



Napa Valley, California Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles

Saturday, October 29, 2022

ALPHA OPEN SWIM:

- Swim: 100 meters (one loop)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA SPRINT SWIM:

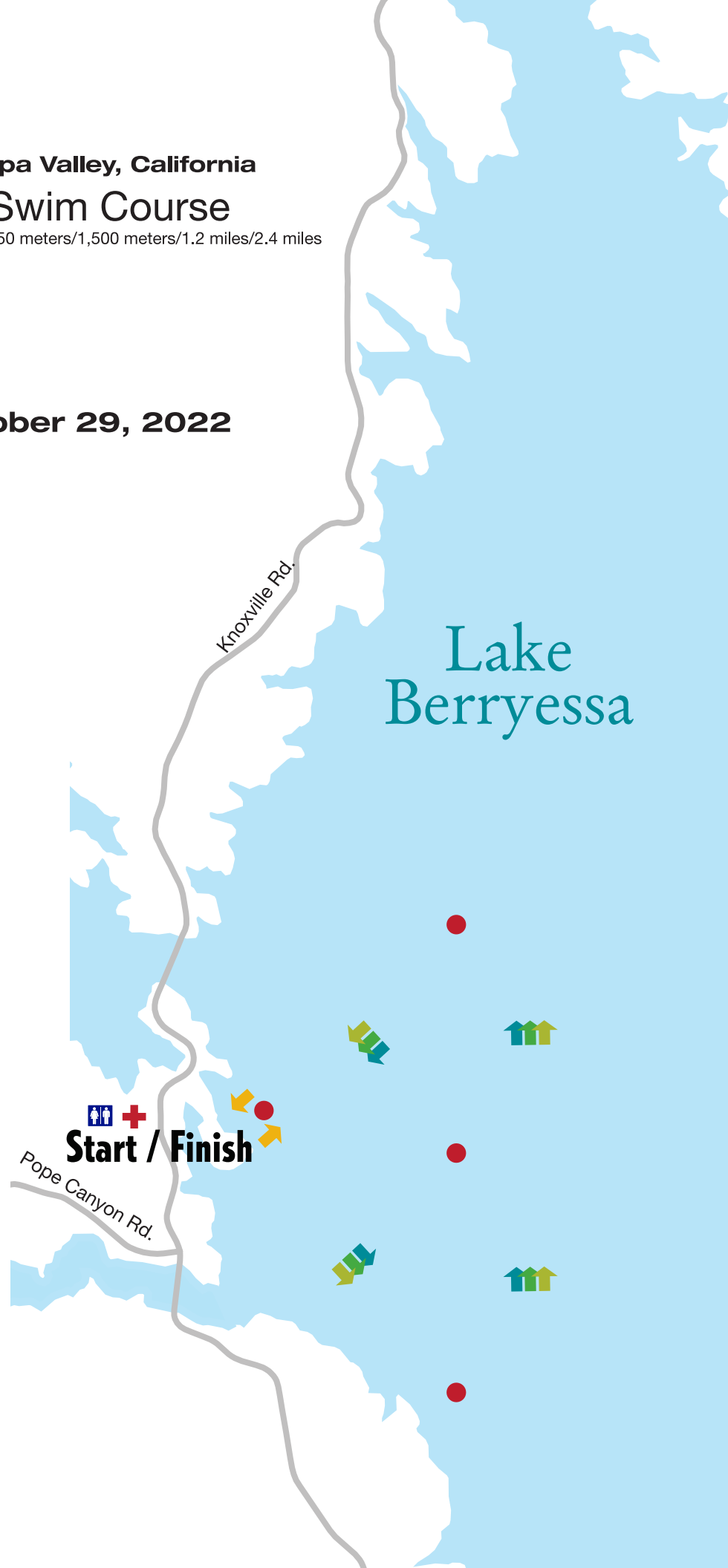
- Swim: 750 meters (one loop)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA OLYMPIC SWIM:

- Swim: 1,500 meters (two loops)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

ALPHA 70.3:

- Swim: 1.2 miles (two loops)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1



Course Key

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|-----------------|---------------|
| = Alpha Open | = Aid Station |
| = Alpha Sprint | = Medical |
| = Alpha Olympic | = Porta-Potty |
| = Alpha 70.3 | = Buoy |
| = Alpha 140.6 | |