

ATHLETE GUIDE 2026



MARYLAND FREEDOM SWIM:
2 MILE
MAY 2, 2026





WELCOME

Welcome to the Maryland Freedom Swim, born out of the enthusiasm and growing passion for Open Water Swimming. Revolution3 brings you this unique, beautiful, and wild experience with the support of our volunteers, Maryland Parks Service, Shore RiverRivers, Dorchester County Visitor's Center, Talbot County, and the City of Cambridge. 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!

The Maryland Freedom Swim is set to give our swimming community an opportunity to safely cross the Choptank River unlike your traditional swim! We are excited to be able to offer you the ability to see a side of the Choptank River Bridge and Fishing Pier that you haven't seen before!

In order to do this, and to do it safely, we want to present to you this Athlete's Guide. Though we may not answer all of your questions, we hope this will alleviate some of them. Please feel free to email info@rev3tri.com with your questions.

The number one question we are asked is
"What is the water temperature?".
There is a NOAA Buoy right next to the course:
[Station CAMM2 - 8571892 - Cambridge, MD](#)



LOCATION

DORCHESTER VISITOR CENTER

2 Rosehill Pl
Cambridge, MD US 21613

DIRECTIONS

There is limited parking at the venue, and most other parking will be in the surrounding neighborhoods.

THERE IS NO PARKING ON THE GRASS FIELDS ADJACENT TO THE PROPERTY!!!



After Parking athletes should report to the **LARGE SAIL** at the **Dorchester Visitor Center** for packet pickup.

RACE DAY

SCHEDULE

6:00am - 7:00am Pre-race check-in

7:00am Swimmer pre-race safety meeting (mandatory)

7:15-7:45am Shuttles to SWIM START

8:00am Start of self seeded swim waves:

Swimmers will enter in groups of 6, every 10 sec.

10:15 am Post-event activities begin/AWARDS

PACKET PICKUP

****PLEASE HAVE YOUR QR CODE
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.

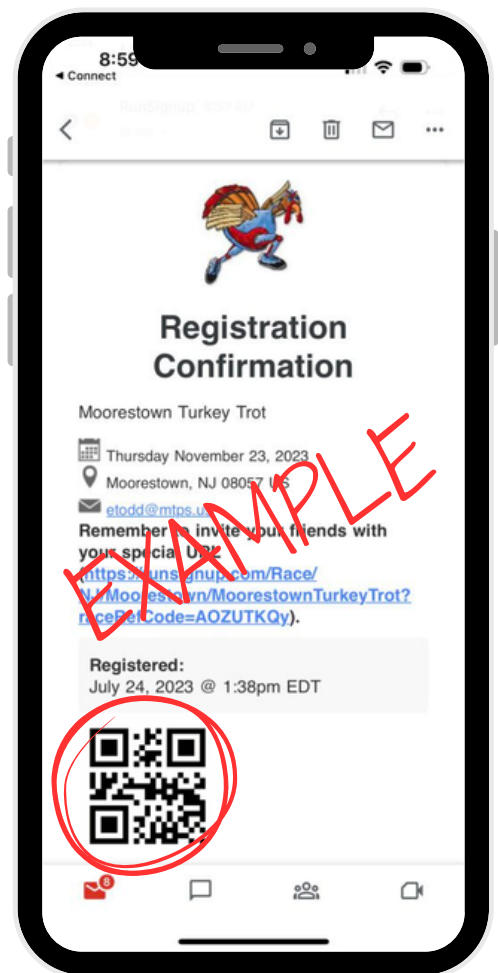
**DOUBLE-CHECK THAT YOU HAVE A SWIM
CAP & TIMING CHIP IN YOUR RACE PACKET.**

Athletes will be given a timing band to place on their ankle. All athletes **MUST** wear the timing band for the entirety of the race. These bands will be collected at the end of the race. Failure to return the strap can lead to the replacement cost of the timing chip (approximately \$100) to be charged to the athlete.

SHUTTLE

Athletes will take a shuttle from near the LARGE SAIL after packet pickup. Shuttles will be queued up and will take you over to the swim start area.

**NO SPECTATORS WILL BE ALLOWED ON THE SHUTTLE BUSES.
SPECTATORS ARE ASKED TO STAY ON THE DORCHESTER COUNTY
SIDE OF THE BRIDGE.**



SWIM BUOYS

Swim buoys **ARE** allowed for use during the swim. We ask that these be the inflatable devices, with short tethers, so that they do not interfere with other swimmers. Should you have a question if you can use a device, please reach out to us.

SNORKELS, SWIM FINNS, HAND PADDLES ARE STRICTLY FORBIDDEN!!!

DROP BAGS

Each athlete will be given a clear bag with their number on it to take to the start area. Athletes will place their bag in an appropriate area and you can pick it up after the race.

SPECTATORS

Spectators are asked to stay on the beach area. If you are spectating from your kayak or paddle board, **DO NOT** enter the race course area and do not help athletes with forward progress. Please do not throw trash on the ground.

Due to structural damage to the pedestrian bridges, there is NO ACCESS to the pedestrian bridges this year. All spectators should stay on the Dorchester County Visitor Center property.

RULES

CUTOFFS – STRICTLY ENFORCED!!!

Swimmers must be across the channel by 9:00am. That is a one hour cutoff for roughly one mile.

DON'Ts RESULTING in DQ's:

- **DON'T** cut the course.
- **DON'T** use a kayak or paddle board to make forward progress.

DO's:

- **DO** use a kayak to rest if needed.
- **DO** pace yourself and have fun!

