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

OPEN: Sunday, April 14, 2019
• 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

SPRINT: Sunday, April 14, 2019
• 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

OLYMPIC: Sunday, April 14, 2019
• 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

HALF: Saturday, April 13, 2019
• 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

FULL: Saturday, April 13, 2019
• 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
**OPEN: Sunday, April 14, 2019**
- Run: 1 mile (out-n-back)
  1) - Exit T2, R onto Berryessa Knoxville Rd.
  2) - Turn around at .5 miles and return on same route to Finish

**SPRINT: Sunday, April 14, 2019**
- Run: 3.1 miles (out-n-back)
  1) - Exit T2, R onto Berryessa Knoxville Rd.
  2) - Turn around at 1.55 miles and return on same route to Finish

**OLYMPIC: Sunday, April 14, 2019**
- Run: 6.2 miles (out-n-back)
  1) - Exit T2, R onto Berryessa Knoxville Rd.
  2) - Turn around at 3.1 miles and return on same route to Finish

**HALF: Saturday, April 13, 2019**
- Run: 13.1 miles (two out-n-backs)
  1) - Exit T2, R onto Berryessa Knoxville Rd.
  2) - Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

**FULL: Saturday, April 13, 2019**
- Run: 26.2 miles (four out-n-backs)
  1) - Exit T2, R onto Berryessa Knoxville Rd.
  2) - Turn around at 3.275 miles and return on same route to begin second, third, and fourth out-n-back to Finish
Napa Valley, California

**Bike Course**
3 miles/12.4 miles/24.8 miles/56 miles/112 miles

**OPEN:** Sunday, April 14, 2019
- Bike: 3 miles (out-n-back)
  1) Exit T1, L onto Berryessa Knoxville Rd.
  2) Turn around at 1.5 miles and return on same route to T2

**SPRINT:** Sunday, April 14, 2019
- Bike: 12.4 miles (out-n-back)
  1) Exit T1, L onto Berryessa Knoxville Rd.
  2) Turn around at 6.2 miles and return on same route to T2

**OLYMPIC:** Sunday, April 14, 2019
- Bike: 24.8 miles (out-n-back)
  1) Exit T1, L onto Berryessa Knoxville Rd.
  2) Turn around at 12.4 miles and return on same route to T2

**HALF:** Saturday, April 13, 2019
- Bike: 56 miles (out-n-back)
  1) Exit T1, L onto Berryessa Knoxville Rd.
  2) R on Pope Canyon Rd.
  3) R on Pope Valley Cross Rd.
  4) R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
  5) R on Berryessa Knoxville Rd. to Turnaround #2
  6) R into Chaparral Cove to T2

**FULL:** Saturday, April 13, 2019
- Bike: 112 miles (two out-n-backs)
  1) Exit T1, L onto Berryessa Knoxville Rd.
  2) R on Pope Canyon Rd.
  3) R on Pope Valley Cross Rd.
  4) R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
  5) R on Berryessa Knoxville Rd. to Turnaround #2
  6) Return to Chaparral Cove and begin second out-n-back
  7) R into Chaparral Cove to T2

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**Course Key**
- = Open
- = Aid Station
- = Sprint
- = Medical
- = Olympic
- = Half
- = Porta-John
- = Full
- = Mile Marker