

Details	Wave 1	Wave 2	Wave 3
Register by	5:30	5:50	6:10
SWIM/RUN #1 START	6:00	6:20	6:40
SWIM/RUN #1 END	6:15	6:35	6:55
Minutes	0:15	0:15	0:15
Transition T1	6:15	6:35	6:55
	6:25	6:45	7:05
Minutes	0:10	0:10	0:10
BIKE Start	6:25	6:45	7:05
BIKE End	7:05	7:25	7:45
Minutes	0:40	0:40	0:40
transition T2	7:05	7:25	7:45
	7:10	7:30	7:50
Minutes	0:05	0:05	0:05
RUN start	7:10	7:30	7:50
RUN end	7:30	7:50	8:10
Minutes	0:20	0:20	0:20