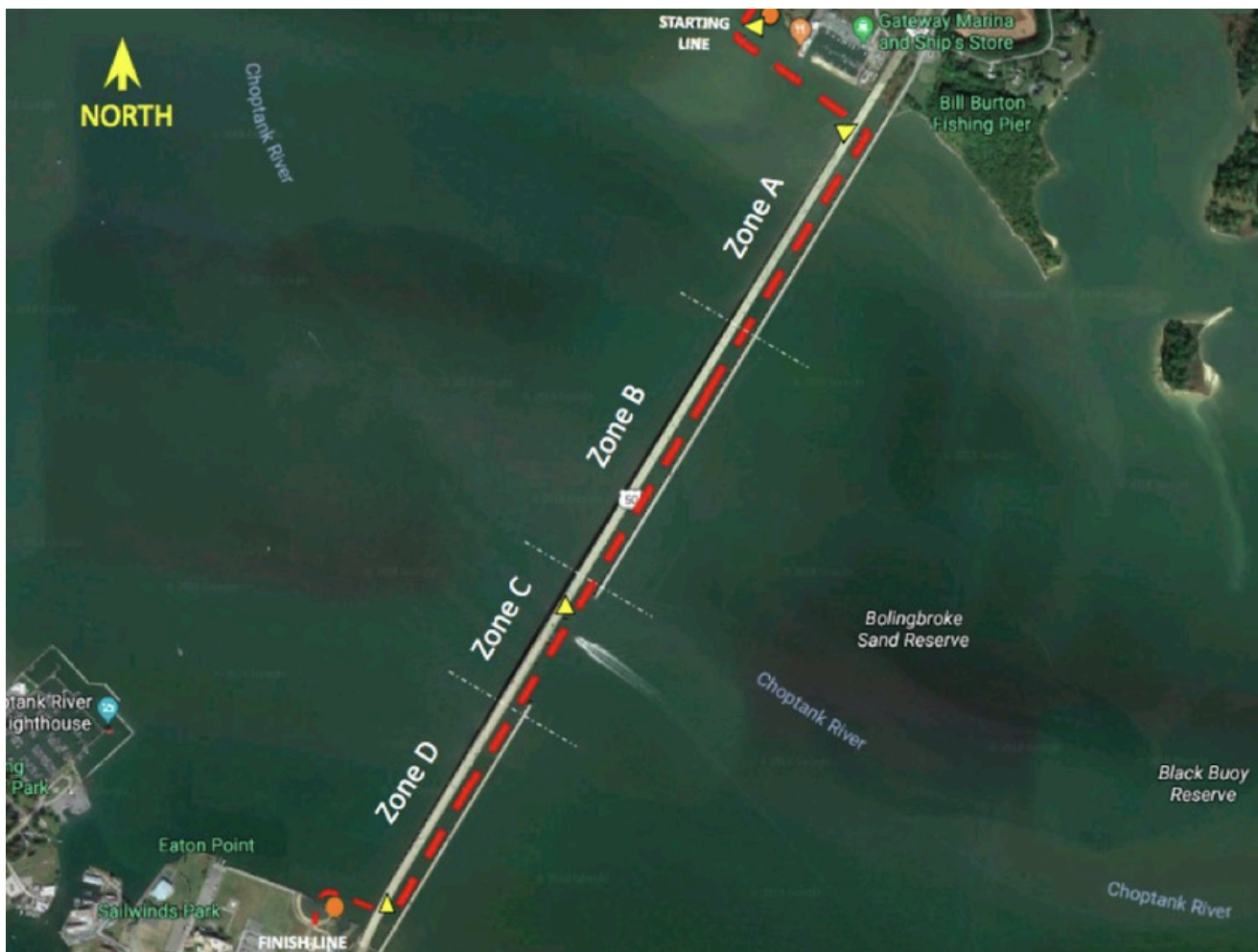
COURSE

The start will be from the beach area. All athletes will run into the water, 6 at a time, and then the next group of 6 will enter (about 10 seconds later): [YouTube Video Explanation](#)

There will be limited restroom facilities at the start/finish area.

There **WILL** be cups of water at the start area.

The finish line is at the beach area. Athletes **MUST** cross over the finish mat to receive their time. All athletes must be accounted for before the termination of the race!!!



AFTER

We will be supplying Water, Gatorade, and some snacks for after the event.

WEATHER & SAFETY

Swimming can be a dangerous sport and we take the safety of our swimmers as our highest priority.

If there is lightning seen or thunder heard in the area of the race, we will be able to have ONE delay of 30 minutes. This time is the accepted time limit from most sanctioning bodies for inclement weather.

If weather is a factor from wind/chop, the safety of the swimmers, as well as the **VOLUNTEERS** will be taken into account. The Race Director will convene with other committee members and members of Emergency Management and a decision will be made based on the safety of all participants.

If the swim is canceled for any reason, there is a **NO REFUND** policy that has always been on the registration portal. We appreciate your understanding if something were to occur that would prevent the swim from occurring.

AWARDS

THIS EVENT IS NOT WETSUIT MANDATORY!!!!

Please note that there are no separate awards categories between wetsuit and non-wetsuit. Your choice of use will not make a difference in your placing.

We will be doing 5 year Age Group Awards. Awards will be based on overall times and given to:

- Overall Male (1st, 2nd, 3rd)
- Overall Female (1st, 2nd, 3rd)
- Age Group Male & Female (1st, 2nd, 3rd): 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

***Please note for overall times, someone in a later wave may have a faster gun time so awards will be determined at the conclusion of all swimmers.**

BENEFICIARY

ShoreRivers protects and restores Eastern Shore waterways through science-based advocacy, restoration, and education.

www.ShoreRivers.org



SHORE RIVERS

OUR PROMISE TO YOU

- Support the healthy lifestyle choices of swimmers!
- 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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