



## .8 MILE SWIM COURSE

**ULTRA - 3 LAPS**

**2/3 - 2 LAPS**

**1/3 - 1 LAP**

### PRELIMINARY WAVE STARTS

- 1) **7:30am** GFT ULTRA - All Individual Men & Women
- 2) **7:45am** GFT ULTRA - Relay Teams, Aqua Bike  
2.4 Open Water Swimmers
- 3) **8:30am** 2/3 GFT COURSE - All Participants including Swim, Aqua Bike & Teams  
**8:55am** DUATHLON - All Athletes
- 4) **9:00am** 1/3 GFT COURSE - All Individual Women, Athenas, Female Military,
- 5) **9:04am** 1/3 GFT COURSE - All Individual Men 49 & Under & Male Military,
- 6) **9:08am** 1/3 GFT COURSE - All Individual Men 50 & Over and Clydesdales  
All 1/3 GFT Aqua Bike Participants, 1/3 GFT Team
- 7) **9:30am** GFT SPRINT - All Individual Men
- 8) **9:34am** GFT SPRINT - All Individual Women

All Waves and Start times subject to change.  
Failure to start in the proper wave may result in disqualification!

