

### **Explanation of Swim Start Times**

To determine your swim start time for the Rec-Plex Fall Triathlon, take the offset time listed by your name, and add that time to 7:30:00am (the time at which racer #1 starts). For example, #288 has an offset time of 1:11:45. This means they will begin their swim at 8:41:45am. Racer #83 has an offset time of 20:30, and they will begin their swim at 7:50:30am.

If you have any questions about your swim time, please email [jake@fleetfeetstlouis.com](mailto:jake@fleetfeetstlouis.com)