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 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