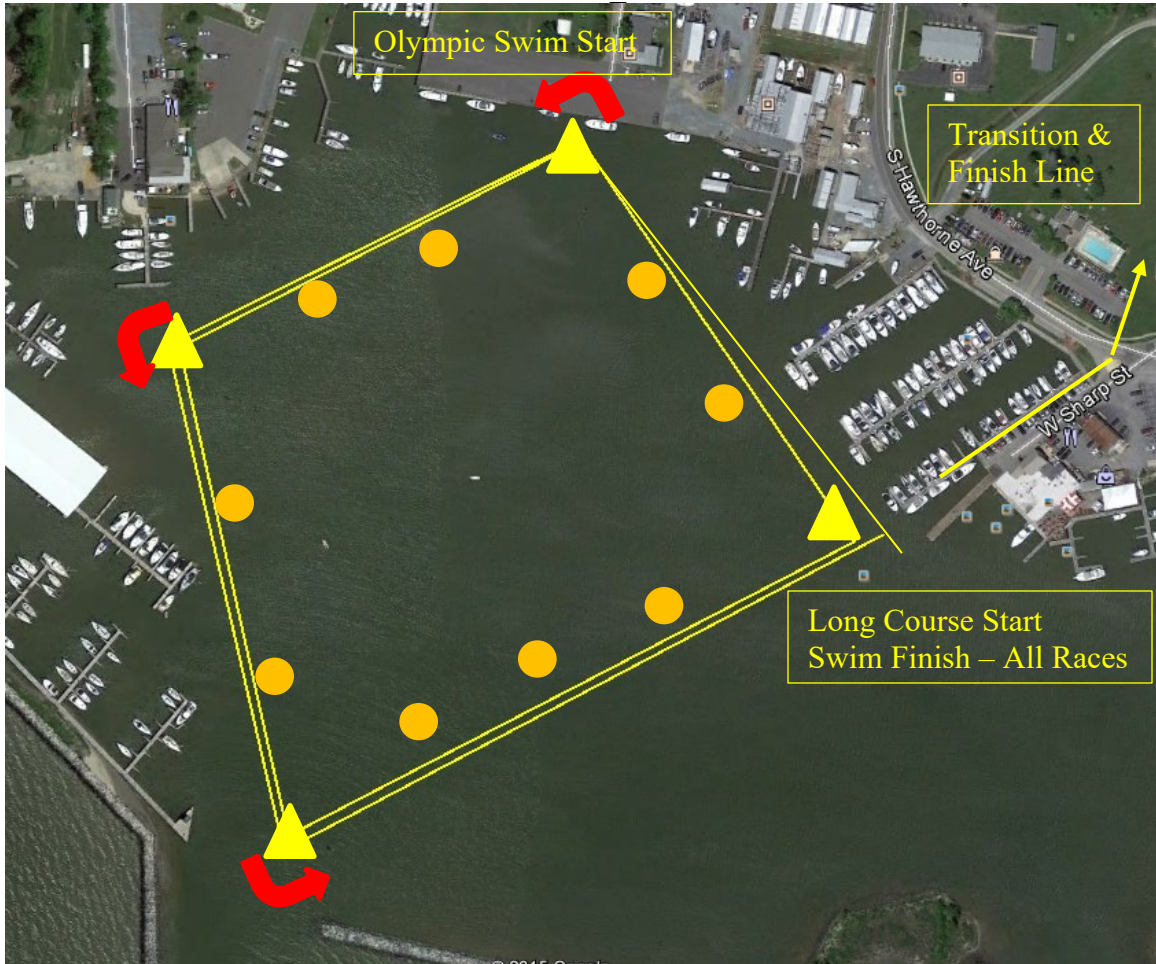


Watermans Triathlon Festival Swim Course 1.2 Miles / 1500 Meters



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.



Watermans Long Course / Olympic Cue Sheet

Mileage	Note
0.0	Proceed West on Sharp St
0.4	Turn Left on Liberty St
0.55	Turn Right on Rock Hall Ave
0.60	Turn Left on N. Main/Tolchester (MD 445)
6.50	Cross over Tolchester Beach (MD 21) as Tolchester turns into Bay Shore Rd
10.7	Turn Left on Fairlee Rd, (MD 298)
13.0	<i>Maintain Straight on 298 as International turns right</i>
14.8	Turn Right on Hanesville Rd
H2O	<i>Water/Gatorade Bottle Handoff</i>
18.44	Turn Right on Stockton Startt Rd
20.70	Turn Right on Chesterton Rd (MD 20)
21.73	<i>Caution as International Distance Cyclists merge into Half Course</i>
26.65	<i>Start 2nd Lap</i> – Turn Right on Reese’s Corner
H2O	<i>Water/Gatorade Bottle Handoff</i>
28.75	Turn Right on Tolchester Road
31.36	Cross over Tolchester Beach (MD 21) as Tolchester turns into Bay Shore Rd
35.56	Turn Left on Fairlee Rd, (MD 298)
37.86	<i>Maintain Straight on 298 as International turns right</i>
39.71	Turn Right on Hanesville Rd
H2O	<i>Water/Gatorade Bottle Handoff</i>
43.29	Turn Right on Stockton Startt Rd
45.57	Turn Right on Chesterton Rd (MD 20)
46.58	<i>Caution as International Distance Cyclists merge into Half Course</i>
51.53	<i>Finish 2nd Lap</i> – Maintain Straight on Rock Hall Rd (MD 20)
54.44	Turn Left on Sharp St (MD 674)
54.75	Veer Right on Sharp St
55.10	Maintain Straight across S. Main Street
55.60	Dismount Bike

