

COOL SOMMER MORNINGS #4 - START TIMES*

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

WAVE	START	CAP COLOR	RACE	DESCRIPTION
5K	7:10 AM	N/A	5K RUN/WALK	ALL 5K ATHLETES
1	7:12 AM	YELLOW	DOUBLE SPRINT TRIATHLON	ALL DOUBLE SPRINT TRIATHLON ATHLETES, DOUBLE TRI RELAY
DU	7:14 AM	N/A	DUATHLON - SPRINT & DOUBLE	ALL DUATHLETES - SPRINT & DOUBLE
2	7:15 AM	ORANGE	SPRINT	HIGH SCHOOL CHALLENGE
3	7:18 AM	BLUE	SPRINT	MEN 44 & UNDER, MALE PARATRIATHLETE
4	7:21 AM	GREEN	SPRINT	MEN 45 & OVER, CLYDESDALES
5	7:24 AM	PINK	SPRINT & AQUABIKE	ALL WOMEN & ATHENA. SPRINT RELAY TEAMS, PARATRIATHLETE, AQUABIKE (SPRINT & DOUBLE}
6	7:28 AM	RED	SPRINT & AQUATHLON	FRIENDSHIP WAVE, AQUATHLON, NEURODIVERGENT & GUIDES