



Wagner Araújo

AGE GROUP ATHLETE GUIDE

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





TABLE OF CONTENTS

Welcome from USA Triathlon President Barry Siff and USA Triathlon CEO Rocky Harris.....	3
Welcome from Sunocast Acquatic Nature Center Associates, Inc., President and CEO Stephen Rodriguez.....	4
1. General Information.....	5
1.1 Event Schedule.....	5
1.2 Event Organizer.....	6
1.3 Host National Federation	6
2. Venue	7
2.1 Venue Map	7
2.2 Course Map.....	8
2.3 Medical Services.....	9
2.4 Bike Mechanic Service	9
3. Packet Pick-Up and Athlete Briefing	10
3.1 Packet Pick-Up.....	10
3.2 Athlete Briefing.....	10
4. Training	10
4.1 Swim Training.....	10
4.2 Swim Course Familiarization	10
4.3 Bike Training.....	10
4.4 Run Training	11
5. During the Race	11
5.1 Rules: Age Group Draft-Legal Triathlon National Championships.....	11
5.2 Timing Chips.....	12
5.3 Swim Safety.....	12
5.4 Course Nutrition.....	12
6. After the Race	12
6.1 Awards.....	12
6.2 Results.....	13
6.3 Protests/ Appeals	13
7. Qualifying for Team USA	13
8. Parking	15
9. Accommodations	16
10. Website and Live Coverage	16
11. About USA Triathlon	17

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

Dear Athletes,

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 Triathlon Festival.

1.1 EVENT SCHEDULE

FRIDAY, OCT. 12

Expo Open/Bike Tech Onsite	9 a.m.-5 p.m.	Nathan Benderson Park
Age Group Swim Familiarization	12:30-1:30 p.m.	Nathan Benderson Park Swim Start
Age Group Packet Pick-Up	1-6 p.m.	Nathan Benderson Park Briefing Tent
Age Group Bike Check-In	4-7 p.m.	Nathan Benderson Park Age Group Transition
Age Group Briefing	5:30-6:30 p.m.	Nathan Benderson Park Briefing Tent

SATURDAY, OCT. 13

Age Group Transition Open	5:30-7:15 a.m.	Nathan Benderson Park Age Group Transition
Age Group Men Wave 1 Start (44 & Under)	7:30 a.m.	Nathan Benderson Park Swim Start
Age Group Men Wave 2 Start(45+)	7:45 a.m.	Nathan Benderson Park Swim Start
Expo Open	8 a.m.-6 p.m.	Nathan Benderson Park
Age Group Women Wave 1 Start (44 & Under)	9 a.m.	Nathan Benderson Park Swim Start
Age Group Women Wave 2 Start (45+)	9:15 a.m.	Nathan Benderson Park Swim Start
Age Group Course Closed	12:15 p.m.	
Age Group Awards Ceremony	12:45 p.m.	Awards Stage (near grandstands)
ITU Triathlon World Cup: Elite Women Start	1:30 p.m.	Nathan Benderson Park Elite Swim Start
ITU Triathlon World Cup: Elite Men Start	3:30 p.m.	Nathan Benderson Park Elite Swim Start
ITU Triathlon World Cup Awards Ceremony	5-5:45 p.m.	Awards Stage (near grandstands)

SUNDAY, OCT. 14

Expo Open	8 a.m.-4 p.m.	Nathan Benderson Park
ITU Paratriathlon World Cup Start	8 a.m.	Nathan Benderson Park Elite Paratriathlon Swim Start
ITU Paratriathlon World Cup Awards Ceremony	10:30-11:15 a.m.	Awards Stage (near grandstands)
CAMTRI Triathlon Mixed Relay American Championships: Athlete Lineup and Introduction	12:50 p.m.	Nathan Benderson Park Elite Swim Start
CAMTRI Triathlon Mixed Relay American Championships Start	1 p.m.	Nathan Benderson Park Elite Swim Start
CAMTRI Triathlon Mixed Relay American Championships Awards Ceremony	2:30-3:15 p.m.	Awards Stage (near grandstands)



