

2025 Wauconda Triathlons  
Waves/Cap Colors

<b>Olympic</b>			<b>Approx. Start Time</b>
Wave 1	Elite Male Elite Female	White	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	Silver	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.

<b>Sprint</b>		<b>Approx. Start Time</b>	
Wave 7	Athena Female 70+ Female 65-69 Female 60-64 Female 55-59 Female 50-54	Pink	6:50 am
Wave 8	Clydesdale Male 80+ Male 75-79 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 Coed Relays	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 Male Relays	Red	7:05 am
Wave 13	Beginner Female	Yellow	7:08 am
	Beginner Male		7:11 am
Wave 14/15 Duathlons No Cap (Meet at Swim In near Transition)			6:45 am