

## 2018 Cayuga Lake Triathlon Wave Assignments

### INTERMEDIATE:

WAVE #	CAP COLOR	START TIME	INCLUDES:
1	WHITE	8:00AM	Males 40 and Older
2	NEON GREEN	8:10AM	Females 35 and Older
3	ROYAL BLUE	8:20AM	Males 39 and Younger
4	NEON PINK	8:30AM	Females 34 and Younger ALL RELAYS

### SPRINT:

WAVE #	CAP COLOR	START TIME	INCLUDES:
1	POWDER BLUE	9:00AM	Males 39 and Younger
2	RED	9:10AM	Females 39 and Younger
3	PURPLE	9:20AM	Females 40 and Older
4	YELLOW	9:30AM	Males 40-54
5	PEARLY PINK	9:40AM	Males 55 and Older ALL RELAYS

### YOUTH:

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