



## Wave Start Times

Age is determined by the age athletes turn by the end of this calendar year, as per USAT rules. (To avoid confusion: if you are currently 49 and will turn 50 in November, you will be placed in the 50-54 age group)

Wave #	Division	Time
1	Seeded Athletes* <b>WHITE CAPS</b>	7:00 AM
2	Men 39 and under All Cyldesdale <b>GREEN CAPS</b>	7:04 AM
3	Men 40 + <b>YELLOW CAPS</b>	7:08 AM
4	All Women including Athena All Relay Team Swimmers (optional) First Timers** <b>PINK CAPS</b>	7:12 AM

\* **Wave A “Seeded Athletes”** is designated for athletes (men and women) who are competing for one of the top 3 overall finish times in the men/women divisions. These athletes are not eligible for age group awards.

\*\* **Wave 4 is designated for “First Timers.”** Any newcomer to the sport of triathlon can elect to swim in the 4th wave. This wave will be the last to go in the water, making it less intimidating for new participants. You must switch your wave at Registration prior to the race.