

## 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	7:02 AM	WHITE	SPRINT	ALL SPECIAL OLYMPIC & GUIDES
2	7:07 AM	ORANGE	DOUBLE TRIATHLON	ALL DOUBLE TRIATHLON ATHLETES, DOUBLE TRI RELAY
DU	7:08 AM	N/A	DUATHLON - SPRINT & DOUBLE	ALL DUATHLETES - SPRINT & DOUBLE
3	7:10 AM	PURPLE	SPRINT	HIGH SCHOOL CHALLENGE
4	7:12 AM	YELLOW	SPRINT	MEN 44 & UNDER, MALE PARATRIATHLETE
5	7:15 AM	LT BLUE		MEN 45 & OVER, CLYDESDALES
6	7:18 AM	PINK	SPRINT	ALL WOMEN & ATHENA. SPRINT RELAY TEAMS, PARATRIATHLETE, AQUABIKE (SPRINT & DOUBLE}
7	7:21 AM	RED	SPRINT	FRIENDSHIP WAVE, AQUATHLON