



SwimRun Maryland General Rules

Wet Suit Policy

If the low race day air temperature and low race day water temperature added together is less than 32C, wetsuits will be REQUIRED. If the low race day air temperature and low race day water temperature is greater than 32C, wetsuits will be optional.

Team Policy

Teams of two must stay together within 10-meters of each other for the entire race. Teams may use a bungee tow rope which can help even out the individual's strengths allowing one person to be 'pulled' along and will help to keep you close during the swims, however, they are not mandatory. All teams are obliged to assist any team that is injured or sick and in need of assistance.

Transitions

At each water entry and exit there will be a race marshal. Teams must arrive at each transition as a pair. Teamwork is particularly important at transitions as you might need to help each other out of the water or check that each other's wetsuit is just the way you need it as you make your water entry.

Aid Stations & Bathrooms

There are aid stations throughout the run course. These stations will have water, sport hydrations, Gels of various flavors and bars. Teams should bring with them any other nutrition they desire. There are porta-potties at each aid station.

Checkpoints

Teams failing to pass a checkpoint (WATER ENTRY AND WATER EXIT) will be disqualified.

Medical Support

All swim legs are staffed with kayak support. Race personnel are connected to EMS. The finish line will have EMS.

Race Route

It is the responsibility of each team to know the course and be aware of each transition location. Teams are responsible to make sure that they stay on the course. If any member of

your team goes off course, you should return to the spot that you went off course and continue. The course will be marked; however, signage can be removed or changed by vandals without warning.

Race Jersey

Race jerseys must be worn on the outside of your person at all times throughout the race.

Timing Chip

Timing chips will be distributed at the pre-race briefing. Timing chips must be worn by all participants during the entirety of the race. The chip must be strapped to the ankle of each team member. No Chip = No Time = No Results.

Alcohol

Absolutely NO ALCOHOL is allowed on the course at any time. Violation of this rule will result in immediate team disqualification.

Conduct

All participants must display courtesy, good taste, decorum and sportsmanship at all times. This includes not littering or polluting the landscape or environment. Nudity is strictly prohibited.

Race Officials

Violations of race rules will result in disqualification or time penalties, depending on the severity of the infraction. Any rules violation that is determined by race officials to have placed the safety of any participant, volunteer, staff, or the general public at risk will automatically result in a team disqualification.