



Welcome to the Waterman's Triathlon Festival!

We are excited to host you for another great weekend of racing in Rock Hall, MD. With nautical scenery and great courses, the Waterman's Triathlon Festival is one of our favorites!

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!

This race is a team effort, please be sure to thank the Police, EMS and volunteers that gave up their weekend to support this event. Our races can't happen without them.

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

Kinetic Multisports,
#GoKinetic



Schedule of Events

Waterman's Long Course and Olympic Triathlon Only

1. Friday

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

6pm: Pre-Race meeting @ Race Site

2. Saturday Long Course and Olympic Race Day

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

6:30am: Transition area opens

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

7:30am: Pre-race meeting and National Anthem in Transition Area.

7:40am: Swimmers walk to respective swim starts (1/8 mile and ¼ mile walk from transition)

7:45am: Transition area closes (no exceptions)

7:50am: Long Course Athletes line up for time trial start at Waterman's Restaurant (swim exit)

8:00am: Long Course Race Start (**Long Course Swim Start is at the Swim Finish**)

8:15am – Olympic Course Athletes line up at City Bulkhead ¼ mile from transition.

8:30am: Olympic Course Race Start

Race Site Address

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



Waterman's Sprint Triathlon

1. Saturday

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**

7:30am: Transition area opens

7:30-8:30am: Packet Pick-Up, Body Marking, Chip Pick-Up

8:40am: Swimmers walk to swim start at City Bulkhead (¼ mile walk from transition)

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

8:50am: Swimmers line up for time-trial swim start

9:00am: Race Start

Race Site Address

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



Parking & Race Site Layout



All parking is a short walk from the race site. Again, there **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
- 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 a great place to race, the town is excited to be hosting 1000+ athletes!
2. The Long Course and Olympic races are both on Saturday, know your course and lap count.
3. The Long Course race is a 2-loop swim, 2-loop bike and 3-loop run.
4. The Olympic distance race features a 1.75 loop, point to point swim, a 1-loop bike and 2-loop run; know your course and lap count.
5. The Sprint is a 3/4-loop point to point swim, a 1-loop bike and 1-loop run.
6. Race #'s and timing chips will be assigned on a rolling basis, first come, first serve.
7. Timing Chips are expensive and time consuming to replace, don't lose it.
8. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
9. Post-race food and drinks are provided free of charge to athletes only
10. Stay safe, have fun, #GoKinetic!



Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the published cut off times. Participants who do not meet these cut offs will be asked to turn in their timing chip and will not be allowed to continue.

Half (Long Course) Triathlon/Aquabike:

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

Swim: 1.5 hour | **Bike:** 5 hours | **Run/Finish:** 8 hours (7 hrs to start last lap)

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.

Please note that once your race is over, many others are still racing. We will be allowing athletes into the transition area to get their bikes and other gear when possible. Please be considerate of others still racing.

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 \$50 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Split points are noted by yellow cones and are located throughout the event, be sure to cross them!
4. If you need to stop racing, please stop by the finish line to return your chip and let our team know.



Body Marking

Be sure to get 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

Long Course (Half):

- **Bike:** There will be 3 Aid Stations on the bike serving sport top water and Gatorade.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with water, Gatorade, Coke and a variety of salty snacks.

Olympic:

- **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.

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.

The aid stations are noted on the maps with a smiley face.

Post-Race Food & Beer

All athletes have access to the post-race food tent with a variety of food and drink to choose from. DelMarva Craft Brewing will have a selection of beers for athletes 21+, first beer is free. Please remember, post-race food and drink are for **athletes only**. Please have family members and spectators come prepared with snacks or patronize a local restaurant. It is appreciated!



Results

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 for all races can be found online [HERE](#).

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement. Remember, 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

- 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.
- Helmets must be fastened **prior** to removing bikes from the transition rack while racing and must remain fastened until re-racking is complete
- No headphones during the bike/run and phone must be secured and not in use while racing
- 10-meter drafting zone on bike for Sprint/Olympic distance, 12m for Long Course

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. 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](#).



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. Athletes wearing a wetsuit in this temperature range will start in the back of the time trial start.
- **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 60—90 minutes prior to race start.





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Swim

- The swim course map is posted on the Kinetic Multisports website.
- Long Course athletes complete 2 loops of the harbor, starting and finishing at the end of “A-Dock” adjacent to the Waterman’s Restaurant, this is also the finish of the swim.
- 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!
- Olympic and Sprint Swim Starts are at the Kent County bulkhead, look for the Oysterman statue.
- Swim Finish for all races is at the end of “A-Dock” adjacent to the Waterman’s Restaurant.
- There is a large sandbar in the middle of the swim course, feel free swim left and stand up!
- There is a 200-meter run back to transition, shoes may be staged along swim exit path.
- There will NOT be wetsuit strippers.
- The official water temp will be taken race morning and communicated one hour prior to race start. A preliminary reading will go out via email/ social Friday morning
- Lifeguards and rescue craft 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. If you do not finish the swim, please notify our staff at the swim exit.
- You may briefly rest by holding onto safety kayaks; kayakers cannot provide forward assist.
- **Water safety does not make up for a lack of training in open water swimming.**



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.
- The Long Course Bike is a 2-Loop course, the Olympic and Sprint are both 1-loop courses.
- The Long Course and Olympic diverge at mile 13.0 and 38.0
 - Signage – Long Course – Straight / Olympic Course Right
- Long Course athletes start their 2nd loop at mile 26.8 by turning RIGHT on Reese's Corner
- 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 Long Course Run has a couple key decision points to make the 4.2 mile loop (3x)
 - Short out and back to start the run Chesapeake Blvd, done 1x at start of run.
 - Rock Hall Ave & South Hawthorne – Long Course – Straight / Olympic - Right
- The Olympic Race is 2 loops of the 5k run course.
- Long Course and Olympic athletes start additional loops at S. Hawthorne and Bayside
- The Sprint is a 1-loop, 5k run.
- Aid stations will be located every 1.0-1.5 miles.

Rules & Etiquette

- Headphones, earphones, or any radio-type devices are not 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!





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