

Ripon Triathlon Festival 2024

Sunday 14 July

Wave Start Times and Swim Cap Colours

Wave	Time	Category	Race Nos	Race No. Colour	Swim Cap
1	09:00	Open Water Swim – Sprint 750m	250-279	-	Purple
2	09:05	Open Water Swim – Standard 1500m	280-320	-	Orange
3	11:00	Tristart	201-220	Black	Red
4	11:15	Tristar 1	151-200	Orange	Purple
5	11:30	Tristar 2	101-150	Blue	Orange
6	12:00	Tristar 3	51-100	Green	Purple
		Youth	1-50	Green	Orange

Tristart: 100m swim, 1km bike (part lap), 600m run

Tristar 1: 200m swim, 2km bike (1 lap), 1.2km run

Tristar 2: 300m swim, 4km bike (2 laps), 1.8km run

Tristar3: 500m swim, 6km bike (3 laps), 2.4km run

Youth: 500m swim, 6km bike (3 laps), 2.4km run