

# WAVE STARTS

WAVE NUMBER	CATEGORY	START TIME	CAP COLOUR
1	Para Athletes	7:30	Yellow
2	Male Open	7:35	Blue
3	Female Open	7:40	Pink
4	Male 18-24 Male 45-49	7:47	Silver
5	Female 45+	7:50	Purple
6	Male 35-39	7:54	Green
7	Female 18-34	7:57	Blue
8	Male 55+	8:02	White
9	Female 35-44	8:06	Silver
10	Male 50-54	8:10	Purple
11	Male 25-29	8:13	Red
12	Male 40-44	8:17	Blue
13	Male 30-34	8:20	Yellow
14	Aquabike	8:27	Red
15	Female Teams	8:37	Pink
16	Mixed Teams Male Teams	8:42	Yellow



2KM  
SWIM



80KM  
BIKE



18KM  
RUN