











Start Times



Wave Start	Category	Cap Color
1	7:30 ELITE/MEN 30-34/ CHALLENGED/CAFF	 PURPLE
2	7:35 MEN 35-39	 RED
3	7:40 MEN 40-44	 BLUE
4	7:45 MEN 29 & UNDER	 GREEN
5	7:50 MEN 45-54	 YELLOW
6	7:55 MEN 55+/CLYDESDALES	 ORANGE
7	8:00 WOMEN 29 & UNDER	 LT. BLUE
8	8:05 WOMEN 30-39	 DAYGLO GREEN
9	8:10 WOMEN 40+/ATHENAS	 DAYGLO PINK
10	8:15 RELAYS	 WHITE

Transition area closes at 7:15 a.m.

