

# HITS TRIATHLON SERIES

Napa Valley, California

## Swim Course

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

### OPEN: Sunday, April 15, 2018

- 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 15, 2018

- 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 15, 2018

- 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

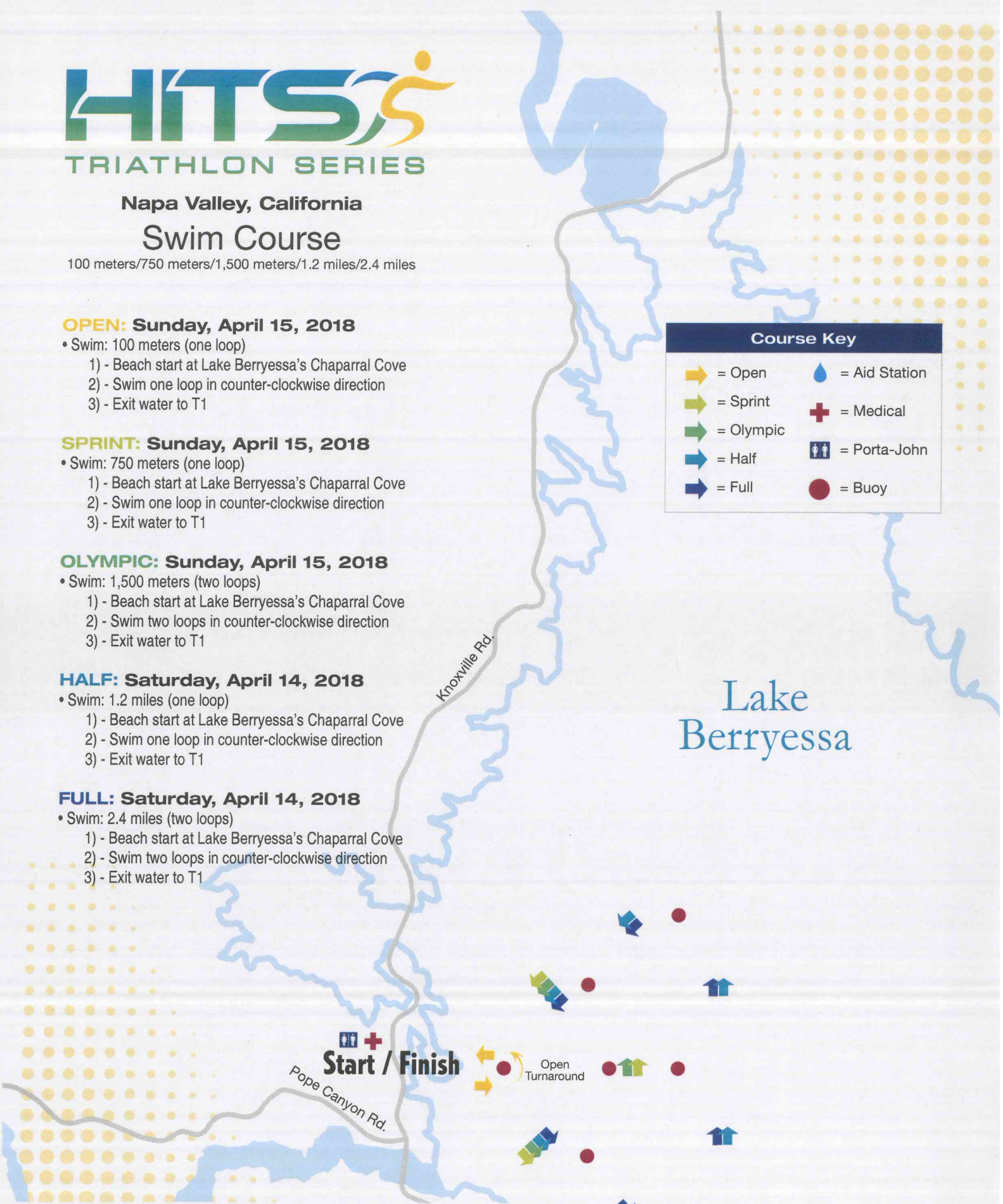
### HALF: Saturday, April 14, 2018

- 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 14, 2018

- 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			
	= Open		= Aid Station
	= Sprint		= Medical
	= Olympic		= Porta-John
	= Half		= Buoy
	= Full		





## Napa Valley, California

### Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

#### OPEN: Sunday, April 15, 2018

- 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 15, 2018

- 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 15, 2018

- 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 14, 2018

- 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 14, 2018

- 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

#### Course Key

	= Open		= Trail
	= Sprint		= Aid Station
	= Olympic		= Medical
	= Half		= Porta-John
	= Full		= Mile Marker





# HITS TRIATHLON SERIES

Napa Valley, California

## Bike Course

3 miles/12.4 miles/24.8 miles/56 miles/112 miles

Half / Full Turnaround #1

### OPEN: Sunday, April 15, 2018

- 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 15, 2018

- 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 15, 2018

- 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 14, 2018

- 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 14, 2018

- 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

