

VERO BEACH TRIATHLON - START TIMES*

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

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
1	7:15 AM	SILVER	OLYMPIC	ALL MEN
2	7:18 AM	PINK & PURPLE	OLYMPIC	ALL WOMEN, AQUABIKES, & OLYMPIC RELAY
3	7:55 AM	GOLD	SPRINT	ALL AGE GROUP MEN 49 & UNDER
4	7:58 AM	ORANGE	SPRINT	AGE GROUP MEN 50 & OVER & SPRINT RELAY TEAMS
5	8:01 AM	WHITE	SPRINT	ALL AGE GROUP WOMEN
6	8:05 AM	N/A	SPRINT DUATHLON	ALL DUATHLETES