

GIRLZ ON FIRE - START TIMES*

* Triathlon age is based on your age on 12/31

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
1	7:30 AM	PINK	SPRINT	ALL AGE GROUP WOMEN 39 & UNDER, PARATRIATHLETES
2	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
3	7:33 AM	GOLD	SPRINT	ALL AGE GROUP WOMEN 40-54, ATHENA
4	7:36 AM	RED	SPRINT	AGE GROUP WOMEN 55 & OVER, AQUABIKE & RELAY TEAMS
5	7:39 AM	LT BLUE	SPRINT	ALL AQUATHLON & FRIENDSHIP WAVE
6	7:45 AM	N/A	5K RUN/WALK	ALL 5K PARTICIPANTS