



IRONMAN[®]

WORLD CHAMPIONSHIP 70.3[®]

2012 IRONMAN World Championship 70.3 Swim Waves

<u>Wave #</u>	<u>Start</u>	<u>Division</u>	<u>Cap Color</u>
Wave 1	6:30 a.m.	Pro Men	POWDER BLUE
Wave 2	6:35 a.m.	Pro Women, PC/HC	FL. PINK/YELLOW
Wave 3	6:40 a.m.	F-45 +/XC Challenge	ORANGE/RED
Wave 4	6:45 a.m.	M-50 +	BLUE
Wave 5	6:50 a.m.	M30-34 (A-H)	FL. YELLOW
Wave 6	6:55 a.m.	M30-34 (I-P)	FL. GREEN
Wave 7	7:00 a.m.	M30-34 (Q-Z)	FL. ORANGE
Wave 8	7:05 a.m.	F40-44	WHITE
Wave 9	7:10 a.m.	F30-34	PURPLE
Wave 10	7:15 a.m.	M35-39 (A-H)	YELLOW
Wave 11	7:20 a.m.	M35-39 (I-P)	ORANGE
Wave 12	7:25 a.m.	M35-39 (Q-Z)	RED
Wave 13	7:30 a.m.	F35-39	BLUE
Wave 14	7:35 a.m.	M40-44 (A-H)	FL. YELLOW
Wave 15	7:40 a.m.	M40-44 (I-P)	FL. GREEN
Wave 16	7:45 a.m.	M40-44 (Q-Z)	FL. ORANGE
Wave 17	7:50 a.m.	F18-29	WHITE
Wave 18	7:55 a.m.	M45-49	PURPLE
Wave 19	8:00 a.m.	M18-29	YELLOW

Wave Starts and Times are subject to change. Please allow plenty of time on race morning in case there are any changes