

Wagner Araújo

ITU
triathlon
World Cup **Sarasota-Bradenton**



ELITE ATHLETE GUIDE

OCTOBER 13-14, 2018 • SARASOTA-BRADENTON, FL





TABLE OF CONTENTS

Welcome from ITU President Marisol Casado.....	3
Welcome from USA Triathlon President Barry Siff and USA Triathlon CEO Rocky Harris.....	4
Welcome from Sunocast Aquatic Nature Center Associates, Inc., President and CEO Stephen Rodriguez.....	5
1. General Information.....	6
2. Venue Information.....	7
3. Accomodations.....	8
4. Transportation.....	9
5. Training.....	9
6. Accreditation.....	10
7. General Competition Information.....	10
8. Website and Live Coverage.....	13
9. About USA Triathlon.....	13
10. Schedule.....	14
11. Venue Map.....	15
12. Course Maps.....	16



Welcome from ITU President Marisol Casado

Greetings, and welcome to the 2018 Sarasota-Bradenton ITU Triathlon World Cup.

It is my great pleasure to be able to welcome you back to one of Florida's most iconic cities for another edition of the Sarasota World Cup. The course made its debut on the circuit last year, when Mexico's Rodrigo Gonzalez and Japan's Juri Ide delivered a masterclass in their respective races to win gold, and we look forward to even more exciting action as the 2018 season reaches its final stages.

Comprising a one-lap swim, three-lap bike and one-lap run, the venue offers up a compact sprint-distance course in Nathan Benderson Park, exactly the sort of set-up suited to fast and intense racing that is sure to bring out the most explosive performances in our athletes.

The weekend's racing will see both the elites and the paratriathletes competing for World Cup glory over the two days, another wonderful opportunity to unite the ITU family together in one place and show the world the very best that our sport has to offer, opening up newcomers young and old to the magic of triathlon.

As such, I would like to thank the local organising committee and the volunteers, the city of Sarasota and USA Triathlon for helping to stage what I'm sure will be another fantastic ITU World Cup.

I would also like to wish all the participants the best of luck in achieving their goals, and I encourage everybody to enjoy this beautiful region to the fullest as it hosts the thrilling spectacle of ITU triathlon. Have a wonderful weekend.

Sincerely,



Marisol Casado
President, International Triathlon Union
IOC Member



Welcome from USA Triathlon President Barry Siff and CEO Rocky Harris

Dear Athletes,

On behalf of USA Triathlon, we are proud to welcome you to the Sarasota-Bradenton Triathlon Festival. This exciting weekend of competition features ITU Triathlon and ITU Paratriathlon World Cup races, the CAMTRI Mixed Relay American Championships and the first-ever USA Triathlon Age Group Draft-Legal National Championships. We will also crown our USA Triathlon Elite National Champions, the first U.S. male and female finishers in the ITU Triathlon World Cup. We couldn't ask for a more beautiful race venue than Nathan Benderson Park, and we look forward to showcasing the talents of some of the world's best elite triathletes and the nation's best amateurs.

As you chase medals on the national and international stages this weekend, we hope the cheering and support of the wider triathlon community will inspire you to give it your all. We are proud to bring the ITU blue carpet back to the U.S. for the second consecutive year, and we are sure to see some exciting and fast-paced racing throughout the weekend. In addition to the individual competitions, we are thrilled to be showcasing the super-sprint mixed relay race format ahead of its inclusion at the Tokyo 2020 Olympic Games.

USA Triathlon and our local organizing committee, the Suncoast Aquatic Nature Center Associates, Inc. (SANCA), have worked diligently to ensure all competitors have a fantastic experience here at Nathan Benderson Park. USA Triathlon would like to thank the many individuals and groups in the local community and elsewhere who have helped to make this event possible: the International Triathlon Union, SANCA, Nathan Benderson Park, the communities of Sarasota and Bradenton, Sarasota and Manatee Counties, Sarasota Police and Fire Departments, Manatee County, Benderson Development, and USA Triathlon staff and volunteers.

