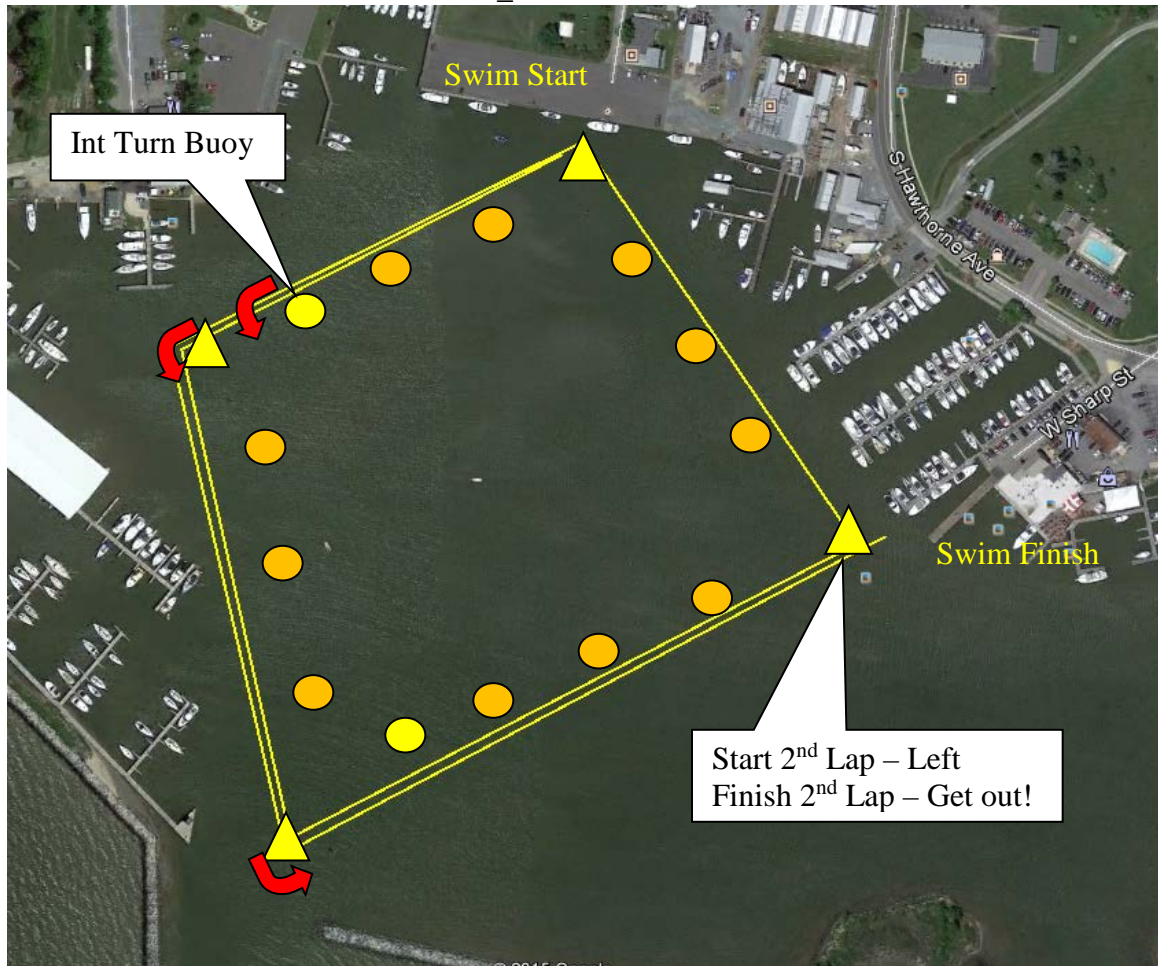


### Watermans Triathlon Swim Course\_1.2 and 0.9 Miles



#### Watermans Half – 1.2 Miles

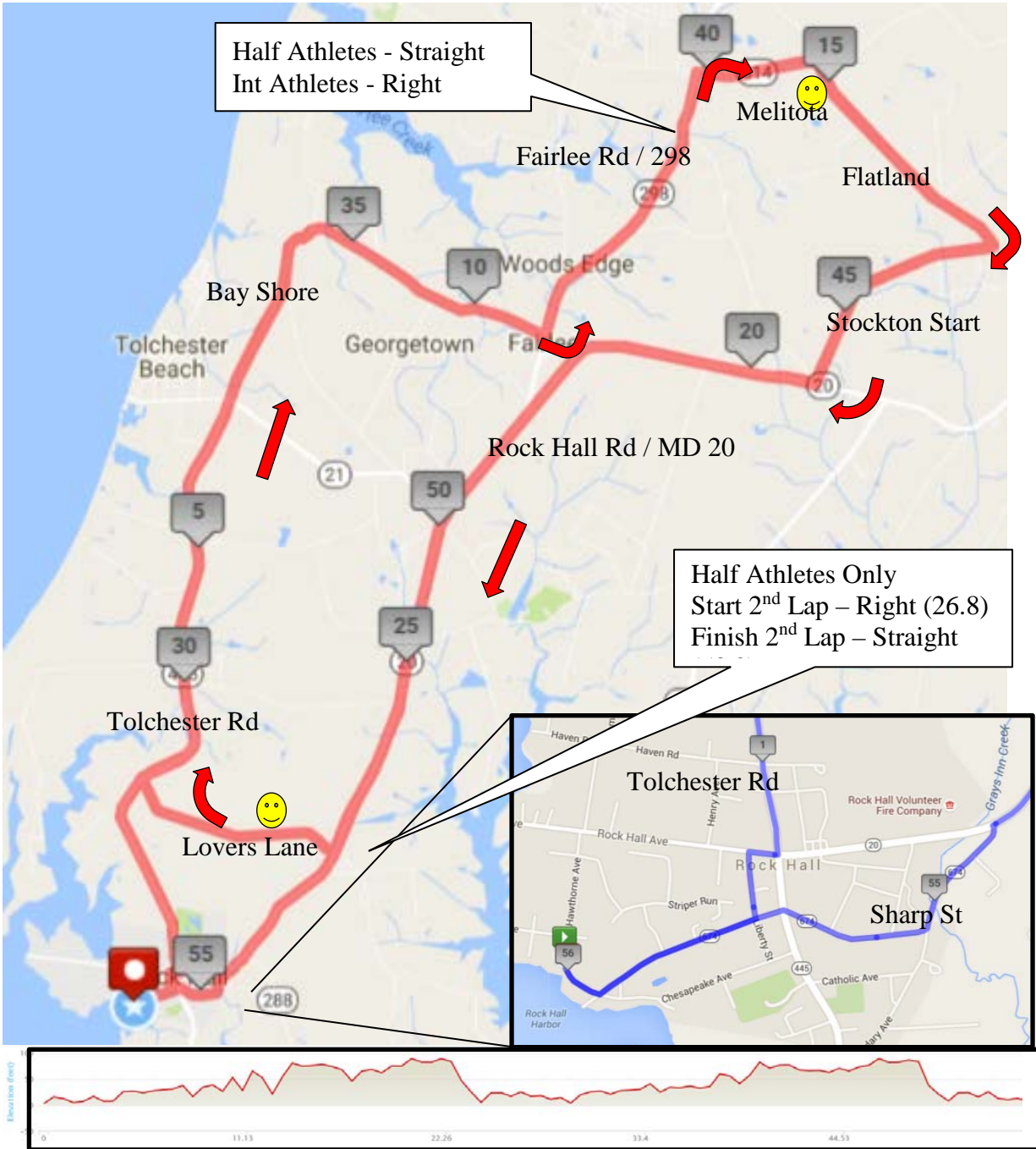
Turn at all Yellow triangles. When you approach the swim exit the first time, start your 2<sup>nd</sup> lap. When you approach it the second time, climb out and run down the dock to transition!

#### Watermans International – 0.9 Miles (1500 Meters)

Turn at all Yellow cylinders on outer edge of course (this shortens your loop. When you approach the swim exit the first time, start your 2<sup>nd</sup> lap. When you approach it the second time, 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 7:45AM. Any gear left at swim start will be taken back to packet pick up.

