

2019 Wauconda Triathlons
Waves/Cap Colors

Olympic Wave 1	Coed Relay Clydesdale Male Relay Male 75+ Male 70-74 Male 65-69 Male 60-64 Male 55-59 Male 50-54	Light Blue	6:30 am
Wave 2	Athena Female 75+ Female 70-74 Female 65-69 Female 60-64 Female 55-59 Female 50-54 Female 45-49	Pink	6:33 am
Wave 3	Female 40-44 Female 35-39 Female 30-34 Female 25-29 Female 20-24 Female Relay	Silver	6:36 am
Wave 4	Male 45-49 Male 40-44	Red	6:39 am
Wave 5	Male 35-39 Male 30-34 Male 25-29 Male 20-24 Male 18-19 Male 16-17	Yellow	6:42 am

*Swimmers will take off in groups of 2 every 5 seconds. Times listed are approximate times your wave will start.

Sprint

Wave 6	ParaTriathletes		6:45 am
Wave 7	Female Relay Athena Coed Relay Female 75+ Female 70-74 Female 65-69 Female 60-64 Female 55-59 Female 50-54	Orange	6:50 am
Wave 8	Clydesdale Male Relay Male 75+ Male 70-74 Male 65-69 Male 60-64 Male 55-59 Male 50-54	Purple	6:53 am
Wave 9	Female 45-49 Female 40-44 Female 35-39	Yellow	6:56 am
Wave 10	Male 45-49 Male 40-44 Male 35-39	Light Blue	6:59 am
Wave 11	Female 30-34 Female 25-29 Female 20-24 Female 18-19 Female 16-17	White	7:02 am
Wave 12	Male 30-34 Male 25-29 Male 20-24 Male 18-19 Male 16-17	Silver	7:05 am
Wave 13/14	2/3 Triathlon	No Cap (Meet at Swim In)	7:00 am