



Start	Wave	Race	Category	Swim Cap	Race Number
SPRINT DISTANCE (750m Swim - 5km Run)					
7:50	1.a	Sprint	Elite Women	Gold	1-20
7:53:49	1.b	Sprint	Elite Men	Silver	21-39
8:00	2	Sprint	Women 30-34, 35-39	Pearl Pink	40-89
8:05	3	Sprint	Women 16-19, 20-24, 25-29	Navy	90-123
8:10	4	Sprint	Women 40-44	Neon Green	124-165
8:20	5	Sprint	Women 45-49, 50-54, 55-59, 60-64, 65-69, 70+	Neon Orange	166-222
8:25	6	Sprint	Men 55-59, 60-64, 65-69, 70+	Powder Blue	223-280
8:30	7	Sprint	Men 50-54	Neon Yellow	281-346
8:35	8	Sprint	Men 45-49	Blue	347-382
8:40	9	Sprint	Men 45-49 (2)	Gold	383-419
8:50	10	Sprint	Men 40-44	Silver	420-478
8:55	11	Sprint	Men 40-44 (2)	Pearl Pink	479-537
9:00	12	Sprint	Men 35-39	Navy	538-602
9:05	13	Sprint	Men 30-34, Men 25-29	Neon Green	603-653
9:15	14	Sprint	Men 16-19, 20-24	Neon Orange	654-699
9:20	15	Sprint	Teams	Powder Blue	700-761
YOUTH & DISCOVERY DISTANCE (250m Swim - 2.5km Run)					
9:50	16	Youth	Boys 14-15	Neon Yellow	770-797
9:55	17	Youth	Girls 12-13, 14-15	Blue	798-856
10:00	18	Youth	Boys 12-13	Gold	857-910
10:05	19	Discovery	Men 16-39	Silver	911-941
10:10	20	Discovery	Men 40+	Pearl Pink	942-985
10:15	21	Discovery	Women 16-39, 40+	Navy	986-1031
KIDS DISTANCE (150m Swim - 1.5km Run)					
10:30	22	Kids	Boys 10-11	Neon Green	1050-1099
10:35	23	Kids	Girls 10-11	Neon Orange	1100-1146
10:40	24	Kids	Boys 8-9	Powder Blue	1147-1186
10:45	25	Kids	Girls 8-9	Neon Yellow	1187-1212
KIDS SPLASH & DASH (50m Wade + 500m Run)					
11:00	26	Kids	Boys & Girls 7-8 years old	Blue	1213-1245
	27	Kids	Boys & Girls 4-6 years old	Gold	1246-1282
10:00	Awards Ceremony - Sprint Women				
10:45	Awards Ceremony - Sprint Men & Relays				
11:00	Awards Ceremony - Youth & Discovery				
11:15	Awards Ceremony - Kids				
12:00	Event Closed				

