



LAKE BERRYESSA

Berryessa Knoxville Rd

KEEP BOUYS ON YOUR LEFT

ALPHA OPEN:

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: 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: 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: 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

2x LONG COURSE ATHLETES ONLY

2x OLYMPIC ATHLETES ONLY

FINISH

START



Pope Canyon Rd

Berryessa Knoxville Rd

NAPA VALLEY TRIATHLON (SWIM)

- ALPHA OPEN
- ALPHA SPRINT
- ALPHA OLYMPIC
- ALPHA LONG COURSE

BUOYS

MEDICAL

AID STATION

BATHROOMS

0 0.1 0.2 0.3 0.4 Miles

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