



**Wolf Lake Park, Hammond, IN
Sunday, June 2, 2019**

OLYMPIC DISTANCE				
Wave	Race Time	Time of Day	Group	Cap Color
1	0:00:00	8:00 AM	ALL FEMALES	PINK
2	0:05:00	8:05 AM	MALE 44 UNDER CLYDES & MARMEDFORCES	BLUE
3	0:10:00	8:10 AM	MALES 45+, RELAYS & PARATRIATHLETES	SILVER

SPRINT DISTANCE				
Wave	Race Time	Time of Day	Group	Cap Color
4	0:45:00	8:45 AM	SPRINT PARATRIATHLETES	WHITE
5	0:55:00	8:55 AM	ALL MALES	YELLOW
6	1:00:00	9:00 AM	ALL FEMALES & RELAYS	GREEN

**DON'T FORGET TO WEAR YOUR
TIMING CHIP ON YOUR ANKLE**