

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	YELLOW	INTERNATIONAL	ALL INTERNATIONAL TRI & AQUABIKE
2	7:12 AM	ORANGE	SPRINT	MEN AGES 44 & UNDER
DU	7:13 AM		DUATHLON	ALL DUATHLETES
3	7:14 AM	BLUE	SPRINT	MEN 45 & OVER, CLYDESDALE, RELAY
4	7:16 AM	PINK	SPRINT	ALL WOMEN & ATHENA
5	7:18 AM	GREEN	SPRINT	FRIENDSHIP WAVE, AQUATHLON, NEURODIVERGENT, S.O. GUIDES