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TRIATHLON CLUB

presents the 2026



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Message from Trigators

A message from the Trigators Triathlon Club and Race Directors:

On behalf of all of us in the Trigators Triathlon Club, we welcome you to the Swamp! We are excited to once again host the Trigators Escape the Swamp Triathlon at the University of Florida for everyone to enjoy. After a year away, it means so much to bring this event back to our athletes, alumni, and the Gainesville community.

This year features a special, one-time venue change as we race in the heart of Gator athletics. Our course allows participants to swim inside the iconic O'Connell Center pool, home to Olympic-level talent, before biking and running through our beautiful campus to a finish in front of the arena that hosts many Florida Gator teams.

This race is our opportunity to share our love of the sport of triathlon with the community of Gainesville, UF alumni, seasoned athletes, and newcomers alike. We are incredibly grateful to everyone who has chosen to join us for the 2026 edition and experience racing in the Swamp. Not to mention, this race is our primary fundraiser that helps keep the club alive and running for years to come. Your support truly makes a difference.

We hope to have a fun-filled day and look forward to meeting you all. Huge thanks to all of our sponsors, volunteers, the UF Police Department, and race organizers who help make this race possible. We are thrilled to be back and can't wait to see you at the start line.

Go Gators!

Trigators Triathlon Club

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Our host hotel is no longer receiving reservations, here are some additional lodging options in town and near the race site that appear to have availability for the weekend:

Comfort Inn University

3440 SW 40th Blvd, Gainesville, FL 32608

https://www.choicehotels.com/florida/gainesville/comfort-inn-hotels/fl102?mc=smgogouscil&cid=Search Comfort-Inn_US_Florida_General_ALL_CPC_ALL_EN_B-G&ag=US_FL_Gainesville_Property_FL102_Exact&pmf=GOOGLE&kw=comfort+inn+university+gainesville&gad_source=1&gclid=Cj0KCQiAzoeuBhDqARIsAMdH14FuMO6yfU2z1x2mHY08-gPmeYs1M7fgUchqwjMmclYVb82qL9KkJVUaAqH4EALw_wcB&gclsrc=aw.ds

DoubleTree by Hilton

3726 SW 40th Blvd, Gainesville, FL 32608

https://www.hilton.com/en/locations/usa/florida/gainesville/doubletree-by-hilton/?WT.mc_id=zlada0ww1dt2psh3ggl4advbpb5dkt6multibr7_153659867_1003528&gad_source=1&gclid=Cj0KCQiAzoeuBhDqARIsAMdH14Hr5OAtlXAlSdis_nHok_p0ubhALHDnMa-3QniC09qPnHuL5G8IZ84aArAXEALw_wcB&gclsrc=aw.ds

Aloft Gainesville University Area

3743 Hull Rd, Gainesville, FL 32607

https://www.reservations.com/hotel/aloft-gainesville-university-gainesville-fl?rmcid=Mchain-Revival1&utm_source=googleleads&gad_source=1&gclid=Cj0KCQiAzoeuBhDqARIsAMdH14G6LHiCZB-tgWjo_xzo9ApII-OwlwqGNhzuJhibxYgJn2Y5YsXREQwaAm7yEALw_wcB

Holiday Inn Express & Suites

1250 W University Ave, Gainesville, FL 32601

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Packet Pickup

Saturday, March 14th

4:00 pm to 8:00 pm O'Connell Center SE Lawn @ 250 Gale Lemerand Drive, Gainesville, FL 32611

Parking is available in the O'Connell Center parking lot! Meet the race directors and scope out the race site to see the action of the pre-race setup!

Sunday, March 15th

5:45 am to 7:15 am O'Connell Center SE Lawn @ 250 Gale Lemerand Drive, Gainesville, FL 32611

We **strongly** recommend picking up your packet the day before the race.