We would also like to thank the corporate partners and local sponsors of the Sarasota-Bradenton Triathlon Festival, who have worked hard to make this weekend of racing a success. We are grateful for their support and commitment to the multisport lifestyle.

Thank you for joining us, and best wishes for a successful and memorable event. We hope you take some time to celebrate your accomplishments after the race to enjoy all that the Sarasota-Bradenton area has to offer.

Sincerely,



Barry Siff
President, USA Triathlon
ITU Executive Board Member



Rocky Harris
CEO, USA Triathlon



Welcome from SANCA President and CEO Stephen Rodriguez

ITU Triathlon World Cup Competitors:

On behalf of the Suncoast Aquatic Nature Center Associates, Inc. (SANCA) Board of Directors, we welcome you to Nathan Benderson Park and the Sarasota-Bradenton area. We hope to recognize your hard work and dedication by providing an outstanding triathlon experience at Nathan Benderson Park.

When you are not competing, we hope you have the opportunity to explore and enjoy all that this area has to offer. Just steps from the park, we have the University Town Center shopping and dining district, which is just one of many things to do while visiting our community.

If you need anything at Nathan Benderson Park, please reach out to any of the SANCA staff and we will be happy to assist you. We wish you the very best of luck on your races and thank you for visiting Nathan Benderson Park.

Sincerely,



Stephen V. Rodriguez
President & CEO
Suncoast Aquatic Nature Center Associates, Inc. at Nathan Benderson Park





1. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2018 Sarasota-Bradenton ITU Triathlon World Cup.

1.1 KEY DATES

EVENT	DATE	TIME	LOCATION
Elite Athlete Press Conference	Thursday, Oct. 11	9:00	Nathan Benderson Park Finish Tower - Floor 2
Elite Athlete Briefing Check In	Thursday, Oct. 11	17:00-17:55	Athlete Briefing Tent, Nathan Benderson Park
Elite Athlete Briefing	Thursday, Oct. 11	18:00-18:30	Athlete Briefing Tent, Nathan Benderson Park
Elite Athlete Race Packet Distribution	Thursday, Oct. 11	18:30-19:00	Athlete Briefing Tent, Nathan Benderson Park
Elite Athlete Pasta Party	Thursday, Oct. 11	19:00-20:30	Athlete Lounge Tent, Nathan Benderson Park
Elite Bike Familiarization	Friday, Oct. 12	10:00-10:45	Transition
Elite Swim Familiarization	Friday, Oct. 12	11:00-11:45	Swim Start
Coaches Run Course Measurement	Friday, Oct. 12	12:00	Transition
Sarasota-Bradenton ITU Triathlon World Cup: Elite Women	Saturday, Oct. 13	13:30	Swim Start
Sarasota-Bradenton ITU Triathlon World Cup: Elite Men	Saturday, Oct. 13	15:30	Swim Start
Sarasota-Bradenton CAMTRI Mixed Relay Coaches Meeting and Athlete Briefing	Saturday, Oct. 13	19:00-19:30	Athlete Briefing Tent, Nathan Benderson Park
Sarasota-Bradenton ITU Paratriathlon World Cup	Sunday, Oct. 14	8:00	Nathan Benderson Park
Sarasota-Bradenton CAMTRI Mixed Team Relay	Sunday, Oct. 14	13:00	Nathan Benderson Park

1.2 KEY CONTACTS

Leslie Buchanan	Team Leader	leslie.buchanan@triathlon.org
Janice Turner	Technical Delegate	nowjaniceturner@gmail.com
Dan Frost	Assistant Technical Delegate	iflyea6bs@yahoo.com
Reuben Holland, MD	Medical Delegate	angler@me.com
Sarah Kupiec	Local Organizing Committee	sarah@sanca.us
Brian D'Amico	Race Director	brian.damico@usatriathlon.org
Megan O'Donnell	Athlete Transportation	megano@sanca.us
Cody Crowther	Athlete Accomodations	cody.crowther@usatriathlon.org
Caryn Maconi	USA Triathlon Media Contact	caryn.maconi@usatriathlon.org
Chelsea White	ITU Media Contact	chelsea.white@triathlon.org
Shaun Collin	Athlete Services	shaun.collin@usatriathlon.org
Craig Hanken	Technical Operations	craig.hanken@usatriathlon.org



2. VENUE

2.1 VENUE

The venue is located at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota, FL 34235.