1.2 EVENT ORGANIZER

Suncoast Aquatic Nature Center Associates, Inc. (SANCA)
5851 Nathan Benderson Circle
Sarasota, FL 34235
Phone: 941-358-7275
Email: info@sanca.us

1.3 HOST NATIONAL FEDERATION

USA Triathlon
5825 Delmonico Dr., Suite 200
Colorado Springs, CO 80919
Phone: 719-955-2807
Email: membership@usatriathlon.org



Wagner Araújo



2. VENUE

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

2.1 VENUE MAP





2.2 COURSE MAP

AGE GROUP SPRINT DRAFT LEGAL

750M SWIM - 1 LAP | 18K BIKE - 3 LAPS | 5K RUN - 1 LAP

OCTOBER 13, 2018



LEGEND:
BIKE COURSE = RED
RUN COURSE = PURPLE



ISLAND DETAIL



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





2.3 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to anyone 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 onsite.

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 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
941-917-1234

Sarasota Orthopedic Associates
Paul Lento, MD
6230 University Parkway
Sarasota, FL 34243
941-951-2663

2.4 BIKE MECHANIC SERVICES



Ryder Bikes is the Official Bike Support of the 2018 Sarasota-Bradenton Triathlon Festival. Ryder Bikes will offer basic bike support services near transition area during the following dates/times:

- Friday, Oct. 12, 9 a.m.-6 p.m. for the expo and bike check-in
- Saturday, Oct. 13, 5:30 a.m.-6 p.m. for expo, transition area and racing
- Sunday, Oct. 14, 6:30 a.m.-2 p.m. for transition area and racing

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

Store Hours: Monday-Saturday 10 a.m.-7 p.m., Sunday 12-5 p.m.



3. PACKET PICK-UP AND ATHLETE BRIEFING

3.1 PACKET PICK-UP

To take part in the Sarasota-Bradenton Triathlon Festival, you must pick up your race packet at the Nathan Benderson Park Registration Tent (next to the age-group transition area) at the designated time. This is where you will check into the event and pick up your race number and other necessities.

Packet pick-up for the USA Triathlon Age Group Draft-Legal National Championships will take place from 1-6 p.m. on Friday, Oct. 12.

You will need to bring the following to packet pick-up:

- Government-issued photo ID (i.e., state license, passport, green card)
- Current USA Triathlon membership card. You must be able to prove your membership status with USA Triathlon. You can also pull up your card on your mobile device with the USA Triathlon Membership Card phone app.

3.2 ATHLETE BRIEFING

Participants in the USA Triathlon Age Group Draft-Legal National Championships are highly encouraged to attend the Athlete Briefing on Friday, Oct. 12, from 5:30-6:30 p.m. The briefing will be held at the Nathan Benderson Park Athlete Briefing Tent behind the grandstands.

4. TRAINING

4.1 SWIM TRAINING

POOL LOCATIONS

LA Fitness (25m Indoor Pool)

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

4.2 SWIM COURSE FAMILIARIZATION

The swim course familiarization for all age-group athletes will take place at the swim start at Nathan Benderson Park from 12:30-1:30 p.m. on Friday, Oct. 12. Swimming in the lake at any other time is strictly forbidden.

4.3 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.



4.4 RUN TRAINING

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

5. DURING THE RACE

5.1 RULES: AGE GROUP DRAFT-LEGAL TRIATHLON NATIONAL CHAMPIONSHIPS

Age Group Draft-Legal National Championship competitors will follow the ITU Rules of Competition for age group draft-legal racing. Age group draft-legal competition has specific equipment requirements. Equipment must meet the following standards in order to be permitted on race day:

- Bike must have standard drop handlebars.
- Aerobars (both long or short) are not permitted to be used.
- Wheels must have 12 or more spokes and no disc wheels.
- New for 2018 – disc brakes are allowed!
- Helmets must have the original CPSC sticker in place inside the helmet.

New to draft-legal racing? Visit draftlegalrules.com to read all the rules and tips, or click here to view a handy draft-legal checklist.

