

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	LT BLUE	SPRINT	ALL COLLEGIATE & HIGH SCHOOL ATHLETES
2	7:32 AM	N/A	DUATHLON	ALL DUATHLETES
3	7:33 AM	DK BLUE	SPRINT	ALL SPRINT TRIATHLON MEN, CYLDESDALES,
4	7:36 AM	PINK	SPRINT	ALL SPRINT TRIATHLON WOMEN, ATHENA
5	7:39 AM	PURPLE	SPRINT	ALL AQUABIKE, AQUATHLON, RELAY TEAMS, & FRIENDSHIP WAVE
6	7:45 AM	YELLOW	TRIPLE TRI	ALL TRIPLE TRIATHLON ATHLETES