

COOL SOMMER MORNINGS #1 - 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		SPRINT	USA GAMES TRI - ALL SPECIAL OLYMPIC ATHLETES AND UNIFIED PARTNERS
2	7:18 AM	ORANGE	INTERNATIONAL	ALL AGE GROUP MEN 49 & UNDER
3	7:21 AM	SILVER	INTERNATIONAL	ALL AGE GROUP MEN 50 & OVER, CLYDESDALES
4	7:24 AM	LIGHT BLUE	INTERNATIONAL	ALL AGE GROUP WOMEN, ALL AQUABIKE, INTERNATIONAL RELAY
5	7:40 AM	GREEN	SPRINT	AGE GROUP MEN 39 & UNDER
6	7:43 AM	SILVER	SPRINT	AGE GROUP MEN 40 - 54
7	7:46 AM	ORANGE	SPRINT	AGE GROUP MEN 55 & OVER, CLYDESDALE, SPRINT RELAY
8	7:49 AM	PURPLE	SPRINT	AGE GROUP WOMEN 39 & UNDER
9	7:52 AM	WHITE	SPRINT	AGE GROUP WOMEN 40 & OVER, ATHENAS
10	7:55 AM	GOLD	SPRINT	FRIENDSHIP WAVE
DU	7:42 AM	N/A	DUATHLON	ALL DUATHLETES