

**Greater Cleveland Triathlon & Duathlon – Wave Starts
August 7, 2011**

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

Swim Course Sponsor