This will save you from the hectic race day packet pick up line and it will help the race start on schedule. If you cannot pick up your packet the day before, make sure you arrive early to pick up your packet and set up in transition.

The registered racer must be present and show a photo ID to pick up their packet.





Race Day Timetable

Sunday, March 15th, 2024

5:45 am	Transition opens. Race day packet pickup and registration table opens.
7:15 am	Race day packet pick-up closes.
7:40 am	Transition closes, athletes must leave transition and line up at the pool.
8:00 am	Sprint Race begins.
8:40 am	Super Sprint Race begins.
10:30 am	Awards ceremony.

Inclement Weather Reminders

If there is lightning in the area, the race will be postponed for 30 minutes to allow the lightning to pass. The clock restarts if more lightning is detected. In this case, we may require participants to take shelter in their vehicles until the race can proceed. Athlete safety is our #1 priority!

This event requires parents, guardians, or teachers to be responsible for the care, custody, and control of the minor participants, University of Florida will not provide supervision.



RESTROOMS

The O'Connell center will be open for restroom access.

Parking

Parking is available at the O'Connell center across from transition or the Commuter Lot down Gale Lemerand Drive. Please also park here for convenient access to packet pickup.

PLEASE ARRIVE ON TIME and enter from the SW 2nd Ave side of the parking lot since we will be closing off Gale Lemerand due to it being on the course!

NO ACCESS TO ENTER PARKING LOT THROUGH GALE LEMERAND

Race Summary

Super Sprint Race:

The Super Sprint Race is a 250 meter swim (5 Lengths of the Pool), 1 Lap on our 3.1 Mile Bike Course, and a 1 mile out and back run.

Sprint Race:

The Sprint Race is a 350 meter swim (7 Lengths of the Pool), 3 Laps of our 3.1 Mile Bike Course, and a 3.1 mile out and back run.

Awards:

All participants will receive a custom finisher medal for this year's race! Male/Female Overall winners and Top 3 Male/Female Age Groups (sprint and supersprint) will receive additional prizes.

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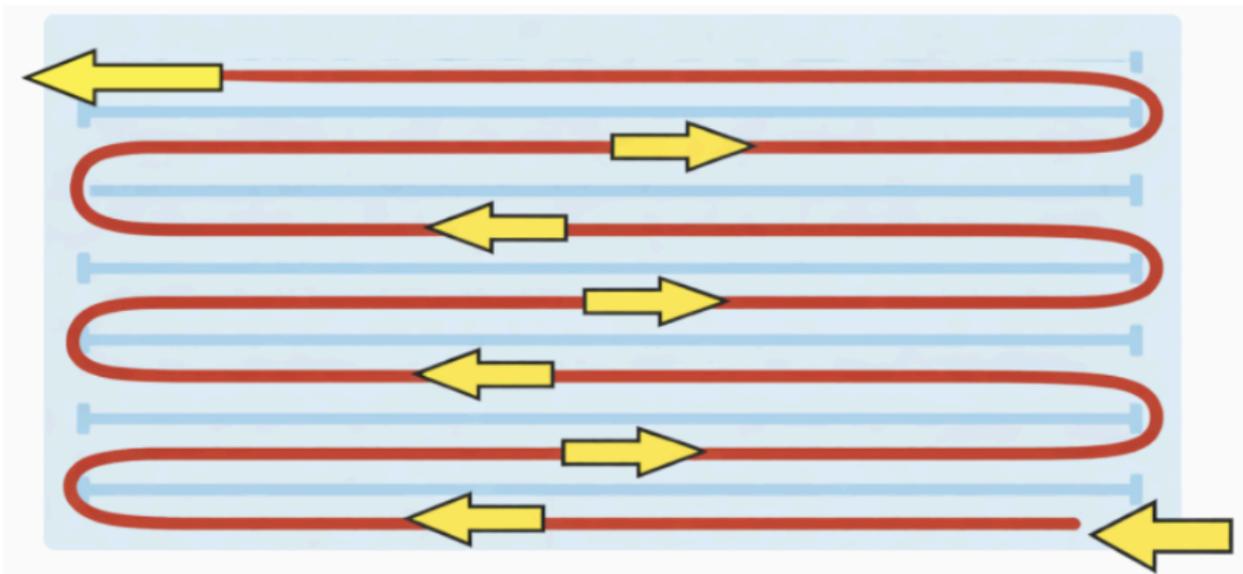
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Race Course Maps

