

ATHLETE GUIDE 2025



REV3 BACK BAY
OPEN WATER SWIM
SPRINT MULTISPORT FESTIVAL
SEPT 6-7, 2025





WELCOME

Welcome everyone to the 2025 Rev3 Back Bay Open Water Swim and Multisport Festival. We are excited to be your host, for the 1 Mile and 3 Mile Swims, on Saturday, Sept 6th, and the Multisport Festival on Sunday, Sept 7th.

Our team is happy to have you join our 'family' even if just for the day and look forward to seeing you at other events in the future!

We hope that this helps you with any questions you may have. Should there be any information that you do not find in this guide, please be sure to check the [WEBSITE](#) for updates.



LOCATION

PUBLIC LANDING WHARF RD
2 PUBLIC LANDING WHARF RD
SNOW HILL, MD 21863

DIRECTIONS

Parking is in the areas near the boat ramps, and down near the swim start. There will be additional parking in the parking lot, with transition. Please be mindful of bikes entering and exiting the course.



RACE DAY - SWIM - SEPT 6TH

9:00 am - Packet Pickup Begins for all swimmers

10:15 - Safety Briefing and National Anthem at Public Landing Pavilion

- All Swimmers walk down to Beach Area

10:30 - 3 Mile Swim Starts

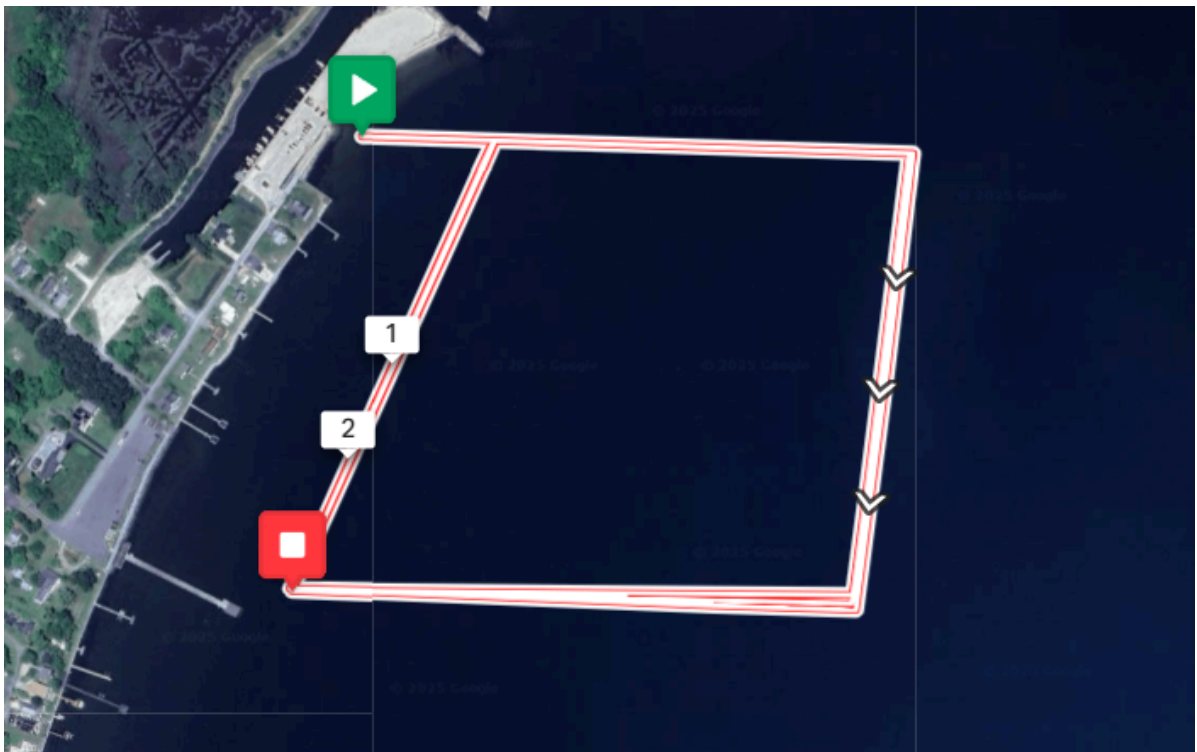
11:00 - 1 Mile Swim Starts

12:00 - Awards Ceremony (subject to change)

During Packet Pickup you will receive your shirt and swim cap

When we walk down to the beach area, we will have a bag available, to transport your shoes back to the finish line area for you.

