

SWIM WAVES

Start Time	Category	Cap Colour
Saturday		
Super Sprint		
1.30pm	Aquakids	Various
1.40pm	Junior Pro Open Male	White
1.42pm	Junior Pro Open Female	Red
1.45pm	Age Group Male/Female	White
Olympic Tri / Aquabike		
2.10pm	Pro Open Male	White
2.12pm	Pro Open Female	Red
2.30pm	U19, 20-24, 25-29 Male	White
2.33pm	40-44 Male	Blue
2.36pm	45-49 Male	Green
2.42pm	Aquabike Male	White
2.45pm	Aquabike Female	White
2.47pm	50-54, 55-59, 60-64, 65-69, 70+ Female	Blue
8min Break		
2.55pm	30-34, 35-39 Male	White
2.55pm	U19, 20-24, 25-29 Female	Blue
3.00pm	30-34, 35-39, 40-44, 45-49 Female	White
5min Break		
3.05pm	60-64, 65-69, 70+ Male	Green
3.07pm	50-54, 55-59 Male	White

Start Time	Category	Cap Colour
Sunday		
Sprint		
6.00am	Pro Open Male	White
6.02am	Pro Open Female	Red
6.07am	Junior Pro Open Male	White
6.09am	Junior Pro Open Female	Red
6.15am	Sprint Male	White
6.17am	Sprint Female	Green
Middle Tri / Aquabike		
6.30am	Middle Aqua Male/Female	White
6.35am	Middle Tri All Female, Over 50 Male, Teams	Red
6.45am	Middle Tri 18-24, 25-29 Male	Various Colours (Not Red or White)
6.47am	Middle Tri 30-34, 35-39, 40-44, 45-49 Male	