

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	7:05 AM	GREEN	INTERNATIONAL	ALL AGE GROUP MEN & CLYDESDALES
2	7:08 AM	LT BLUE	INTERNATIONAL	ALL AGE GROUP WOMEN, ALL AQUABIKE,
3	7:18 AM	GOLD	SPRINT	ALL COLLEGIATE ATHLETES
4	7:30 AM	RED	SPRINT	AGE GROUP MEN 39 & UNDER
DU	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
5	7:33 AM	ROYAL	SPRINT	AGE GROUP MEN 40 - 59
6	7:36 AM	ORANGE	SPRINT	AGE GROUP MEN 60 & OVER, CLYDESDALE, SPRINT RELAY
7	7:39 AM	WHITE	SPRINT	AGE GROUP WOMEN 44 & UNDER
8	7:42 AM	PURPLE	SPRINT	AGE GROUP WOMEN 45 & OVER, ATHENAS
9	7:45 AM	YELLOW	SPRINT	ALL AQUATHLON, FRIENDSHIP WAVE