NEW THIS YEAR!!! THE 3 MILE SWIM WILL BE A LOOPED COURSE TO BETTER PROTECT OUR SWIMMERS.



AWARDS - SWIM

All finishers will receive a medal, commemorating their achievement.

TOP 3 MALE - 3 Mile

TOP 3 FEMALE - 3 Mile

TOP 3 MALE - 1 Mile

TOP 3 FEMALE - 1 Mile

Top 3 Male and Female in each distance (3 Mile and 1 Mile)

19 & under

20-29

30-39

40-49

50-59

60-69

70 and Over

RACE DAY - MULTISPORT - SEPT 7TH

SCHEDULE

6:30am Packet Pickup

8:00am Sprint Distance START

8:00 am - All Males/Duathlon

8:05 am - All Females/Relays

9:05am Estimated First Finisher

10:30am Estimated Final Finisher

PACKET PICKUP

When you arrive, bring your **ID** to the **BIKE OUT/BIKE IN** portion of transition, where you will be given your bib number, timing strap, and race premiums then directed inside the transition area. Athletes may **NOT** enter transition until they have checked in with staff.

****PLEASE HAVE YOUR QR CODE & ID READY AT PACKET PICKUP****

Your QR code can be found at the bottom of your Registration Confirmation email. Please come to packet pickup with your QR code ready to be scanned, this ensures a smooth process.

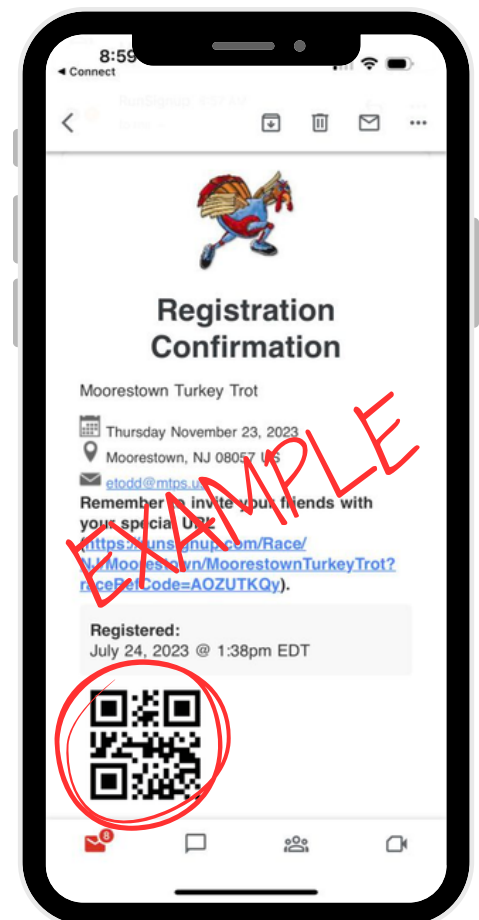
DOUBLE-CHECK THAT YOU HAVE THESE IN YOUR RACE PACKET:

- SWIM CAP (EXCEPT FOR DUATHLON)
- RACE NUMBERS (BIB, BIKE, HELMET)
- TIMING CHIP

PLEASE NOTE:

This is a **USA Triathlon** sanctioned event, and all USA Triathlon rules will be applied. Please make sure that you make yourself familiar with the most common rules:

Eight Commonly Violated USAT Rules. All participants must have a valid USA Triathlon membership, this was verified when you signed up for the event.



