

Rock Hall Sprint Triathlon Swim Course



Sunday Sprint Swim course – 750 meters

- In-water start from the seawall bulkhead
- Counter-clockwise flow
- Keep yellow triangle turn buoys on your left shoulder
- Orange cylinder buoys are for sighting...you can swim on either side of them
- On last leg towards finish, you must swim thru the “gate” formed by the two orange sight buoys. Make right turn towards Wiggly Man, who will be on the end of the dock.
- There are submerged steps attached to the dock, along with volunteers to assist you as you exit the water

**If you need assistance - Roll on your back and wave your hand in the air – we will come to you.*

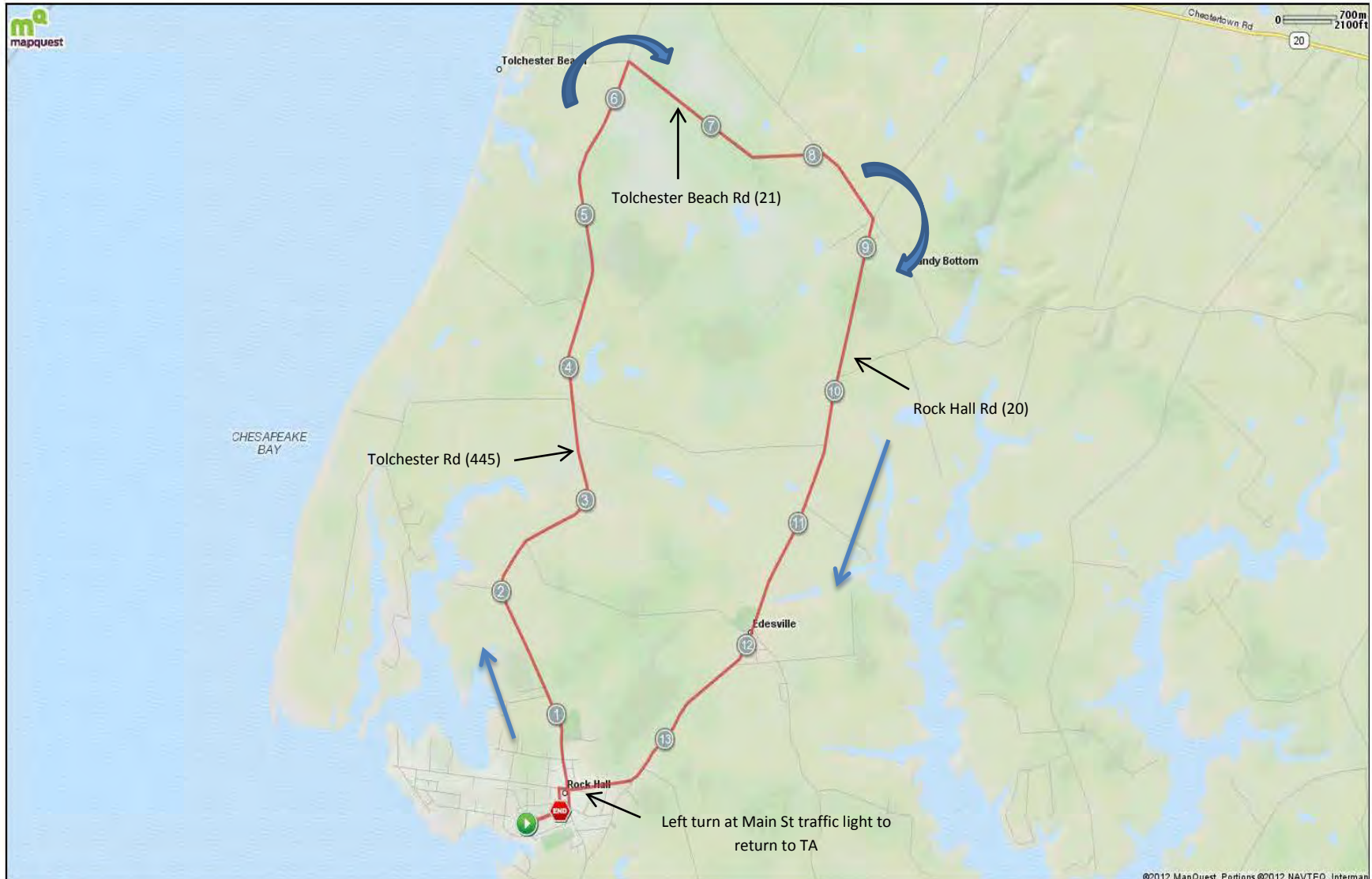
If you do not finish the swim, for any reason, it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.

