

Marin Triathlon

San Rafael, CA

Wave Charts



SPRINT DISTANCE TRIATHLON				
Saturday				
Wave	Class	Race Clock	Cap Colors	Day Clock
1	M34 & Under	00:00	Green	9:00
2	F39 & Under	00:05	Pink	9:05
3	M35 - 44	00:10	Orange	9:10
4	F40 & Over	00:15	Pink	9:15
5	M45 & Over + Relays	00:20	Yellow	9:20

Course Closures

Sprint Distance Race		
	Distance	Closure
Swim	500 meters	10:00 am
Bike	8 miles	11:15 am
Run	3.1 miles (5K)	11:55 am

Olympic Distance Race		
	Distance	Closure
Swim	1.5 K	10:05 am
Bike	22 miles	12:30 pm
Run	6.2 miles (10K)	1:45 pm



OLYMPIC DISTANCE TRIATHLON				
Sunday				
Wave	Class	Race Clock	Cap Colors	Day Clock
1	M34 & Under	00:00	Green	9:00
2	F39 & Under	00:05	Pink	9:05
3	M35 - 44	00:10	Orange	9:10
4	F40 & Over	00:15	Pink	9:15
5	M45 & Over + Relays	00:20	Yellow	9:20

Aid Station Locations

1	Sprint/Olympic	Expo - Just out of Transition
2	Sprint/Olympic Bike Help - No Aid	Cycling - Back Ranch Meadows Campground (turnaround)
3	Sprint/Olympic Bike Help - No Aid	Cycling - Quarry (turnaround)
4	Sprint/Olympic	Running - Just past Quarry
5	Olympic Only	Running - Main Dr. (turnaround)