

Olympic Waves

Wave	Distance	From Age	To Age	Cap Color	Start Time
1	Olympic	Elite	Elite	Yellow	9:00
2	Olympic 29 and under, Clydesdale/Athena and Olympic Relays			Red	9:03
3	Olympic	30	39	Red	9:06
4	Olympic	40	49	Red	9:09
5	Olympic	50 and Up		Red	9:12



Sprint Waves

Wave	Distance	From Age	To Age	Cap Color	Start Time
6	Sprint 29 & Under, Clydesdale/ Athena			Blue	9:30
7	Sprint 30-39 and Sprint Relays			Orange	9:33
8	Sprint	40	49	Blue	9:36
9	Sprint	50 & Up		Orange	9:39