

Ironclad Triathlon
 May 30, 2010
 Wave Assignments

Wave 1	Wave 2	Wave 3	Wave 4	Wave 5
7:00 AM	7:03 AM	7:06 AM	7:09 AM	7:12 AM
Elite Male Elite Female	M19&Under M20-24 M25-29 M30-34	M35-39 M40-44	F20-24 F25-29 F30-34 F35-39 F40-44 F45-49 F50-54 Athena	M45-49 M50-54 M55-59 M60-64 M65-69 Clydesdale Relays