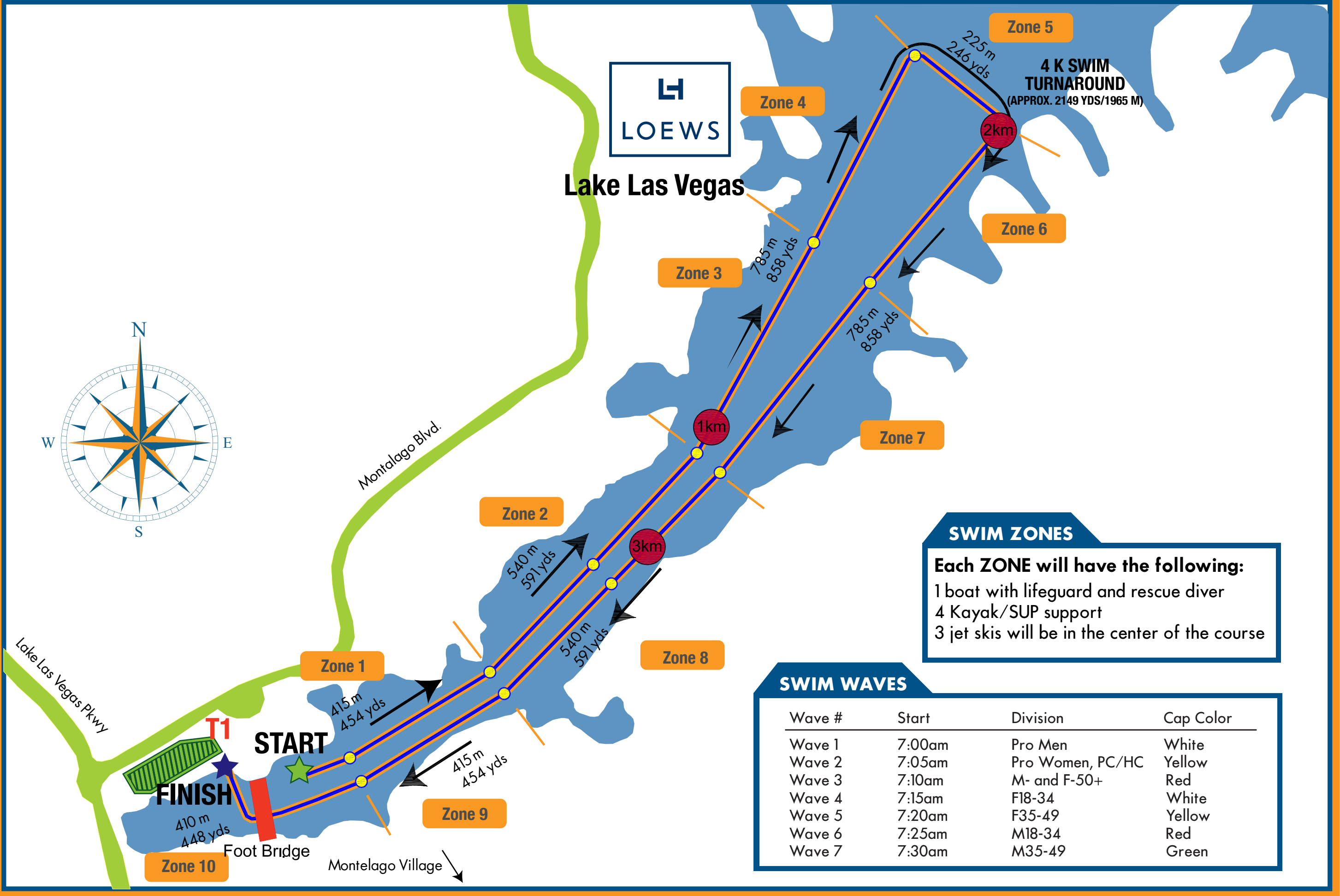


2011 ITU- 4 K SWIM



SWIM ZONES

Each ZONE will have the following:

- 1 boat with lifeguard and rescue diver
- 4 Kayak/SUP support
- 3 jet skis will be in the center of the course

SWIM WAVES

Wave #	Start	Division	Cap Color
Wave 1	7:00am	Pro Men	White
Wave 2	7:05am	Pro Women, PC/HC	Yellow
Wave 3	7:10am	M- and F-50+	Red
Wave 4	7:15am	F18-34	White
Wave 5	7:20am	F35-49	Yellow
Wave 6	7:25am	M18-34	Red
Wave 7	7:30am	M35-49	Green