2.2 PARKING

Parking on the island is allowed before the first race of the day begins. Individuals parking on the island will be required to pay \$5 and will not be able to leave until the last race of the day. An alternate parking location is available north of the park near the University Town Center Bus Transfer Center.



2.3 ELITE ATHLETE LOUNGE

Facilities including the Athlete Lounge and restrooms are located behind the Finish Tower. Sealed bottles of water are available for elite athletes prior to the race in the Athlete Lounge.

2.4 ANTI-DOPING CONTROL

Anti-doping control will be performed according to the ITU/WADA rules. In-competition tests will be conducted on the third floor of the Finish Tower at Nathan Benderson Park.

2.5 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to everyone requiring medical assistance at the venue on the competition days, from the time of the transition area opening until the last bikes are checked out after the competitions, as well as during the open water swim training.

Medical and paramedical personnel from Sarasota County will be available throughout the competitions. Ambulances will be available to provide emergency transfer to hospitals. The Medical Tent will be located on-site near the Athlete Lounge. Only Team Medical Doctors with accreditations will be able to access these areas. Accreditations for Team Medical Doctors are given after the Athlete Briefing by the ITU Medical Delegate to those who have registered with ITU and have been approved in advance.

Medical services at the venue are free of charge. Any ambulance transport to or treatment at clinics and practices is to be paid by the participants. Athletes/teams should ensure they have appropriate medical insurance documentation with them at the race venue.

Proper medical care can be received at:

Sarasota Memorial Urgent Care Center
5360 University Parkway
Sarasota, FL 34243



2.6 BIKE MECHANIC SERVICES



Ryder Bikes is the Official Bike Support of the 2018 Sarasota-Bradenton Triathlon Festival. Ryder Bikes will offer basic Bike Mechanic Support in the Expo Village at the race site during the following dates/times:

- Thursday, Oct. 11, 16:30-19:00
- Friday, Oct. 12, 9:00-18:00
- Saturday, Oct. 13, 5:30-18:00
- Sunday, Oct. 14, 6:30-14:00

For service outside these hours or comprehensive needs, please visit Ryder Bikes' local shop at 5275 University Parkway, Unit #135 University Park, FL 34201.

Store Hours: Monday-Saturday 10:00-19:00, Sunday 12:00-17:00 .

2.7 INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Nathan Benderson Park main offices.

Contact: Shaun Collin

Event Information Tent

Address: 5851 Nathan Benderson Circle, Sarasota, FL 34235

Email: shaun.collin@usatriathlon.org

Hours: Thursday 12:00-20:30., Friday 10:00-16:00, Sat. and Sun. 10:00-12:00

2.8 SECURITY

A private security company will be responsible for the venue security, and community police and field of play marshals will patrol around the field of play. Police will manage the road closures and the traffic around the course.

2.9 MASSAGE SERVICES

Massage therapists are available on call during the whole week. Athletes may reserve a 30-60 minute session with the therapist at their own costs. Services include medi-cupping, mps, myofascial release, acupressure, active isolated stretching, structural energetic therapies and more. For more information, please contact the Information Center/ LOC Office.

3. ACCOMMODATIONS

The official hotels, where information boards will be updated throughout the week, are as follows:

- Homewood Suites — 305 N Cattlemen Rd, Sarasota, FL 34243
- Courtyard by Marriott — 8305 Tourist Center Dr, Bradenton, FL 34201
- La Quinta Inn — 931 Commercial Way, Sarasota, FL 34232
- Hampton Inn & Suites — 8565 Cooper Creek Blvd, Bradenton, FL 34201
- Holiday Inn Lakewood Ranch — 6231 Lake Osprey Dr, Sarasota, FL 34240

Please access the online reservation information here: <https://tinyurl.com/y7dxsaav>. Or, call HBC Event Services at (505) 346-0522 or email at support@hbceventservices.com if you have any questions and/or have any special hotel requests.



