

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 AND NEURODIVERGENT
DU	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
2	7:34 AM	ORANGE	SPRINT	MEN AGES 40 - 49
3	7:38 AM	RED	SPRINT	MEN AGES 50 & OVER, CLYDESDALE, ALL AQUABIKE
4	7:42 AM	LT BLUE	SPRINT	WOMEN AGES 49 & UNDER, ATHENA
5	7:45 AM	GREEN	SPRINT	WOMEN AGES 50 & OVER, ATHENA. RELAY TEAMS