

LOS DOS

indoor duathlon

SUNDAY

<u>Wave #</u>	<u>Start</u>	<u>Bike</u>	<u>Transition</u>	<u>Run</u>	<u>Finish</u>
1	6:30am	6:30 - 6:50am	6:50 - 7:00am	7:00 - 7:30am	7:30am
2	7:15am	7:15 - 7:35am	7:35 - 7:45am	7:45 - 8:15am	8:15am
3	8:00am	8:00 - 8:20am	8:20 - 8:30am	8:30 - 9:00am	9:00am
4	8:45am	8:45 - 9:05am	9:05 - 9:15am	9:15 - 9:45am	9:45am
5	9:30am	9:30 - 9:50am	9:50 - 10:00am	10:00 - 10:30am	10:30am
6	10:15am	10:15 - 10:35am	10:35 - 10:45am	10:45 - 11:15am	11:15am