

START	WAVE	COLOR	RACE	DESCRIPTION
7:30 AM	F1	PINK	FCT	FEMALE 44 & UNDER
7:31 AM	F2	LT BLUE	FCT	FEMALE 45 & OVER, ATHENAS
7:40 AM	F3	YELLOW	FCT	MALE 34 & UNDER
7:41 AM	F4	GREEN	FCT	MALE 35 - 44
7:42 AM	F5	ORANGE	FCT	MALE 45 - 49, CLYDESDALES
7:43 AM	F6	WHITE	FCT	MALE 50 - 54, OPEN WATER SWIM
7:44 AM	F7	SILVER	FCT	MALE 55 & OVER
7:45 AM	F8	GOLD	FCT	AQUABIKE & RELAY TEAMS
8:15 AM	G1	PINK	GCT	MALE 29 & UNDER
8:16 AM	G2	LT BLUE	GCT	MALE 30 - 34
8:17 AM	G3	YELLOW	GCT	MALE 35 - 39
8:18 AM	G4	GREEN	GCT	MALE 40 - 44
8:19 AM	G5	ORANGE	GCT	MALE 45 - 49, CLYDESDALES
8:20 AM	DU	X X X X X	GCT	DUATHLON
8:20 AM	G6	WHITE	GCT	MALE 50 - 54
8:21 AM	G7	SILVER	GCT	MALE 55 - 59
8:22 AM	G8	GOLD	GCT	MALE 60 - 64
8:23 AM	G9	LT BLUE	GCT	MALE 65 & OVER, AQUABIKE, RELAY TEAMS
8:24 AM	G10	PINK	GCT	FEMALE 34 & UNDER
8:25 AM	G11	YELLOW	GCT	FEMALE 35 - 44
8:26 AM	G12	GREEN	GCT	FEMALE 45 - 54
8:27 AM	G13	ORANGE	GCT	FEMALE 55 & OVER, ATHENA
8:55 AM	S1	WHITE	SPRINT	MALE 29 & UNDER
8:56 AM	S2	SILVER	SPRINT	MALE 30 - 44
8:57 AM	S3	GOLD	SPRINT	MALE 45 - 59
8:58 AM	S4	GREEN	SPRINT	MALE 60 & OVER, CLYDESDALE
8:59 AM	S5	LT BLUE	SPRINT	FEMALE 29 & UNDER
9:00 AM	S6	YELLOW	SPRINT	FEMALE 30 - 49; ATHENA
9:01 AM	S7	PINK	SPRINT	FEMALE 50 & OVER, RELAY
9:02 AM	S8	ORANGE	SPRINT	FRIENDSHIP WAVE