

**Ripon Triathlon Festival 2024**  
**Saturday 13 July**  
**Wave Start Times and Swim Cap Colours**

Wave	Time	Category	Race Nos	Wave Size	Race No. Colour	Swim Cap
1	10:00	Sprint Triathlon – individuals	501-620	120	Yellow	Purple
2	10:10	Sprint Triathlon – individuals	621-720	100	Yellow	Orange
3	10:20	Sprint Triathlon – individuals, Sprint Aquabike & Relay Teams	721-800	78	Yellow	Blue
4	11:00	Open Water Swim – Sprint 750m	450-470	9	-	Orange
5	11:05	Open Water Swim – Standard 1500m	471-500	8	-	Purple
6	13:00	Standard Triathlon – individuals	2 – 120	113	Orange	Orange
7	13:10	Standard Triathlon – individuals	121-240	117	Orange	Purple
8	13:20	Standard Triathlon – individuals	241-340	100	Orange	Blue
9	13:30	Standard Triathlon – individuals, Standard Aquabike & Relay Teams	341-440	92	Orange	Orange

**Sprint Triathlon: 750m swim, 20km bike, 5km run**  
**Standard Triathlon: 1500m swim. 40km bike, 10km run**