Swim Leg will be a diving/jumping Dock Start from Wharf Landing Dock, going south out-and-back to designated point and returning to wharf transition area. Swim start will be group start; finish time for swim will be marked when participant enters the transition area. Split time will be taken for first Transition "T1" between Swim and Bike and marked when participant exits the transition area with bicycle.

Cycling route starts along Williams Wharf Rd/ Route 614 across Route 14 to Ridgefield Rd/ Route 614. Left turn onto Callis Field Lane/ Route 613 then Right turn onto Morris Flippin Rd/ Route 612. Right turn onto Garden Creek Rd/ Route 611 then quick Right turn onto Marsh Hawk Rd/ Route 610. Right turn back onto Ridgefield Rd/ Route 614 – stay on Ridgefield Rd back across Route 14 (retrace) onto Williams Wharf Rd/ Route 614, and end at Transition Area. Finish time for cycling leg will be marked when participant enters the transition area.

Split time will be taken for second Transition "T2" between Bike and Run and marked when participant exits transition area for run. Run route is an out-and-back along Williams Wharf Road/ Route 614 to Route 14 intersection, turn around and run back to Transition area. Finish time for running leg will be marked when participant reaches timer/ time clock at Transition area entrance.

