



WAVE STARTS FOR PRAIRIEMAN HALF & SPRINT TRIATHLON
SUNDAY, SEPTEMBER 13, 2009 7:00 AM

PM Sprint Waves:

<u>WAVE</u>	<u>AGE</u>	<u>SEX</u>	<u>START</u>
ONE (1)	35 Plus	Men/Women	7:00 AM
	Cap Color: GREEN		
TWO (2)	10-34	Men/Women	7:03 AM
	Cap Color: YELLOW		

PrairieMan Half Waves:

ONE (1)	45 Plus	Men/Women	7:30 AM
	Cap Color: SILVER		
TWO (2)	30-34	Men/Women	7:33 AM
	15-24	Men/Women	
	Cap Color: GOLD		
	All Relays	Men/Women/Mixed	
	Cap Color: BLUE		
THREE (3)	35-39	Men/Women	7:36 AM
	Cap Color: WHITE		
FOUR (4)	25-29	Men/Women	7:39 AM
	40-44		
	Cap Color: RED		

AquaBike Entrants and Clydesdale/Athenas will start with their respective Triathlon Age Group!

You will be given your ChampionChip on race morning AFTER you are body marked. You must have your ChampionChip securely attached to your ankle when you enter the swim chute. The ChampionChip and your wave colored swim cap are used to maintain swimmer accountability.

REMEMBER, YOU MUST BE IN THE PARK BY 6:15 AM.