

Sarasota, Florida

Swim Course

13.1 miles/26.2 miles/52.4 miles

Course Key	
Sprint =	→ = Trail
Olympic =	→ = Aid Station
Half =	→ = Medical
	→ = Porta-Potty
	→ = Buoy

Start / Finish



Sprint/Olympic Turnaround



Half Turnaround

SPRINT:

Sunday, January 6, 2019

- Swim: 750 meters (one loop)
- 1) – Beach start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

OLYMPIC:

Sunday, January 6, 2019

- Swim: 1,500 meters (two loops)
- 1) – Beach start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

HALF:

Sunday, January 6, 2019

- Swim: 1.2 miles (2 loops)
- 1) – Beach start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1