



2023 National Senior Games Triathlon – Wave Start Times



	Start Time	Division	Bib #'s	Swim Cap Color
Wave 1	7:00AM	Men – 50-64	1-33	White
Wave 2	7:05AM	Women – 50-64 Tri-Relay – All Teams	34-66 152-163	Gold White & Gold
Wave 3	7:45AM	Men – 65+	67-111	White
Wave 4	7:50AM	Women – 65+	112-151	Gold