

2023 GREAT FLORIDIAN TRIATHLON - START TIMES*

* Triathlon age is
based on your age on
12/31

WAVE	START TIME	CAP COLOR	RACE	DESCRIPTION
1	7:30 AM	FL GREEN	ULTRA	ALL INDIVIDUAL ATHLETES
2	7:45 AM	YELLOW	ULTRA	AQUABIKE, RELAY, 2.4 SWIMMERS
3	8:30 AM	ORANGE	GFT HALF	ALL AGE GROUP MEN & CLYDESDALES
4	8:35 AM	PINK	GFT HALF	ALL AGE GROUP WOMEN & ATHENA,
5	8:37 AM	N/A	GFT HALF	ALL LONG COURSE DUATHLETES
6	8:40 AM	LT BLUE	GFT HALF	HALF AQUABIKE, RELAY, 1.2 SWIM
BIKE112	8:45 AM	N/A		
BIKE60	9:00 AM	N/A		
7	9:30 AM	WHITE	SPRINT	AGE GROUP MEN 44 & UNDER, PARATRIATHLETES
8	9:32 AM	N/A	SPRINT	SPRINT DUATHLON
9	9:33 AM	RED	SPRINT	AGE GROUP MEN 45 & OVER, CLYDESDALES
10	9:36 AM	PURPLE	SPRINT	AGE GROUP WOMEN, ATHENA
11	9:39 AM	GOLD	SPRINT	ALL AQUATHLON, FRIENDSHIP WAVE
12	6:30 PM	N/A	HALF MARATHON	SUNSET HALF MARATHON RUNNERS