2023 OLYMPIC SWIM WAVES			
Wave	**Time**	**Category**	**Cap Color**
1	6:50	Pro Men	Purple
2	6:53	Pro Women	Purple
3	7:00	Open Age Group M & F	Light Blue
4	7:03	Charity and VIP Athletes	Red
5	7:08 AM to 8:00 AM	Age Group Athletes - Time Trial Rolling Start Athletes will line up and enter the water according to their predicted swim time and ability. Approximately 4 athletes every 5 seconds. *Athletes will have 65 minutes to complete to swim course*	Neon Pink Neon Orange Neon Yellow

15 min delay

2023 SPRINT SWIM WAVES			
6	8:15 AM to 8:39 AM	Age Group Athletes - Time Trial Rolling Start Athletes will line up and enter the water according to their predicted swim time and ability. Approximately 4 athletes every 5 seconds. *Athletes will have 35 minutes to complete to swim course*	Neon Green White

2023 MEEK AND MIGHTY SWIM WAVES			
1	7:30 AM to 8:10 AM	16+ Age Group	Blue
2	8:10AM to 8:20 AM	11 to 15 year olds	Red
3	8:50AM to 9:10 AM	7 to 10 year olds	White