

| WAVE | EVENT  | CAP COLOR | DIVISION   | START TIME |
|------|--------|-----------|--|------------|
| 1    | SPRINT | NO CAP    | DUATHLON   | 6:40 AM    |
| 2    | INT    | ORANGE    | MALE 29 & UNDER, ELITE, MILITARY, CHALLENGED, DUOS | 6:45 AM    |
| 3    | INT    | GREEN     | FEMALE 34 & UNDER, ELITE, MILITARY, CHALLENGED     | 6:50 AM    |
| 4    | INT    | BLUE      | MALE 30-34, MALE 35-39                             | 6:55 AM    |
| 5    | INT    | LT BLUE   | FEMALE 35+, ALL ATHENA                             | 7:00 AM    |
| 6    | INT    | YELLOW    | MALE 40-44, ALL CLYDESDALE                         | 7:05 AM    |
| 7    | INT    | RED       | MALE 45+   | 7:10 AM    |
|      |        |           |  |            |
| 8    | SPRINT | PURPLE    | MALE 16-29, ELITE, MILITARY, CHALLENGED, DUOS      | 7:20 AM    |
| 9    | SPRINT | PINK      | FEMALE 16-29, ELITE, MILITARY, CHALLENGED          | 7:24 AM    |
| 10   | SPRINT | ORANGE    | MALE 30-34, RELAYS                                 | 7:28 AM    |
| 11   | SPRINT | GREEN     | FEMALE 30-34, FEMALE 35-39, ATHENA                 | 7:32 AM    |
| 12   | SPRINT | BLUE      | MALE 35-39, ALL CLYDESDALE                         | 7:36 AM    |
| 13   | SPRINT | LT BLUE   | FEMALES 40-44, FEMALE 45-49, MASTERS ATHENA        | 7:40 AM    |
| 14   | SPRINT | YELLOW    | MALE 40-44, MALE AQUABIKE                          | 7:44 AM    |
| 15   | SPRINT | RED       | FEMALE 50+   | 7:48 AM    |
| 16   | SPRINT | PURPLE    | MALE 45-49, ALL AQUATHLON                          | 7:52 AM    |
| 17   | SPRINT | PINK      | MALE 50-54, MALE 55-59, FEMALE AQUABIKE            | 7:56 AM    |
| 18   | SPRINT | ORANGE    | MALE 60+   | 8:00 AM    |
| 19   | SPRINT | GREEN     | MALE/FEMALE 13-15                                  | 8:04 AM    |
|      |        |           |  |            |
| 20   | MINI   | BLUE      | MINI SPRINT 13 & OVER MALE/FEMALE                  | 8:45 AM    |
| 21   | MINI   | LT BLUE   | MINI SPRINT 11-12 BOYS/GIRLS                       | 8:50 AM    |
| 22   | ITSY   | YELLOW    | ITSY BITSY 9-10 BOYS                               | 8:55 AM    |
| 23   | ITSY   | RED       | ITSY BITSY 9-10 GIRLS                              | 9:00 AM    |
| 24   | ITSY   | PURPLE    | ITSY BITSY 7-8 BOYS                                | 9:05 AM    |
| 25   | ITSY   | PINK      | ITSY BITSY 7-8 GIRLS                               | 9:10 AM    |