

All Clydesdales and Athenas MUST start with their age group

**Saturday Waves:**

Olympic Triathlon

- 1 - 7:00 - NEON YELLOW - All Elites, All Para, All Open, Male 39 & Under
- 2 - 7:02 - NEON ORANGE - Male 40-44
- 3 - 7:04 - NEON RED - Male 45-49
- 4 - 7:06 - NEON GREEN - Male 50-59
- 5 - 7:08 - NEON PINK - All Relays, Male 60+
- 6 - 7:10 - ROYAL BLUE - Female 49 & Under
- 7 - 7:12 - POWDER BLUE - Female 50+

Olympic Aquabike

- 8 - 7:15 - SILVER - All Elites, All Para, All Open, Male 59 & Under
- 9 - 7:17 - WHITE - All Relays, Male 60-64
- 10 - 7:19 - YELLOW - Male 65+
- 11 - 7:21 - ORANGE - Female 54 & Under
- 12 - 7:23 - GREEN - Female 55+

Aquathlon

- 13 - 8:00 - VIOLET - All Elites, All Para, All Open, Male 59 & Under
- 14 - 8:02 - MARIGOLD - Male 60-64
- 15 - 8:04 - PEARL PINK - Female 49 & Under
- 16 - 8:06 - PURPLE - Female 50+

**Sunday Waves:**

Long Course Triathlon

- 1 - 7:00 - NEON YELLOW - Male Elites, Male Para, Male Open, Male 44 & Under
- 2 - 7:02 - NEON ORANGE - Male 45+, All Relays
- 3 - 7:04 - NEON RED - All Female

Long Course Duathlon

- 4 - 7:06 - NO CAP - All Duathletes (start by bike entrance to transition)

Long Course Aquabike

- 5 - 7:08 - NEON GREEN - All Male
- 6 - 7:10 - NEON PINK - All Relays, All Female