The Saguaro Sprint consists of a 400m swim, 8k bike, and 3k run at Tempe Town Lake.

**SCHEDULE OF EVENTS**

**THURSDAY, NOVEMBER 21, 2019**
Registration and check in  9:00am – 5:00pm  Tempe Beach Park

**FRIDAY, NOVEMBER 22, 2019**
Registration and check in  9:00am – 5:00pm  Tempe Beach Park

**SATURDAY, NOVEMBER 23, 2019**
Bike Check in  5:30am – 6:30am  Tempe Beach Park
Bike Assistance  5:30am – 7:00am  Tempe Beach Park

Race Start:  7:00 AM

Bike Check out Starts  8:40am (or announcement)
Run Course Closes  9:05am
Bike Check out Closes  10:30am
Swim Course – 400m Swim

Athletes will enter the water off the boat dock at Tempe Beach Park and swim directly to the exit ramp, just east of the park. Upon exiting the water, athletes will run back to their bikes in transition.
Bike Course

The bike course is an 8k loop.

Exit the park and head WEST on Rio. Go North at Priest, Right on the 202 entrance, left on Center Parkway, Left on the 202 access road, Left on Priest, Left on Rio, and back into the park. The parking lot will be split to accommodate bikes in 2 directions and runners in one direction.
Run Course

The run consists of a 3k run along the lake path, finishing at the IM finish line arch.

Run out of transition on the east end. Head east on the cement path until just after the swim exit and then drop down to the dirt path. Just before Scottsdale Road, make a U-Turn and head back west. Follow the cones along the cement path and then up onto the upper dirt path, before dropping down under the Mill Avenue Bridge. At the park, runners will head AROUND the south side of transition, follow the sidewalk out to Rio, and then run Rio up to the finish line.
Transition