



## 2012 Ironman 70.3 Boise Swim Waves

<u>Wave #</u>	<u>Start Time</u>	<u>Division</u>	<u>Cap Colors</u>
Wave 1	12:00 p.m.	Pro Men	FL. Orange
Wave 2	12:04 p.m.	Pro Women; PC	Pink; Yellow
Wave 3	12:07 p.m.	W45+	Purple
Wave 4	12:11 p.m.	M50+	Red
Wave 5	12:15 p.m.	W40-44	Orange
Wave 6	12:19 p.m.	M30-34	Yellow
Wave 7	12:23 p.m.	W35-39	LT. Blue
Wave 8	12:27 p.m.	M35-39 (A-J)	White
Wave 9	12:31 p.m.	M35-39 (K-Z)	Purple
Wave 10	12:35 p.m.	M45-49	FL Green
Wave 11	12:39 p.m.	W18-34	Silver
Wave 12	12:43 p.m.	M40-44 (A-J)	Orange
Wave 13	12:47 p.m.	M40-44 (K-Z)	Red
Wave 14	12:51 p.m.	M18-29	FL Yellow
Wave 15	12:55 p.m.	Relays	FL Orange