



2024 WAVE START SCHEDULE

Color	Wave	Start Time	Division
Red	1	7:00	Male 14-17
			Male 18-24
			Male 25-29
Powder Blue	2	7:06	Male 30-34
			Male para triathletes
Navy Blue	3	7:12	Male 35-39
Neon Green	4	7:18	Male 40-44
			Male mountain bike
			Thunderthighs
			Clydes 200-224
Royal Blue	5	7:24	Male 45-49
			All relays
Neon Yellow	6	7:30	Male 50-54
			Male 55-59
White	7	7:36	Female 14-17
			Female 18-24
			Female 25-29
			Female 30-34
Neon Pink	8	7:42	Female 35-39
			Female 40-44
			Female 45-49
Silver	9	7:48	Male 60-64
			Male 65-69
			Male 70-74
			Male 75-79
			Male 80+
			Clydes 225+
Purple	10	7:54	Athena
			Female 50-54
			Female 55-59
			Female 60-64
			Female 65-69
			Female 70-74
			Female 75-80
Female mountain bike			