

Wave	Time	Event	Distance (swim, bike, run)	Swim Laps	Bike Laps	Run Laps	Type	Cap Colour
1	7.00am	Sprint	750/20/5	2	6	2	Male 14-34ys	Blue
2	7.10am	Sprint	750/20/5	2	6	2	Male 35+ys	White
3	7.20am	Sprint	750/20/5	2	6	2	Female	Pink
4	7.30am	Sprint	750/20/5	2	6	2	Relay Teams	Fluro Green
5	9.00am	Corp/Enticer	375/10/2.5	1	3	1	Male	Blue
6	9.05am	Corp/Enticer	375/10/2.5	1	3	1	Female	Pink
7	9.10am	Corp/Enticer	375/10/2.5	1	3	1	Relay Teams	Fluro Green
8	9.30am	Junior 14ys + (incl Relay)	375/10/2.5	1	3	1	All gender and Relay	Yellow
9	10.00am	Junior 12-13ys	250/5/2.5	1	2	1	All gender	Light Blue
10	10.15am	Junior 10-11ys (incl Relay)	150/5/1	1	2	1	All gender and Relay	Orange
11	10.30am	Junior 7-9ys	100/2.5/500	1	1	1	All gender	White