

SPRINT DISTANCE WAVE STARTS

Wave	Category	Start Time	Swim Cap Colour
1	Male 45-49	10:00:00 AM	Yellow
2	Male 50-54	10:05:00 AM	Green
3	Male 55-59	10:10:00 AM	Pink
4	Male 60-64	10:15:00 AM	Orange
5	Male 65-69	10:20:00 AM	Red
6	Male 70-74	10:23:00 AM	Blue
	Male 75-79		
	Male 80-84		
	Male 85+		
7	Female 16-19	11:00:00 AM	Yellow
8	Female 20-24	11:05:00 AM	Green
9	Female 25-29	11:10:00 AM	Pink
10	Female 30-34	11:15:00 AM	Orange
11	Female 35-39	11:20:00 AM	Red
12	Female 40-44	11:25:00 AM	Blue
13	Female 45-49	11:30:00 AM	Yellow
14	Female 50-54	11:35:00 AM	Green
15	Female 55-59	11:40:00 AM	Pink
16	Female 60-64	11:43:00 AM	Orange
	Female 65-69		
	Female 70-74		
	Female 75-79		
	Female 80-84		
	Female 85+		
17	Male 16-19	12:30:00 PM	Red
18	Male 20-24	12:35:00 PM	Blue
19	Male 25-29	12:40:00 PM	Yellow
20	Male 30-34	12:45:00 PM	Green
21	Male 35-39	12:50:00 PM	Pink
22	Male 40-44	12:55:00 PM	Orange