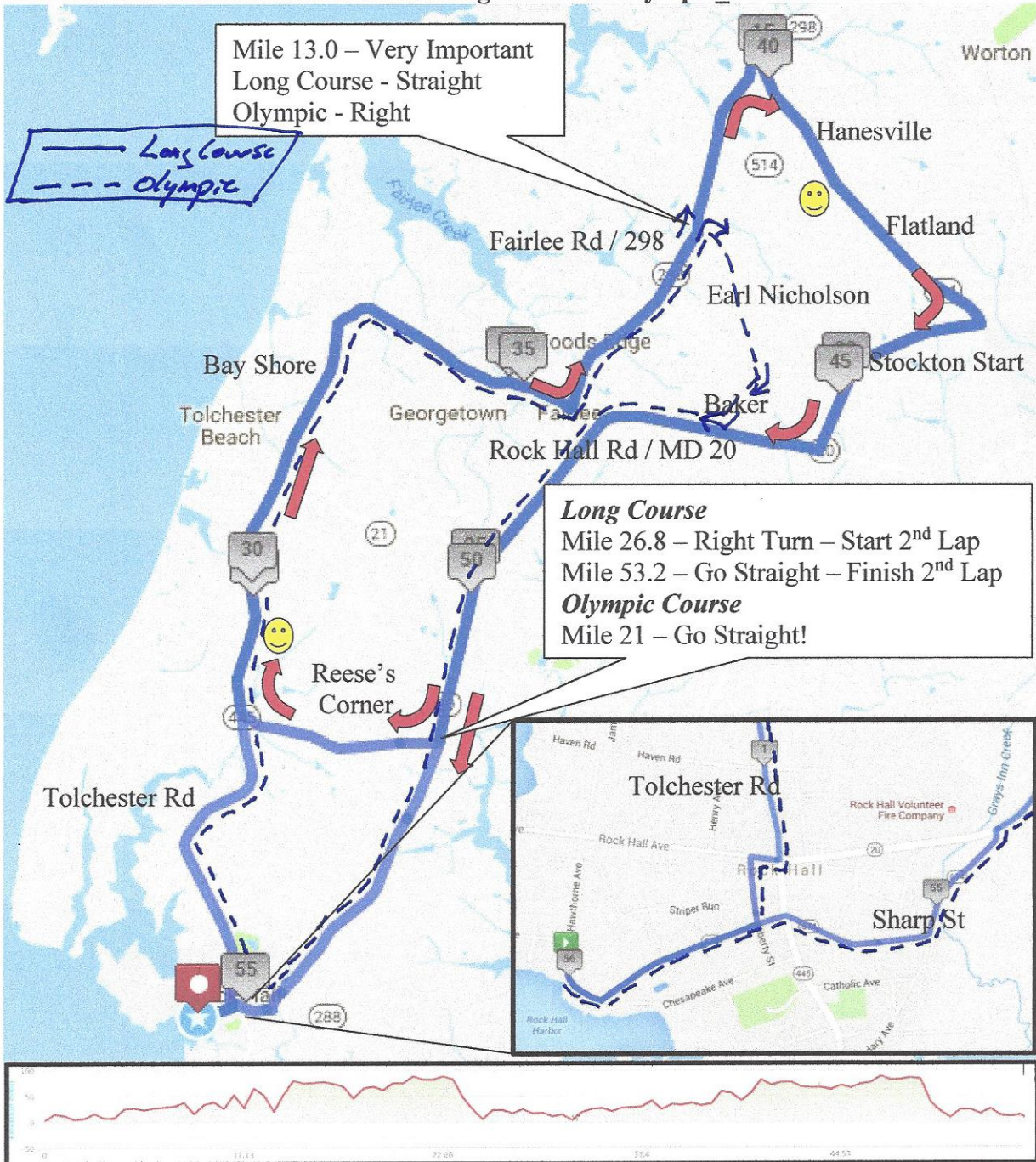
Remember – Long Course is 2 Loops, Olympic is 1 loop of a slightly smaller course!



