

NEW START	WAVE	COLOR	RACE	DESCRIPTION
7:30am	FCT1	PINK	FCT	ALL FEMALES INCLUDING ATHENAS
7:34am	FCT2	GREEN	FCT	MALE 50 & OVER; CLYDESDALES
7:36am	FCT3	YELLOW	FCT	MALE 49 & UNDER
7:38am	FCT4	ORANGE	FCT	OW SWIM, AQUABIKE & RELAY TEAMS
7:45am	OLY1	WHITE	GCT	MALE 34 & UNDER
7:47am	OLY2	LT BLUE	GCT	MALE 35-49
7:49am	OLY3	GOLD	GCT	MALE 50-59
7:50am	DU	X X X X X	GCT	DUATHLON
7:51am	OLY4	SILVER	GCT	MALE 60 & OVER, CLYDESDALE
7:53am	OLY5	RED	GCT	FEMALE 39 & UNDER
7:55am	OLY6	PURPLE	GCT	FEMALE 40-54
7:57am	OLY7	PINK	GCT	FEMALE 55 & OVER, ATHENA, TEAMS, AQUA BIKE
8:15am	SPRINT1	GOLD	SPRINT	SPECIAL OLYMPIC ATHLETES & GUIDES
8:20am	SPRINT2	GREEN	SPRINT	MALE 44 & UNDER & CLYDESDALES
8:22am	SPRINT3	YELLOW	SPRINT	MALE 45 & OVER
8:24am	SPRINT4	ORANGE	SPRINT	FEMALE 39 & UNDER & ATHENA
8:26am	SPRINT5	LT BLUE	SPRINT	FEMALE 40 & OVER, RELAY
8:28am	SPRINT6	RED	SPRINT	FRIENDSHIP WAVE