

Greater Cleveland Triathlon
Wave Starts
August 10, 2008

All Participants are Required to Start in their Assigned Wave using Assigned Swim Cap

Time	Group	Cap Color
	Half Ultra	
7:00 AM	Open Wave	Silver
7:03 AM	15 – 29 Male & Female	Green
7:06 AM	30-39 Male & Female	Orange
7:09 AM	40 -49 Male & Female	Pink
7:12 AM	50+ Relay Male & Female	Yellow
	Aquabike	
7:15 AM	39 + Under Male & Female	Yellow
	40+ Over Male & Female	Yellow
	Relay	Yellow
7:30 AM	International	
7:33 AM	15 -29 Male & Female	Green
7:36 AM	30-39 Male & Female	Orange
7:39 AM	40-49 Male & Female	Pink
	50+ Relays	Yellow
	Sprint	
7:45 AM	15 – 29 Male & Female	Green
7:48 AM	30 – 39 Male & Female	Orange
7:51 AM	40 – 49 Male & Female	Pink
7:54 AM	50+ Relays	Yellow