



Saturday, June 23, 2018

- 12:00 pm** Packet Pickup Opens at Triathlon Lab
1512 Aviation Blvd., Redondo Beach, CA 90278
(310) 374 – 9100
- 1:00 pm – 4:00 pm** Triathlon Clinics at Triathlon Lab
Triathlon 101 Clinic (1:00-1:30 pm and 3:00-3:30 pm)
- 4:00 pm** Early Packet Pickup Closes

Sunday, June 24, 2018

- 5:15 am** Packet Pickup Opens
Transition Area Opens
Body Marking Begins
- 6:45 am** Registration Closes / Packet Pickup ends
- 6:50 am** Mandatory Pre-race Meeting at the Main Stage
Transition Area Closes
- 7:00 am** Race Starts
- 9:45 am** Awards Ceremony



Wave Number	Start Time	Division	Color
1	7:00 am	Male 14-17 Male 18-24 Male 25-29	Neon Green
2	7:06 am	Male 30-34 Male 35-39	Navy Blue
3	7:12 am	Male 40-44	Neon Yellow
4	7:18 am	Male 45-59 Male 50-54 Male 55-59	Royal Blue
5	7:24 am	Female 14-17 Female 18-24 Female 25-29	Red
6	7:30 am	Female 30-34 Female 35-39 Female 40-44	Purple
7	7:36 am	Female 45-49 Female 50-54 Female 55-59 Female 60-64 Female 65-69 Female Mountain Bike Men Mountain Bike Female 70+	Neon Pink
8	7:42 am	Athena Thunderthighs Male 60-64 Male 70+	Green
9	7:48 am	Relay-Female Clydesdale 200-224 Clydesdale 225+ Physically Challenged-Female Physically Challenged-Male Relay-Male Relay-Mixed	Powder Blue

