

# Swim Waves

## International

Cap Color	Waves	Start Time	Grouping
Gray	I1	8:00 AM	Males, Clydesdales
Purple	I2	8:02 AM	Females, Athena, Non-Binary, International Teams

## Sprint

Cap Color	Waves	Start Time	Grouping
Red	S1	8:30 AM	Males ≤ 30, Sprint Teams
Green	S2	8:33 AM	Males 31-49, Clydesdales
Dark Blue	S3	8:36 AM	Males 50+
Yellow	S4	8:39 AM	Females ≤ 30, Non-Binary All Ages
Pink	S5	8:42 AM	Females 31-49
Orange	S6	8:45 AM	Females 50+, Athena

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