



Sarasota 2K

SUN, ROWING & RIVALRY

March 27-28, 2026

Nathan
Benderson Park
Sarasota, FL

Battle for the
Benderson Cups



BULLETIN #1

NATHANBENDERSONPARK.ORG/SARASOTA-2K-2026

The Venue



ABOUT THE REGATTA

The beginning of the rowing season, even before the ice thaws in some parts of the country, brings together the finest Championship Mens & Womens collegiate schools, and Florida rowing schools in a spectacular 2K Sprint event. The Championship Mens and Championship Womens teams will compete for the annual Benderson Cups, to be presented to the team that has been awarded the greatest number of points.

ABOUT NBP

Nathan Benderson Park (“NBP”) is the top rowing facility in North America, identified as having all of the natural attributes that make up a premiere rowing facility. The park began hosting organized regatta competitions in 2009 and has since hosted the Olympic rowing team trials, NCAA rowing, youth regattas, team trainings, and USRowing’s Youth Nationals multiple times.

Athletes look forward to rowing on the park’s world-class, permanent, FISA Class A 2,000-meter sprint rowing and training course – the only such course in North America. Families and individuals can get out on the water through our rowing and paddling membership programs, find a scenic spot to enjoy an afternoon picnic, or walk, run or bike our peaceful, neatly manicured trails encircling the shimmering lake.



REGATTA FEES

Championship Men & Women:	\$1,000.00
Collegiate Teams:	\$750.00
Initial Lost/Broken Bow Cards:	\$20.00
Additional bow card	\$10.00

2026 DEADLINE & SCHEDULE (EST) - [Click Link in Blue Below](#)

- [Registration Opens:](#) **February 9 - 12:00pm**
- Registration & Payment Deadline: **March 20 - 5:00pm**
- [Tent Rental complete:](#) **March 14 - 5:00pm**
- Final Entries posted by NBP: **March 23**
- Lane Assignments posted by NBP: **March 25 - 5:00pm**

Race format will include Championship Womens heats and finals, and FIRA races.

PRACTICE

Thursday, March 26 2:00 PM- 6:00 PM

Friday, March 27 8:00 PM- 12:00 PM



The racecourse will be open for practice on Thursday with safety marshals. Launch docks will close 45 minutes before the finish time of practice to allow for the course to be cleared by the end time. The practice traffic pattern will allow for clockwise loops on the racecourse. This is not the race day traffic pattern. Maps are provided on pages 8-10 of this bulletin. There will not be any practice sessions on Saturday. Teams violating the practice session times or launching without safety marshals in place will be assessed one warning to all their entries for all their races. **NO BOATS ARE ALLOWED ON THE COURSE OUTSIDE THE PRACTICE WINDOWS LISTED IN THE SCHEDULE.**



TRAILER ARRIVAL/PARKING

Team trailers can begin arriving on Thursday, March 26 between 8:00 am and 5:00 pm; and Friday, March 27 beginning at 7:00 am. Trailers planning to arrive outside the above time frame must notify the venue. Please contact Sarah Hartz 941-224-9395 or Emma Anthony 941-402-1598 to coordinate.

SPECTATOR PARKING

Vehicle parking will be \$15.00 per day on Friday & Saturday. Spectator parking will be located on Regatta Island. The venue opens for parking 2 hrs prior to the first race.



VOLUNTEERS

Our NBP volunteers play a pivotal role in ensuring the success of more than 30 large-scale community events each year. Events welcome thousands of local, regional and international visitors. Sign up now to make a difference at www.nathanbendersonpark.org/volunteer.



AREA ACTIVITIES DURING THE SARASOTA 2K

We are working on a variety of activities and community specials at restaurants available throughout the Sarasota 2K including Popstroke, Ford's Garage, Gecko's, Alumni Watch Party for the Championship Men and Women, and possibly a kick-off reception at the new MOTE Aquarium for everyone Thursday night. Look for more details in bulletin #2!

