

	WAVE 1	WAVE 2	WAVE 3	WAVE 4	WAVE 5	WAVE 6	WAVE 7	WAVE 8	WAVE 9
Arrive (no later than)	4:45	5:15	5:45	6:15	6:45	7:15	7:45	8:15	8:45
Pre-Event Meeting	5:15	5:45	6:15	6:45	7:15	7:45	8:15	8:45	9:15
Swim WarmUp	5:20-5:30	5:50-6:00	6:20-6:30	6:50-7:00	7:20-7:30	7:50-8:00	8:20-8:30	8:50-9:00	9:20-9:30
SWIM START	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30
SWIM END	5:50	6:20	6:50	7:20	7:50	8:20	8:50	9:20	9:50
T1	5:50-6:00	6:20-6:30	6:50-7:00	7:20-7:30	7:50-8:00	8:20-8:30	8:50-9:00	9:20-9:30	9:50-10:00
BIKE START	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
BIKE END	7:20	7:50	8:20	8:50	9:20	9:50	10:20	10:50	11:20
T2	7:20-7:25	7:50-7:55	8:20-8:25	8:50-8:55	9:20-9:25	9:50-9:55	10:20-10:25	10:50-10:55	11:20-11:25
RUN START	7:25	7:55	8:25	8:55	9:25	9:55	10:25	10:55	11:25
RUN END	8:05	8:35	9:05	9:35	10:05	10:35	11:05	11:35	12:05