

2024 Wauconda Triathlons
Waves/Cap Colors

| Olympic | | | Approx. Start Time |
|----------------|--|------------|---------------------------|
| Wave 1 | Elite Male Elite Female | Green | 6:30 am |
| Wave 2 | Olympic Relays Clydesdale Male 75-79 Male 70-74 Male 65-69 Male 60-64 Male 55-59 Male 50-54 | Light Blue | 6:33 am |
| Wave 3 | Athena Female 65-69 Female 60-64 Female 55-59 Female 50-54 Female 45-49 | White | 6:36 am |
| Wave 4 | Female 40-44 Female 35-39 Female 30-34 Female 25-29 Female 20-24 Female 18-19 Female 16-17 Female Aqua Bike | Pink | 6:39 am |
| Wave 5 | Male 45-49 Male 40-44 Male Aqua Bike | Red | 6:42 am |
| Wave 6 | Male 35-39 Male 30-34 Male 25-29 Male 20-24 Male 18-19 Male 16-17 | Yellow | 6:45 am |

*Swimmers will take off in groups of 2 every 5 seconds. Times listed are approximate times your wave will start.

| Sprint | | | Approx. Start Time |
|---------------|--|----------|---------------------------|
| Wave 7 | Sprint Relays Athena Female 65-69 Female 60-64 Female 55-59 Female 50-54 | Pink | 6:50 am |
| Wave 8 | Clydesdale Male 75+ Male 70-74 Male 65-69 Male 60-64 Male 55-59 Male 50-54 | White | 6:53 am |
| Wave 9 | Female 45-49 Female 40-44 Female 35-39 | Green | 6:56 am |
| Wave 10 | Male 45-49 Male 40-44 Male 35-39 | Silver | 6:59 am |
| Wave 11 | Female 30-34 Female 25-29 Female 20-24 Female 18-19 Female 16-17 Female Aqua Bike | Lt. Blue | 7:02 am |
| Wave 12 | Male 30-34 Male 25-29 Male 20-24 Male 18-19 Male 16-17 Male Aqua Bike | Red | 7:05 am |
| Wave 13 | Beginner Female Beginner Male | Yellow | 7:08 am 7:11 am |
| Wave 14/15 | Duathlons No Cap (Meet at Swim In near Transition) | | 6:45 am |