

2019 WAVE LIST

| Wave | Start Time | Group | Swim Cap |
|------|------------|---------------------|------------|
| 1 | 7 a.m. | Elite | Light Blue |
| | | Relay | Red |
| 2 | 7:05 a.m. | M 35-39 | Yellow |
| 3 | 7:10 a.m. | M 30-34 | White |
| 4 | 7:15 a.m. | M 40-44 | Neon Green |
| 5 | 7:20 a.m. | M 13-29 | Orange |
| 6 | 7:25 a.m. | M 45-49 | Light Blue |
| 7 | 7:30 a.m. | M 50-59 | Yellow |
| 8 | 7:35 a.m. | M 60+ Clydesdale | White |
| 9 | 7:40 a.m. | F 35-39 | Neon Green |
| 10 | 7:45 a.m. | F 40-44 | Orange |
| 11 | 7:50 a.m. | F 45+ | Light Blue |
| 12 | 7:55 a.m. | F 30-34 Athena | Yellow |
| 13 | 8 a.m. | F 13-29 | White |