

**Greater Cleveland Triathlon & Duathlon – Wave Starts  
August 9, 2009**

Time	Group	Cap Color
	International	1200 Yard Swim/23 Mile Bike/10K Run
7:30 AM	15-29	Pink
7:33 AM	30-39	Green
7:36 AM	40-49	Yellow
7:39 AM	50+ Relays	Orange
7:30 AM	International Duathlon	5K Run/23 Mile Bike/5K Run
	Sprint	600 Yard Swim/12 Mile Bike/5K Run
7:45 AM	15 – 29	Pink
7:48 AM	30 – 39	Green
7:51 AM	40 – 49	Yellow
7:54 AM	50+ Relays	Orange
7:45 AM	Sprint Duathlon	2.0 Mile Run/12 Mile Bike/2.0 Mile Run

**You must start in your assigned wave and with the correct color swim cap**

