

This race will feature a group time trial start, with five 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.

7:15 AM

Long Course Start

- 1 – Bibs: 261 – 300 (Blue)
- 2 – Bibs 301-340 (Green)
- 3 – Bibs 341-381 (Yellow)
- 4 – Bibs 382-410 (Purple)

7:35 AM

Short Course Start

- 8 – Bibs 136-180 (Gray)
- 9 – Bibs 181-198; 244-260 (Orange)
- 5 – Bibs 1-45 (Red)
- 6 – Bibs 46-90 (White)
- 7 – Bibs 91-135 (Light Blue)