A MESSAGE FROM THE LEAD OFFICIAL TO ALL AGE GROUP DRAFT-LEGAL COMPETITORS

Dear Athletes,

Welcome to the Sarasota-Bradenton Triathlon Festival and the USA Triathlon Age Group Draft-Legal National Championships. You are racing under the ITU draft-legal competition rules, with limited exceptions. Before you arrive to put your hard work to the test, there are several things I would like to bring to your attention. The rules of competition are not difficult to follow. However, there are several ways you can change the outcome of your competition in a negative way:

- Miss the pre-race briefing or race day check-in.
- Arrive with the incorrect bike gear.
- Compete without your torso completely covered.
- False start or early start.
- Helmet does not meet established CPSC standards and labeling.
- Mount your bike prior to the mount line.
- Not completing the appropriate number of laps on the bike or run.
- Dismount your bike after the dismount line.
- Not having your helmet buckled while in possession of your bike.
- Not serving a penalty when required or not following the instruction of a race official.
- Unsportsmanlike behavior.

The role of officials at the event is to help facilitate a safe and fair environment where you can achieve your goals. Please note that the bullet points above only list a number of the most important competition details. It is not a complete listing of the rules. I encourage you to familiarize yourself with all the rules of competition at draftlegalrules.com.

Make sure your helmet is a U.S. Consumer Product Safety Commission (CPSC) approved model. All helmets legally sold in the USA are CPSC-approved, but if you purchased your helmet in a



different country or online it may be illegal for use in USA Triathlon Sanctioned Events.

While on your bike, always have your chinstrap securely fastened — before, during and after the event! The chin strap rule is easy to follow and will help you avoid any related penalties, including disqualification.

All participants' torsos must be covered for the duration of the event. Violation of this rule, if not amended when instructed to do so, will result in disqualification. Remember to wear your race numbers, do not leave trash on course, and do not carry or use any portable audio devices.

Treat all other athletes, volunteers and officials with courtesy and sportsmanship. Any unsportsmanlike conduct shall result in disqualification. With that said, I hope you have a great race, have lots of fun, and achieve all your goals out on the course.

Sincerely,
Craig Hanken
USA Triathlon Lead Official

5.2 TIMING CHIPS

All athletes are required to wear a timing chip during the competition. Chips will be distributed on race morning upon check-in to transition. It is the athlete's responsibility to wear the timing chip on race day. Volunteers will collect all timing chips at the finish line after completing the triathlon. Athletes who lose their timing chips will be responsible for a \$100 replacement fee.

5.3 SWIM SAFETY

At the USA Triathlon Age Group Draft-Legal National Championships, wetsuits will be allowed if the water temperature is 71.6 F or less. Athletes with a latex allergy should notify USA Triathlon staff at packet pick-up and will be provided with a non-latex swim cap.

5.4 COURSE NUTRITION



ENDURANCE Gatorade Endurance Formula is the Official Sports Beverage of USA Triathlon and will once again be available on course for all athletes.



Science in Sport will provide on-course energy gels and energy bars at aid stations. Science in Sport's isotonic gels provide fast, easily digestible energy, with both caffeinated and non-caffeinated options available. Science in Sport's energy bars pack 26g of carbohydrates into each bar.

6. AFTER THE RACE

6.1 AWARDS

All age-group finishers will receive a medal at the finish line. The Awards Ceremony for the USA Triathlon Age Group Draft-Legal National Championships will take place at 12:45 p.m. on Saturday, Oct. 13, at the awards stage located near the grandstands. Age groups will begin with ages 15-19 and continue in five-year increments through 85-89. Awards will be presented to the top three athletes in each age group and gender. International athletes competing in the USA Triathlon Age Group Draft-Legal National Championships will not be eligible for awards.



6.2 RESULTS

Results will be published, after the race and after time limits for protests, to usatriathlon.org/sbtrifest2018.

6.3 PROTESTS/APEALS

- An athlete may file a protest with the Lead Official provided it has not been previously observed by officials and ruled upon.
- A protest is filed against the conduct of an athlete, an athlete's equipment, an official, or the conditions of the competition.
- Protests concerning athlete eligibility or course safety must be made in advance of the competition.
- An appeal is a request for a review of a decision made by officials/competition jury.