3.1 BANKS

The nearest banks are at the following locations:

- Wells Fargo Bank — 8410 Market St, Bradenton, FL 34202
- SunTrust Bank — 6135 Exchange Way, Bradenton, FL 34202
- Chase Bank — 6145 Exchange Way, Lakewood Ranch, FL 34202
- BB&T — 5720 Fruitville Rd, Sarasota, FL 34232

3.2 RESTAURANTS, SUPERMARKETS AND PHARMACIES

Nearby supermarkets and pharmacies:

- Target — 101 N Cattlemen Rd, Sarasota, FL 34243
- Publix — 5391 Fruitville Rd, Sarasota, FL 34232
- Publix — 2875 University Pkwy, Sarasota, FL 34243
- Winn-Dixie — 5400 Fruitville Rd, Sarasota, FL 34232
- Walgreens — 3155 University Pkwy, Sarasota, FL 34243 (pharmacy only)

Nearby restaurants:

- BurgerFi — 57 N Cattlemen Rd #90, Sarasota, FL 34243
- Panera Bread Co. — 15 N Cattlemen Rd, Sarasota, FL 34243
- California Pizza Kitchen — 192 N Cattlemen Rd Unit 1, Sarasota, FL 34243
- Chipotle — 97 N Cattlemen Rd, Sarasota, FL 34243
- Fresh Kitchen — 8491 Cooper Creek Blvd #101, Bradenton, FL 34201

4. TRANSPORTATION

The LOC will provide transportation for the top five male and female elite athletes between the airport and team hotel. Please contact Megan O'Donnell for reservations at megano@sanca.us.

5. TRAINING

5.1 SWIM TRAINING

Pre-competition swim training will take place based on the detailed schedule within this document.

POOL LOCATIONS

LA Fitness (25m Indoor Pool)

- Location: 502 Cooper Creek Blvd., University Park, FL 34201
- Operation hours: Monday-Friday 5:00-23:00., Saturday-Sunday 8:00-20:00
- Entrance fee: \$20 for 30-day membership (use of pool and facility except from 9:00-10:00)
- Please note, there are no pre-reservations available

Open water swimming training times at the Nathan Benderson Park lake will be:

- Wednesday, October 10, 2018, 9:00-11:30
- Thursday, October 11, 2018, 9:00-11:30
- Friday, October 12, 2018, 9:00-11:30
- Note: Swimming at the lake is outside of these times is strictly prohibited.



5.2 BIKE TRAINING

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling at their own risk, and traffic rules are to be followed.

5.3 RUN TRAINING

Nathan Benderson Park has a paved 5k loop around the park.

5.4 ORGANIZED COURSE FAMILIARIZATION

SWIM

Swim familiarization for elite athletes will take place from 11:00-11:45 on Friday, Oct. 12. Swimming in the lake at any other time is strictly forbidden.

BIKE

Bike course familiarization for elite athletes will take place from 10:00-10:45 on Friday, Oct. 12. Athletes should meet at the transition area.

6. ACCREDITATION

The LOC will provide all athletes, coaches, team medical and technical officials with an official event accreditation badge according to the ITU Event Operational and Technical Requirements.

Accreditation badges will be distributed during the official registration after the Athlete Briefing.

Only accredited persons will be allowed to access certain areas at the venue. Accreditation badges are number-coded and provide access to specific areas of the competition venue. All accredited persons must carry their accreditation badge with them at all times and be prepared to show it upon request.

7. GENERAL COMPETITION INFORMATION

7.1 COMPETITION RULES

The Sarasota-Bradenton ITU Triathlon World Cup will follow the latest published Competition Rules of the International Triathlon Union, located at triathlon.org/about/downloads/category/competition_rules.

7.2 WEATHER CONDITIONS

The climate in Sarasota/Bradenton, Florida in October is between 18-29 °C (64-85 °F) and low precipitation. The heat stress index will be monitored during the competition days.

7.3 RESULTS

Online results will be provided live on triathlon.org/results. All results will also be posted on the information board in the Athlete Lounge at Nathan Benderson Park as they are available.

