

CUMMULATIVE CUT- OFF TIMES FOR TRIATHLON				
	FROM LAST WAVE INTO WATER			
HALF DISTANCE =8 HR. TOTAL RACE				
SWIM	1.5 HRS			
BIKE	5.5 HRS			
RUN/FINISH	8 HRS			
OLYMPIC DISTANCE=4 HR. TOTAL RACE				
SWIM	1 HOUR			
BIKE	3 HOUR			
RUN/FINISH	4 HOURS			
SPRINT DISTANCE=3 HR. TOTAL RACE				
SWIM	45 MIN			
BIKE	2 HOURS			
RUN/FINISH	3 HOURS			