The course will be marked with plasticades with directional signage, colored duct tape and volunteers. **It is the athlete's responsibility to know the course, any course cutting will result in a disqualification.**

Sprint

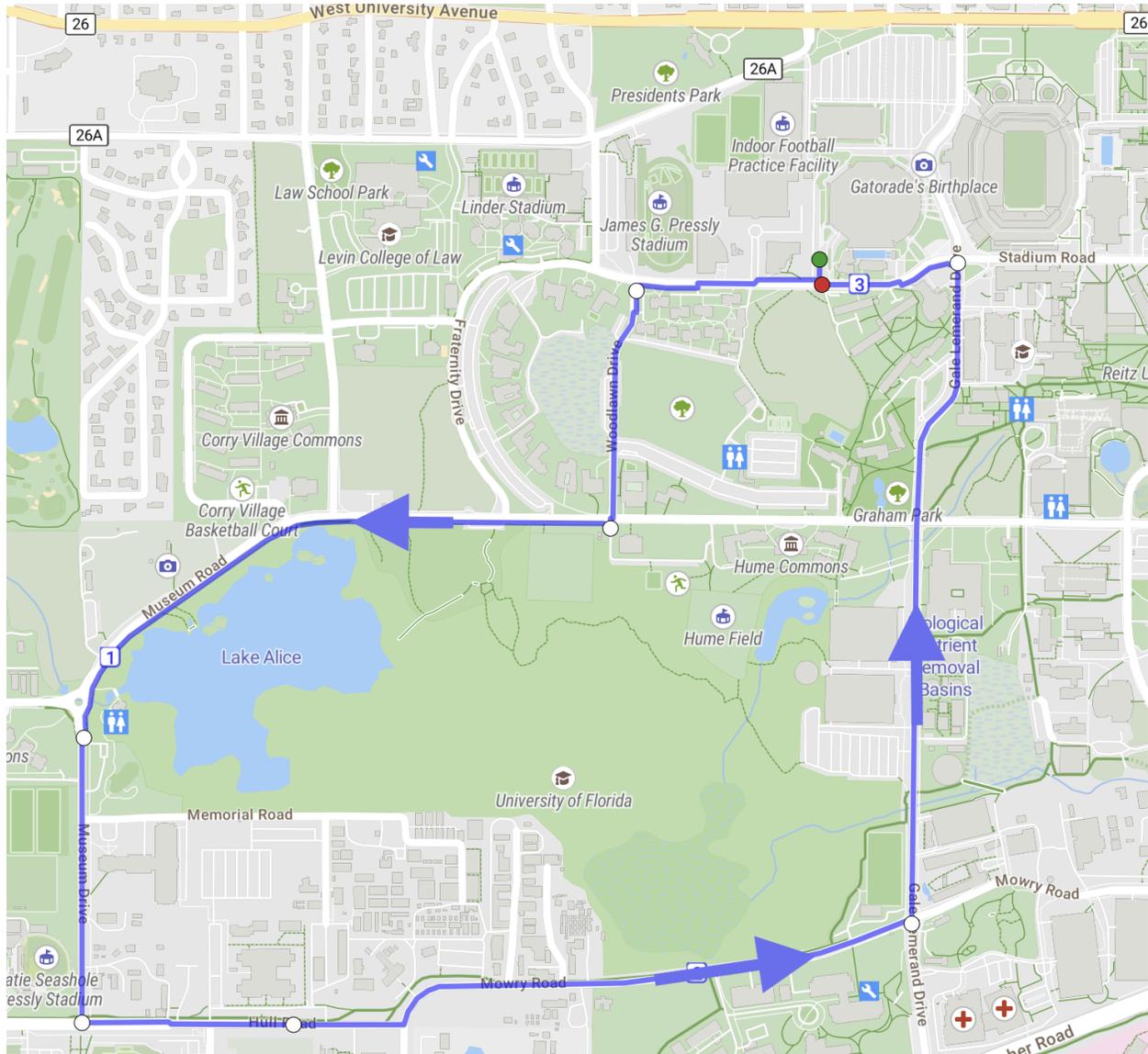
SWIM: The Swim will be 7 lengths of the pool in a snake style format. One athlete every 5-7 seconds will enter the water. This will be a rolling start and **will be self seeded on race day!**



