

Details	Wave 1L	Wave 2L	Wave 3L	Wave 4L
Register by	5:30	6:00	6:30	7:00
SWIM start	6:00	6:30	7:00	7:30
SWIM end	6:20	6:50	7:20	7:50
Minutes	0:20	0:20	0:20	0:20
Transition T1	6:20	6:50	7:20	7:50
	6:30	7:00	7:30	8:00
Minutes	0:10	0:10	0:10	0:10
BIKE Start	6:30	7:00	7:30	8:00
BIKE End	7:50	8:20	8:50	9:20
Minutes	1:20	1:20	1:20	1:20
transition T2	7:50	8:20	8:50	9:20
	8:00	8:30	9:00	9:30
Minutes	0:10	0:10	0:10	0:10
RUN start	8:00	8:30	9:00	9:30
1/2 direct	8:20	8:50	9:20	9:50
RUN end	8:40	9:10	9:40	10:10
Minutes	0:40	0:40	0:40	0:40