

2024 SPRING SPRINT TRIATHLON WAVE ASSIGNMENTS

WAVE	EVENT	CAP	AGE DIVISION +	SPECIALTY DIVISION	START
1	SPRINT	NO CAP	ALL DUATHLETES	All	6:45 AM
2	INT	ORANGE	International Men 39 and under	Challenged/Military	6:50 AM
3	INT	YELLOW	International Men 40+	All Clydes	6:53 AM
4	INT	BLUE	International Women	Challenged/Military/All Athena	6:56 AM
5	SPRINT	GREEN	MALE 16-29	Military, Challenged	6:59 AM
6	SPRINT	VIOLET	FEMALE 16-29	Military, Challenged, DUO	7:02 AM
7	SPRINT	POWDER BLUE	MALE 30-34	Clydesdale	7:05 AM
8	SPRINT	RED	FEMALE 30-39	Athena	7:08 AM
9	SPRINT	PINK	MALE 35-39	ALL RELAYS	7:11 AM
10	SPRINT	ORANGE	FEMALE 40-49	Athena Masters	7:14 AM
11	SPRINT	YELLOW	MALE 40-44	Clydesdale Masters	7:17 AM
12	SPRINT	BLUE	FEMALE 50+		7:20 AM
13	SPRINT	GREEN	MALE 45-54		7:23 AM
14	SPRINT	VIOLET	MALE 55-64	ALL AQUATHLON	7:26 AM
15	SPRINT	POWDER BLUE	MALE 65+	ALL AQUABIKE	7:29 AM
16	SPRINT	RED	SPRINT KIDS 13-15		7:32 AM
17	MINI	ORANGE	MINI SPRINT 16+		7:50 AM
18	MINI	YELLOW	MINI SPRINT 13-15		7:55 AM
19	MINI	BLUE	MINI SPRINT 11-12		8:00 AM
20	ITSY	POWDER BLUE	ITSY BITSY MALE 9-10		8:20 AM
21	ITSY	PINK	ITSY BITSY FEMALE 9-10		8:25 AM
22	ITSY	VIOLET	ITSY BITSY MALE/FEMALE 7-8		8:30 AM