



Wave 1	White	Male 39 and Under Elite Men and Women Male Heroes Relays	7:00 AM
Wave 2	Red	Male 50-54 Clydesdale Challenged Men	7:03 AM
Wave 3	Grey	Male 55 and Over	7:06 AM
Wave 4	Pink	All Women Age Divisions Athena Female Heroes Challenged Women	7:09 AM
Duathlon	No Cap	All	7:15 AM