

# Tri, Girl, Tri!

## Napa Valley

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  
PUTAH CANYON  
BOAT RAMP







