



GOLD COAST TRIATHLON

LUKE HARROP MEMORIAL

WAVE	TIME	COLOUR	EVENT
Run	6:00	n/a	5k & 10km Fun Run
1	6:40	White	Sprint Male: 14 - 24
2	6:44	Yellow	Sprint Male: 25 - 34
3	6:48	Green	Sprint Male: 35 - 44
4	6:52	Orange	Sprint Male: 45 - 54 & Clydesdales
5	7:00	Pink	Sprint: Mates Wave + Sprint Teams
6	7:04	White	Sprint Male: 55+
7	7:08	Yellow	Sprint Female: 50+ & Athena
8	7:12	Green	Sprint Female: 40-49
9	7:22	Orange	Sprint Female: 30 - 39
10	7:26	Purple	Sprint Female: 14 - 29
1	7:50	White	Enticer Male: U14 & U16
2	7:52	Pink	Enticer Female: U14 & U16
3	7:54	Yellow	Enticer Male: 16 - 45+
4	7:56	Green	Enticer Female: 16 - 45+
5	7:58	Orange	Enticer Mates Wave + Enticer Teams