



PRESENTED BY inStride
SPORTS

	<i>Swim Wave Times</i>	<i>Swim Waves</i>	<i>Swim Cap Color</i>
Wave 1	7:00 a.m.	Hope for Heather and PC	Blue
Wave 2	7:05 a.m.	17 and Under and 55+	Pink
Wave 3	7:10 a.m.	50-54	Fl Green
Wave 4	7:15 a.m.	45-49	Silver
Wave 5	7:20 a.m.	40-44	Green
Wave 6	7:25a.m.	35-39	Purple
Wave 7	7:30 a.m.	30-34	Light Blue
Wave 8	7:35 a.m.	25-29	Orange
Wave 9	7:40 a.m.	18-24 and Aquabike	Yellow
Wave 10	7:45 a.m.	Buddy Wave	Red