Guelph Lake 1 Wave Charts

Olympic Triathlon Waves

Category	Wave	Cap Colour	Start Time
Pro Men & Women All Juniors (19 & Under) Men 20-29 Women 20-29	1	**Purple**	8:00am
Men 30-44	2	**Red**	8:03am
Men 45-49 Women 30+ SWIM/BIKE	3	**Orange**	8:06am
Men 50+ ALL RELAYS	4	**Green**	8:09am

Olympic Duathlon

Category	Wave	Start Time
ALL Athletes	1	8:20am

Try-A-Tri Waves

Category	Wave	Cap Colour	Start Time
All Juniors (19 & Under) Men 20-29 Women 20-34	1	**White**	2:00pm
Men 30-39 Women 35-44	2	**Blue**	2:03pm
Men 40+ Women 45+	3	**Pink**	2:06pm

Sprint Triathlon Waves

Category	Wave	Cap Colour	Start Time
Pro Men and Women Juniors (19 & Under) Men 20-34 Women 20-24 Men 50-54	1	**Orange**	9:00am
Women 25-34 Men 35-39 Men 55-59	2	**Yellow**	9:03am
Men 40-49 Men 60+ SWIM/BIKE	3	**Red**	9:06am
Women 35-49 Women 50+ RELAYS	4	**Purple**	9:09am

Sprint Duathlon

Category	Wave	Start Time
ALL Athletes	1	9:15am