

Event Schedule

Saturday, 13 October 2012

	Category	Start Time	Swim Warm Up
<u>Elite Sprint Course</u>	Wave 1: Male Junior Elite	06:20	06:10 – 06:15
	Wave 2: Female Junior Elite	06:25	As above
<u>Elite Olympic Course</u>	Wave 3: Male Open Elite	07:00	06:30 – 06:50
	Wave 4: Female Open Elite	07:10	As above
<u>Tri Kids Course</u>	Wave 5: Female 2004 Female 2003 Female 2002 Female 2001 Primary School Relay	08:50	
	Wave 6: Male 2004 Male 2003 Male 2002 Male 2001	08:55	
<u>Youth & Fun Course</u>	Wave 7: Female 2000 Female 1999 Female 1998 Female 1997 Female Open Youth Secondary School Relay	09:40	
	Wave 8: Male 2000 Male 1999 Male 1998 Male 1997 Male Open Youth	09:45	
	Wave 9: Female Junior Female 20-29 Female 30-39 Female 40-49 Female 50 & Over Open Relay Corporate Relay	09:55	
	Wave 10: Male Junior Male 20-29 Male 30-39 Male 40-49 Male 50 & Over	10:00	
Bike Course Closure	11:00		

Sunday, 14 October 2012

<u>Age Group Olympic Course</u>	Wave	Category	Start Time	Swim Warm Up
	Wave 1:	Female 20-24 Female 25-29 Female 30-34 Female 35-39 Female 40-44 Female 45-49 Female 50-54 Female 55 -59 Female 60 & Over	06:20	06:05 – 06:15
	Wave 2:	Male 60 & Over Male 55 - 59 Male 50 - 54 Male 45 - 49	06:40	06:25 – 06:35
	Wave 3:	Male 40 - 44	07:00	06:45 – 06:55
	Wave 4:	Male 35 - 39	07:20	07:05 – 07:15
	Wave 5:	Male 30 - 34	07:40	07:25 - 07:35
	Wave 6:	Male 20-24 Male 25-29 Open Relay Corporate Relay	08:00	07:45 – 07:55

Cut-off for turning point into last lap at 25km through the bike course at 10:40

<u>Age Group Sprint Course</u>	Wave 7:	Female Junior Female 20-24 Female 25-59 Female 30-34 Female 35-39 Female 40-44 Female 45-49 Female 50 -54 Female 55 - 59 Female 60 & Over	09:00	08:40 – 08:55
	Wave 8:	Male 35-39 Male 40-44 Male 45-49 Male 50-54 Male 55-59 Male 60 & Over	09:20	09:05 – 09:15
	Wave 9:	Male Junior Male 20-24 Male 25-29 Male 30-34	09:40	09:25 - 09:35
<u>Fun Course</u>	Wave 10:	3 x Mixed Team Relay	10:00	

Bike Course Closure 11:30