7.4 PROTEST AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.



7.5 PRIZE MONEY

Prize money will be distributed based on the following criteria:

RANK	MEN	WOMEN
1st	7,500 USD	7,500 USD
2nd	6,000 USD	6,000 USD
3rd	4,500 USD	4,500 USD
4th	3,000 USD	3,000 USD
5th	2,100 USD	2,100 USD
6th	1,800 USD	1,800 USD
7th	1,500 USD	1,500 USD
8th	900 USD	900 USD
9th	675 USD	675 USD
10th	525 USD	525 USD
11th	450 USD	450 USD
12th	375 USD	375 USD
13th	300 USD	300 USD
14th	225 USD	225 USD
15th	150 USD	150 USD

7.6 COURSE INFORMATION

WARM-UP

Athletes may not warm up on the course on competition days due to use by other events. Swim warm-up time and location will be provided at the Athlete Briefing prior to the competition. Run warm-up can be done on the path east of Nathan Benderson Park, but on the field of play.

START

Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee, with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

SWIM COURSE

The swim loop is 750m long, and athletes will complete one lap. The first turn is set at a distance of 250m. The average water temperature in the lake in October will be between 19-21 °C (66-70 °F). You will find daily information about the water temperature on the information board in the official hotels listed on page 8. The official water temperature will be taken one hour before each race start and posted in the Athlete Lounge and announced via the public address system.

BIKE COURSE

Generally flat profile. There are three laps of 6.1km each. Road surfaces are paved and of high quality.



7.6 COURSE INFORMATION (CONT.)

WHEEL STATIONS

Two wheel stations will be located on the bike course: one before the exit from the island on to Cattleman Rd. (team wheels) and one on the bike course at the southern edge of the park (neutral wheels). Team wheels must be checked-in and out at the Athlete Lounge.

RUN COURSE

Generally flat course, with one lap of 5km.

AID STATIONS

Three aid stations are located on the run course each lap, separated by approximately 1500m. Sealed water bottles will be given. Please note that littering zones will be applicable on the run course.

PENALTY BOX

The penalty box is located left side of the run course, 300m before the finish line.

7.7 CAMTRI MIXED TEAM RELAY CHAMPIONSHIPS COURSE INFORMATION

WARM-UP

Athletes may not warm up on the course on competition days due to use by other events. Swim warm-up time and location will be provided at the Athlete Briefing prior to the competition. Run warm-up can be done on the path east of Nathan Benderson Park, but on the field of play.

START

Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee, with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

SWIM COURSE

The swim loop is 350m long, and athletes will complete one lap and exit in front of the start pontoon. The average water temperature in the lake in October will be between 19-21 °C (66-70 °F). You will find daily information about the water temperature on the information board in the official hotels listed on page 9. The official water temperature will be taken one hour before each race start and posted in the Athlete Lounge and announced via the public address system.

BIKE COURSE

Generally flat profile. There is one lap of 6.1km. Road surfaces are paved and of high quality.

WHEEL STATIONS

One wheel station will be located on the bike course: one before the exit from the island on to Cattleman Rd (team wheels). Team wheels must be checked-in and out at the Athlete Lounge.

RUN COURSE

Generally flat course, with one out-and-back lap of 1.5km.

AID STATIONS

One aid station is located on the run course. Sealed water bottles will be given. Please note that littering zones will be applicable on the run course.



7.7 CAMTRI MIXED TEAM RELAY CHAMPIONSHIPS COURSE INFORMATION (CONT.)

ATHLETE TAG ZONE

The athlete tag zone is located near the swim start pontoon.

PENALTY BOX

The penalty box is located right side of the run course, 200m before the finish line.

8. WEBSITE AND LIVE COVERAGE

8.1 EVENT WEBSITE

Additional information, detailed course maps, start lists and final results are available online at https://triathlon.org/events/event/2018_sarasota_bradenton_itu_triathlon_world_cup. For more information about the full weekend of elite, paratriathlon and age-group racing at the Sarasota-Bradenton Triathlon Festival, visit usatriathlon.org/sbtrifest2018.

