

# LAKE NONA TRIATHLON - START TIMES\*

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

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
1	7:30 AM	YELLOW	SPRINT	MEN AGES 39 & UNDER, ALL PARATRIATHLETE
DU	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
2	7:34 AM	ORANGE	SPRINT	MEN AGES 40 - 49
3	7:37 AM	RED	SPRINT	MEN AGES 50 & OVER, CLYDESDALE, ALL AQUABIKE
4	7:40 AM	LT BLUE	SPRINT	SPECIAL OLYMPIC ATHLETES & GUIDES
5	7:45 AM	GREEN	SPRINT	ALL WOMEN, ATHENA. RELAY TEAMS