



Sunday, 17 March 2024

Start	Wave	Race	Category	Race No.
4:30	Event Open			
SPRINT DISTANCE - 3km Run, 18km Bike, 3km Run				
5:00	1	Sprint	"Fast" Wave	1-15
5:30	2.a	Sprint	Elite Women	16-40
5:38	2.b	Sprint	Elite Men	41-65
5:45	3	Sprint	Women 35-39	66-105
5:50	4	Sprint	Women 16-19, 20-24, 25-29, 30-34	106-157
5:55	5	Sprint	Women 45-49, 50-54, 55-59, 60-64, 70+	158-194
6:00	6	Sprint	Women 40-44	195-245
6:05	7	Sprint	Men 55-59	246-283
6:10	8	Sprint	Men 60-64, 70+	284-307
6:15	9	Sprint	Men 50-54	308-343
6:20	10	Sprint	Men 50-54 (2)	344-380
6:25	11	Sprint	Men 45-49	381-420
6:30	12	Sprint	Men 45-49 (2)	421-459
6:35	13	Sprint	Men 40-44	460-509
6:40	14	Sprint	Men 40-44 (2)	510-571
6:45	15	Sprint	Men 35-39	572-608
6:50	16	Sprint	Men 35-39 (2)	609-645
6:55	17	Sprint	Men 30-34	646-692
7:00	18	Sprint	Men 16-19, 20-24, 25-29	693-740
7:05	19	Sprint	Teams	741-798
YOUTH & DISCOVERY DISTANCE - 1.5km Run, 12km Bike, 1.5km Run				
7:35	20	Youth	Boys (14-15)	871-900
7:40	21	Youth	Boys (12-13)	831-870
7:45	22	Youth	Girls (12-13, 14-15)	901-930
7:50	23	Discovery	Men (16-39, 40+)	931-975
7:55	24	Discovery	Women (16-39, 40+)	976-1014
KIDS DISTANCE - 500m Run, 6km Bike, 500m Run				
8:20	25	Kids	Boys (10-11)	1015-1044
8:25	26	Kids	Boys (10-11) (2)	1045-1078
8:30	27	Kids	Girls (10-11)	1079-1119
8:35	28	Kids	Boys (8-9)	1120-1173
8:40	29	Kids	Girls (8-9)	1174-1198
FUN KIDS - 500m Scoot				
9:10	30	Kids	Boys & Girls (6-7)	1237-1274
9:15	31	Kids	Boys & Girls (4-5)	1199-1236
10:45	Event Closed			