



NAPA VALLEY

S > P > R > I > N > T
TRIATHLON

Lake Berryessa Recreation Area

SWIM COURSE DETAILS

- Swim start organized into self-seeded, ability-based waves of 100 athletes each. (You choose which wave to start with; fastest athletes first!)
- Waves will be spaced approximately three minutes apart.
- Swim course follows a clockwise triangular course marked by buoys.
- Swimmers keep buoys to their right at all times.

START/FINISH
Chaparral Cove
BOAT RAMP