RACING SCHEDULE

Proposed Friday Schedule

Proposed Friday Schedule		
2:00 PM	Championship Women DI 2V4	
2:10 PM	Championship Women DI 2V4	
2:20 PM	Championship Women DI 3V8	
2:30 PM	Championship Women DI 3V8	
2:40 PM	Championship Men 4V8	
2:50 PM	Championship Men 4V8	
3:00 PM	Championship Men 3V8	
3:10 PM	Championship Men 3V8	
3:20 PM	BREAK	
3:30 PM	Championship Women DI V4	
3:40 PM	Championship Women DI V4	
3:50 PM	Championship Women DI V4	
4:00 PM	Championship Women DI 2V8	Alumni event: 4-7pm
4:10 PM	Championship Women DI 2V8	
4:20 PM	Championship Women DI 2V8	
4:30 PM	Championship Men 2V8	
4:40 PM	Championship Men 2V8	
4:50 PM	Championship Women DI 1V8	
5:00 PM	Championship Women DI 1V8	
5:10 PM	Championship Women DI 1V8	
5:20 PM	Championship Men V8	
5:30 PM	Championship Men V8	

Proposed Saturday Schedule

Saturday Race Schedule	
8:00 AM	Championship Women 2V4 Petite final
8:08 AM	Championship Women 2V4 Grand Final
8:16 AM	Championship Women 3V8 Petite final
8:24 AM	Championship Women 3V8 Grand Final
8:32 AM	Collegiate Womens DII 4
8:40 AM	Collegiate MN V8 (top 4 seeds in [])
8:48 AM	Collegiate W V8 (top 4 seeds in [])
8:56 AM	Collegiate Men's JV 8
9:04 AM	Collegiate Women's JV 8
9:12 AM	Collegiate Men's LtWt B 4
9:20 AM	Collegiate Women's LtWt B 4
	BREAK
9:40 AM	Championship Women 1V4 3rd Final
9:50 AM	Championship Women 1V4 Petite Final
10:00 AM	Championship Women 1V4 Grand Final
10:10 AM	Championship Women 2V8 3rd level final
10:20 AM	Championship Women 2V8 Petite final
10:30 AM	Championship Women 2V8 Grand Final
10:40 AM	Championship Men 4V8 Grand Final
10:50 AM	Championship Women 1V8 3rd Final
11:00 AM	Championship Men 3V8 Grand Final
11:10 AM	Championship Women 1V8 Petite Final
11:20 AM	Championship Men 2V8 Grand Final
11:40 AM	Championship Women 1V8 Grand Final
12:00 PM	Championship Men 1V8 Grand Final
12:10 PM	LUNCH
12:30 PM	Awards Ceremony

RACING SCHEDULE

Proposed Saturday Schedule (continued)

