



**SUPER Fest Wave Assignments**

**Saturday Men's Field**

<u>Wave</u>	<u>Start</u>	<u>Race</u>	<u>Participants</u>	<u>Age Groups</u>					
1	7:30am	Triathlon	0	50-54	55-59				
2	8:30am	Triathlon	0	17-19	40-44	60-64	65-69	70-74	75-79
3	9:30am	Triathlon	0	20-24	30-34	45-49			
4	10:30am	Triathlon	0	16U	25-29	35-39			
5	11:30am	Duathlon	20	ALL					

**Sunday Women's Field**

<u>Wave</u>	<u>Start</u>	<u>Race</u>	<u>Participants</u>	<u>Age Groups</u>					
1	7:30am	Triathlon	0	16U	17-19	30-34	45-49	70-74	75-79
2	8:30am	Triathlon	0	35-39	40-44	60-64	65-69		
3	9:30am	Triathlon	0	20-24	25-29	50-54	55-59		
4	10:30am	Duathlon	16	ALL					