



**ORANGE COUNTY**  
TRIATHLON • DUATHLON

Wave 1	Powder Blue	Male 29 and Under Elite Men and Women Hero Men and Women Relays Aquabike Men and Women	7:00 AM
T2 Start	No Cap	Duathletes	7:00 AM
Wave 2	Green	Male 30-39	7:03 AM
Wave 3	Red	Male 40-44 Clydesdale	7:06 AM
Wave 4	Orange	Male 45-54	7:09 AM
Wave 5	Black	Male 55-99	7:12 AM
Wave 6	Purple	Female 44 and Under Athena	7:15 AM
Wave 7	Pink	Female 45 and Over	7:18 AM