



| Wave | Time | Cap colour | Start Category |
|------|---------|------------|---|
| 1 | 7:30 AM | - | Bike / Run - All ages Meet at swim start |
| 2 | 7:35 AM | White | Boys & Girls 12-14 years Triathlon & Aquathon |
| 3 | 7:42 AM | Green | Boys 10-11 Triathlon & Aquathon |
| 3 | 8:10 AM | Yellow | Girls 10-11 years Triathlon & Aquathon |
| 5 | 8:30 AM | Pink | Girls 7-9 years Triathlon & Aquathon |
| 6 | 8:40 AM | Orange | Boys 7-9 years Triathlon & Aquathon |
| | | | |
| 7 | 9:15 | - | 10 years+ 1km Fun Run |
| 8 | 9:25 | - | 9 years & under 1km Fun Run |

START LOCATIONS

- Triathlon, Swim / Run and Bike / Run events all start at the swim start area
- 1km Fun Run events start under the blue Subaru arch on the northern edge of the carpark. We will meet on the grassy area near the club tents from 9am (approx.)