

SPRINT

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<i>1</i>	<i>MALES U30</i>	<i>9:30AM</i>
<i>2</i>	<i>MALES 30-39</i>	<i>9:33AM</i>
<i>3</i>	<i>MALES 40+ & CLYDES</i>	<i>9:36AM</i>
<i>4</i>	<i>FEMALES U/30</i>	<i>9:39AM</i>
<i>5</i>	<i>FEMALES 30-39</i>	<i>9:42AM</i>
<i>6</i>	<i>FEMALES 40+ & ATHENAS</i>	<i>9:45AM</i>
<i>7</i>	<i>TEAMS & RYM</i>	<i>9:48AM</i>

IT IS COMPULSORY FOR SAFETY REASONS THAT ALL COMPETITORS WEAR A SWIM CAP

Help us reduce single use plastics at our events by reusing swim caps.

You can bring one from home or purchase one on the day.

SUPER SPRINT

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<i>1</i>	<i>MALE & FEMALE U/20</i>	<i>8:00AM</i>
<i>2</i>	<i>FEMALES 20+ & ATHENAS</i>	<i>8:03AM</i>
<i>3</i>	<i>FEMALES 20+ & CLYDES, TEAMS, MATES</i>	<i>8:06AM</i>

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STANDARD

WAVE	CATEGORY	ROLLING TIME
1	MALES U/30	8:30AM
2	MALES 30-39	8:33AM
3	MALES 40-49	8:36AM
4	MALES 50+ & CLYDES	8:39AM
5	FEMALES U/40	8:42AM
6	FEMALES 40+ TEAMS, MATES & ATHENAS	8:45AM

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AQUABIKE

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
1	ALL MALES	8:48AM
2	ALL FEMALES	8:51AM

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