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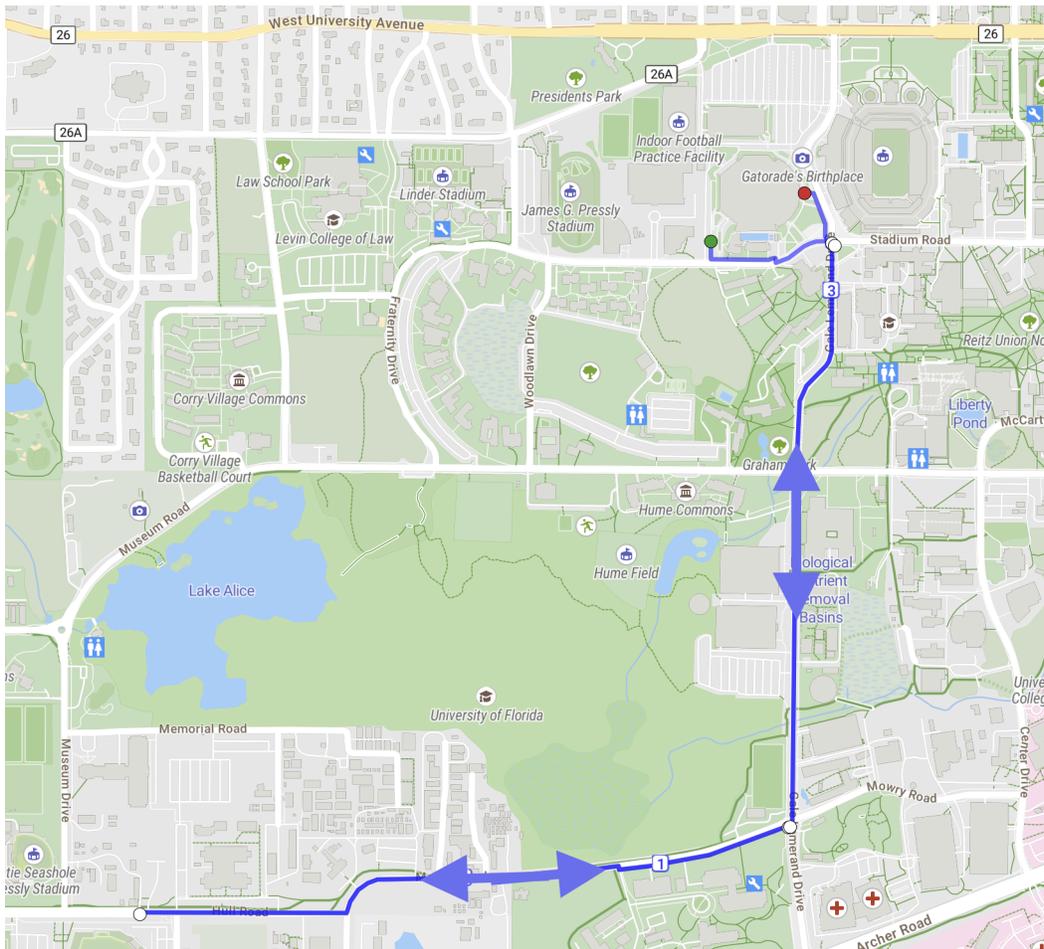
BIKE: 3 Loops around Lake Alice. Begin by exiting transition to the right. At the conclusion of the third lap, re-enter the transition area. We will not be able to tell you what lap you are on during the race, so please be sure to keep count on how many laps you've done and be honest since we will be able to determine if you did not do the correct number. DRC will disqualify incomplete races.



