



Sarasota, Florida

Swim Course

750 m/1,500 m/1.2 miles

ALPHA SPRINT:

Sunday, January 9, 2022

• Swim: 750 meters (one loop)

- 1) - Beach start
- 2) - Swim one loop in counter-clockwise direction
- 3) - Exit water to T1

ALPHA OLYMPIC:

Sunday, January 9, 2022

• Swim: 1,500 meters (two loops)

- 1) - Beach start
- 2) - Swim two loops in counter-clockwise direction
- 3) - Exit water to T1

ALPHA 70.3:

Sunday, January 9, 2022

• Swim: 1.2 miles (two loops)

- 1) - Beach start
- 2) - Swim two loops in counter-clockwise direction
- 3) - Exit water to T1

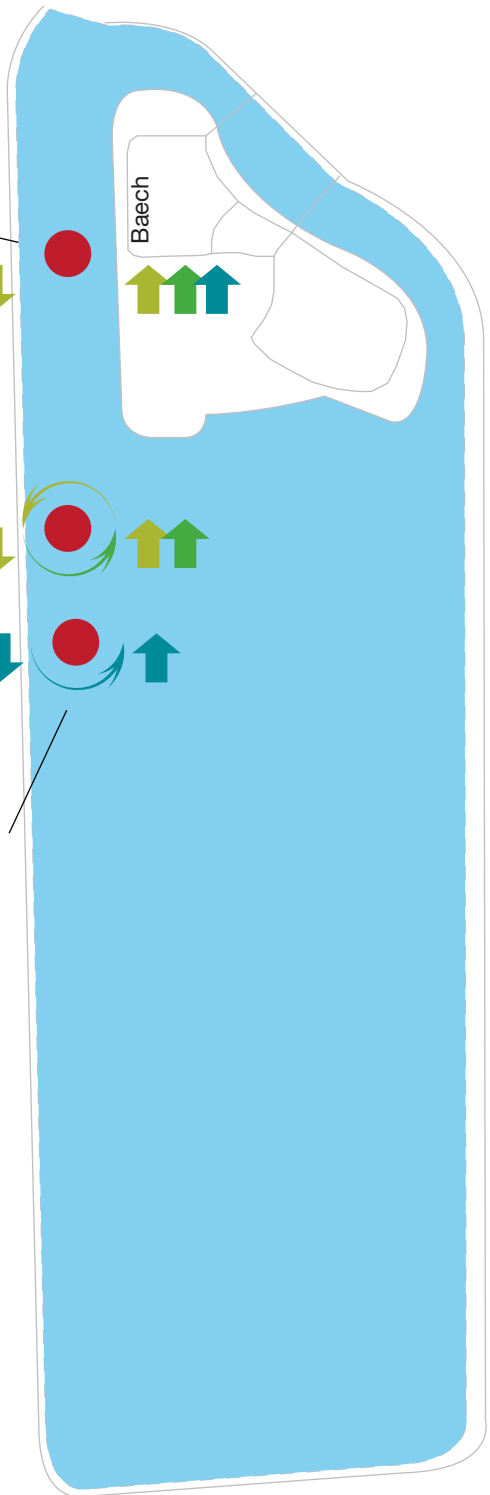
Start / Finish



Sprint/Olympic Turnaround



70.3 Turnaround



Course Key

Alpha Sprint =		Trail =	----
Alpha Olympic =		Aid Station =	
Alpha 70.3 =		Medical =	
Buoy =		Porta-Potty =	