

COOL SOMMER MORNINGS #4 - START TIMES*

* Triathlon age is based on your age on 12/31

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
5k	7:10 AM	N/A	5K RUN/WALK	ALL 5K ATHLETES
1	7:12 AM	PINK	INTERNATIONAL	ALL INTERNATIONAL S.O. & GUIDES
2	7:14 AM	GOLD	INTERNATIONAL	ALL INTERNATIONAL TRI MEN
3	7:17 AM	WHITE	INTERNATIONAL	ALL INTERNATIONAL TRI WOMEN & AQUABIKE ATHLETES
4	7:38 AM	LILAC	SPRINT	MEN AGES 44 & UNDER & PARATRIATHLETE
DU	7:40 AM	N/A	DUATHLON	ALL DUATHLETES
5	7:41 AM	DK BLUE	SPRINT	MEN 45 & OVER, CLYDESDALE,
6	7:44 AM	GREEN	SPRINT	HIGH SCHOOL ATHLETES
7	7:46 AM	LT BLUE	SPRINT	ALL WOMEN & ATHENA. RELAY TEAMS, FEMALE PARATRIATHLETE
8	7:48 AM	ORANGE	SPRINT	SPECIAL OLYMPICS & GUIDES
9	7:50 AM	RED	SPRINT	FRIENDSHIP WAVE, AQUATHLON