8.2 LIVE COVERAGE

Follow [@TriathlonLive](https://twitter.com/TriathlonLive) on Twitter for live coverage of the elite races at the Sarasota-Bradenton ITU Triathlon World Cup.

9. ABOUT USA TRIATHLON



USA Triathlon is proud to serve as the National Governing Body for triathlon, as well as duathlon, aquathlon, aquabike, winter triathlon, off-road triathlon and paratriathlon in the United States. Founded in 1982, USA Triathlon sanctions more than 4,300 events and connects with more than 400,000 members each year, making it the largest multisport organization in the world. In addition to its work with athletes, coaches, and

race directors — as well as the USA Triathlon Foundation — USA Triathlon provides leadership and support to elite athletes competing at international events, including International Triathlon Union (ITU) World Championships, Pan American Games and the Olympic and Paralympic Games. USA Triathlon is a proud member of the ITU and the United States Olympic Committee (USOC).

10. SCHEDULE

THURSDAY, OCTOBER 11, 2018

EVENT	TIME	LOCATION
Information Desk	12:00-20:30	Expo Village, Venue
Elite Press Conference	9:00	Finish Tower - Floor 2, Venue
Bike Mechanic Services	16:30-19:00	Expo Village, Venue
Elite Briefing Check In	17:00-17:55	Athlete Briefing Tent, Venue
Elite Briefing	18:00-18:30	Athlete Briefing Tent, Venue
Elite Race Packet Distribution	18:30-19:00	Athlete Briefing Tent, Venue
Athlete Pasta Dinner	19:00-20:30	Athlete Lounge, Venue

FRIDAY, OCTOBER 12, 2018

EVENT	TIME	LOCATION
Bike Mechanic Service	9:00-18:00	Expo Village, Venue
Information Desk	10:00-16:00	Expo Village, Venue
Elite Bike Familiarization	10:00-10:45	Elite Transition, Venue
Elite Swim Familiarization	11:00-11:45	Swim Pontoon, Venue

SATURDAY, OCTOBER 13, 2018

EVENT	TIME	LOCATION
Bike Mechanic Service	5:30-18:00	Expo Village, Venue
Information Desk	10:00-12:00	Expo Village, Venue
Elite Women Lounge Open	12:00-13:15	Athlete Lounge, Venue
Elite Women Transition Open	12:30-13:15	Elite Transition, Venue
Elite Women Swim Warm-Up	12:45-13:15	Swim Pontoon, Venue
Elite Women Athlete Line Up & Introduction	13:20	Swim Pontoon, Venue
Elite Women Start	13:30	Swim Pontoon, Venue
Elite Men Lounge Open	14:00-15:15	Athlete Lounge, Venue
Elite Men Transition Open	14:30-15:15	Elite Transition, Venue
Elite Men Swim Warm-Up	14:45-15:15	Swim Pontoon, Venue
Elite Men Athlete Line Up & Introduction	15:20	Swim Pontoon, Venue
Elite Men Start	15:30	Swim Pontoon, Venue
Elite Awards Ceremony	17:00-17:45	Awards Stage (near grandstands), Venue
CAMTRI Mixed Relay Coaches Meeting and Athlete Briefing	19:00-19:30	Athlete Briefing Tent, Venue