Waterman's International Bike Course Cue Sheet

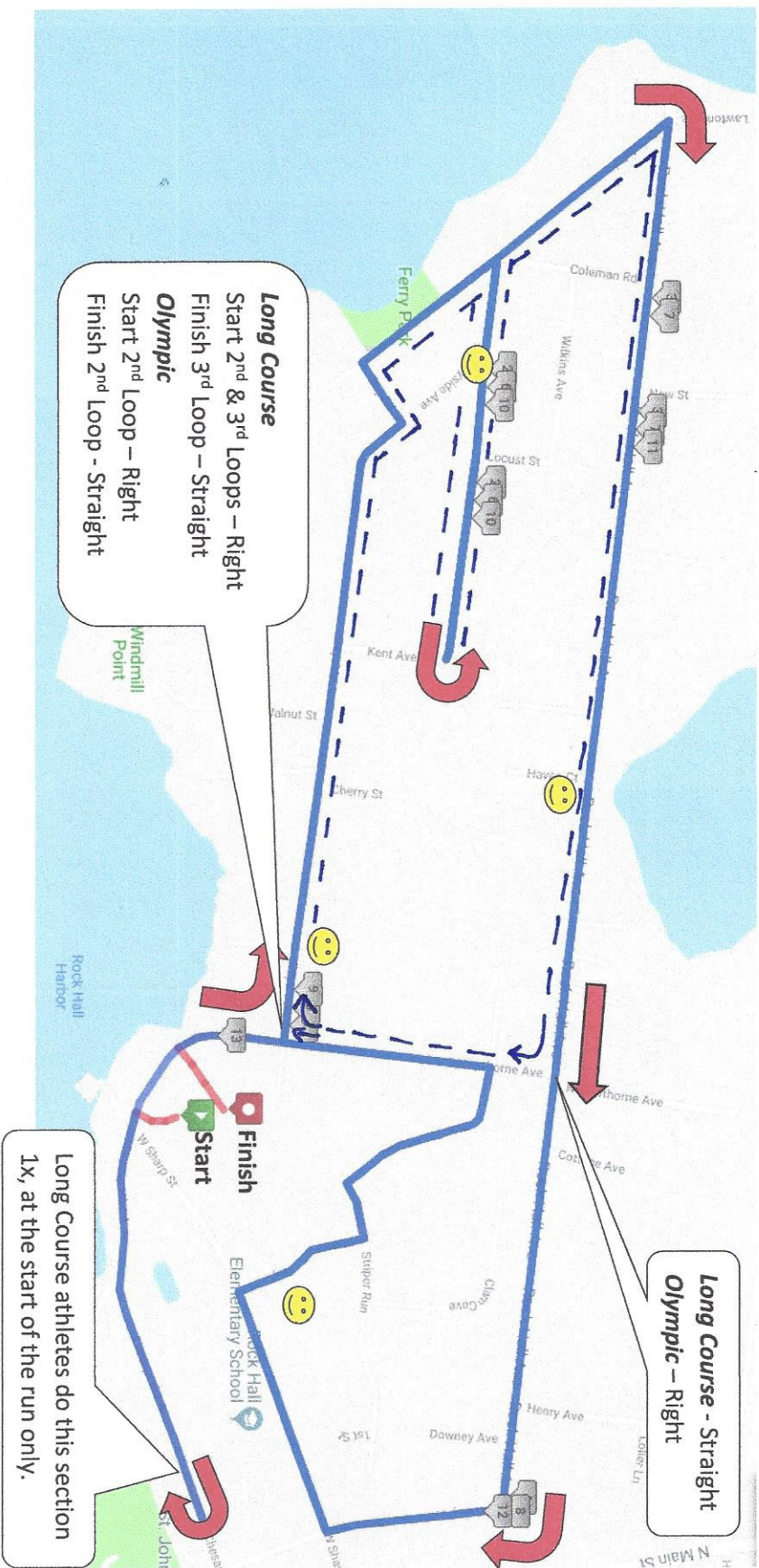
- Mile 0 – Left on Sharp Street out of transition
- Mile 0.4 – Left on Liberty Street
- Mile 0.5 – Right on Rock Hall Rd
- Mile 0.6 – Left on N. Main/445/Tolchester Rd
- Mile 6.5 – Continue straight onto Bayshore Rd
- Mile 10.7 – Left on 298/Fairlee Rd
- Mile 13.0 – Right on Earl Nicholson
- Mile 14.8 – 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 Festival Bike: Long Course & Olympic_56 / 24 Miles



Note: the elevation chart is misleading as the course goes a maximum of 80' above sea level

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



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

