

## 2018 GREAT FLORIDIAN TRIATHLON WAVE STARTS

- 1) **7:30am** GFT ULTRA - GREEN - All Individual Men & Women
- 2) **7:45am** GFT ULTRA - WHITE - Relay Teams, Aqua Bike  
- YELLOW - 2.4 Open Water Swimmers
- 3) **8:30am** 2/3 GFT COURSE - PINK - All Participants including Swim, Aqua Bike & Teams
- DU) **8:55am** DUATHLON - All Athletes
- 4) **9:00am** 1/3 GFT COURSE - ORANGE - All Individual Women, Athenas, Female Military,
- 5) **9:04am** 1/3 GFT COURSE - LT BLUE - All Individual Men 49 & Under & Male Military,
- 6) **9:08am** 1/3 GFT COURSE - GREEN -All Individual Men 50 & Over and Clydesdales  
- All 1/3 GFT Aqua Bike Participants, 1/3 GFT Teams
- 7) **9:30am** GFT SPRINT - ROYAL - All Individual Men
- 8) **9:34am** GFT SPRINT - WHITE - All Individual Women
- 9) **9:38am** GFT SPRINT - YELLOW - Special Olympic Triathletes



# A DISTANCE FOR EVERYONE!