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RUN: This course is an out and back, beginning by following the bike course in reverse. First exit transition, take a Left on Stadium Road, Right on Gale Lemmerand, Right on Mowry Road! When you reach the turnaround, follow back the course you began on, and finish in front of the O'Connell Center.



FOLLOW BLUE TAPE ARROWS ON GROUND!

Total: 3.11 miles (5k)

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Super Sprint

SWIM: The Swim will be 5 lengths of the pool in a snake style format. One athlete every 5-7 seconds will enter the water. This will be a rolling start and **will be self seeded!**



NOTE: Image is of Florida Pool. 2026 edition will take place indoors at the O'Connell Center Pool.

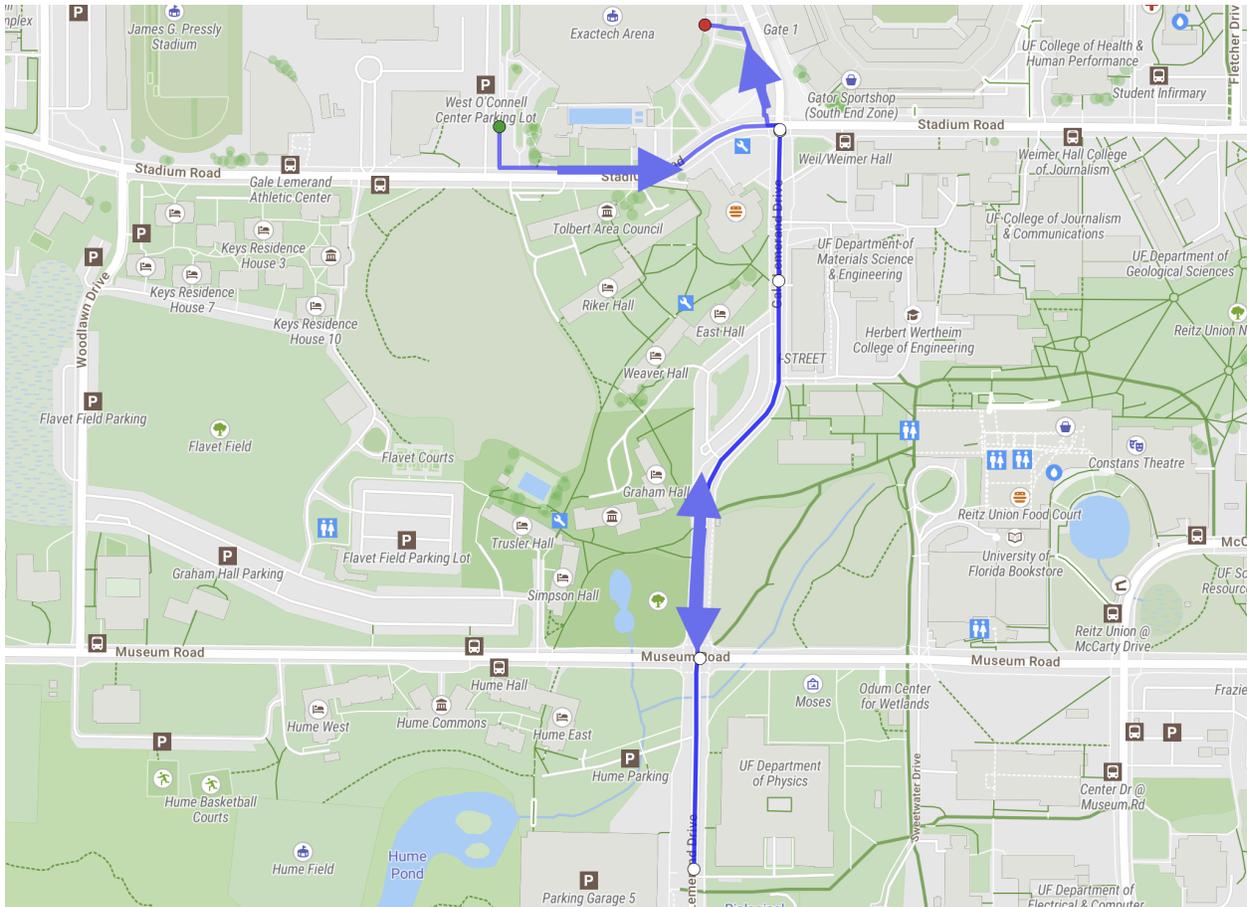
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RUN: This course is an out and back, beginning by following the bike course in reverse. First exit transition, take a Left on Stadium Road, Right on Gale Lemmerand. When you reach the turnaround, follow back the course you began on, and finish in front of the O'Connell Center.

