

## YMCA Indoor Triathlon Wave Times 2024

### WAVE 1 – Check-In 6:30am

6:50-7:00- WARM-UP  
7:00-7:10- SWIM  
7:10-7:20- TRANSITION  
7:20-7:40- BIKE  
7:40-7:45- TRANSITION  
7:45-8:05- RUN

### WAVE 3 – Check-In 7:10am

7:30-7:40- WARM-UP  
7:40-7:50- SWIM  
7:50-8:00- TRANSITION  
8:00-8:20- BIKE  
8:20-8:25- TRANSITION  
8:25-8:45- RUN

### WAVE 5 – Check-In 7:50am

8:10-8:20- WARM-UP  
8:20-8:30- SWIM  
8:30-8:40- TRANSITION  
8:40-9:00- BIKE  
9:00-9:05- TRANSITION  
9:05-9:25- RUN

### WAVE 2 – Check-In 6:50am

7:10-7:20- WARM-UP  
7:20-7:30- SWIM  
7:30-7:40- TRANSITION  
7:40-8:00- BIKE  
8:00-8:05- TRANSITION  
8:05-8:25- RUN

### WAVE 4 – Check-In 7:30am

7:50-8:00- WARM-UP  
8:00-8:10- SWIM  
8:10-8:20- TRANSITION  
8:20-8:40- BIKE  
8:40-8:45- TRANSITION  
8:45-9:05- RUN

### WAVE 6 – Check-In 8:10

8:30-8:40- WARM-UP  
8:40-8:50- SWIM  
8:50-9:00- TRANSITION  
9:00-9:20- BIKE  
9:20-9:25- TRANSITION  
9:25-9:45- RUN