

2025 OLYMPIC SWIM WAVES			
Wave	Time	Category	Cap Color
1	6:50	Pro Men	Orange
2	6:53	Pro Women	Orange
3	7:00	Open Age Group Male and Female	Light Blue
4	7:03	Charity and VIP Athletes	Red
5	7:08 AM to 7:55 AM	<p>OLYMPIC - 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.</p> <p>*Athletes will have 65 minutes to complete the swim course*</p>	NEON YELLOW
6	7:55 AM To 8:00 AM	Olympic – Special Olympics and Adaptive Athletes	Neon Orange

15 min delay

2025 SPRINT SWIM WAVES			
7	8:15 AM To 8:25 AM	USAT Paratriathlon Sprint Wave	White
8	8:25 AM to 8:40 AM	<p>SPRINT - 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.</p> <p>*Athletes will have 35 minutes to complete the swim course*</p>	Neon Green
9	8:40 AM To 8:45 AM	SPRINT- Special Olympics and Adaptive Athletes	Neon Orange

2025 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