

Event	Cap	Type	Ages	Start	Wave	Swim	Cycle	Cycle laps	Run	Run Laps
Standard Dist/Aquabike	GREEN	Male	15-54y	6.30am	1	1500m	40km	8	10km	2
Standard Dist/Aquabike	RED	Female	15-54y	6.40am	2	1500m	40km	8	10km	2
Standard Dist/Aquabike	YELLOW	Male, Female, All Teams	55+y	6.50am	3	1500m	40km	8	10km	2
Sprint Distance	GREEN	Male	ALL	8.00am	4	750m	20km	4	5km	1
Sprint Distance	RED	Female	ALL	8.05am	5	750m	20km	4	5km	1
Sprint Distance	YELLOW	Teams	ALL	8.05am	5	750m	20km	4	5km	1
Short Distance	GREEN	Male	ALL	9.00am	6	250m	10km	2	2.5km	1 -Short
Short Distance	RED	Female	ALL	9.00am	6	250m	10km	2	2.5km	1 -Short
Saturday Aquathlon	YELLOW	All gender	ALL	9.00am	1	750m	NA	NA	5km	2 -Short