





- 25 yard swim lanes, swim one direction in each lane, cross under lane line at end of each lane
- In water start (no diving, cannonballs, back flips or belly flops), 10-second interval between swimmers
- Overtaking swimmers, touch feet of swimmer ahead of you. Overtaken swimmers, move to the right of the lane to allow the pass. Also, you may wait at the end of the lane and allow faster swimmer to cross under first.
- If you're tired, you may hang on the wall or the lane lines (just don't pull yourself the rest of the way)
- There are no Stroke and Turn Judges – swim whatever stroke you are comfortable with
- You do not have to use the ladder to exit, but be careful on the pool deck as you head towards TA

**RUN UP STEPS TO
TRANSITION AREA**

Druid Hill Sprint Bike Course

Starts In Baltimore, Maryland

7.67 miles



Description

Rolling course, mostly through picturesque city park. 2 loops with a significant climb on each

Druid Hill Park Sprint run course

Starts In Baltimore, Maryland

3.10 miles

Elevation **276ft** Max **197ft** Min **+144ft** Ascent **-95ft** Descent **< 3 %** Max Climb