Total: 1.0 miles

Turnaround will be clearly marked with a volunteer for the supersprint





Official Rules

This race is sanctioned under USAT and adheres to its course and conduct rules. Please review the following documentation for the [full rules](https://www.usatriathlon.org/multisport/rules) under USAT <https://www.usatriathlon.org/multisport/rules>

Transition

- Body markers will be available after you have retrieved your race number.
- Please ensure that if you have aero bars that the end plugs inserted into the handlebar ends. Drop style handlebars must also be plugged at the ends. Bar end plugs will not be provided at the race site.
- The transition area will be open ONLY to racers.
- It will not open to the public again *until all bikes have been cleared after the race by their owners.*
- You must be wearing your race number in order to retrieve your bike from transition after the race is over. If you are not able to retrieve your bike, the person retrieving it must have your race number in their possession to take the bike out of transition.
- ***For safety reasons, helmets must be donned and buckled before unranking your bike, and not removed until after you have racked your bike. Any athlete leaving transition without their helmet buckled is subject to disqualification.***
- Do not ride your bike through transition. Participants may only mount their bike after the mount line and must dismount before the dismount line.
- No glass containers are allowed in the transition area.
- Coming out of transition be aware of runners and the sprint race doing U-turns to complete their additional laps.

On the Course

- ***HEADPHONES AND MUSIC DEVICES ARE FORBIDDEN IN TRANSITION AND ON THE COURSE!***
- Please ride with traffic in the bike lanes.
- UFPD will be monitoring the course and trying to keep traffic off the course as best as possible. There is a small chance that traffic will be leaving the course.

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- Sprint Runners will have a 1000 yard stretch of two way traffic. Please stay on the sidewalk as best as possible during this time. We know it will be tight but be aware of others around you as well.
- There will be two aid stations on the Sprint Course at miles 1.5 and 2.5 of the course. Water will be available.
- All personal equipment and belongings must stay with the racer. No garbage, clothing, etc. is to be thrown onto the course.
- All spectators must keep clear of the course paths. Please be respectful to all participants.
- If you are racing the Super Sprint you are only completing 1 lap of the bike and run course. Sprint racers are the only racers completing multiple laps on the bike course and a single lap on the run course.
- drafting and mirrors are not allowed, that passing is permitted only on the left side, and that athletes must wear their bibs during the run leg.

SafeSport Communication

- This race will include minors. Please review the [linked](#) SafeSport documentation to review the USAT requirements.



**THANK YOU AND HAVE A
GREAT RACE! GO GATORS!!**