



This race will feature a group time trial start, with five to 10 athletes departing every five seconds. Athletes will assemble in waves behind the start line, and will walk through the starting gate and into the water as directed at each interval start signal.

PLEASE NOTE: This start type is known to move very quickly. Individual waves do not have a specific start time. Waves will depart immediately following the previous wave. All athletes are advised to be ready with their wave at the posted event start time.

Swim Cap Info – Swim cap MUST be worn. You can pick up a free swim cap at packet pick-up or use your own. We ask that if you do use your own it needs to be a brighter color (no dark colors).

7:00 AM

Short Course Start

Waves will be announced by Swim Course Coordinator on race morning

Wave 1 – Bibs 1 -57

Wave 2 – Bibs 58 - 109

Wave 3 – Bibs 110 - 159

Wave 4 – Bibs 160-207

*If you feel you need to be in a different wave you may move to that wave without notifying us.