

# 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	PURPLE	INTERNATIONAL	ALL INTERNATIONAL S.O. & GUIDES
2	7:04 AM	YELLOW	INTERNATIONAL	ALL INTERNATIONAL TRI MEN
3	7:07 AM	LT BLUE	INTERNATIONAL	ALL INTERNATIONAL TRI WOMEN & AQUABIKE ATHLETES
4	7:19 AM	SILVER	SPRINT	HIGH SCHOOL ATHLETES
5	7:20 AM	WHITE	SPRINT	MEN AGES 44 & UNDER & PARATRIATHLETE
DU	7:21 AM	N/A	DUATHLON	ALL DUATHLETES
6	7:23 AM	GOLD	SPRINT	MEN 45 & OVER, CLYDESDALE,
7	7:25 AM	RED	SPRINT	SPECIAL OLYMPICS & GUIDES
8	7:27 AM	PINK	SPRINT	ALL WOMEN & ATHENA. RELAY TEAMS, PARATRIATHLETE
9	7:31 AM	GREEN	SPRINT	FRIENDSHIP WAVE, AQUATHLON