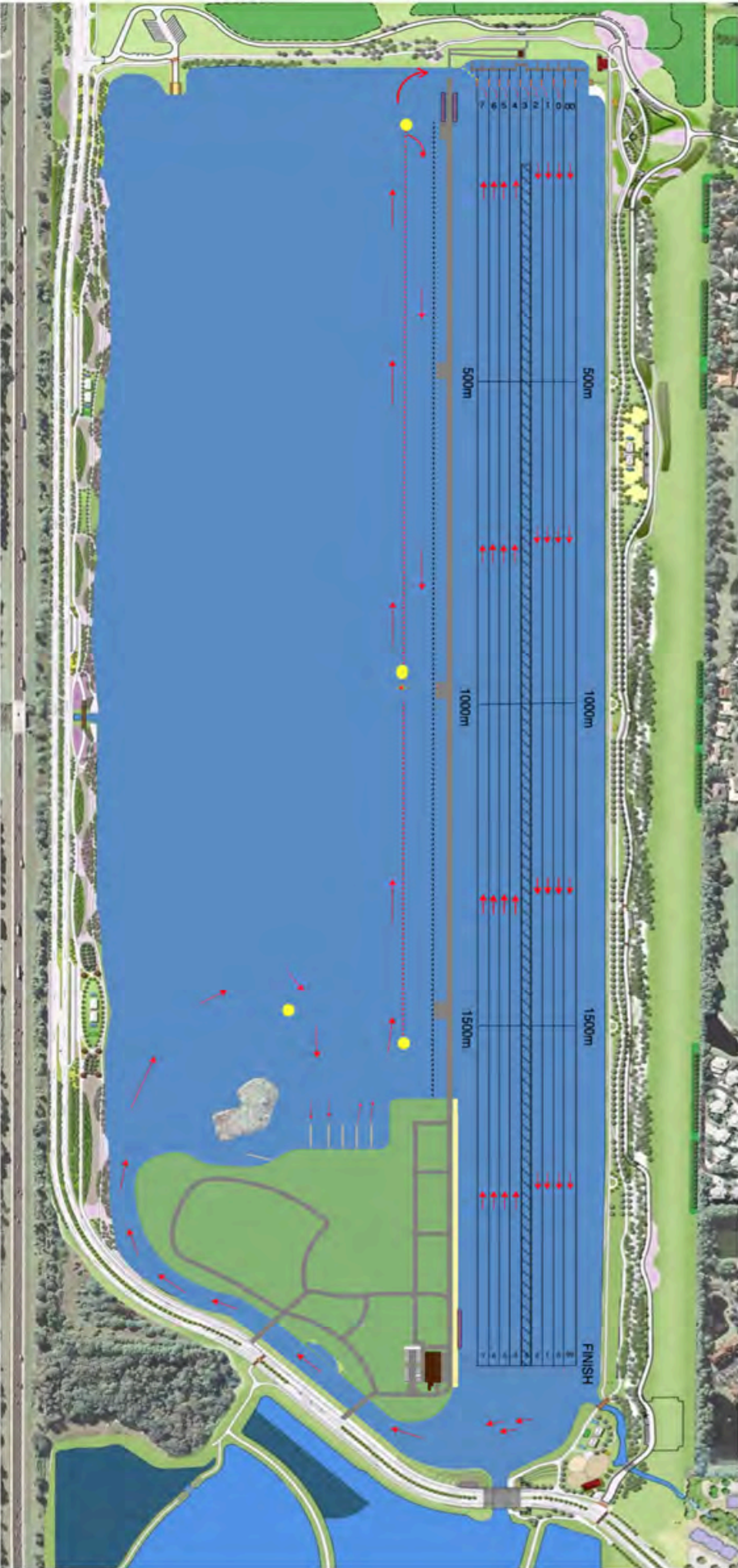
1:15 PM	Collegiate Women's 2x
1:25 PM	Collegiate Men's 2-
1:35 PM	Collegiate Women's 2-
1:45 PM	Collegiate Men's 8
1:55 PM	Collegiate Women's 3rd 8
2:05 PM	Collegiate Men's 1x
2:15 PM	Collegiate Women's 1x
2:25 PM	Collegiate Men's D 4
2:35 PM	Collegiate Women's D 4
2:45 PM	Collegiate Men's LtWt 4
2:55 PM	Collegiate Women's LtWt 4
3:05 PM	Collegiate Men's 2x
3:15 PM	Collegiate Women's 4th 8
3:25 PM	Collegiate Men's C 4
3:35 PM	Collegiate Women's C 4
3:45 PM	Collegiate Men's B 4
3:55 PM	Collegiate Women's B 4
4:05 PM	Collegiate Men's V4
4:15 PM	Collegiate Women's V4