Rock Hall Sprint Bike Course

Starts in Rock Hall, Maryland

14.35 miles

Elevation: 85ft Max, -3ft Min, +118ft Ascent, -118ft Descent, < 3 % Max Climb



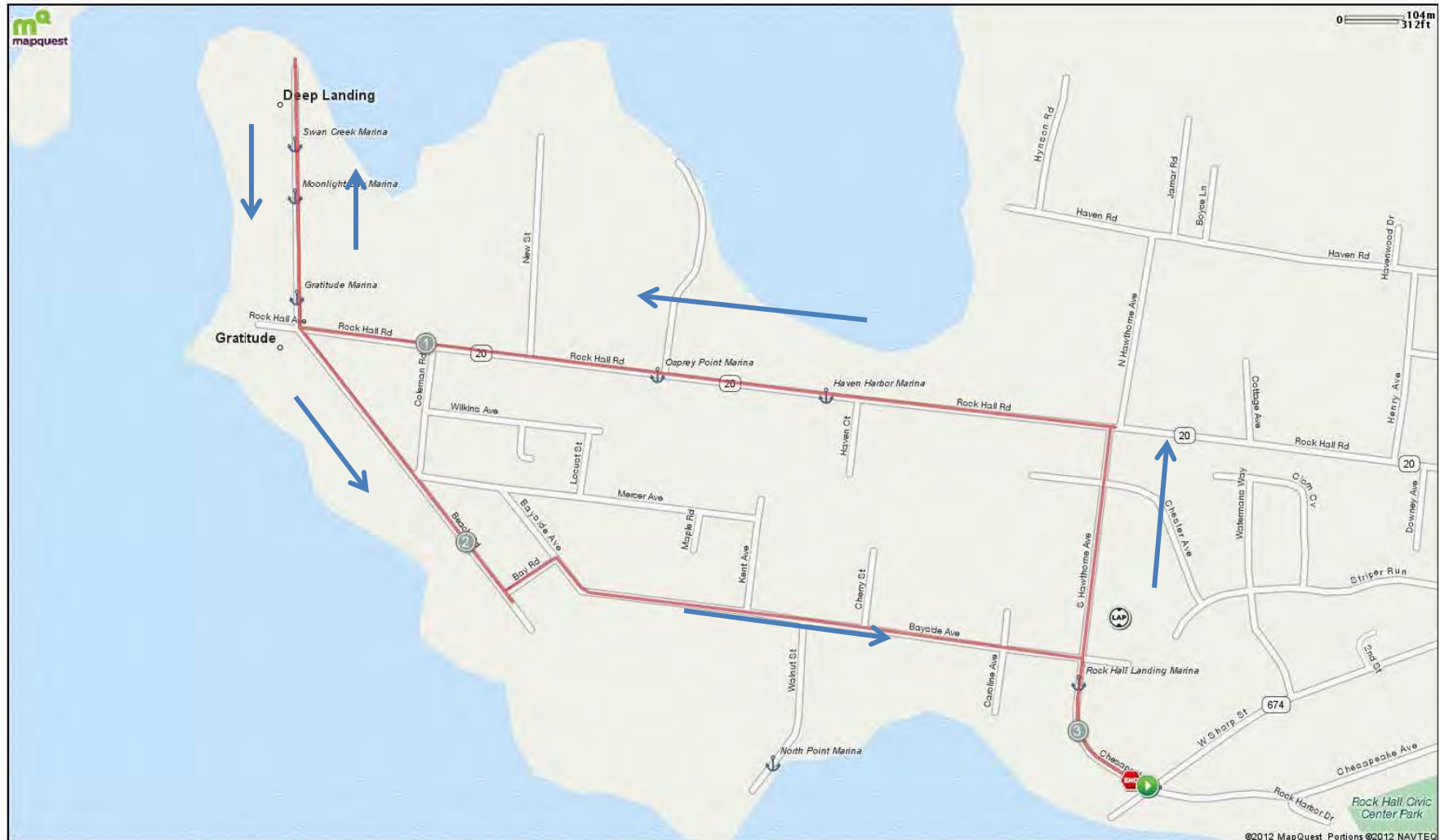
ROCK HALL TRIATHLON RUN COURSE

Rock Hall Sprint (1 Lap) / Int Run Course (2 Laps)

Starts In Rock Hall, Maryland

3.10 miles

Elevation
16ft Max -3ft Min +30ft Ascent -30ft Descent Max Climb < 3 %



Description