

COOL SOMMER MORNINGS #3 - 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	7:05 AM	LT BLUE	INTERNATIONAL	ALL AGE GROUP MEN & CLYDESDALES
2	7:08 AM	GOLD	INTERNATIONAL	ALL AGE GROUP WOMEN, ALL AQUABIKE, ALL SPECIAL OLYMPIC ATHLETES AND UNIFIED PARTNERS
3	7:18 AM	PINK	SPRINT	AGE GROUP MEN 39 & UNDER
4	7:30 AM	ROYAL	SPRINT	ALL DUATHLETES
DU	7:32 AM	N/A	DUATHLON	AGE GROUP MEN 40 - 54
5	7:33 AM	SILVER	SPRINT	AGE GROUP MEN 55 & OVER, CLYDESDALE, SPRINT RELAY
6	7:36 AM	YELLOW	SPRINT	AGE GROUP WOMEN 44 & UNDER
7	7:39 AM	WHITE	SPRINT	AGE GROUP WOMEN 45 & OVER, ATHENAS
8	7:42 AM	PURPLE	SPRINT	ALL AQUATHLON, FRIENDSHIP WAVE
9	7:45 AM	GREEN	SPRINT	