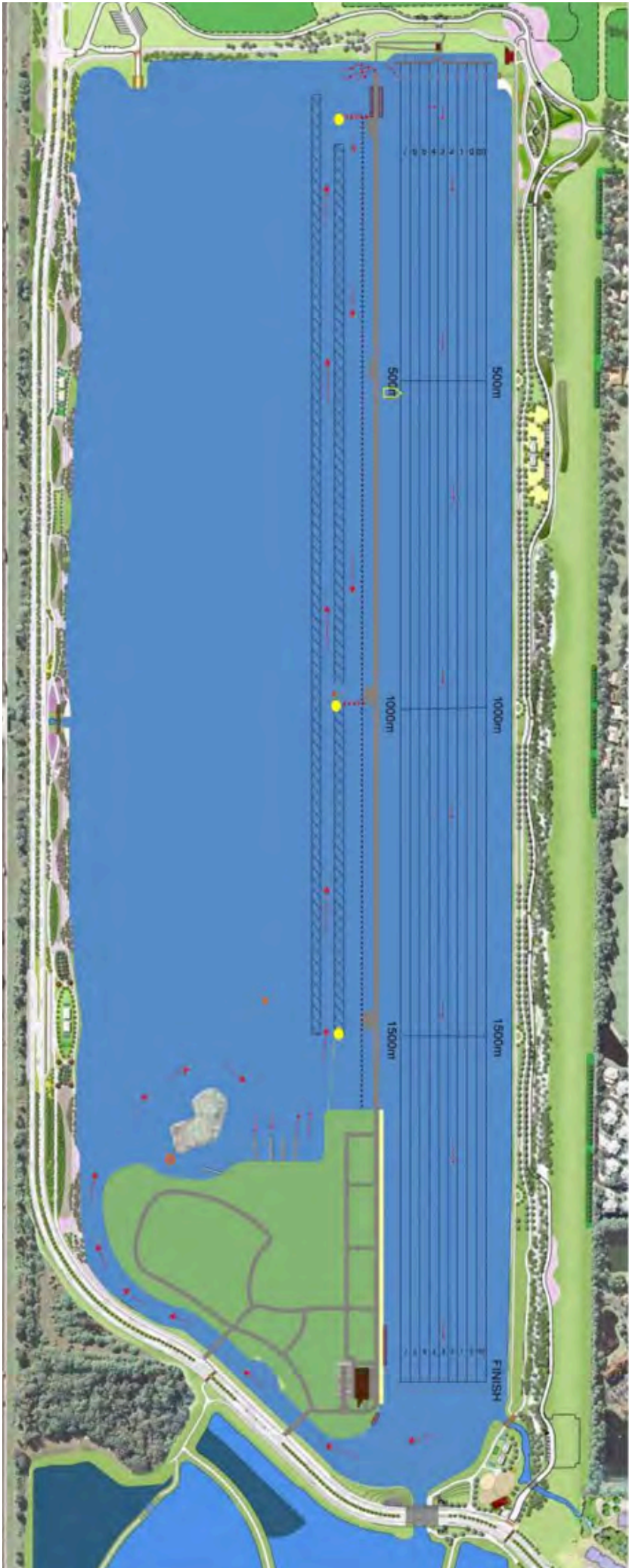
****Priority of races is subject to change due to weather delays.**



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PRACTICE DAY
TRAFFIC PATTERN





