

2010 Cayuga Lake Triathlon

Wave Assignments

INTERMEDIATE:

WAVE #	CAP COLOR	START TIME	INCLUDES:
1	ROYAL BLUE	8:00AM	Males 24 and Younger Males 35-49
2	SILVER	8:10AM	Males 25-34 Males 50 and Older Females 40-44
3	PINK	8:20AM	Females 39 and Younger Females 45 and Older ALL RELAY TEAMS

SPRINT:

WAVE #	CAP COLOR	START TIME	INCLUDES:
1	Lt. BLUE	9:00AM	Males 15-29 Females 15-29
2	RED	9:10AM	Males 30-49
3	PURPLE	9:20AM	Females 30-39 Females 50 and Older
4	YELLOW	9:30AM	Males 50-59 Females 40-49
5	WHITE	9:40AM	Males 60 and Older Males 14 and Younger Females 14 and Younger ALL RELAY TEAMS

YOUTH:

WAVE #	CAP COLOR	START TIME	INCLUDES:
1	GOLD	10:30AM	All Youth (11-14)