

GR Tri Volunteer Race Day Schedule

RACE SCHEDULE:

4:00 AM - Thornapple River Drive closes to traffic
5:15 AM - Transition Area opens to athletes
6:45 AM - Half Distance (Bib # 5000-5999) transition area closes
6:45 AM - MANDATORY Course Meeting and National Anthem
7:00 AM - Half Distance race starts
7:30 AM - Transition Area closed to ALL ATHLETES
10:00 AM - Transition Opens for athletes to remove gear
10:45 AM to 12:30 PM - Lunch served at volunteer tent (Not the tent where athlete food is located)
12:00 PM - Transition Tear Down Begins
3:15 PM - Course Cut off
6:00 PM - Roads Open to traffic

WAVE TIMES:

Half

Wave 1 – 7:00 – Red – Men age 39 & under, Clydesdales 39 & under, ALL Half Swim Only, ALL Aquabikes, ALL Relays
Wave 2 – 7:05 – Gold – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 3 – 7:10 – Purple – All Women/Athenas (NO Aquabikes/Relays)

Sprint

Wave 4 – 7:30 – Fluorescent Green – Chariots
Wave 5 – 7:45 – White – Men age 39 & under, Clydesdales 39 & under, HS Championship, ALL Sprint Swim Only, ALL Aquabikes, ALL Relays
Wave 6 – 7:50 – Silver – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 7 – 7:55 – Light Pink – All Women/Athenas (NO Aquabikes/Relays)
Wave 8 – 8:00 – Fluorescent Orange – Newbie wave (men & women)

Olympic

Wave 9 – 8:15 – Light Blue – Men age 39 & under, Clydesdales 39 & under, ALL MECTC, ALL Sprint Swim Only, ALL Aquabike, ALL Relays
Wave 10 – 8:20 – Orange – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 11 – 8:25 – Fluorescent Yellow – All Women/Athenas (NO Aquabikes/Relays)

COURSE CUT OFF TIMES:

9:15 AM - Swim Course Closed
12:15 PM - Bike Course Closed
3:15 PM - Run Course Closed

AWARD PRESENTATIONS: **times are approximate -presented on the stage located near the swim start.*

10:00 AM - Sprint
12:00 PM - Olympic
2:00 PM - Half