

Wave Number	Wave Start	Gender	Age	Bib Range	Swim	Swim Length	Bike	Bike Laps	Run	Run Laps
Wave 1	8:00am	M-F	13-15	101-200	200 yards	8 Lengths	6 Mile	6	1.5 Mile	3
Wave 2	8:15am	M-F	12	226-350	200 Yards	8 Lengths	6 Mile	6	1.5 Mile	3
Wave 3	8:30am	Male	11	226-350	200 Yards	8 Lengths	6 Mile	6	1.5 Mile	3
Wave 4	8:40am	Female	11	226-350	200 Yards	8 Lengths	6 Mile	6	1.5 Mile	3
Wave 5	8:50am	Male	10	351-475	100 yards	4 Lengths	4 Miles	4	1 Mile	2
Wave 6	9:00am	Female	10	351-475	100 Yards	4 Lengths	4 Miles	4	1 Mile	2
Wave 7	9:10am	Male	9	351-475	100 yards	4 Lengths	4 Miles	4	1 Mile	2
Wave 8	9:20am	Female	9	351-475	100 yards	4 Lengths	4 Miles	4	1 Mile	2
Wave 9	9:30am	Male	8	476-600	50 Yards	2 Lengths	2 Miles	2	.5 Mile	1
Wave 10	9:40am	Female	8	476-600	50 yards	2 Lengths	2 Miles	2	.5 Mile	1
Wave 11	9:50am	Male	7	476-600	50 Yards	2 Lengths	2 Miles	2	.5 Mile	1
Wave 12	10:00am	Female	7	476-600	50 Yards	2 Lengths	2 Miles	2	.5 Mile	1
Wave 13	10:10am	Male	6	601-725	25 Yards	1 Length	1 Mile	1	.5 Mile	1
Wave 14	10:20am	Female	6	601-725	25 Yards	1 Length	1 Mile	1	.5 Mile	1
Wave 15	10:30am	M-F	5	601-725	25 yards	1 Length	1 Mile	1	.5 Mile	1
Wave 16	10:40am	M-F	4	601-725	25 yards	1 Length	1 Mile	1	.5 Mile	1