7. QUALIFYING FOR TEAM USA

The USA Triathlon Age Group Draft-Legal National Championships will qualify select athletes in each age group for the ITU Age Group Draft-Legal Sprint Triathlon World Championships in Lausanne, Switzerland, in 2019.

For the 2019 ITU World Championships, USA Triathlon will reserve up to ten (10) spots for women and up to ten (10) for men in each age group at this event (after the age group rule is applied). In order to be eligible to claim his/her ITU World Championship spot, each qualifying athlete must place within the top 10 in their age group AND be within the established cut-off time using Table 1 shown below. Calculations were based on results at the 2017 USA Triathlon Age Group Sprint National Championships (non-drafting) in Omaha, Nebraska.

Athletes will compete in this event based on age as of December 31, 2019.

Note that because athlete's eligibility to claim an ITU World Championship spot at this event is based on results from the USA Triathlon Age Group Sprint National Championships (non-drafting), it is possible that not all 10 spots in each age group will be filled (meaning some people will miss the time-back qualification).

- **Example 1:** Michael Smith places first in his 50-54 aged-up age group at the 2018 Draft-Legal Sprint National Championships and automatically qualifies for the 2019 ITU Sprint Triathlon World Championships. His finish time is 60 minutes. That time would be what USA Triathlon uses to calculate the percentage back for the age group.
- **Example 2:** John Jay finishes 11th in the 50-54 aged-up age group, only 4% back of the first place finish time in his age group. Even if he was within the qualifying percent of the top finisher's time in the age group according to the table published by USA Triathlon, John would not be eligible for a world championship spot since he was not among the top ten finishers in his age group.
- **Example 3:** Janice Field, competing in the 20-24 age group, places 9th in her age group with a time that is 12% behind her age group's top finisher. She would earn the spot based on her meeting both the finish place and time qualification (14.1%) for her age group. If she had been (11th) eleventh place, she wouldn't have met qualification.



TABLE 1: TEAM USA QUALIFICATION TIME-BACK PERCENTAGES

AGE GROUP	PERCENTAGE
F15-19	20.50%
F20-24	55.44%
F25-29	12.73%
F30-34	13.17%
F35-39	15.34%
F40-44	15.90%
F45-49	10.72%
F50-54	14.35%
F55-59	19.44%
F60-64	20.78%
F65-69	25.15%
F70-74	52.21%
F75-79	100%
M15-19	17.16%
M20-24	17.21%
M25-29	18.92%
M30-34	15.83%
M35-39	12.88%
M40-44	12.70%
M45-49	15.15%
M50-54	10.49%
M55-59	9.92%
M60-64	18.08%
M65-69	16.87%
M70-74	14.98%
M75-79	100%
M80-84	72.65%
M85-99	15.80%



8. PARKING

Spectator and athlete parking is located in the grassy parking lot to the southeast of the mall lots, located at 140 University Town Center Dr. No parking is available in the mall lots. Parking is also prohibited on the island at Nathan Benderson Park. It is a short walk from the parking area to the race site. Parking is \$5 per car; cash only. [Click here](#) to link to Google Maps directions on a smartphone.

Wagner Araújo





9. ACCOMMODATIONS

Access hotel booking with special pricing for athletes and coaches by [clicking here](#). 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

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

The nearest supermarkets and pharmacies are at the following locations:

- 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 include:

- 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

10. WEBSITE AND LIVE COVERAGE

For more information about the full weekend of elite, elite paratriathlon, elite mixed relay and age-group racing at the 2018 Sarasota-Bradenton Triathlon Festival, visit usatriathlon.org/sbtrifest2018.

For live coverage of all elite races, follow [@TriathlonLive](#) on Twitter. For the USA Triathlon Age Group Draft-Legal National Championships, friends, family and spectators can access live updates by following [@USATLive](#) on Twitter. Share your photos and race updates on social media using the hashtag #SBTriFest



11. 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 — in addition to 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).

Wagner Araújo