**Watermans Half Bike Course\_55.7 Miles**



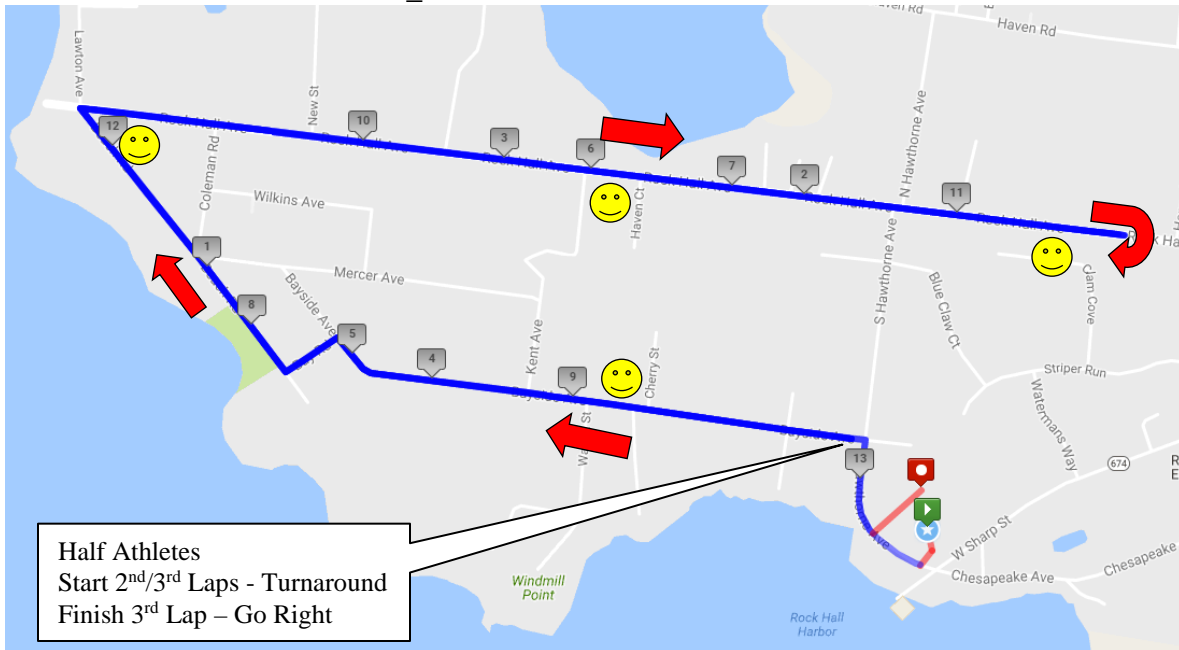
*\*Note: the elevation chart is misleading as the course goes a maximum of 80' above sea level\**



### Watermans Half Cue Sheet – Note this is a 2 Loop Course

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)
<b>13.0</b>	<b><i>Maintain Straight on 298 as International turns right</i></b>
13.63	Turn Right on Melitota Rd (MD 514)
H2O	<i>Water/Gatorade Bottle Handoff</i>
14.33	Turn Right on Flatland Rd (MD 514)
17.12	Turn Right on Stockton Startt Rd
19.38	Turn Right on Chesterton Rd (MD 20)
<b>20.50</b>	<b><i>Caution as International Distance Cyclists merge into Half Course</i></b>
26.81	<b><i>Start 2<sup>nd</sup> Lap</i></b> – Turn Right on Lovers Lane (rough section of road)
H2O	<i>Water/Gatorade Bottle Handoff</i>
28.88	Turn Right on Tolchester Road
32.78	Cross over Tolchester Beach (MD 21) as Tolchester turns into Bay Shore Rd
36.98	Turn Left on Fairlee Rd, (MD 298)
<b>39.28</b>	<b><i>Maintain Straight on 298 as International turns right</i></b>
39.91	Turn Right on Melitota Rd (MD 514)
H2O	<i>Water/Gatorade Bottle Handoff</i>
41.03	Turn Right on Flatland Rd (MD 514)
43.39	Turn Right on Stockton Startt Rd
45.67	Turn Right on Chesterton Rd (MD 20)
<b>46.72</b>	<b><i>Caution as International Distance Cyclists merge into Half Course</i></b>
53.21	<b><i>Finish 2<sup>nd</sup> Lap</i></b> – Maintain Straight on Rock Hall Rd (MD 20)
54.55	Turn Left on Sharp St (MD 674)
54.85	Veer Right on Sharp St
55.30	Maintain Straight across S. Main Street
55.66	Dismount Bike

### Watermans Half Run Course\_13.1



The Waterman's Half Run Course consists of three 4.5 mile loops. It is completely flat and has little to no shade. Water, Gatorade and ice will be available approximately every mile on the route. The Waterman's International Course uses the same route, but turns around 1.5 miles into the course (two loops of a 3 mile course). There are beautiful views of the Chesapeake Bay, sailboats, and nautically themed yards throughout!

