

**GENERAL AGE GROUP WAVE LIST**  
**AGE GROUP - WAVE # - START TIME - BIB #**  
 <See Master List for Individual Wave Assignments>

<b>WAVE #</b>	<b>START TIME</b>	<b>BIB #s</b>
<b>AGES 13 thru 15</b>		
<b>200yd swim - 6mi bike - 1 1/4 mi run</b>		
<b>8 lengths in pool - 3 laps on bike - 5+ laps around track</b>		
Wave 1	8:00 AM	1400-1449
Wave 2	8:10 AM	1450-1499
Wave 3	8:20 AM	1500-1549
<b>AGES 11 thru 12</b>		
<b>200yd swim - 6mi bike - 1 1/4 mi run</b>		
<b>8 lengths in pool - 3 laps on bike - 5+ laps around track</b>		
Wave 4	8:30 AM	1075-1124
Wave 5	8:40 AM	1125-1174
Wave 6	8:50 AM	1175-1224
Wave 7	9:00 AM	1225-1274
Wave 8	9:10 AM	1275-1324
<b>AGES 9 thru 10</b>		
<b>100 yd swim - 4 mi bike - 1/2 mi run</b>		
<b>4 lengths in pool - 2 laps on bike - 2+ laps around track</b>		
Wave 9	9:20 AM	700-749
Wave 10	9:30 AM	750-799
Wave 11	9:40 AM	800-849
Wave 12	9:50 AM	850-899
Wave 13	10:00 AM	900-949
Wave 14	10:10 AM	950-999
<b>AGES 7 thru 8</b>		
<b>50 yd swim - 2 mi bike - 1/2 mi run</b>		
<b>2 lengths in pool - 1 lap on bike - 2+ laps around track</b>		
Wave 15	10:20 AM	325-374
Wave 16	10:30 AM	375-424
Wave 17	10:40 AM	425-474
Wave 18	10:50 AM	475-524
Wave 19	11:00 AM	525-574
Wave 20	11:10 AM	575-624
Wave 21	11:20 AM	625-674
<b>AGES 6 &amp; under</b>		
<b>25 yd swim - 1 mi bike - 1/4 mi run</b>		
<b>1 lengths in pool - 1/2 lap on bike - 1+ laps around track</b>		
Wave 22	11:30 AM	100-139
Wave 23	11:40 AM	140-179
Wave 24	11:50 AM	180-219
Wave 25	12:00 PM	220-259
Wave 26	12:10 PM	260-299