



sommer sports
clermont, florida



Florida Challenge Triathlon
1.2 Swim - 56 Bike - 13.1 Run

1.2 MILE SWIM COURSE

WAVE STARTS

*NOTE - Waves 1-3 are for Long Course Athletes.

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|----|-----------------|--|
| 1) | 7:15am - PINK | - All Age Group Women All Athena Athletes Military Women |
| 2) | 7:25am - YELLOW | - Age Group Men 45 & Over All Clydesdales |
| 3) | 7:35am - GREEN | - All Age Group Men 44 & Under Military Men Aqua Bike Relay Teams |
| | | LT BLUE SILVER |
| 4) | 8:45am - ORANGE | - SPRINT - All Women |
| 5) | 8:55am - RED | - SPRINT - All Men & Relay Teams |

Failure to start in the proper wave may result in disqualification!