

**Athleta Esprit de She Triathlon
SAN DIEGO, CA
OCTOBER 20, 2013
WAVE ASSIGNMENTS**

WAVE	CAP COLOR	RACE	CATEGORY/ AGE RANGE	SCHED. START	NET
1	SILVER	SPRINT	ELITE	7:00	
2	PURPLE	SPRINT	SURVIVOR	7:02	2:00
3	YELLOW	SPRINT	RELAY	7:02	2:00
4	PINK	SPRINT	AGE GROUP 12-29	7:05	5:00
5	GREEN	SPRINT	AGE GROUP 30-34	7:08	8:00
6	ORANGE	SPRINT	AGE GROUP 35-39	7:11	11:00
7	YELLOW	SPRINT	AGE GROUP 40-44	7:14	14:00
8	PINK	SPRINT	AGE GROUP 44-49	7:17	17:00
9	GREEN	SPRINT	AGE GROUP 50+	7:20	20:00
10	ORANGE	SPRINT	BUDDY	7:23	23:00
11	PURPLE	SUPER SPRINT	SURVIVOR	7:43*	38:00
12	YELLOW	SUPER SPRINT	RELAY	7:43	43:00
13	PINK	SUPER SPRINT	AGE GROUP 12-39	7:46	46:00
14	GREEN	SUPER SPRINT	AGE GROUP 40+	7:49	49:00
15	ORANGE	SUPER SPRINT	BUDDY	7:52	52:00

PLEASE NOTE: THERE IS MORE THAN ONE START GROUP FOR EACH CAP COLOR. PLEASE KNOW YOUR WAVE START TIME.

WAVE START TIMES ARE APPROXIMATE. SOME WAVES WILL BE COMBINED

***~20 minute interval between Sprint & Super Sprint races to re-position lifeguards.**