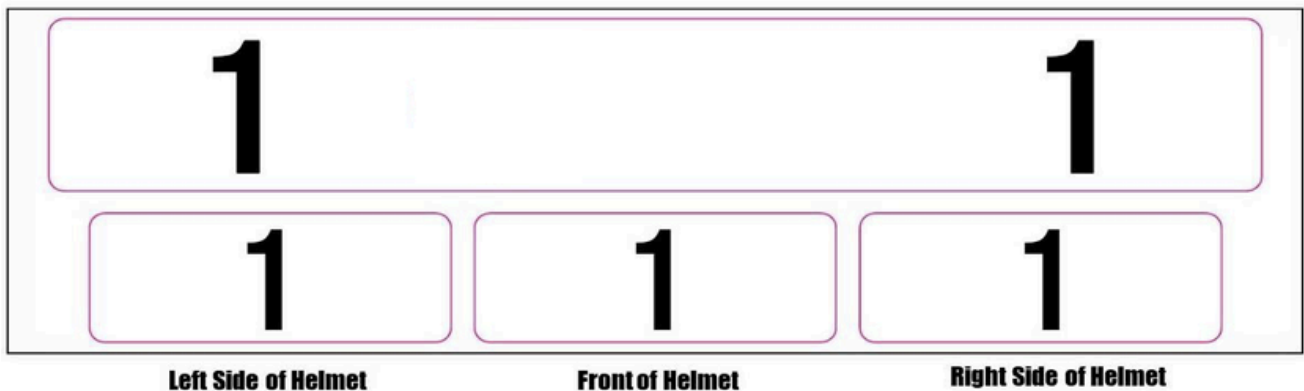
TIMING CHIP, STICKERS & BODY MARKING

TIMING CHIP

- Must be worn during the race
- Fasten to your **LEFT** ankle

STICKERS

Around Seat Post

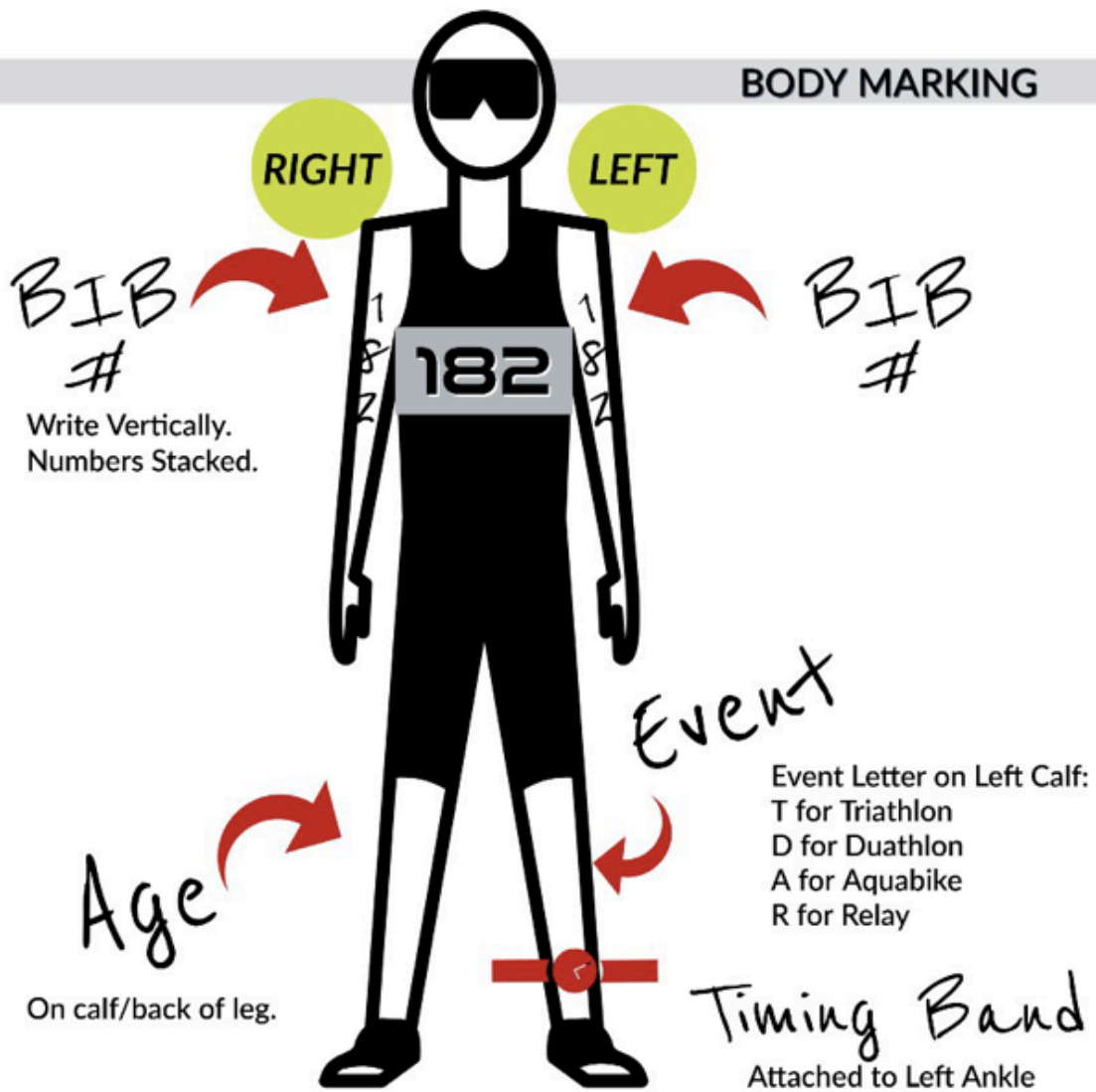


BODY MARKINGS

You are welcome to Mark yourself before you arrive to expedite coming into transition. Please carefully review your marking locations and information below:

