

6:15am Pre-race meeting in Transition Area

6:45am Transition Area cleared - everyone to beach!

2016

Wave #	Time	Age Groups	Cap Color
1	6:30	Olympic Women 39 & under	Kelly Green 
2	6:33	Olympic Men 50+	Medium-Dark Blue 
3	6:36	Olympic Men 29 and under + Olympic Relay	Orange-Orange 
4	6:39	Olympic Women 40+	Light Blue (all) 
5	6:42	Olympic Men 30- 39	Fluorescent Pink 
6	6:45	Olympic Men 40- 49	Silver (blank) 
		15 minute BREAK	
7	7:00	Youth Sprint	Red w/white letters 
8	7:03	Sprint Women 40 and over + Sprint Relay	Lavender/Violet 
9	7:06	Sprint Women 39 and under	Royal Blue (blank) 
10	7:09	Sprint Men 40-54	Yellow w/black 
11	7:12	Sprint Men 55+	White (blank + Ltrs) 
12	7:15	Sprint Men 39 and under	Fluorescent Orange 