



NEW YORK CITY TRIATHLON™

SWIM START SCHEDULE

*Athletes will enter the water approximately 15 athletes every 20 seconds.

TRANSITION COLOR	TT START GROUP	DIVISION	CAP COLOR	START TIME	
Yellow	1	Pro Women	RED	5:50 a.m.	
Yellow	2	Pro Men	BLUE	6:00 a.m.	
Yellow	3	Men Premier Age Group	YELLOW	6:05 a.m.	
Yellow	4	Women Premier Age Group	PINK	6:07 a.m.	
Yellow	5	Men 55-59	NEON ORANGE	6:09 a.m.	
Yellow	6	Men 60 & Over	PURPLE	TT Start	
Yellow	7	Men 40-44	LIGHT BLUE		
Yellow	8	Men 40-44	WHITE		
Yellow	9	Men 40-44	SILVER		
Yellow	10	Women 45-49	BLUE		
Yellow	11	Women 50 & Over	PINK		
Yellow	12	Women 25-29	GREEN		
Yellow	13	Women 25-29	RED		
Yellow	14	Women 30-34	SILVER		
Yellow	15	Women 30-34	WHITE		
Yellow	16	Women 35-39	LIGHT BLUE		
Yellow	17	Women 35-39	NEON ORANGE		
Yellow	18	Women 40-44	PURPLE		
Yellow	19	Athenas Women 24 & Under	PINK		
Yellow	20	Relays	RED		
Yellow	21	All ParaTriathletes & Guides	NEON YELLOW		
20 Minute Break between yellow & red transition starts					
Red	22	Men 45-49	PINK		7:05 a.m.
Red	23	Men 45-49	YELLOW		
Red	24	Men 45-49	NEON ORANGE		
Red	25	First Responders	PURPLE		
Red	26	Clydesdales	BLUE		
Red	27	Men 50-54	WHITE		
Red	28	Men 50-54	GREEN		
Red	29	Men 35-39	SILVER		
Red	30	Men 35-39	RED		
Red	31	Men 35-39	NEON YELLOW		
Red	32	Men 35-39	BLUE		
Red	33	Men 30-34	PINK		
Red	34	Men 30-34	WHITE		
Red	35	Men 30-34	GREEN		
Red	36	Men 30-34	LIGHT BLUE		
Red	37	Men 25-29	NEON ORANGE		
Red	38	Men 25-29	PURPLE		
Red	39	Men 24 & Under	YELLOW		