- **Race Number:** Both Arms
- **Age:** Right Calf
- **Event:** Left Calf (T = Triathlon, D = Duathlon, A = Aquabike, R = Relay)
- Use a **BOLD BLACK MARKER**, like a **Sharpie®**.
- Wipe your skin clean to remove any oily residue prior to marking. Visibility is important. If you mark yourself incorrectly, use eye makeup remover, makeup remover or baby oil to erase and try again. Lotion or coconut oil on a cotton ball may work as well.

BODY MARKING



EQUIPMENT STICKERS



ESSENTIAL GEAR

Please be sure to bring your helmet for the bike portion of the course. **ATHLETES WITHOUT A HELMET WILL NOT BE ALLOWED TO CONTINUE.** You may not mount your bicycle inside the transition area at any time. Also, please note that family members will **NOT** be allowed inside transition once the race has begun.

You will be provided with a swim cap, bib number, and timing chip at Packet Pickup. You will only need to wear your bib on the run portion of the course. Race belts are a great item for triathletes, so if you do not already have one, you can purchase one inside our retail tent at the event.

COURSES

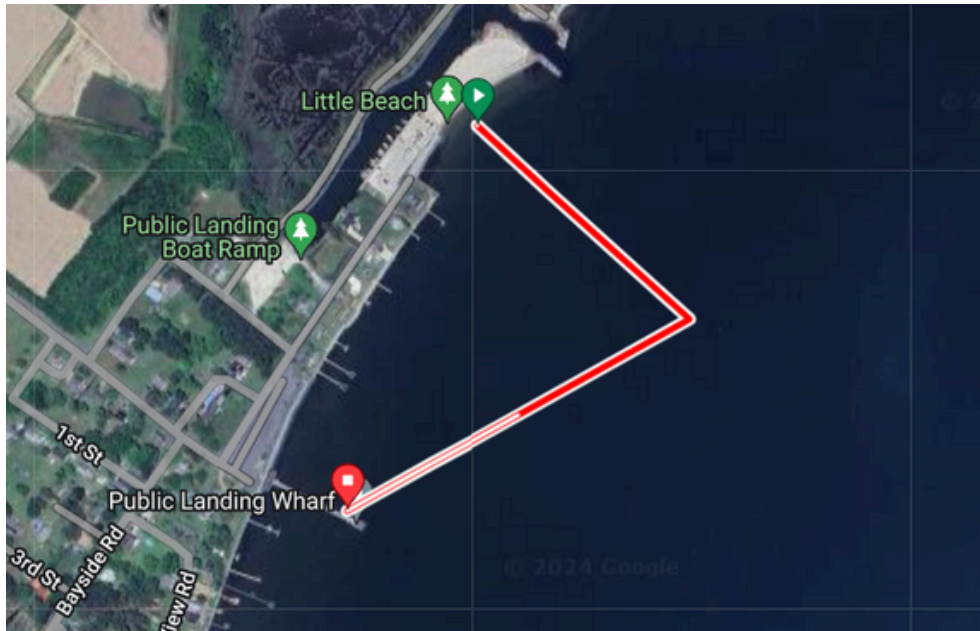
****PLEASE REFER TO THE WEBSITE FOR THE MOST UP TO DATE COURSE MAPS****

SWIM

We will be starting in waves, according to gender, as we've done in past years. Because we have to start from shallow water, running in, individually, doesn't make sense. You may be in the water, prior to your swim start, but in order to get an official start time, you must exit the water and pass over a timing mat.

ALL swimmers will clear the water before the start of the race.

SPRINT SWIM WILL START AT 8:00AM!!