10. SCHEDULE (CONT.)

SUNDAY, OCTOBER 14, 2018

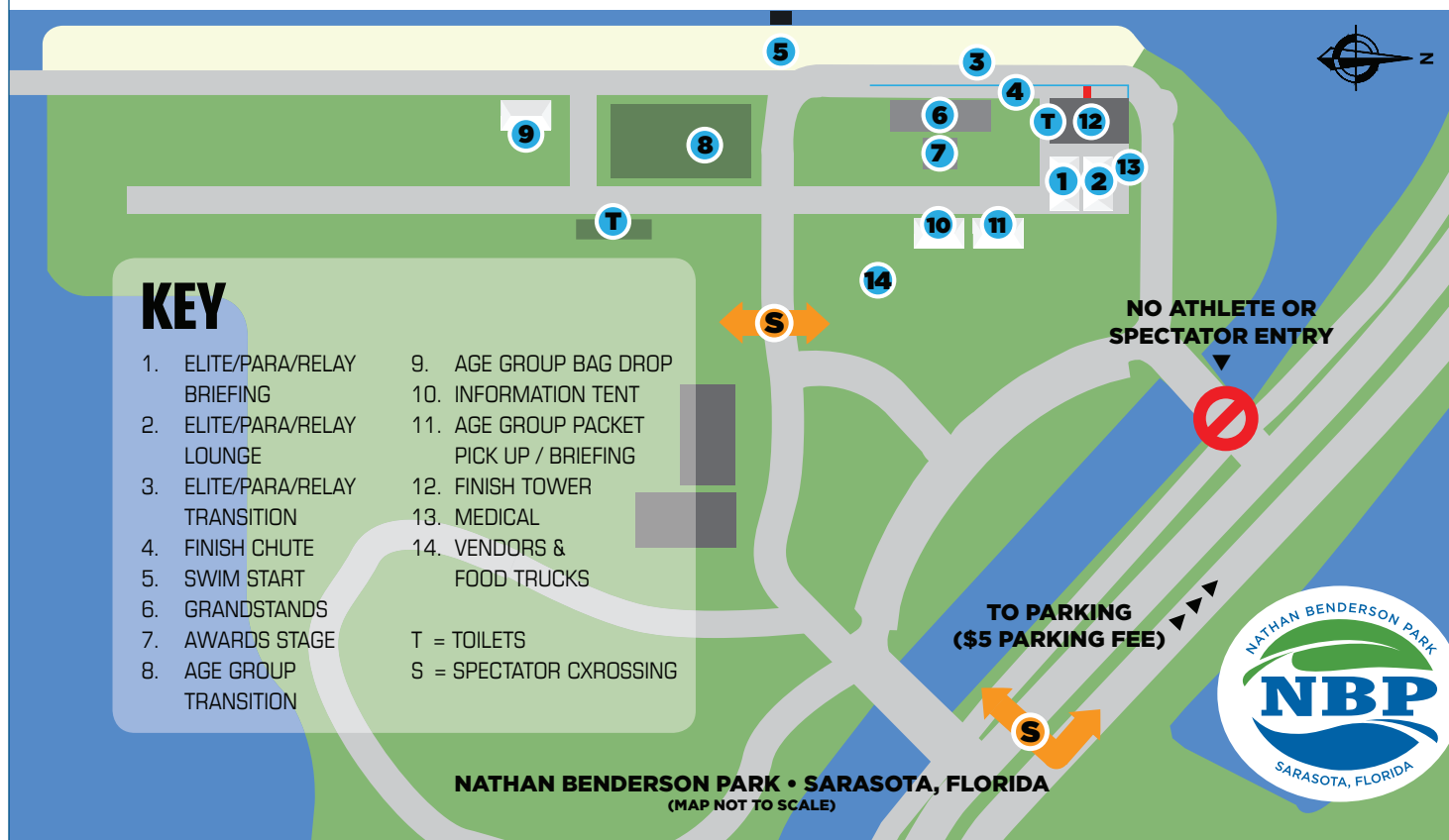
EVENT	TIME	LOCATION
Bike Mechanic Service	6:30-14:00	Expo Village, Venue
Information Desk	10:00-12:00	Expo Village, Venue
Elite Paratriathlon Races	06:00-11:15	Venue
Mixed Team Relay Lounge Open	11:30-12:30	Athlete Briefing Tent, Venue
Mixed Team Relay Transition Open	11:45-12:45	Athlete Briefing Tent, Venue
Mixed Team Relay Swim Warm-Up	12:15-12:45	Swim Pontoon, Venue
Mixed Team Relay Athlete Line Up & Introduction	12:50	Swim Pontoon, Venue
Mixed Team Relay Start	13:00	Swim Pontoon, Venue
Mixed Team Relay Awards Ceremony	14:30-15:15	Awards Stage (near grandstands), Venue

