



Napa Valley, California Swim Course

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

ALPHA OPEN SWIM:

Sunday, October 30, 2022

- 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:

Sunday, October 30, 2022

- 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:

Sunday, October 30, 2022

- 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:

Saturday, October 29, 2022

- Swim: 1.2 miles (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 140.6:

Saturday, October 29, 2022

- Swim: 2.4 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 70.3		= Buoy
	= Alpha 140.6		