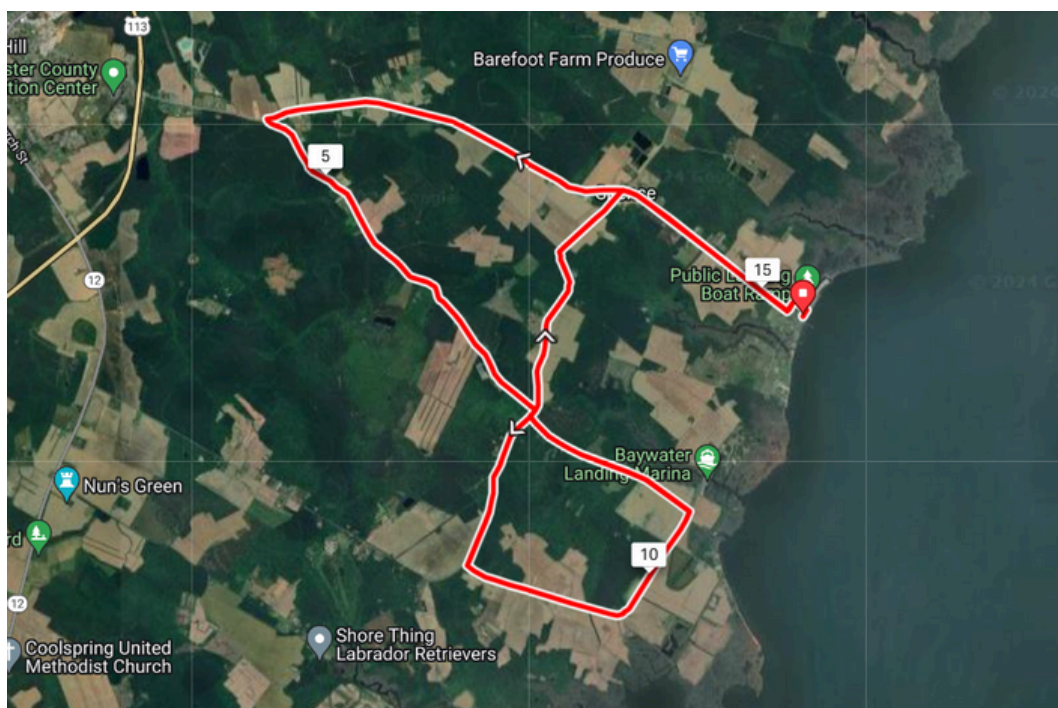


BIKE

HELMETS ARE MANATORY.

This is an open bike course, so there will be vehicle traffic on the course.

SPRINT BIKE COURSE: <https://ridewithgps.com/routes/44254684>



Back Bay Sprint Bike

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	←	L onto Outten Rd	0.2
3.	0.2	0.2	→	R onto MD-365 W	4.1
4.	4.4	4.1	←	L onto McCabes Corner Rd	2.9
5.	7.3	2.9	→	R onto Paw Paw Creek Rd	1.2
6.	8.5	1.2	←	L onto Bayside Rd	2.0

8.5 miles. +129/-91 feet

Num	Dist	Prev	Type	Note	Next
7.	10.5	2.0	←	L onto Stagg Rd	1.3
8.	11.9	1.3	→	R onto Paw Paw Creek Rd	1.9
9.	13.8	1.9	→	R onto MD-365 E	1.5
10.	15.2	1.5	←	L onto Outten Rd	0.2
11.	15.4	0.2	→	R onto Public Landing Wharf Rd	0.1
12.	15.5	0.1	📍	End of route	0.0

7.0 miles. +82/-83 feet

RUN

There will be AT LEAST one aide station with Water and Gatorade hydration on the run course. If temperatures dictate, an additional aide station will be added. You will find CUPS of water and Gatorade waiting for you at the run aide station.

SPRINT RUN

The SPRINT run will consist of an out and back course.

SPRINT RUN COURSE: <https://ridewithgps.com/routes/442547O2>

DUATHLON RUN

The DUATHLON course will consist of a 1. mile run to start out with. It will start next to the finish line, when the first wave of swimmers leaves at 8 am.

DUATHLON RUN COURSE: <https://ridewithgps.com/routes/27O22O69>

AQUABIKE

The **AQUABIKE** course will be the above **SWIM** and **BIKE ONLY**. You may rack your bike and cross over the finish line, should you want the experience of crossing the line!

DUATHLON

The DUATHLON course will consist of a 1.0 mile run to start out with. It will start next to the finish line, when the first wave of swimmers leaves at 8 am. The Bike and 2nd run are the same as the Triathlon above!

AWARDS - MULTISPORT

All finishers will receive a medal, commemorating their achievement.

TOP 3 MALE

TOP 3 FEMALE

Top 3 Male and Female:

19 & under

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75-79

80 and Over

Top 3 Duathlete (Male and Female separate)

Top 3 Aquabike (Male and Female separate)

Top 3 Relays

Top 3 Clydesdales (Males 220 lbs+)

Top 3 Athena (Females 165 lbs+)

Top 3 Military/Law Enforcement/First Responder (Male and Female separate)

OUR PROMISE TO YOU

- Support the healthy lifestyle choices of athletes!
- To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.



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