

START TIMES



7:30 am - WAVE #1

Sprint Triathlon - 44 & Under
AQUABIKE - All Ages



7:40 am - WAVE #2

Sprint Triathlon - 45 & Over, Athena, Triathlon Relay

NO CAPS

7:45 am - DUATHLON

Duathlon - All Ages, Duathlon Relay



7:50 am - WAVE #3

Sprint Triathlon - Family & Friends, Family & Friends Relay



8:15 am - WAVE #4

Super Sprint Triathlon - All Ages