

**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. (For Example: if you are currently 49 and will turn 50 in November, you will be placed in the 50-54 age group)*

<b>Wave #</b>	<b>Division</b>	<b>CAP COLOR</b>	<b>Time</b>
1	Olympic Triathlon Men 16 – 49 Clydesdale	<b>BLUE</b>	7:00 AM
2	Olympic Triathlon Men 50 – 89 Women 16 – 89 Athena Aqua/Bike Team Swimmers First Timers	<b>GREEN</b>	7:03 AM
3	Sprint Triathlon Men 16 – 89 Clydesdale	<b>WHITE</b>	7:20 AM
4	Sprint Triathlon Women 16 – 89 Athena Aqua/Bike Team Swimmers First Timers	<b>PINK</b>	7:23 AM

**\*\* 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 Saturday or Sunday. No need to call or email before packet pickup.