

STANDARD DISTANCE WAVE STARTS

Wave	Category	Start Time	Swim Cap Colour
1	Male 18-20	6:15:00 AM	Yellow
2	Female 18-20	6:18:00 AM	Green
3	Male 20-24	6:23:00 AM	Pink
4	Female 20-24	6:26:00 AM	Orange
5	Male 25-29	6:31:00 AM	Red
6	Female 25-29	6:39:00 AM	Blue
7	Male 30-34	6:44:00 AM	Yellow
8	Female 30-34	6:52:00 AM	Green
9	Male 35-39A	6:57:00 AM	Pink
10	Male 35-39 B	7:02:00 AM	Orange
11	Female 35-39	7:05:00 AM	Red
12	Male 40-44A	7:10:00 AM	Blue
13	Male 40-44B	7:15:00 AM	Yellow
14	Female 40-44	7:18:00 AM	Green
15	Male 45-49	7:28:00 AM	Pink
16	Female 45-49	7:51:00 AM	Orange
17	Male 50-54	7:56:00 AM	Red
18	Female 50-54	7:59:00 AM	Blue
19	Male 85+	8:04:00 AM	Yellow
	Male 80-84		
	Male 75-79		
	Male 70-74		
20	Female 85+	8:07:00 AM	Green
	Female 80-84		
	Female 75-79		
	Female 70-74		
21	Male 65-69	8:20:00 AM	Pink
22	Female 65-69	8:23:00 AM	Orange
23	Male 60-64	8:28:00 AM	Red
24	Female 60-64	8:31:00 AM	Blue
25	Male 55-59	8:36:00 AM	Yellow
26	Female 55-59	8:40:00 AM	Green