

Wave Start Times 2011

ESPRIT Triathlon	07h00	All Participants	
Distance Ironman (3.8km 180km 42.2km)			
DEMI-ESPRIT	07h20	Elite and Men 18-44	
TRIATHLON	07h30	Men 45+ and All Women	
Demi/Half Ironman Distance (1.9km 90km 21.1km)			
DUATHLON	10h00	Toutes/All Participants	Olympic (10km 40km 5km)
SPRINT	11h00	Men 16-24 and Women 16-24	
TRIATHLON	11h20	Men 25-29 and Women 25-34	
(750m 20km 5km)	11h40	Men 30-39	
	12h00	Men 40 + and Women 35-39	
	12h20	Women 39 + and All Relay Teams	
OLYMPIC	12h30	Men 18-29 and Women 18-24	
TRIATHLON	13h00	Men 30-34 and Women 25-34	
(1.5km 40km 10km)	13h30	Men 35-44	
	14h00	Men 45+	
	14h30	Women 35+ and All Relay Teams	
L'ASSOCIATION	15h30	All Teams	Sprint Relay Triathlon
PULMONAITE			