

COOL SOMMER MORNINGS #4 - START TIMES*

* Triathlon age is based on your age on 12/31

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
5k	7:00 AM	N/A	5K RUN/WALK	ALL 5K ATHLETES
1	7:04 AM	YELLOW	INTERNATIONAL	ALL AGE GROUP MEN & CLYDESDALES
2	7:07 AM	PINK	INTERNATIONAL	ALL AGE GROUP WOMEN, ALL AQUABIKE, INTERNATIONAL RELAY
3	7:09 AM	GOLD	SPRINT	ALL SPECIAL OLYMPIC ATHLETES AND UNIFIED PARTNERS
4	7:30 AM	WHITE	SPRINT	AGE GROUP MEN 39 & UNDER
5	7:33 AM	ORANGE	SPRINT	AGE GROUP MEN 40 - 54
6	7:36 AM	SILVER	SPRINT	AGE GROUP MEN 55 & OVER, CLYDESDALE, SPRINT RELAY
7	7:39 AM	GREEN	SPRINT	AGE GROUP WOMEN 39 & UNDER
8	7:42 AM	GOLD	SPRINT	AGE GROUP WOMEN 40 & OVER, ATHENAS
9	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
10	8:00 AM	LT BLUE	SUPER FUN SPRINT	ALL SUPER FUN SPRINT ATHLETES