



**Sarasota, Florida**  
**Swim Course**  
750 m/1,500 m/1.2 miles

**ALPHA SPRINT:**

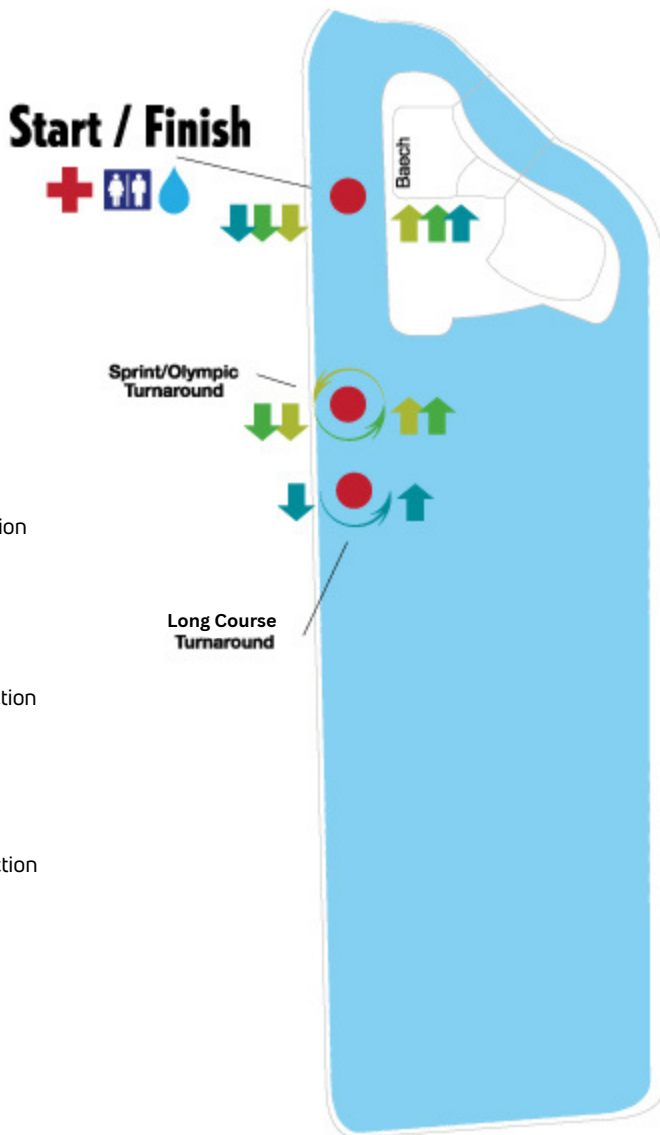
- Swim: 750 meters (one loop)
- 1) - Beach start
  - 2) - Swim one loop in counterclockwise direction
  - 3) - Exit water to T1

**ALPHA OLYMPIC:**

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

**ALPHA LONG COURSE:**

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



Course Key	
Alpha Sprint =	→
Alpha Olympic =	→
Alpha Long Course =	→
Buoy =	●
Trail =	----
Aid Station =	💧
Medical =	+
Porta-Potty =	🚻