Nathan Benderson Park

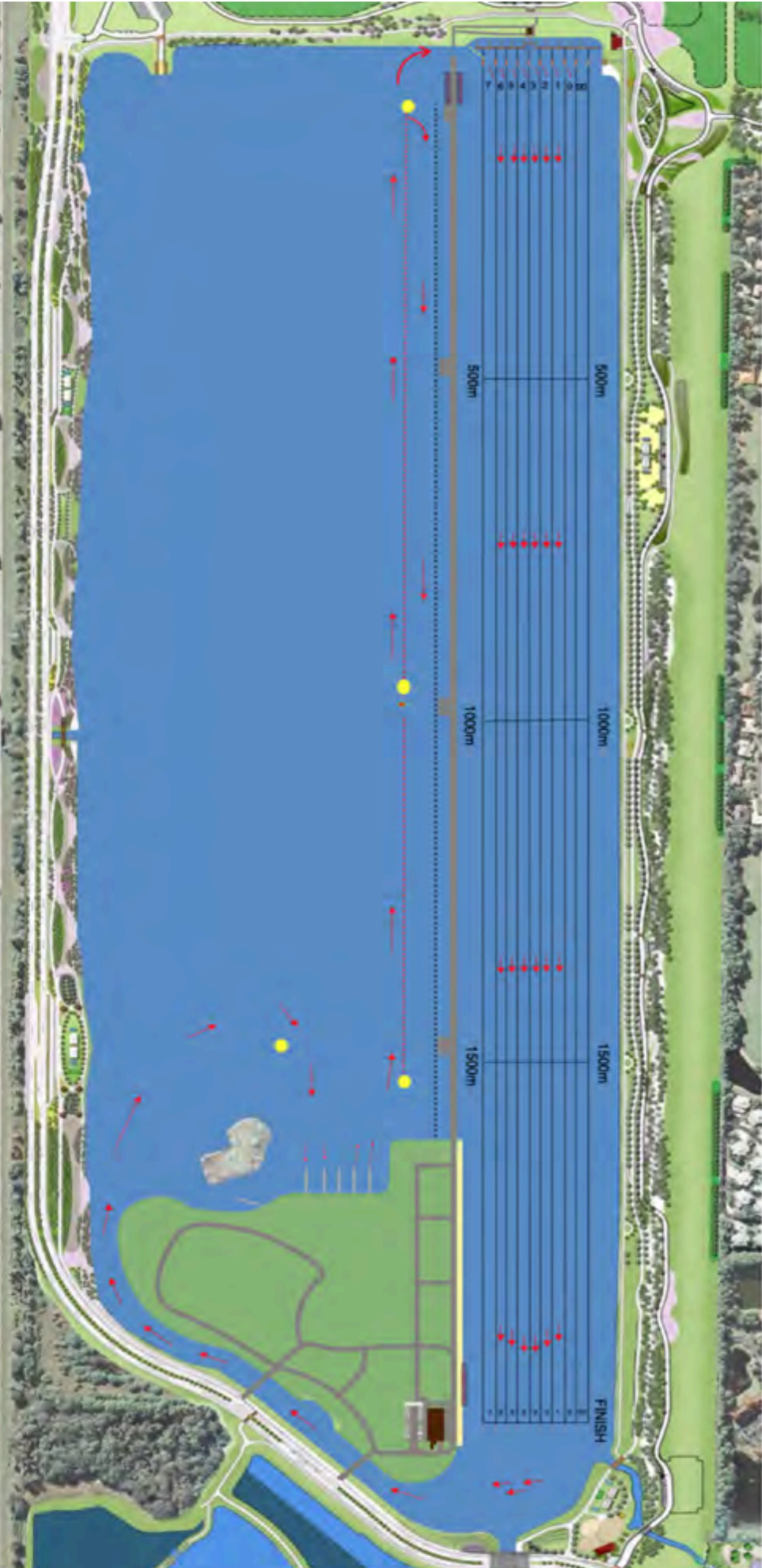
TIME TRIAL TRAFFIC PATTERN





Nathan Benderson Park

RACE DAY
TRAFFIC PATTERN





RULES OF RACING

This regatta will follow USRowing's published Rules of Racing with the following exceptions:

- All decisions of the jury are final and there is no further appeal. **This regatta will NOT be a USRowing registered regatta.**
- Progressions will be as published by the LOC
- When a team launches a boat, it certifies that the boat complies with all stated USRowing safety requirements including bow balls, coxswain compartment dimensions and quick-release footgear (heel ties). Equipment compliance is the sole responsibility of the team. There will be no safety checks at the docks.

SCRATCH POLICY

Scratches after the close of registration will incur a penalty of \$50 per boat. Penalties must be paid before any boat can race. Scratches accepted before race day only via your registration on Regatta Central or in writing to the Regatta Director via email only.

Late entries may be accepted at the Regatta Director's discretion based on schedule availability.

REGATTA MEETING

The Regatta meeting will be held virtually at **Tuesday, March 24, 2026 at 7:30 PM EST via Zoom**. The meeting will be recorded for those unable to attend the initial meeting.

RULES OF CONDUCT

Athletes are expected to model the principles of fair play at all times. Trained rowing officials will enforce all rules of conduct and fair play and any breach thereof including, but not limited to, event exclusion. Coaches are expected to educate their teams on appropriate behavior both on and off the water.

MEDALS & TROPHIES



Medals will be awarded to all first, second and third place crews.

For Championship Womens & Championship Mens races, all trophies will be handed out at the awards ceremony on Saturday at 12:30pm.

All medals for collegiate races will be available for pick up at the Regatta Headquarters on Floor 3 of the Benderson Family Finish Tower.

BENDERSON CUP - Previous Winners



2024

Mens: Washington

Womens: Miami

2025

Mens: Washington

Womens: UCF



DRONE POLICY

Unapproved drones are not permitted based on county event permitting and park rules in place for the duration of this Regatta. Individuals are not allowed to launch, operate, and/or land drones within the boundaries of NBP, without the prior approval of NBP.

INCLEMENT WEATHER POLICY

A detailed Inclement Weather Policy and Emergency Action plan will be included in Bulletin #2 and sent to all registered teams prior to the event.



See you at NBP in March!

NathanBendersonPark.org/Sarasota-2K-2026