

**LONG COURSE - Saturday, May 2, 2026**

Wave	Class	Cap Color	Start Time
1	MALE 34 & U + OPEN	White	8:00 AM
2	MALE 35 - 49	Violet	8:05 AM
3	FEMALE 39&U	Dark Raspberry	8:10 AM
4	FEMALE 40+ & RELAYS	Neon Green	8:15 AM
5	MALE 50+	Neon Pink	8:20 AM
6	FRIENDS/FAMILY	Powder Blue	8:25 AM
7	OPEN WATER SWIM	White	8:30 AM

**SPRINT GRAVEL TRI - Saturday, May 2, 2026**

Wave	Class	Cap Color	Start Time
1	MALE 44 & U	Dark Raspberry	9:15 AM
2	MALE 45+	Neon Green	9:20 AM
3	FEMALE 39&U	Neon Pink	9:25 AM
4	FEMALE 40+	Powder Blue	9:30 AM

**SPRINT ON ROAD TRI - Sunday - May 3, 2026**

Wave	Class	Cap Color	Start Time
1	MALE 39 & U	White	8:30 AM
2	FEMALE 39&U	Violet	8:35 AM
3	MALE 40+	Neon Green	8:40 AM
4	FEMALE 40+	Neon Pink	8:45 AM

**OLYMPIC COURSE - Sunday May 3, 2026**

Wave	Class	Cap Color	Start Time
1	MALE (COLLEGIATE)	Powder Blue	9:00 AM
2	FEMALE (COLLEGIATE)	Dark Raspberry	9:02 AM
3	MALE 34&U	Neon Green	9:05 AM
4	FEMALE 39&U	Neon Pink	9:10 AM
5	FEMALE 45+	Powder Blue	9:15 AM
6	MALE 35 - 54	Pearly Silver	9:20 AM
7	FRIENDS/FAMILY & RELAYS	White	9:25 AM
8	MALE 55+	Violet	9:30 AM

Last updated:  
April 26th, 2026