

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	7:07 AM	PURPLE	INTERNATIONAL	ALL INTERNATIONAL S.O. & GUIDES
2	7:02 AM	YELLOW	INTERNATIONAL	ALL INTERNATIONAL TRI MEN
3	7:05 AM	ORANGE	INTERNATIONAL	ALL INTERNATIONAL TRI WOMEN & AQUABIKE
4	7:19 AM	WHITE	SPRINT	NEURODIVERGENT, S.O. GUIDES
DU	7:20 AM	N/A	DUATHLON	ALL DUATHLETES
5	7:21 AM	GREEN	SPRINT	MEN AGES 44 & UNDER, MALE COLLEGIATE
6	7:24 AM	RED	SPRINT	MEN 45 & OVER, CLYDESDALE,
7	7:27 AM	PINK	SPRINT	ALL WOMEN & ATHENA. RELAY TEAMS, WOMEN COLLEGIATE
8	7:31 AM	GOLD	SPRINT	FRIENDSHIP WAVE, AQUATHLON