

SUPER SPRINT

<i>WAVE</i>	<i>CATEGORY</i>	<i>TIME</i>
<i>1</i>	<i>ALL FEMALES</i>	<i>7:00AM</i>
<i>2</i>	<i>ALL MALES</i> <i>CLYDES, RYM & TEAMS</i>	<i>7:03AM</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.

TRY A TRI

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING FROM</i>
<i>1</i>	<i>ALL FEMALES</i>	<i>7:10AM</i>
<i>2</i>	<i>ALL MALES</i>	<i>7:12AM</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.

STANDARD

WAVE	CATEGORY	ROLLING FROM
1	MALES U/30	8:45AM
2	MALES 30-39	8:48AM
3	MALES 40+ & CLYDES	8:51AM
4	ALL FEMALES & TEAMS & RYM	8:54AM
5	AQUABIKE	9:00AM

**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

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING FROM</i>
<i>1</i>	<i>MALES U/30</i>	<i>10:00AM</i>
<i>2</i>	<i>MALES 30-39</i>	<i>10:03AM</i>
<i>3</i>	<i>MALES 40+ & CLYDES</i>	<i>10:06AM</i>
<i>4</i>	<i>FEMALES U/40</i>	<i>10:09AM</i>
<i>5</i>	<i>FEMALES 40+ & ATHENAS</i>	<i>10:12AM</i>
<i>6</i>	<i>RYM & TEAMS</i>	<i>10:15AM</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.

CLASSIC

<i>WAVE</i>	<i>CATEGORY</i>	<i>ROLLING FROM</i>
<i>1</i>	<i>OPEN M&F</i>	<i>8:00AM</i>
<i>2</i>	<i>ALL MALES</i>	<i>8:02AM</i>
<i>3</i>	<i>ALL FEMALES & TEAMS & RYM</i>	<i>8:05AM</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.