

Wave Start Times
3-Minute Interval between waves
20-Minutes between the starts of the Olympic & Sprint Triathlons

It should be noted that age is determined by the age athletes turn by the end of this calendar year, as per USAT rules. (To avoid confusion: if you are currently 49 and will turn 50 in November, you will be placed in the 50-54 age group)

Wave #	Division	CAP COLOR	Time
1	Olympic Triathlon Men 16 – 89 Clydesdale	BLUE	7:00 AM
2	Olympic Triathlon Women 16 – 89 Athena Aqua/Bike Team Swimmers First Timers	GREEN	7:03 AM
3	Sprint Triathlon Women 16 – 89 Athena	ORANGE	7:20 AM
4	Sprint Triathlon Men 16 – 89 Clydesdale Aqua/Bike Team Swimmers First Timers	YELLOW	7:23 AM

*** Waves 3 & 4 may be combined based on final participation.**

**** Waves 2 & 4 are designated for “First Timers” in each distance.** Any newcomer to the sport of triathlon can elect to swim in this wave. This wave will be the last to go in the water, making it less intimidating for new participants. Please switch to the First Timers wave during the packet pickup process on Friday, Saturday or Sunday. No need to call or email before packet pickup.