

	Wave 1L	Wave 2L	Wave 3L	Wave 4L	Wave5S	Wave6S	Wave7S
Register by	5:15	5:30	6:00	6:15	6:30	7:00	7:20
SWIM start	5:45	6:05	6:25	6:45	7:10	7:30	7:50
SWIM end	6:00	6:20	6:40	7:00	7:20	7:40	8:00
Minutes	0:15	0:15	0:15	0:15	0:10	0:10	0:10
Transition T1	6:00	6:20	6:40	7:00	7:20	7:40	8:00
	6:10	6:30	6:50	7:10	7:30	7:50	8:10
Minutes	0:10	0:10	0:10	0:10	0:10	0:10	0:10
BIKE Start	6:10	6:30	6:50	7:10	7:30	7:50	8:10
BIKE End	6:50	7:10	7:30	7:50	7:55	8:15	8:35
Minutes	0:40	0:40	0:40	0:40	0:25	0:25	0:25
transition T2	6:50	7:10	7:30	7:50	7:55	8:15	8:35
	6:55	7:15	7:35	7:55	8:00	8:20	8:40
Minutes	0:05	0:05	0:05	0:05	0:05	0:05	0:05
RUN start	6:55	7:15	7:35	7:55	8:00	8:20	8:40
RUN end	7:15	7:35	7:55	8:15	8:15	8:35	8:55
Minutes	0:20	0:20	0:20	0:20	0:15	0:15	0:15