

SPRINT

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<i>1</i>	<i>FEMALES U/30</i>	<i>10:15AM</i>
<i>2</i>	<i>FEMALES 30-39</i>	<i>10:18AM</i>
<i>3</i>	<i>FEMALES 40-49</i>	<i>10:21AM</i>
<i>4</i>	<i>FEMALES 50+ & ATHENAS</i>	<i>10:24AM</i>
<i>5</i>	<i>MALES U/30</i>	<i>11:15AM</i>
<i>6</i>	<i>MALES 30-39</i>	<i>11:18AM</i>
<i>7</i>	<i>MALES 40-49 & CLYDES</i>	<i>11:21AM</i>
<i>8</i>	<i>MALES 50+</i>	<i>11:24AM</i>
<i>9</i>	<i>RYM & TEAMS</i>	<i>11:27AM</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 12-19</i>	<i>12:20PM</i>
<i>2</i>	<i>FEMALES 20-29</i>	<i>12:23PM</i>
<i>3</i>	<i>FEMALES 30-39</i>	<i>12:26PM</i>
<i>4</i>	<i>FEMALES 40+ & ATHENAS</i>	<i>12:29PM</i>
<i>5</i>	<i>MALES 20+</i>	<i>12:32PM</i>
<i>6</i>	<i>TEAMS & RYM</i>	<i>12:37PM</i>

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STANDARD

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
1	<i>FEMALES U/30</i>	<i>7:00AM</i>
2	<i>FEMALES 30-39</i>	<i>7:03AM</i>
3	<i>FEMALES 40-49</i>	<i>7:06AM</i>
4	<i>FEMALES 50+ & ATHENAS</i>	<i>7:09AM</i>

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STANDARD

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
5	MALES U/30	8:15AM
6	MALES 30-39	8:18AM
7	MALES 40-49 & CLYDES	8:21AM
8	MALES 50+	8:24AM
9	TEAMS, RYM	8:27AM
10	AQUABIKE	8:32AM

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TRY A TRI

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<i>1</i>	<i>ALL FEMALES</i>	<i>12:45PM</i>
<i>2</i>	<i>ALL MALES</i>	<i>12:48PM</i>

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TRIKIDZ

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING TIME</i>
<i>1</i>	<i>TRIKIDZ 10-11</i>	<i>12:50PM</i>
<i>2</i>	<i>TRIKIDZ 7-9</i>	<i>1:30PM</i>

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