

City Of Ocean City  
"America's Greatest Family Resort"

# Ocean City Triathlon/Duathlon

Ocean City Triathlon/Duathlon event. **Triathlon** Entrants: need to arrive at the site between 6:00 am and 8:00 am (the swim is first-come, first-serve). At this time you will check in and get your swim event card for documenting your swim time. After your swim you will receive your race number for the 9:00 am Run/ Bike/ Run and pick up your T-shirt. If you are signed up for the **Duathlon** check in will start at 7:30. You will need to be ready for race start at 9:00 am.

The Swim event - This segment is timed separately and is added to your outside run/bike/run time. There will be a warm - up lane from 6:00AM until 7:30AM. Beginning at 7:30 the warm-up lane will open up to those that would double up and swim side by side. Otherwise one swimmer per lane, first-come, first-serve. When you are finished your 1/4 mile (16 laps), or 1/8 mile (8 laps for kids), you can use locker rooms, get changed and meet at the starting line at 9:00 AM. All swim times must be in by 8:00 AM.

The Run/ Bike/ Run - The 2 mile Run/16 mile Bike/2 mile Run event, or 1 mile run/8 mile bike/1 mile run for kids begins at 9:00 AM. The start will be at the south side parking lot of the Aquatic & Fitness Center. It is suggested to rack your bike and get your equipment (YOU MUST WEAR A BIKE HELMENT) ready prior to this segment but not before you complete your swim. More people will be around at this time and nothing will be left unattended. Water will be available on both runs. It is advised to have your own water on your bike, if possible. Your race number must be worn and cross the finish line with you. Triathlon - your swim time and run/bike/run time will be added together at this time for the final results. Duathlon – your run/bike/run time is final.

Awards and refreshments follow the end of this event.

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