

# ***SPRINT MALES***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>MALES U20</b></i>	<i><b>1:30PM</b></i>
<i><b>2</b></i>	<i><b>MALES 55+ &amp; CLYDES</b></i>	<i><b>1:33PM</b></i>
<i><b>3</b></i>	<i><b>MALES 20-24</b></i>	<i><b>1:36PM</b></i>
<i><b>4</b></i>	<i><b>MALES 25-29</b></i>	<i><b>1:39PM</b></i>
<i><b>5</b></i>	<i><b>MALES 30-34</b></i>	<i><b>1:42PM</b></i>
<i><b>6</b></i>	<i><b>MALES 35-39</b></i>	<i><b>1:45PM</b></i>
<i><b>7</b></i>	<i><b>MALES 40-44</b></i>	<i><b>1:48PM</b></i>
<i><b>8</b></i>	<i><b>MALES 45-49</b></i>	<i><b>1:48PM</b></i>
<i><b>9</b></i>	<i><b>MALES 50-54</b></i>	<i><b>1:51PM</b></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.*

# ***SPRINT FEMALES***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>FEMALES U20</b></i>	<i><b>11:00AM</b></i>
<i><b>2</b></i>	<i><b>FEMALES 40-44</b></i>	<i><b>11:03AM</b></i>
<i><b>3</b></i>	<i><b>FEMALES 50+ &amp; ATHENAS</b></i>	<i><b>11:06AM</b></i>
<i><b>4</b></i>	<i><b>FEMALES 45-49</b></i>	<i><b>11:09AM</b></i>
<i><b>5</b></i>	<i><b>FEMALES 30-34</b></i>	<i><b>11:12AM</b></i>
<i><b>6</b></i>	<i><b>FEMALES 45-39</b></i>	<i><b>11:15AM</b></i>
<i><b>7</b></i>	<i><b>FEMALES 20-24</b></i>	<i><b>11:18AM</b></i>
<i><b>8</b></i>	<i><b>FEMALES 25-29</b></i>	<i><b>11:21AM</b></i>
<i><b>9</b></i>	<i><b>M&amp;F TEAMS</b></i>	<i><b>11:24AM</b></i>

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# ***SUPER SPRINT***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>ROLLING TIME</b></i>
<i><b>1</b></i>	<i><b>MALES U16</b></i>	<i><b>6:30AM</b></i>
<i><b>2</b></i>	<i><b>FEMALES U16</b></i>	<i><b>6:33AM</b></i>
<i><b>3</b></i>	<i><b>FEMALES 16-29</b></i>	<i><b>6:36AM</b></i>
<i><b>4</b></i>	<i><b>FEMALES 30-39</b></i>	<i><b>6:39AM</b></i>
<i><b>5</b></i>	<i><b>FEMALES 40-49</b></i>	<i><b>6:42AM</b></i>
<i><b>6</b></i>	<i><b>FEMALES 50+</b></i>	<i><b>6:45AM</b></i>
<i><b>7</b></i>	<i><b>MALES 16-29</b></i>	<i><b>6:48AM</b></i>
<i><b>8</b></i>	<i><b>MALES 30-39</b></i>	<i><b>6:51AM</b></i>
<i><b>9</b></i>	<i><b>MALES 40+</b></i>	<i><b>6:54AM</b></i>
<i><b>10</b></i>	<i><b>TEAMS, CLYDES, ATHENAS</b></i>	<i><b>6:58AM</b></i>

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# ULTIMATE

<b>WAVE</b>	<b>CATEGORY</b>	<b>ROLLING TIME</b>
<b>1</b>	<b>ELITE MALES</b>	<b>6:30AM GUN</b>
<b>2</b>	<b>ELITE FEMALES</b>	<b>6:31AM GUN</b>
<b>3</b>	<b>MALES U30</b>	<b>6:35AM</b>
<b>4</b>	<b>MALES 30-39</b>	<b>6:38AM</b>
<b>5</b>	<b>FEMALES U/40 &amp; ATHENAS</b>	<b>6:42AM</b>
<b>6</b>	<b>FEMALES 40+</b>	<b>6:45AM</b>
<b>7</b>	<b>MALES 40-49</b>	<b>6:50AM</b>
<b>8</b>	<b>MALES 50+ &amp; CLYDES</b>	<b>6:55AM</b>
<b>9</b>	<b>ALL TEAMS</b>	<b>6:59AM</b>

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# CLASSIC

<b>WAVE</b>	<b>CATEGORY</b>	<b>ROLLING TIME</b>
<b>1</b>	<b>MALES U30</b>	<b>9:30AM</b>
<b>2</b>	<b>MALES 30-39</b>	<b>9:33AM</b>
<b>3</b>	<b>FEMALES U/40 &amp; ATHENAS</b>	<b>9:38AM</b>
<b>4</b>	<b>FEMALES 40+</b>	<b>9:42AM</b>
<b>5</b>	<b>MALES 40-49 &amp; CLYDES</b>	<b>9:48AM</b>
<b>6</b>	<b>MALES 50+</b>	<b>9:52AM</b>
<b>7</b>	<b>TEAMS</b>	<b>9:55AM</b>
<b>8</b>	<b>AQUABIKE</b>	<b>10:00AM</b>

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# AQUATHON

<b>WAVE</b>	<b>CATEGORY</b>	<b>TIME</b>
<b>1</b>	<b>1KM SWIM, 5KM RUN ALL MALES</b>	<b>11:00AM</b>
<b>2</b>	<b>1KM SWIM, 5KM RUN ALL FEMALES</b>	<b>11:03AM</b>
<b>3</b>	<b>500M SWIM, 3KM RUN ALL MALES &amp; FEMALS</b>	<b>11:10AM</b>

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# ***FUN RUNS***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>TIME</b></i>
<i><b>1</b></i>	<i><b>10K ALL MALES &amp; FEMALES</b></i>	<i><b>4:00PM</b></i>
<i><b>2</b></i>	<i><b>5K ALL MALES &amp; FEMALES</b></i>	<i><b>4:15PM</b></i>
<i><b>3</b></i>	<i><b>2K ALL MALES &amp; FEMALES</b></i>	<i><b>4:45PM</b></i>

# OCEAN SWIMS

<b>WAVE</b>	<b>CATEGORY</b>	<b>TIME</b>
<b>1</b>	<b>500M ALL MALE AND FEMALES</b>	<b>5:30PM</b>
<b>2</b>	<b>1000M ALL MALES</b>	<b>5:45PM</b>
<b>3</b>	<b>1000M ALL FEMALES</b>	<b>5:48PM</b>
<b>4</b>	<b>1000M WETSUITS MALE &amp; FEMALE</b>	<b>5:51PM</b>

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# ***TRI KIDZ***

<i><b>WAVE</b></i>	<i><b>CATEGORY</b></i>	<i><b>TIME</b></i>
<i><b>1</b></i>	<i><b>TRIKIDZ 10-11</b></i>	<i><b>8:15AM</b></i>
<i><b>2</b></i>	<i><b>TRIKIDZ 7-9</b></i>	<i><b>9:15AM</b></i>

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