

Olympic

<u>Wave #</u>	<u>Time</u>	<u>Group</u>	<u>Cap Color</u>
Wave 1	6:55	M/F Pros	White
Wave 2	7:00	M/F Elite Amateur	Gold
Wave 3	7:03	M55+, F45+, MPC, FPC	Green
Wave 4	7:10	M30-34, F15-19, F20-24	Yellow
Wave 5	7:15	M25-29, Athenas, Relays	Royal Blue
Wave 6	7:20	F25-29, F40-44	Red
Wave 7	7:25	M35-39 #1	Lt Blue
Wave 8	7:30	M35-39 #2, M40-44 #1	Orange
Wave 9	7:35	M40-44 #2, M19&UND, M20-24	Purple
Wave 10	7:40	F30-34, F35-39	FI Pink
Wave 11	7:45	M45-49	Black
Wave 12	7:50	CLYDES, M50-54	FI Green

Sprint

<u>Wave #</u>	<u>Time</u>	<u>Group</u>	<u>Cap Color</u>
Wave 1	7:30	M/F Elite Amateur	White
Wave 2	7:33	F19&UND, F25-29, MPC, FPC	Gold
Wave 3	7:36	M60+, F45+	Green
Wave 4	7:42	F20-24, F30-34	Navy
Wave 5	7:48	M50-54, M55-59, Relays	Royal Blue
Wave 6	7:54	M25-29	Red
Wave 7	8:00	M30-34	Lt Blue
Wave 8	8:06	M35-39	Orange
Wave 9	8:12	F35-39, M20-24	Purple
Wave 10	8:18	F40-44, Athena	Yellow
Wave 11	8:24	M19&UND, Clydes	FI Pink
Wave 12	8:30	M40-44	Black
Wave 13	8:36	M45-49	FI Green