

Swim Waves

International

Cap Color	Waves	Start Time	Grouping
Gray	1	8:00 AM	Males ≤ 40, International Teams
Light Blue	2	8:02 AM	Males 41+, Clydesdales
Dark Purple	3	8:04 AM	All Females, Athenas

Sprint

Cap Color	Waves	Start Time	Grouping
Yellow	4	8:30 AM	Males ≤ 30, Sprint Teams
Bright Orange	5	8:33 AM	Males 31-49, Clydesdales
Dark Blue	6	8:36 AM	Males 50+
Hot Pink	7	8:39 AM	Females ≤ 30
Light Purple	8	8:42 AM	Females 31-49, Non-Binary All Ages
Red	9	8:45 AM	Females 50+, Athena

**You must wear the swim cap provided by the
Greenfield Triathlon Race Committee**