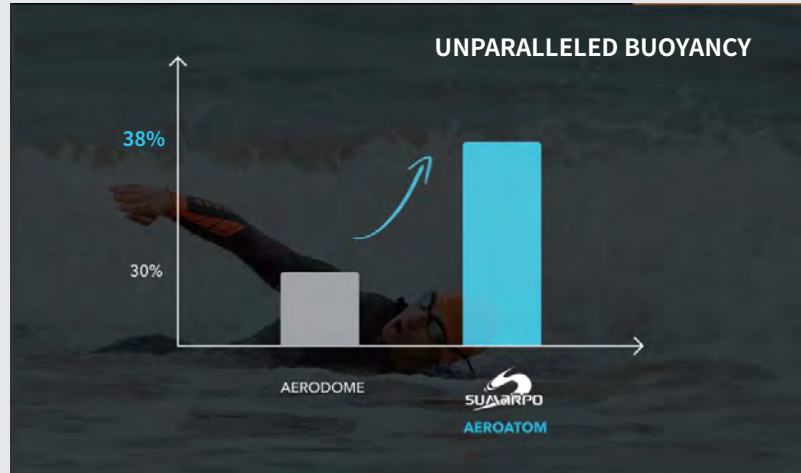
Swim

- The swim course map is posted on the Kinetic Multisports website.
- The Olympic is a point-to-point, 1.75 loop swim course, athletes stay in the water to start their 2nd lap.
- The Sprint features a point-to-point swim course.
- The swim features a time trial start, 2 athletes every 2-3 seconds, pick a buddy and go!
- Swim Start is at the Kent County bulkhead, look for the Oysterman statue.
- Swim Finish is at the end of “A-Dock” adjacent to the Waterman’s Restaurant.
- There is a 200-meter run back to transition, shoes may be staged along swim exit path.
- There will NOT be wetsuit strippers.
- Lifeguards and rescue craft will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and signal for help.
- You may briefly rest by holding onto safety kayaks; kayakers cannot provide forward assist.
- There is a sandbar just inside the center of the swim course with depths of 2-3’, stand as needed.
- **Water safety does not make up for a lack of training in open water swimming.**
- If you do not finish the swim, please notify our staff at the swim exit.





With over 15 years experience in Triathlon wetsuits, Sumarpo has now professionally developed our wetsuits based on thousands of testing feedback and analysis results. Sumarpo will not just provide you a wonderful wetsuits for your competitor, but the specific wetsuits with exquisite cutting and the most appropriate materials selecting. At Sumarpo, find the wetsuit that suits you best.



ULTIMATE FLEXIBILITY



MAX SPEED



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PROFESSIONAL



VICTORY TRIATHLON WETSUIT
TOP-LEVEL



VANGUARD TRIATHLON WETSUIT
COMPETITION-LEVEL



RACE TRIATHLON WETSUIT
PERFORMANCE-LEVEL



N-JOY TRIATHLON WETSUIT
ENTRY-LEVEL



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Bike

- The bike course map is posted on the Kinetic Multisports website.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre-driving or pre-riding the course
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- 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!

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.
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- Ride in the right 1/3 of the lane adjacent to the shoulder. This allows faster cyclists and traffic to pass on the left.
- Crossing the yellow line is an automatic DQ.



Run

- The run course map is posted on Kinetic Multisports website.
- The Olympic Race is 2 loops of the 5k run course.
- Olympic Athletes – Start 2nd Lap – Right Turn - Mile 3.0
- Olympic Athletes – Finish 2nd Lap – Straight to Finish (Mile 6.1)
- The Sprint is a 1-loop, 5k run.
- Aid stations will be located every 1.0-1.5 miles with ice water and Gatorade Endurance.

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 at the finish line

CONGRATULATIONS YOU DID IT!





#GOKINETIC

