

## 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	7:02 AM	WHITE	INTERNATIONAL	ALL INTERNATIONAL TRI MEN
2	7:04 AM	LT BLUE	INTERNATIONAL	ALL INTERNATIONAL TRI WOMEN & AQUABIKE ATHLETES
3	7:25 AM	ORANGE	SPRINT	MEN AGES 44 & UNDER & MALE PARATRIATHLETE
DU	7:26 AM	N/A	DUATHLON	ALL DUATHLETES
4	7:27 AM	ROYAL	SPRINT	MEN 45 & OVER, CLYDESDALE,
5	7:29 AM	GREEN	SPRINT	HIGH SCHOOL CHALLENGE
6	7:30 AM	VIOLET	SPRINT	ALL WOMEN & ATHENA. RELAY TEAMS, AND FEMALE PARATRIATHLETE
7	7:32 AM	RED	SPRINT	FRIENDSHIP WAVE, AQUATHLON