

WAVE #1 @ 6:30am  
OLYMPIC WOMEN 39 AND UNDER

WAVE #2 @ 6:33am  
OLYMPIC MEN 50+

WAVE #3 @ 6:36am  
OLYMPIC MEN 34 & UNDER

WAVE #4 @ 6:39am  
OLYMPIC WOMEN 40+ & ATHENA

WAVE #5 @ 6:42am  
OLYMPIC MEN 35-44

WAVE #6 @ 6:45am  
OLYMPIC MEN 45-49 & OLYMPIC RELAY & CLYDESDALE

**15 MINUTE BREAK**

WAVE #7 @ 7:00am  
YOUTH SPRINT & SPRINT RELAY

WAVE #8 @ 7:03am  
WOMEN SPRINT 40+ & ATHENA

WAVE #9 @ 7:06am  
SPRINT WOMEN 39 AND UNDER

WAVE #10 @ 7:09am  
SPRINT MEN 35-49

WAVE #11 @ 7:12am  
SPRINT MEN 50 + & CLYDESDALE

WAVE #12 @ 7:15am  
SPRINT MEN 34 AND UNDER