

AdventHealth Great Clermont Triathlon

Sunday, March 8, 2026 - Clermont, FL

Swim Wave Start Times

START	WAVE	COLOR	RACE	DESCRIPTION
7:45 AM	SPRINT1	YELLOW	SPRINT	AGE GROUP MEN 39 & UNDER
7:46 AM	SPRINT-DU	XXXXXX	SPRINT	SPRINT DUATHLETES
7:48 AM	SPRINT2	ORANGE	SPRINT	AGE GROUP MEN 40 & OVER, CLYDESDALES
7:51 AM	SPRINT3	PINK	SPRINT	AGE GROUP WOMEN, ATHENA
7:54 AM	SPRINT4	GREEN	SPRINT	FRIENDSHIP WAVE, SPRINT RELAY, AQUATHLON
7:56 AM	SPRINT5	WHITE	SPRINT	SPECIAL OLYMPIC ATHLETES & GUIDES
8:00 AM	5K	XXXXXX	5K	5K RUN/WALK
8:27 AM	OLY1	LT BLUE	GCT-OLY	SPECIAL OLYMPIC ATHLETES & GUIDES
8:30 AM	OLY2	PURPLE	GCT-OLY	MALE 44 & UNDER
8:31 AM	OLY-DU	X X X X X	GCT-OLY	DUATHLON
8:33 AM	OLY-3	RED	GCT-OLY	MALE 45 & OVER, CLYDESDALE
8:36 AM	OLY4	PEARLY PINK	GCT-OLY	FEMALE AGE GROUP, ATHENA
8:40 AM	OLY5	BLUE	GCT-OLY	ALL AQUABIKE, OLYMPIC RELAY, 1.5K SWIM

