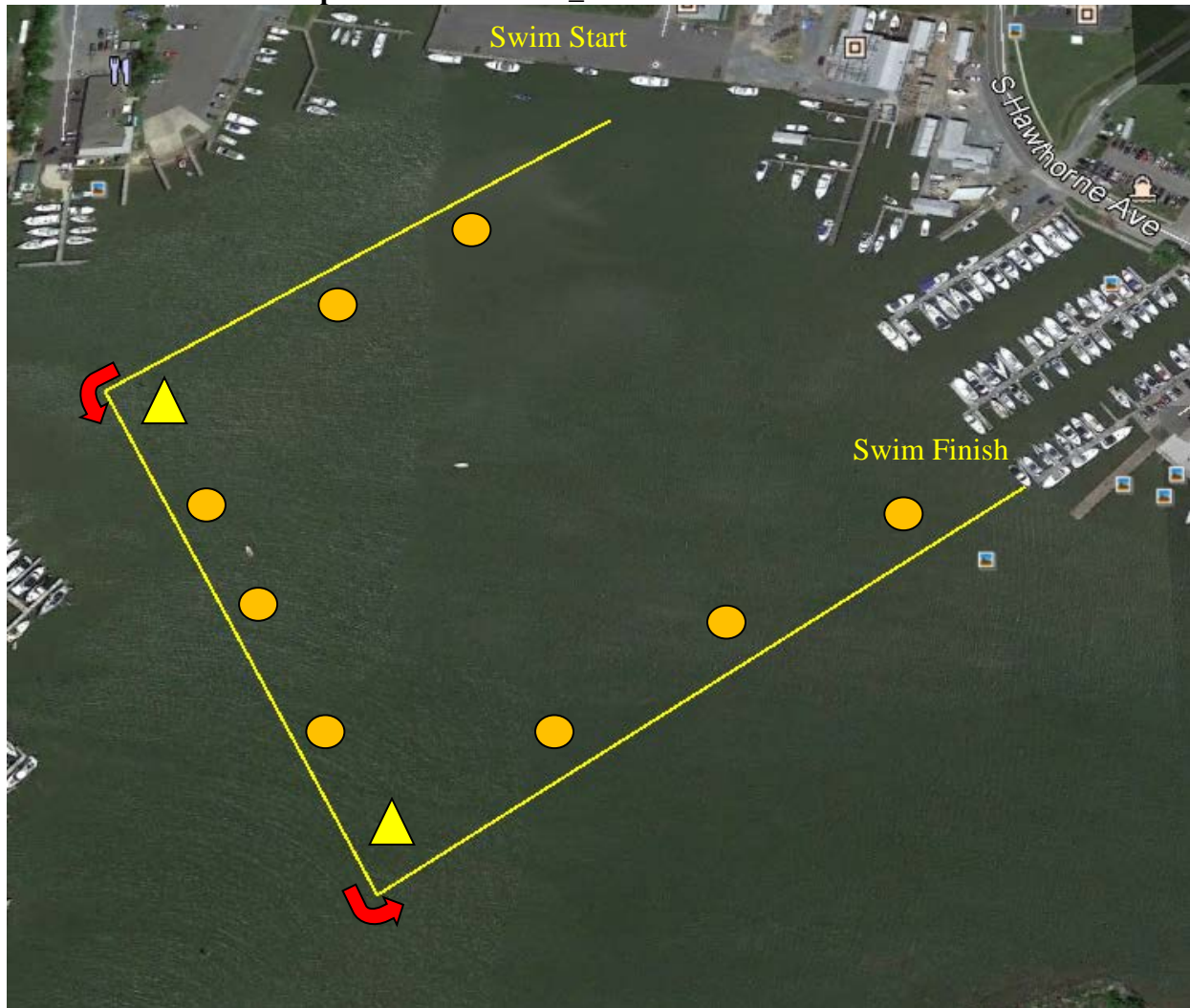


Watermans Triathlon Sprint Swim Course_750 Meters

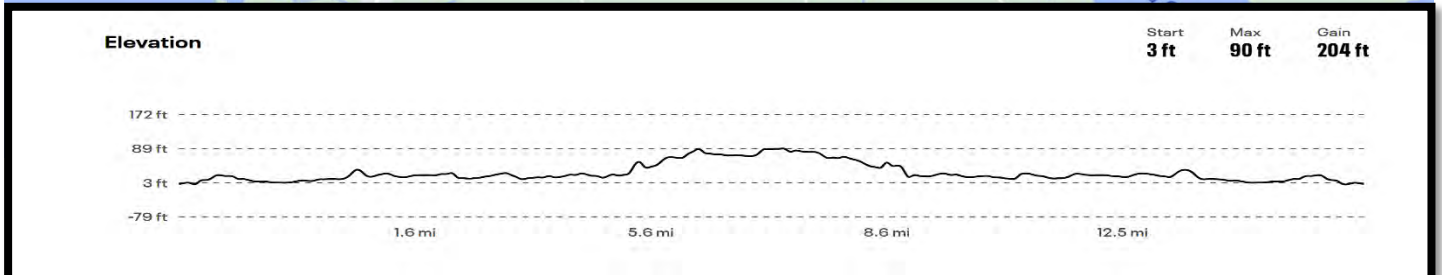
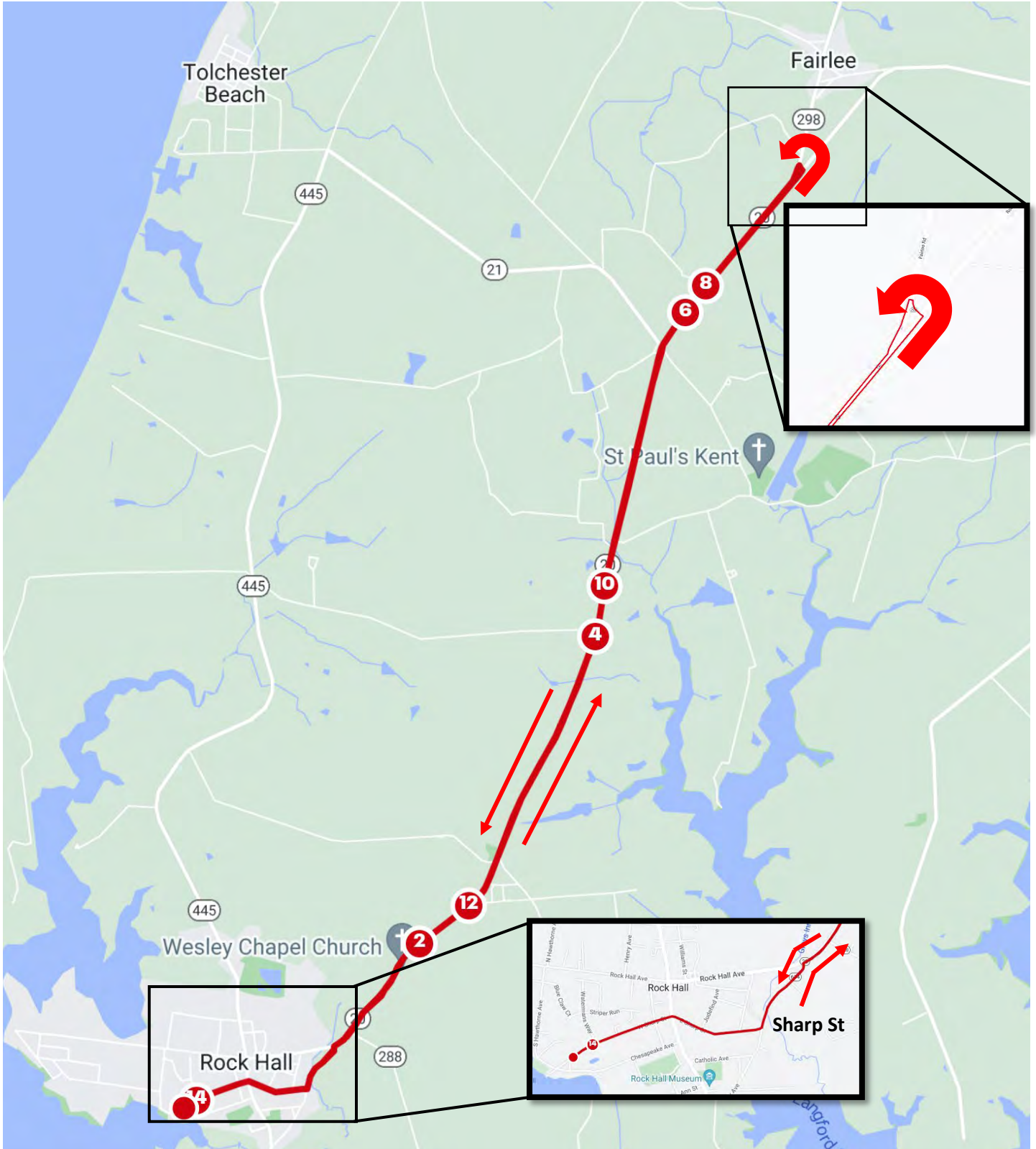


Sprint – 0.45 Miles (750 Meters)

Turn at Yellow triangles. When you approach the swim exit you will 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 8:45AM. Any gear left at swim start will be taken back to packet pick up.

Waterman's Triathlon Sprint Bike_14 Miles



Watermans Triathlon Sprint Run Course_3.1 Miles



The Rock Hall 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 Site Layout



Rock Hall, MD Parking