ITU
triathlon
World Cup **Sarasota-Bradenton**

OCTOBER 13-14, 2018



VENUE



OCTOBER 13, 2018

ELITE

750M SWIM - 1 LAP

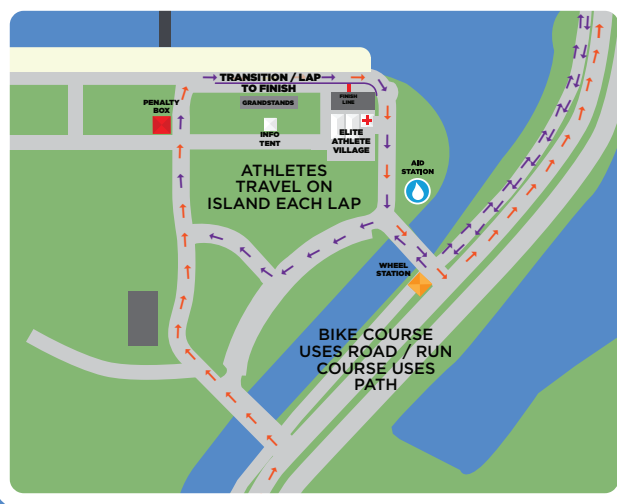
18.3K BIKE - 3 LAPS

5K RUN - 2 LAPS

LEGEND:
BIKE COURSE = RED
RUN COURSE = PURPLE



ISLAND DETAIL



NATHAN BENDERSON PARK • SARASOTA, FLORIDA
(MAP NOT TO SCALE)



Wagner Araújo

OCTOBER 14, 2018

RELAY

350M SWIM - 1 LAP

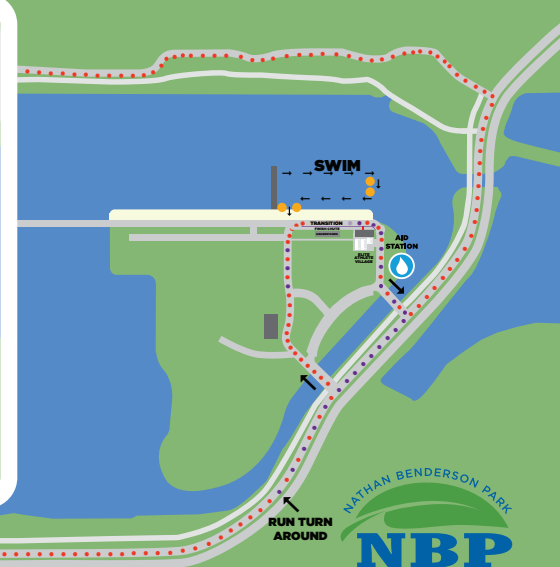
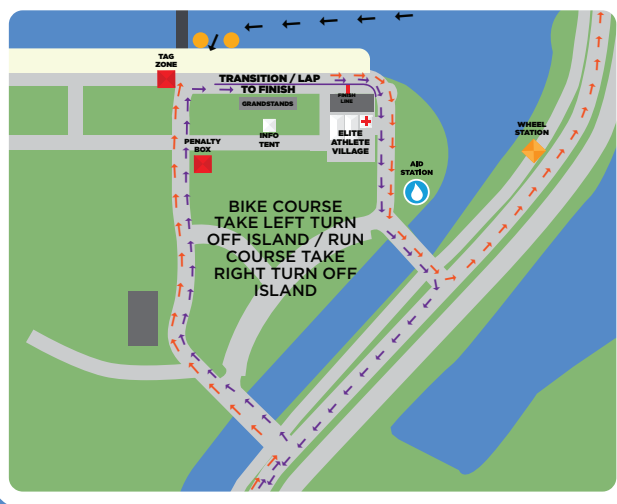
6.1K BIKE - 1 LAP

1.5K RUN - 1 LAP

LEGEND:
BIKE COURSE = RED
RUN COURSE = PURPLE



ISLAND DETAIL



NATHAN BENDERSON PARK • SARASOTA, FLORIDA
(MAP NOT TO SCALE)

