



Napa Valley, California

Swim Course

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



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

Course Key	
= Alpha Open	= Aid Station
= Alpha Sprint	= Medical
= Alpha Olympic	= Porta-Potty
= Alpha Long Course	= Buoy

