

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	7:02 AM	YELLOW	SPRINT	AGE GROUP MEN 39 & UNDER, MALE PARATRIATHLETE
2	7:05 AM	ORANGE	SPRINT	AGE GROUP MEN 40 - 54
DU	7:06 AM	N/A	DUATHLON	ALL DUATHLETES
3	7:08 AM	GREEN	SPRINT	AGE GROUP MEN 55 & OVER, CLYDESDALE, SPRINT RELAY
4	7:11 AM	PURPLE	SPRINT	ALL AGE GROUP WOMEN, ATHENAS
5	7:14 AM	SILVER	SPRINT	SPECIAL OLYMPIC & GUIDES
6	7:17 AM	PINK	SPRINT	ALL AQUATHLON, FRIENDSHIP WAVE
7	7:30 AM	LT BLUE	INTERNATIONAL	ALL AGE GROUP MEN & CLYDESDALES
8	7:33 AM	RED	INTERNATIONAL	ALL AGE GROUP WOMEN, ALL AQUABIKE