

COOL SOMMER MORNINGS #3 - 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	YELLOW	INTERNATIONAL	ALL INTERNATIONAL TRI MEN
2	7:05 AM	PURPLE	INTERNATIONAL	ALL INTERNATIONAL TRI WOMEN & AQUABIKE
3	7:07 AM	P PINK	INTERNATIONAL	ALL INTERNATIONAL S.O. & GUIDES
4	7:19 AM	WHITE	SPRINT	MEN AGES 44 & UNDER
DU	7:19 AM	N/A	DUATHLON	ALL DUATHLETES
5	7:22 AM	GREEN	SPRINT	MEN 45 & OVER, CLYDESDALE,
6	7:25 AM	PINK	SPRINT	ALL WOMEN & ATHENA. RELAY TEAMS
7	7:29 AM	BLUE	SPRINT	FRIENDSHIP WAVE, AQUATHLON
8	7:30 AM	VIOLET	SPRINT	NEURODIVERGENT, S.O. GUIDES