

2026 OLYMPIC SWIM WAVES			
Wave	Time	Category	Cap Color
1	6:50	Pro Men	Neon Orange
2	6:53	Pro Women	Neon Orange
3	7:00	Open Age Group Male and Female	Light Blue
4	7:03	VIP Athletes	Red
5	7:08 AM to 7:55 AM	<p>OLYMPIC - Age Group & Relay 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 the swim course*</p>	Neon Green
6	7:55 AM To 8:00 AM	Olympic – Special Olympics and Adaptive Athletes	Neon Pink

15 min delay

2026 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 & Relay 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 the swim course*</p>	Neon Yellow
9	8:40 AM To 8:45 AM	SPRINT- Special Olympics and Adaptive Athletes	Neon Pink

2026 MEEK AND MIGHTY SWIM WAVES			
1	7:30 AM to 8:10 AM	7 to 10-year-olds	White
2	8:10AM to 8:20 AM	11 to 15-year-olds	Red
3	8:50AM to 9:10 AM	16+ Athletes	Blue