



American Triple-T Wave Starts | Friday, May 20

AMERICAN TRIPLE-T ONLY

SUPER SPRINT (XT & ST)

250-yard swim, 3.3-mile bike, 1-mile run

5:00 pm | Elite Male/Female, Elite Master, Elite Grand Master

5:03 pm | Male 29 and under

5:06 pm | Male 30-34, Clydesdale

5:10 pm | Male 35-39

5:13 pm | Male 40-44

5:16 pm | Male 45-49

5:20 pm | Female 34 and under, Athena

5:23 pm | Female 35-85+

5:26 pm | Male 50-85+



American Triple-T & Salt Fork Triathlons Wave Starts | Saturday, May 21 (MORNING)

AMERICAN TRIPLE-T ONLY

OLYMPIC (XT)

1-mile swim (2 laps), 24.8-mile bike (2 laps), 6.55-mile run

7:30 am | Elite Male/Female, Elite Master, Elite Grand Master

7:33 am | Male 29 and under

7:38 am | Male 30-34, Clydesdale

7:43 am | Male 35-39

7:48 am | Male 40-44

7:53 am | Male 45-49

7:58 am | Female 34 and under, Athena

8:03 am | Female 35-85+

8:08 am | Male 50-85+, Coed Relay, Female Relay, Male Relay

AMERICAN TRIPLE-T & SALT FORK TRIATHLON

SPRINT (ST)

1/2 mile swim (1 lap), 12.4-mile bike (1 lap), 3.1-mile run

8:15 am | Elite Male/Female, Master, Grand Master

8:15 am | Aquabike (Salt Fork Triathlon)

8:18 am | Male 20-29

8:21 am | Male 30-34, Clydesdale

8:24 am | Male 35-39

8:27 am | Male 40-49

8:30 am | Female 20-34, Athena

8:33 am | Female 35-85+

8:36 am | Male 50-85+, Coed Relay, Female Relay, Male Relay

8:36 am | Youth Male & Female (0-19)



Salt Fork Triathlons

Wave Starts | Saturday, May 21 (MORNING)

SALT FORK TRIATHLON ONLY

SUPER SPRINT

250-yard swim, 3.3-mile bike, 1-mile run

8:40 am | Elite Male/Female, Master, Grand Master, Aquabike

8:43 am | Male 20- 29

8:46 am | Male 30-34, Clydesdale

8:49 am | Male 35-39

8:52 am | Male 40-49

8:55 am | Female 20-34, Athena

8:58 am | Female 35-85+

9:01 am | Male 50-85+, Coed Relay, Female Relay, Male Relay

9:01 am | Youth Male & Female (0-19)



American Triple-T

Wave Starts | Saturday, May 21 (AFTERNOON)

AMERICAN TRIPLE-T

OLYMPIC (XT)

24.8-mile bike (2 laps), 1-mile swim (2 laps), 6.55-mile run

3:00 pm | Elite Male/Female, Elite Master, Elite Grand Master

3:03 pm | Male 39 and under

3:06 pm | Male 40-49, Clydesdale

3:10 pm | Female 39 and under, Athena

3:13 pm | Female 40-85, Athena

3:16 pm | Male 50-85+

AMERICAN TRIPLE-T

SPRINT (ST)

12.4-mile bike (1 lap), 1/2 mile swim (1 lap), 3.1-mile run

3:20 pm | Elite Male/Female, Elite Master, Elite Grand Master

3:23 pm | Male 39 and under

3:26 pm | Male 40-49, Clydesdale

3:29 pm | Female 39 and under, Athena

3:31 pm | Female 40-85, Athena

3:34 pm | Male 50-85+



American Triple-T & Salt Fork Triathlons Wave Starts | Sunday, May 22

AMERICAN TRIPLE-T & SALT FORK TRIATHLONS

HALF IRON (XT)

1.2-mile swim (2 laps), 56-mile bike (4 laps), 13.1-mile run (2 laps)

7:00 am | Elite Male/Female, Elite Master, Elite Grand Master

7:00 am | Aquabike (Salt Fork Triathlons **ONLY**)

7:03 am | Male 29 and under

7:08 am | Male 30-34, Clydesdale

7:13 am | Male 35-39

7:18 am | Male 40-44

7:23 am | Male 45-49

7:28 am | Female 34 and under, Athena

7:33 am | Female 35-85+

7:38 am | Male 50-85+, Coed Relay, Female Relay, Male Relay

AMERICAN TRIPLE-T & SALT FORK TRIATHLONS

OLYMPIC (ST)

.62 mile swim (1 lap), 28-mile bike (2 laps), 6.55-mile run (1 lap)

7:45 am | Elite Male/Female, Master, Grand Master

7:45am | Aquabike (Salt Fork Triathlons **ONLY**)

7:48 am | Male 29 and under

7:51 am | Male 30-34, Clydesdale

7:54 am | Male 35-39

7:57 am | Male 40-49

8:00 am | Female 20-34, Athena

8:03 am | Female 35-85+

8:06 am | Male 50-85+, Coed Relay, Female Relay, Male Relay,



Salt Fork Triathlons

Wave Start | Sunday, May 22

SALT FORK TRIATHLONS

Salt Fork Mixed Relay ONLY

.450 meter swim, 14 mile-bike (1 lap), 3.3-run

8:06 am | Salt Fork Mixed Relay