ALPHA

Napa Valley, California
Swim Course
100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles

NAPA HOTELS & INNS

DOWNTOWN NAPA
Do The City, Downtown & More!

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 LONG COURSE SWIM:
• 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

Knoxville Rd.

Lake Berryessa

Start / Finish

Pope Canyon Rd.

Course Key

➡ = Alpha Open
➡ = Alpha Sprint
➡ = Alpha Olympic
➡ = **Alpha Long Course**

💧 = Aid Station
✚ = Medical
🚻 = Porta-Potty
🔴 = Buoy