WAVES

"King Salmon" division starts with their age

WAVE	START TIME	CAP COLOR	CATEGORY/DIVISION
#1	9:00	YELLOW	AGES 29 and UNDER
WAVE	START TIME	CAP COLOR	CATEGORY/DIVISION
#2	9:04	BLUE	AGES 30-39
WAVE	START TIME	CAP COLOR	CATEGORY/DIVISION
#3	9:08	RED	AGES 40-54
WAVE	START TIME	CAP COLOR	CATEGORY/DIVISION
#4	9:12	GREEN	AGES 55+ and RELAYS

Waves are 4 minutes apart