

Guelph 1 Wave Charts

Olympic Triathlon Wave Chart

Category	Wave	Cap Colour	Start Time
Pro Men & Women Juniors (19 and Under) Men 20-29 Women 20-39	1	Purple	8:00am
Men 30-44	2	Red	8:03am
Men 45-49 Women 40+ ALL SWIM BIKES	3	Orange	8:06am
Men 50+ ALL RELAYS	4	Green	8:09am

Olympic Duathlon Wave Chart

Category	Wave	Start Time
ALL ATHLETES	1	8:20am

Try-A-Tri Wave Chart

Category	Wave	Cap Colour	Start Time
All Juniors (19 and under) Men 20-24 Women 20-34	1	White	2:00pm
Men 25-39 Women 35-44	2	Blue	2:03pm
Men 40+ Women 45+	3	Pink	2:06pm

Sprint Triathlon Wave Chart

Category	Wave	Cap Colour	Start Time
Pro Men and Women All Juniors (19 and under) Men 20-29 Women 20-24 Men 50-59	1	Orange	9:00am
Women 25-34 Men 30-39	2	Yellow	9:03am
Women 35-49 Men 60+ ALL SWIM BIKES	3	Red	9:06am
Men 40-49 Women 50+ ALL RELAYS	4	Purple	9:09am

Sprint Duathlon Wave Chart

Category	Wave	Start Time
ALL ATHLETES	1	9:10am