

# SPRINT

<b>WAVE</b>	<b>CATEGORY</b>	<b>ROLLING TIME</b>
<b>1</b>	<b>MALES U/30</b>	<b>8:00AM</b>
<b>2</b>	<b>MALES 30-39</b>	<b>8:03AM</b>
<b>3</b>	<b>FEMALES U/30</b>	<b>8:06AM</b>
<b>4</b>	<b>FEMALES 30-39</b>	<b>8:09AM</b>
<b>5</b>	<b>MALES 40-49</b>	<b>9:30AM</b>
<b>6</b>	<b>MALES 50+ &amp; CLYDES</b>	<b>9:33AM</b>
<b>7</b>	<b>FEMALES 40-49</b>	<b>9:36AM</b>
<b>8</b>	<b>FEMALES 50+ &amp; TEAMS, MATES &amp; ATHENAS</b>	<b>9:39AM</b>

**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.*

# ENTICER

<b>WAVE</b>	<b>CATEGORY</b>	<b>ROLLING TIME</b>
<b>1</b>	<b>MALES U/20</b>	<b>10:30AM</b>
<b>2</b>	<b>FEMALES U/20</b>	<b>10:33AM</b>
<b>3</b>	<b>FEMALES 20+ &amp; ATHENAS</b>	<b>10:36AM</b>
<b>4</b>	<b>MALES 20-49</b>	<b>10:39AM</b>
<b>5</b>	<b>MALES 50+ &amp; MATES, TEAMS &amp; CLYDES</b>	<b>10:42AM</b>

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# TWEENS

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<b>1</b>	<b>ALL MALES</b>	<b>1:00PM</b>
<b>2</b>	<b>ALL FEMALES</b>	<b>1:02PM</b>

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# KIDS

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<b>1</b>	<b>ALL MALES</b>	<b>1:30PM</b>
<b>2</b>	<b>ALL FEMALES</b>	<b>1:32PM</b>

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# ***CORPORATE***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>CORPORATE FULL</b></i>	<i><b>11:30AM</b></i>
<i><b>2</b></i>	<i><b>CORPORATE RELAY</b></i>	<i><b>11:45AM</b></i>

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# NEPEAN TRI

<b>WAVE</b>	<b>CATEGORY</b>	<b>ROLLING TIME</b>
<b>1</b>	<b>MALES 16-29</b>	<b>9:15AM</b>
<b>2</b>	<b>MALES 30-39</b>	<b>9:18AM</b>
<b>3</b>	<b>MALES 40-49</b>	<b>9:21AM</b>
<b>4</b>	<b>MALES 50-59</b>	<b>9:24AM</b>
<b>5</b>	<b>MALES 60+ &amp; CLYDES</b>	<b>9:27AM</b>
<b>6</b>	<b>FEMALES U40</b>	<b>9:30AM</b>
<b>7</b>	<b>FEMALES 40+ &amp; ATHENAS</b>	<b>9:33AM</b>
<b>8</b>	<b>MATES &amp; TEAMS</b>	<b>9:35AM</b>

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# ***CLASSIC***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>MALES U/40</b></i>	<i><b>9:45AM</b></i>
<i><b>2</b></i>	<i><b>MALES 40+</b></i>	<i><b>9:48AM</b></i>
<i><b>3</b></i>	<i><b>ALL FEMALES &amp; TEAMS</b></i>	<i><b>9:51AM</b></i>
<i><b>4</b></i>	<i><b>AQUABIKE</b></i>	<i><b>10:00AM</b></i>

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# SWIMS

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<b>1</b>	<b>2.5KM SWIM</b>	<b>2:00PM</b>
<b>2</b>	<b>5KM SWIM</b>	<b>2:00PM</b>
<b>3</b>	<b>1KM SWIM</b>	<b>3:30PM</b>

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# ***ROCK N RUN***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>21.1KM RUN</b></i>	<i><b>4:00PM</b></i>
<i><b>2</b></i>	<i><b>10KM RUN</b></i>	<i><b>5:00PM</b></i>
<i><b>3</b></i>	<i><b>5KM RUN</b></i>	<i><b>6:00PM</b></i>

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